



Suuko

BOONDHARIK
Private Spa Villa





HALL OF FAME

We focus on constant improvement to provide the highest standards of services. Our dedication is endorsed by leading industry awards.

- “Best Day Spa on a Global Level” Haute Grandeur Excellence Award 2019
- “Best Health & Wellness Spa in Asia” Haute Grandeur Excellence Award 2019
- “Certificate of Excellence” - TripAdvisor 2019
- Three-time winner of “Excellent Day Spa” - Thailand Tourism Kinnaree Awards (2013,2014,2015)
- “Platinum Thai Spa World Quality Standard” - Thailand Trust Mark Ministry of Commerce (2012-2015)
- “The Excellent Spa of Thailand” - HAPA 2008-2010
- “The Best Spa in Southeast Asia” - HAPA 2008-2010
- “150 Word-class Spas” - Spa Asia Magazine 2006

Suuko Story

Thai Heritage Wellness

In ancient times, massage and herbal remedies formed an essential part of Thai family life. With the mission to present this beautiful cultural heritage to the world, Suuko is established in 2003 as the world's first Thai Cultural Spa. All our treatments and products are developed with foundations from the wisdom of Thai traditional Wellness by certified Thai Traditional Practitioners.

Masterfully Trained Therapists

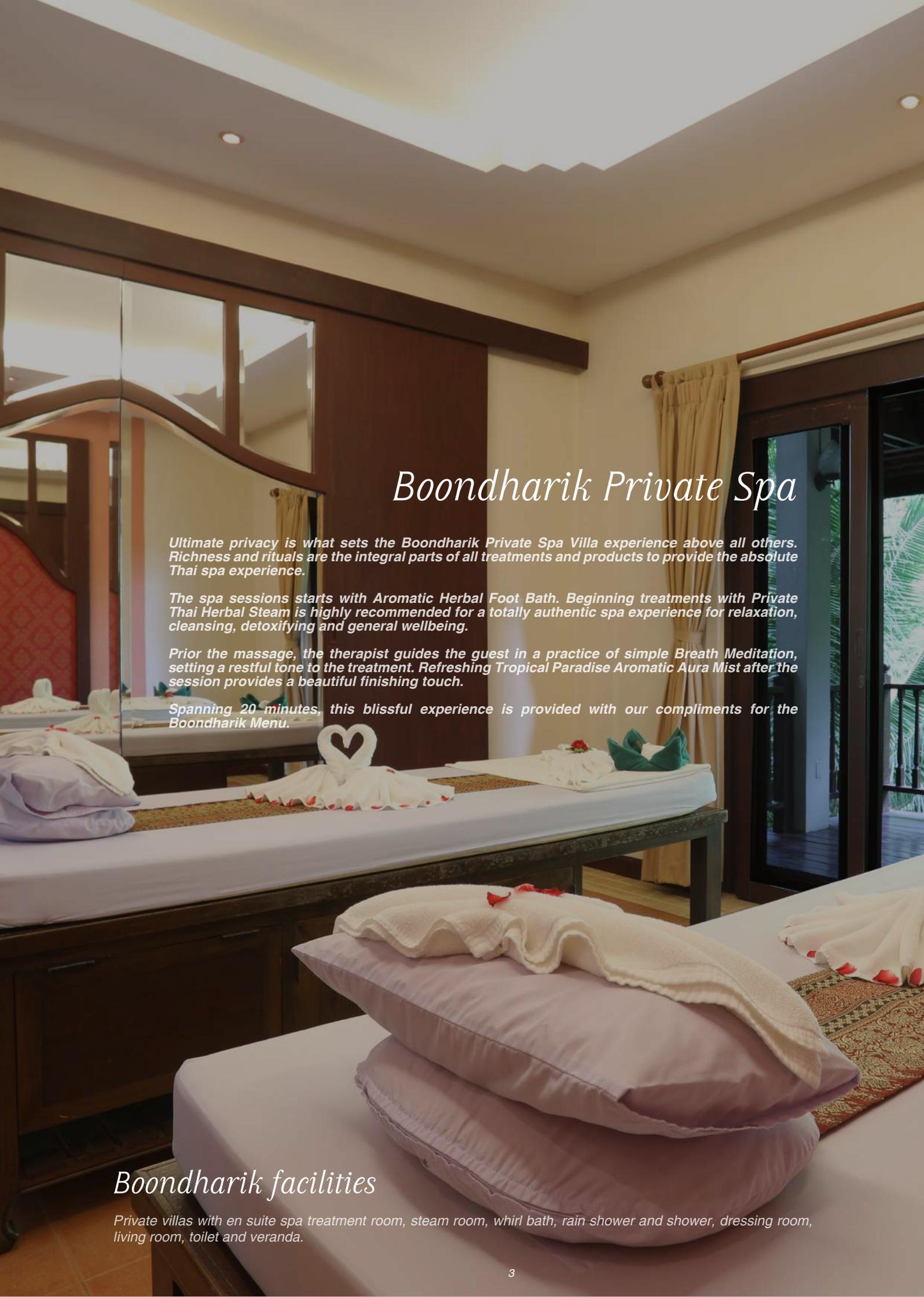
All Suuko therapists have been masterfully trained by our Suuko Spa Academy, which is certified by Thailand's Ministry of Education and Ministry of Public Health.

