

SPA MENU



Nalinya Spa



Welcome to Nalinya Spa

Rejuvenate your body and mind
While enjoying a perfect holiday
At The Sands Khaolak

Through a splendid spa treatment
The treatment room at our spa
Offers intimacy and privacy



Body Massage

Magic of Sands Massage

90 mins

2,000 Baht

The Signature treatment starts with a gentle massage using hot sand pouch from Andaman sea sands are rich in mineral to press on problematic and sore body part help to remove toxin and had a calming effect on muscles and joints. Then continues your journey with warm aroma oil massage to give total relaxation for your individual needs bringing your body gently back into balance.

Thai Massage

60/90 mins

1,500/1,800 Baht

An ancient non-oil massage that combines from acupuncture and stretching techniques, relying on the use of palms, elbows and thumbs, to release muscle tension, activate circulation and increase vitality.

Aroma Relaxing Massage

60/90 mins

1,800/2,000 Baht

This therapeutic massage uses gentle to medium pressure combined with pure aromatherapy oils customized for your desired results to relax muscles and promote health and well-being.

Balinese Massage

60/90 mins

1,800/2,000 Baht

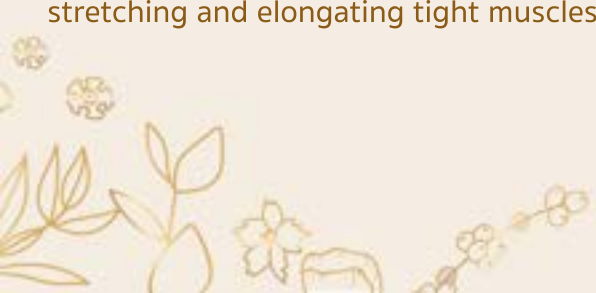
This massage uses long, warming Palm strokes to encourage complete calm and wellbeing using stretching and sweeping movements for relaxation the massage pressure to your needs and release tension. This indulgent massage leaves your mind, body and spirit soothed and relaxed.

Deep Tissue Sport Massage

60/90 mins

1,800/2,000 Baht

Ideal for anyone in need of deep tension release and those who exercise regularly. Using slow, deep tissue techniques and strokes to target the deeper layers of muscle. This massage is perfect for calming busy minds, stretching and elongating tight muscles, and helping to soothe and reduce tension.





Body Massage

After Sun Massage

60 mins

2,000 Baht

A traditional skin healing blend of Aloe Vera, Lavender Oil and Chamomile tea provides aid to sun kissed skin. Your body is treated to soothing relief as this powerful blend is gently massages cooling gel into sunburn skin to relieve the stinging sensation and help repair the skin while promoting lymph drainage.

Mother to Be Massage

60 mins

1,800 Baht

This inspirational therapy connects mother and baby through the power of touch. Massage is simultaneously gentle, comforting and toning. It aims at improving blood circulation and relaxing muscles to soothe the legs and back of the mother to be. (Permissible after 4 months).

Back, Neck and Shoulder Massage

60 mins

1,800 Baht

Specially massage by focuses on the areas where most people hold tension to relieve sore, tight muscle and stress points, while soothing tense and aching muscles, leaving you relaxed and energized. A massage builds up of tension in any part of your back, scalp and/or neck muscles.

Relaxing Foot Massage

60 mins

1,500 Baht

This ancient art of healing applies combination of massage techniques and reflex therapy on the tired feet and legs to release tension, reduce fatigue, and improve physical balance to the entire body and making you feel like you're walking on air promoting

Anti-Cellulite Massage

60 mins

1,800 Baht

This invigorating massage not only helps to remove the cellulite, it also stimulates the blood and lymphatic circulation for healthier skin. This treatment effectively eliminates toxins from the body and extra water from the tissue leaving the skin softer, firm and muscles more toned.





Kids Treatment

Kids Massage

30/60 mins

500 / 1,000 Baht

Our gentle body massage is suitable for children from 4 - 12 years old. This massage improves the well-being of a child. Whether they have been “naughty or nice”, it is important to help little ones to relax and to strengthen their muscles.

Kids totally care package (4-12 years)

120 mins

2,200 Baht

Our gentle body massage is suitable for children from 4 - 12 years old. This massage improves the well-being of a child. Whether they have been “naughty or nice”, it is important to help little ones to relax and to strengthen their muscles.

30 minutes mini body scrub

60 minutes Kids massage

30 minutes mini facial massage





Facial Treatment

Aromatic (60 Mins)

Normal to Oily Skin

2,000 Baht

Designed to promote healing and radiant skin, our deluxe facial offers cleansing, toning, exfoliation and a revitalizing mask for both men and women. In addition, a light relaxing facial massage using aromatic hydrating oil is performed to soothe the skin, eliminating stress and leaving you in total relaxation.

Rejuvenating (60 Mins)

All Skin Type

2,000 Baht

Indulge in this facial, which helps to extract impurities while rebalancing and correcting sebum production. A purifying mask is used to tone and lighten the skin, leaving the face with a refreshing and comfortable sensation.

Anti-ageing (60 Mins)

Ageing, Wrinkle & Fine line

2,000 Baht

This outstanding treatment incorporates connective tissue awareness and advanced anti-ageing skincare to naturally firm