Strictly All-Natural Products

No petrochemicals, synthetic perfumes or colours are used.
We select only Thai herbs, naturally occurring minerals,
and 100% pure essential oils.

Time-Tested Treatments

Suuko treatment and spa products are developed from authentic Thai Medical wisdom. Every treatment is crafted specifically to help you feel and look your best.



Boondharik Private Spa

Ultimate privacy is what sets the Boondharik Private Spa Villa experience above all others. Richness and rituals are the integral parts of all treatments and products to provide the absolute Thai spa experience.

The spa sessions starts with Aromatic Herbal Foot Bath. Beginning treatments with Private Thai Herbal Steam is highly recommended for a totally authentic spa experience for relaxation, cleansing, detoxifying and general wellbeing.

Prior the massage, the therapist guides the guest in a practice of simple Breath Meditation, setting a restful tone to the treatment. Refreshing Tropical Paradise Aromatic Aura Mist after the session provides a beautiful finishing touch.

Spanning 20 minutes, this blissful experience is provided with our compliments for the Boondharik Menu.

Boondharik facilities

Private villas with en suite spa treatment room, steam room, whirl bath, rain shower and shower, dressing room, living room, toilet and veranda.

Body Massage

Aroma Body Massage 60, 90, 120 minutes

Aroma Body Massage with Private Thai Herbal Steam 90, 120, 150 minutes

All-time popular type of massages performed with a healing touch accompanied by especially blended aromatic oils. This is a holistic remedy. As the massage is performed to benefit the vascular, lymphatic, muscular and nervous systems of the body, emotional health and well-being are also restored.

Traditional Siam Body Massage 60, 90, 120 minutes

Traditional Siam Body Massage with Private Thai Herbal Steam 90, 120, 150 minutes

Siam massage has a spiritual base, using theories of energy flow and balance. Pressure is applied to key points along the body's energy channels to stimulate proper energy flow. This helps to balance the senses and works deeply to restore the body to normal function for improved health.

Head Massage

Crown of Suuko Head, neck and shoulder Massage 60 minutes

Crown of Suuko Head, neck and shoulder Massage with Private Thai Herbal Steam 90 minutes

The therapy for guests with stress and exhaustion caused by overwork, travel or spending too much time on the computer.

Foot Massage

Invigorating Foot Massage 60 minutes

Invigorating Foot Massage with Private Thai Herbal Steam 90 minutes

This is a wonderful way of saying "Thank you" to your feet for all the relentless work they do. Furthermore, by stimulating reflex points, the body's energy will flow properly and help to correct the imbalance in parts of the body.

Premium Invigorating Foot Massage 120 minutes

Premium Invigorating Foot Massage with Private Thai Herbal Steam 150 minutes

This premium foot retreat helps to refresh tired feet, get rid of aches, keep the joints flexible, boost blood circulation and improve their appearance.

Regular care brings far-reaching benefits for physical and emotional health and well-being.

Perfectly Polish Body Scrub

Perfectly Polished 60 minutes

Perfectly Polished with Private Thai Herbal Steam 90 minutes

The process of scrubbing the dull dead cells off is a wonderful procedure to increase the circulation, remove impurities and encourage healthy new skin growth, leaving softer and smoother skin.

Sugar and rose petals are sprinkled onto the body, like raindrops falling down, adding more sweet sensation and moisturizing property to the skin.

It is the perfect way to prepare your skin for most other spa treatments.

Body Cocoon with relaxing head massage

Body Cocoon with relaxing head massage 60 minutes

Body Cocoon with relaxing head massage with Private Thai Herbal Steam 90 minutes

Wraps are some of the oldest known beauty treatments. They help to improve problem skin by drawing impurities from beneath the epidermis, and nourish by contributing trace elements important to the skin. Some also have anti-inflammatory and antiseptic properties.

For more relaxing sensation, aromatic warm compress is applied all over the body after the treatment.

Facial

Facial 60 minutes

Facials are the extra treatments added to your basic daily routine (cleansing, toning and moisturizing) on a weekly or biweekly basis for maintaining healthy, problem-free skin.

Body Glow

A perfect combination of body scrub and your favourite aromatic massage which is beneficial to skin, systems and soul

Take It Easy Body Glow 90 minutes
Take It Easy Body Glow with Private Thai Herbal Steam 120 minutes
Body scrub and aromatic massage with gentle stroking movements.

Uplifting Body Glow 120 minutes
Uplifting Body Glow with Private Thai Herbal Steam 150 minutes
Body scrub and invigorating aromatic massage.

At Ease Body Glow 150 minutes
At Ease Body Glow with Private Thai Herbal Steam 180 minutes
Body scrub and extremely relaxing aromatic massage.

Suuko Synergy Body Glow 150 minutes
Suuko Synergy Body Glow with Private Thai Herbal Steam 180 minutes
Body scrub and aromatic massage with acupressure technique.

Splendid Spa Package

Spa packages customized to fit your taste and lifestyle, delivering a full and true spa experience

Boondharik Signature 180 minutes
The Ultimate Spa Experience

After Sun 150, 120, 90 minutes
A cooling therapy that instantly eases any discomfort caused by sun exposure

Chill Out 180, 150, 120 minutes
An escape route when you're stressed out

Active You 150, 120 minutes
Natural renewal for muscles, mind and spirit

Detox 180, 150, 120 minutes
Natural remedy to enhance detoxification & weight-loss

Love Story 180, 150 minutes
A true love story

Gold of Siam 180, 150 minutes
A precious gold treatment for a glowing and youthful complexion

Aromatic Body Oil

Love Aromatic Body Oil

"Love" comforts the heart, eases anxiety, nurtures the mind and lifts the spirit.

Happiness Aromatic Body Oil

Sweet, warm and playful refreshing scent of "Happiness" wakens your memory of a sunny day, creating the feeling of joy and cheerfulness.

Focus Aromatic Body Oil

"Focus" sharpens all the senses and clears the mind, giving a feeling of strength and certainty. It also boosts circulation, eases tired muscles and increases internal heat and digestive fire.

Clear Aromatic Body Oil

A refreshment On-The-Go that relieves stress and fatigue, getting things moving again. It also reduces fluid retention and expels toxins from the body.

Lavender Field Aromatic Body Oil

"Lavender Field" cools and calms the heat, comforts the heart and gives peace to the mind.

Body Massage

Aroma Body Massage

All-time popular type of massages performed with a healing touch accompanied by especially blended aromatic massage oils.

During the massage, the molecules of essential oils will be absorbed through the skin and into the bloodstream to benefit the vascular, lymphatic, muscular and nervous systems while vitamins and minerals-rich base oils nourish the skin, all enhancing the healing powers of touch.

As the massage is performed to benefit the systems of the body, emotional health and well-being are also restored.

* Time indicated including shower time

* Complimentary 20 minutes are added to the duration

BMB60-01	Take It Easy Massage	60 minutes	2,400++
BMB90-01	Take It Easy Massage with Private Thai Herbal Steam	90 minutes	2,800++

The gentle stroking movements of the massage assists lymphatic and venous return, helping the body to eliminate excess fluid and toxic wastes while deepening the relaxation of both body and mind.

AMB90-01	Unwind Aroma Massage	90 minutes	3,000++
AMB120-01	Unwind Aroma Massage with Private Thai Herbal Steam	120 minutes	3,300++

Absolutely unwind with the gentle relaxing aromatherapy massage which also helps the body to eliminate excess fluids and toxins.

BMB90-02	Uplifting Massage	90 minutes	3,000++
BMB120-01	Uplifting Massage with Private Thai Herbal Steam	120 minutes	3,300++

The massage helps you to 'get-up-and-go'. This invigorating technique effectively revitalizes tired muscles and increases their toning. The movements also help to break up fatty deposits and soften areas of fatty tissue, improving the skin texture.

BMB120-05	At Ease Massage	120 minutes	3,300++
BMB150-01	At Ease Massage with Private Thai Herbal Steam	150 minutes	3,600++

At Ease utilizes mainly gentle stroking massage movements to stimulate the sensory nerve endings and aid circulation. This massage is extremely relaxing and offers comfort, especially during a stressful time.

BMB120-06	Suuko Synergy Massage	120 minutes	3,300++
BMB150-03	Suuko Synergy Massage with Private Thai Herbal Steam	150 minutes	3,600++

The massage is designed so that the acupressure technique synchronizes with the aroma therapy. This synergy is a very effective remedy for the stress and strains of work, travel, or from spending too much time on the computer.

After a two-hour session, you will walk out feeling lighter, more peaceful and relaxed.

Traditional Siam Body Massage

Siam massage has a spiritual base, using theories of energy flow and balance. Pressure is applied to key points along the body's energy channels to stimulate proper energy flow. This helps to balance the senses and works deeply to restore the body to normal function for improved health.

Siam massage has long been an integral part of everyday life in Thailand. The techniques have been developed and refined over time, with each practitioner adding his own special touches to suit the particular conditions and occasions.

* Time indicated including shower time

* Complimentary 20 minutes are added to the duration

TBB60-01	Relaxing Siam Massage	60 minutes	2,200++
TBB90-01	Relaxing Siam Massage with Private Thai Herbal Steam	90 minutes	2,500++

This oil-free traditional massage will gently stretch your body into yoga-like positions. It is the perfect massage treatment for the relief of stress, muscle aches and pains, and to combat fatigue.

TBB90-03	Pleasant Siam Massage	90 minutes	2,400++
TBB120-01	Pleasant Siam Massage with Private Thai Herbal Steam	120 minutes	2,700++

A longer massage session is the perfect way to experience the benefits of this traditional healing. Energy level is increased, muscle pain is relieved and ease of mind is promoted.

TBB120-03	Top to Toe Siam Massage	120 minutes	3,100++
TBB150-01	Top to Toe Siam Massage with Private Thai Herbal Steam	150 minutes	3,300++

Top to Toe whole body massage is specially tailored for those with stress and strain caused by overwork, travel or spending too much time on the computer.

As the head, neck, shoulder, and upper back are generally areas in which physical and emotional stresses are held, the key pressure points on these areas are emphasized.

TBB120-04	Down to Earth Siam Massage	120 minutes	3,100++
TBB150-03	Down to Earth Siam Massage with Private Thai Herbal Steam	150 minutes	3,400++

In this whole body ritual, specific reflex points on the feet are fully emphasized, resulting in organs associated with these points being energized. As the feet hold thousands of tiny sensory nerve endings, this massage is also very relaxing.

Herbal Compress Body Massage

The famous Thai herbal compress is paired with the all-time popular aromatherapy massage. It is performed with a healing touch using especially blended aromatic massage oils and traditionally formulated herbal compress. During the massage, the molecules of essential oils will be absorbed through the skin and into the bloodstream to benefit the vascular, lymphatic, muscular and nervous systems while vitamins and minerals-rich base oils nourish the skin.

The heat from the herbal compress helps the skin to absorb benefits from the herbs. The heat and herbs soothe tired and sore muscles, stimulate circulation, ease stress and tension and refresh the skin.

* Time indicated including shower time

* Complimentary 20 minutes are added to the duration

AMB90-02	Herbal compress body massage with aroma oil	90 minutes	3,000++
AMB120-02	Herbal compress body massage with aroma oil	120 minutes	3,300++

Head Massage

“Crown of Suuko” is highly recommended for guests with stress and exhaustion caused by overwork, travel or spending too much time on the computer.

After the session, the circulation to the brain, scalp, face and neck are improved. Alertness, concentration and creativity are improved. A feeling of vitality is the result.

The acupressure is given without oils and guests are advised to wear comfortable clothing. It is performed by applying appropriate pressure on muscles of the head, neck, shoulder, upper back and arms.

* Time indicated including shower time

* Complimentary 20 minutes are added to the duration

ACB60-01	Crown of Suuko Head, neck and shoulder Massage	60 minutes	2,400++
ACB90-01	Crown of Suuko Head, neck and shoulder Massage with Private Thai Herbal Steam	90 minutes	2,600++

Foot Massage

The principles of the traditional foot massage are that feet are mirrors of the body. Different points on the feet correspond to different organs, glands and parts of the body. By stimulating these reflex points, the body’s energy will flow properly and help to correct the imbalance in those parts of the body.

The treatment will strengthen you from within. Stress and fatigue can be addressed, leaving behind relaxation and rejuvenation.

* Time indicated including shower time

* Complimentary 20 minutes are added to the duration

ACB60-03	Invigorating Foot Massage	60 minutes	2,500++
ACB90-02	Invigorating Foot Massage with Private Thai Herbal Steam	90 minutes	2,800++
ACB120-01	Premium Invigorating Foot Massage	120 minutes	3,300++
ACB150-01	Premium Invigorating Foot Massage with Private Thai Herbal Steam	150 minutes	3,600++



Body Scrub

Rice body scrub

Rich in natural polysaccharides which become gelatinous in water, Jasmine rice has long been used for its soothing properties. The gentle recipe will cleanse, soothe, and nourish the skin.

Turmeric body scrub

This original traditional scrub is abundant in the Thai healing herbs and spices which have used for generations. It is the ultimate in exfoliating, softening and warming the skin.

Coffee body scrub

Ground coffee beans, combined with traditional herbs create a refreshing scrub to effectively exfoliate and smooth the skin. It also imparts a bright morning scent to invigorate the senses.

Herbal salt body scrub

Sea salt, added to calming and mood-enchanting scented oil, will remove dead surface cells and stimulate the circulation as well as replenish the skin.

Herbal salt is an invigorating scrub due to its abrasive nature.

Perfectly Polish Body Scrub

The process of scrubbing the dull dead cells off is a wonderful procedure to increase the circulation, remove impurities and encourage healthy new skin growth, leaving softer and smoother skin.

Sugar and rose petals are sprinkled onto the body, like raindrops falling down, adding more sweet sensation and moisturizing property to the skin. Aloe Body Moisturizer is applied for the final touch.

It is the perfect way to prepare your skin for most other spa treatments.

* Time indicated including shower time

* Complimentary 20 minutes are added to the duration

PPB60-01	Jasmine rice with sugar and rose Perfectly Polished	60 minutes	3,200++
PPB90-01	Jasmine rice with sugar and rose Perfectly Polished with Private Thai Herbal Steam	90 minutes	3,500++

Rich in natural polysaccharides which become gelatinous in water, Jasmine rice has long been used for its soothing properties.

The gentle recipe will cleanse, soothe, and nourish the skin.

PPB60-02	Turmeric with sugar and rose Perfectly Polished	60 minutes	3,200++
PPB90-03	Turmeric with sugar and rose Perfectly Polished with Private Thai Herbal Steam	90 minutes	3,500++

This original traditional scrub is abundant in the Thai healing herbs and spices which have used for generations.

It is the ultimate in exfoliating, softening and warming the skin.

PPB60-03	Coffee with sugar and rose Perfectly Polished	60 minutes	3,200++
PPB90-05	Coffee with sugar and rose Perfectly Polished with Private Thai Herbal Steam	90 minutes	3,500++

Ground coffee beans, combined with traditional herbs create a refreshing scrub to effectively exfoliate and smooth the skin.

It also imparts a bright morning scent to invigorate the senses.

PPB60-04	Herbal salt with sugar and rose Perfectly Polished	60 minutes	3,200++
PPB90-07	Herbal salt with sugar and rose Perfectly Polished with Private Thai Herbal Steam	90 minutes	3,500++

Sea salt, added to calming and mood-enchanting scented oil, will remove dead surface cells and stimulate the circulation as well as replenish the skin.

Herbal salt is an invigorating scrub due to its abrasive nature.

Body Cocoon with relaxing head massage

Cocoon are some of the oldest known beauty treatments. They help to improve problem skin by drawing impurities from beneath the epidermis, and nourish by contributing trace elements important to the skin. Some also have anti-inflammatory and antiseptic properties.

For more relaxing sensation, aromatic warm compress is applied all over the body after the treatment.

* Time indicated including shower time

* Complimentary 20 minutes are added to the duration

BCB60-02	Aloe & Spirulina Revival Body Cocoon	60 minutes	3,200++
BCB90-03	Aloe & Spirulina Revival Body Cocoon with Private Thai Herbal Steam	90 minutes	3,500++

This luxurious cooling treatment using pure aloe vera gel, calming essential oils and nutrient-rich Spirulina is a must after spending time in the sun. The heated skin is soothed, re-moisturized and rejuvenated while the whole body and mind are revitalized.

BCB60-03	Kwao Krua Glow Body Cocoon	60 minutes	3,400++
BCB90-05	Kwao Krua Glow Body Cocoon with Private Thai Herbal Steam	90 minutes	3,700++

Rich in phytoestrogens, this popular Thai herb, Kwao Krua or Pueraria Mirifica has been traditionally used by Thai women as a beauty, vitality and rejuvenating enhancer for a long time. Used topically, Kwao Krua helps hydrate the skin and boost collagen production. Keeps the skin moisturised, toned and youthful-looking complexion.

BCB60-04	Spirulina Detoxify Body Cocoon	60 minutes	3,600++
BCB90-07	Spirulina Detoxify Body Cocoon with Private Thai Herbal Steam	90 minutes	3,900++

Feel the difference with this water-retention and stress reduction solution. Cocooning in seaweed will clear away impurities and increase circulation. Toxins and other metabolic waste materials are eliminated, fluid retention is decreased, and skin is re-mineralized and beautified.

It is commonly used to aid weight-loss or support detoxification processes.



Facial

Facials are the extra treatments added to your basic daily routine (cleansing, toning and moisturizing) on a weekly or biweekly basis for maintaining healthy, problem-free skin.

* Time indicated including shower time

* Complimentary 20 minutes are added to the duration

PFB60-01 Exclusive Royal Gold Facial Spa with relaxing hand massage 60 minutes 3,800++

This facial showcases the secrets of oriental beauty.

Exclusive Royal Gold Facial Spa is highly beneficial for anyone over 25 years of age, those who are regularly exposed to sunlight, or often under stressful circumstances which may exacerbate cell degeneration.

Royal Gold facial mask and the luxurious facial massage oil, together with the acupressure facial massage specially helps to counteract wrinkles, leaving the complexion smooth and glowing. It is a great way to nourish, especially for dry or mature skin.

The beauty steps of Exclusive Royal Gold Facial Spa:

- Cleanse with Velvety Facial Cleansing Oil
- Tone and re-balance with Floral Water
- Scrub with Herbal Bliss Restorative Facial Scrub
- Warm compress with Silky Sense Essential Oil
- Massage with Forever Young Facial Oil
- Mask with Royal Gold Facial Mask
- Tone and re-balance with Floral Water
- Re-hydrate the skin with Aloe Facial Moisturizer
- Grace Mineral Face Powder is applied to brighten up the skin

PFB60-02 Kwao Krua Secret Facial Spa with relaxing hand massage 60 minutes 3,800++

Rich in phytoestrogens, this popular Thai herb, Kwao Krua or Pueraria Mirifica has been traditionally used by Thai women as a beauty, vitality and rejuvenating enhancer for a long time. Used topically, Kwao Krua helps hydrate the skin and boost collagen production which helps strengthen the skin, protects against wrinkles. Keeps the skin moisturised and toned.

This authentic beauty facial is beneficial for all skin types. Facial scrub, Kwao Krua Secret mask and acupressure massage help to deeply cleanse, plump up, and nourish the skin. The result is healthy, silky smooth and youthful-looking complexion.

The beauty steps of Thai Herb Purifying Facial Spa:

- Cleanse with Velvety Facial Cleansing Oil
- Tone and re-balance with Floral Water
- Scrub with Herbal Bliss Restorative Facial Scrub
- Warm compress with Silky Sense Essential Oil
- Massage with Forever Young Facial Oil
- Mask with Kwao Krua Secret Facial Mask
- Tone and re-balance with Floral Water
- Re-hydrate the skin with Aloe Facial Moisturizer
- Grace Mineral Face Powder is applied to brighten up the skin.

Body Glow

A perfect combination of body scrub and your favourite aromatic massage which is beneficial to skin, systems and soul

* Time indicated including shower time

* Complimentary 20 minutes are added to the duration

Take It Easy Body Glow

Body scrub and aromatic massage with gentle stroking movements.

BGB90-01	Take It Easy Body Glow Body Scrub of choice Take It Easy Massage (Aromatic body oil of choice)	90 minutes	3,200++
BGB120-01	Take It Easy Body Glow with Private Thai Herbal Steam Private Thai Herbal Steam Body Scrub of choice Take It Easy Massage (Aromatic body oil of choice)	120 minutes	3,500++

Unwind Aroma Body Glow

Body Scrub with a gentle and relaxing aromatherapy massage

APB120-02	Unwind Aroma Massage Body Glow Body Scrub of choice Unwind Aroma Massage (aromatic oil of choice)	120 minutes	3,600++
APB150-02	Unwind Aroma Massage Body Glow with Private Thai Herbal Steam Private herbal steam Body Scrub of choice Unwind Aroma Massage (aromatic oil of choice)	150 minutes	3,900++

Uplifting Body Glow

Body scrub and invigorating aromatic massage.

BGB120-03	Uplifting Body Glow Body Scrub of choice Uplifting Massage (Aromatic body oil of choice)	120 minutes	3,600++
BGB150-01	Uplifting Body Glow with Private Thai Herbal Steam Private Thai Herbal Steam Body Scrub of choice Uplifting Massage (Aromatic body oil of choice)	150 minutes	3,900++

At Ease

Body scrub and extremely relaxing aromatic massage

BGB150-05	At Ease Body Glow Body Scrub of choice At Ease Massage (Aromatic body oil of choice)	150 minutes	4,100++
BGB180-01	At Ease Body Glow with Private Thai Herbal Steam Private Thai Herbal Steam Body Scrub of choice At Ease Massage (Aromatic body oil of choice)	180 minutes	4,400++

Suuko Synergy

Body scrub and aromatic massage with acupressure technique.

BGB150-06	Suuko Synergy Body Glow Body Scrub of choice Suuko Synergy Massage (Aromatic body oil of choice)	150 minutes	4,100++
BGB180-03	Suuko Synergy Body Glow with Private Thai Herbal Steam Private Thai Herbal Steam Body Scrub of choice Suuko Synergy Massage (Aromatic body oil of choice)	180 minutes	4,400++





Splendid Spa Package

Spa customized to fit your taste and lifestyle, delivering a splendid holiday experience

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Spa customized to fit your taste and lifestyle, delivering a splendid holiday experience

Boondharik Royal Gold –The Signature

The Ultimate Spa Experience

- * Time indicated including shower time
- * Complimentary 20 minutes are added to the duration

EPB180-05	Boondharik Royal Gold Thai Turmeric body scrub Cherish Aromatherapy Milk Bath Take It Easy Massage (aromatic oil of choice) Exclusive Royal Gold Facial Spa	180 minutes	6,000++
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After Sun

A cooling therapy that instantly eases any discomfort caused by sun exposure

- * Time indicated including shower time
- * Complimentary 20 minutes are added to the duration

ISB90-01	After sun Cool Down Aloe & Spirulina Revival Body Wrap Take It Easy Massage (Lavender Field is the recommended massage oil)	90 minutes	3,300++
ISB120-01	After sun Cocoon Aloe & Spirulina Revival Body Cocoon Take It Easy Massage (Lavender Field is the recommended massage oil)	120 minutes	3,700++
ISB150-03	Islander Favourite Aloe & Spirulina Revival Body Cocoon Take It Easy Massage (Lavender Field is the recommended massage oil) Magnifique Aloe Facial Treatment	150 minutes	4,500++
ISB150-04	Aloe Seaweed Treat Aloe & Spirulina Revival Body Wrap At Ease Massage (Lavender Field is the recommended massage oil)	150 minutes	4,100++



Chill Out

An escape route when you're stressed out

* Time indicated including shower time

* Complimentary 20 minutes are added to the duration

ICB120-01	The Crown Relaxation Perfectly Polished –body scrub of choice with sugar and rose petals Crown of Suuko head, neck and shoulder Massage	120 minutes	3,700++
ICB120-02	Unwind Private Thai herbal steam Body Scrub of choice Invigorating Foot Massage	120 minutes	3,700++
ICB120-03	Easy Day Perfectly Polished –body scrub of choice with sugar and rose petals Take It Easy Massage (Aromatic body oil of choice)	120 minutes	3,700++
ICB150-04	Perfect Relaxation Private Thai herbal steam Perfectly Polished –body scrub of choice with sugar and rose petals Take It Easy Massage (Aromatic body oil of choice)	150 minutes	4,100++
ICB180-07	Glow & Relax Private Thai Herbal Steam Kwao Krua Glow body wrap, At Ease massage (aromatic oil of choice)	180 minutes	4,600++
ICB180-08	Relax Synergy Private Thai Herbal Steam Kwao Krua Glow body wrap Suuko Synergy massage (aromatic oil of choice)	180 minutes	4,600++

Active You

Natural renewal for muscles, mind and spirit

* Time indicated including shower time

* Complimentary 20 minutes are added to the duration

IAB180-04	Uplifting Body& Mind Private Thai Herbal Steam Perfectly Polished –body scrub of choice with sugar and rose petals Uplifting Massage (Focus-recommended massage oil)	180 minutes	4,600++
IAB180-05	Synergy relief Perfectly Polished –body scrub of choice with sugar and rose petals Suuko Synergy Massage (Focus-recommended massage oil)	180 minutes	4,600++
IAB180-06	Down-to-Earth Refresh Perfectly Polished –body scrub of choice with sugar and rose petals Down to Earth Siam Massage	180 minutes	4,600++

Detox

Natural remedy to enhance detoxification & weight-loss

- * Time indicated including shower time
- * Complimentary 20 minutes are added to the duration

IDB120-01	Easy Detox Private Thai Herbal Steam Spirulina Detoxify body wrap Take It Easy massage (Clear-recommended massage oil)	120 minutes	3,700++
IDB150-02	Detox Cocoon Private Thai Herbal Steam Spirulina Detoxify body cocoon Take It Easy massage (Clear-recommended massage oil)	150 minutes	4,100++
IDB180-04	Uplifting Detox Private Thai Herbal Steam Spirulina Detoxify body cocoon Up Lifting massage (Clear-recommended massage oil)	180 minutes	4,600++

Love Story

A true love story

- * Time indicated including shower time
- * Complimentary 20 minutes are added to the duration

ILB150-01	Sweet Memory Perfectly Polished–body scrub of choice with sugar and rose petals Cherish Aromatherapy Milk Bath Take It Easy Massage (Love aromatic body oil is the recommended massage oil)	150 minutes	4,500++
ILB180-01	A Time for Us Body Scrub of choice Cherish Aromatherapy Milk Bath At Ease Massage (Love aromatic body oil is the recommended massage oil)	180 minutes	5,000++
ILB180-02	Cherish (Aromatherapy Massage) Private Thai Herbal Steam Perfectly Polished –body scrub of choice with sugar and rose petals Cherish aromatherapy milk bath Take It Easy massage (Love-recommended massage oil)	180 minutes	5,000++
ILB180-03	Cherish (Relaxing Siam Massage) Private Thai Herbal Steam Perfectly Polished –body scrub of choice with sugar and rose petals Cherish aromatherapy milk bath Relaxing Siam massage	180 minutes	5,000++

Gold of Siam

A precious gold treatment for a glowing and youthful complexion

* Time indicated including shower time

* Complimentary 20 minutes are added to the duration

GOB150-02	Glamour of Gold Body Scrub of choice Take It Easy Massage (aromatic oil of choice) Exclusive Royal Gold Facial Spa	150 minutes	5,000++
GOB180-01	Sense of Gold Body Scrub of choice Aloe & Spirulina Revival Body Wrap with relaxing head massage Take It Easy Massage (aromatic oil of choice) Exclusive Royal Gold Facial Spa	180 minutes	5,500++
GOB180-02	Rose Gold Perfectly Polished –body scrub of choice with sugar and rose petals Take It Easy Massage (aromatic oil of choice) Exclusive Royal Gold Facial Spa	180 minutes	5,500++



Boondharik Spa Experience

Aromatic Herbal Foot Bath & Scrub

An aromatic foot bath with herbs and flowers is a very caring warm welcome to the spa session. The bath cleans the feet and cleanse the body of negative energy. It is also a wonderful way to improve the circulation. With the gentle touch by your therapist, Aromatic Herbal Foot Bath sets the most comforting tone for the whole treatment.

Breathe Meditation

The breath is not only the air coming in and out of the lungs, but is also the control of energy flows throughout the whole body. The breath, the body, the emotions and the mind are all interconnected. When the breath is calm, the body, the emotions and the mind are also calm.

The breath is common property that anyone can meditate on. Breath Meditation techniques will set a restful tone to the spa treatment.

As the client is on the bed ready for the massage, the therapist will start the session guiding the client in a simple breath meditation; letting the breath flow smoothly and keeping simple track of how sensations at each inhale and exhale. Through the nose, slowly and deeply for five times.

Tropical Paradise Aromatic Aura Mist

The aura mist is an aromatherapy enhancer misted over the body, providing a beautiful finishing touch after the session. Warm refreshing tropical scent of the mist creates the perfect 'sunny' atmosphere, surrounds and wakes you up feeling fresh and joyful.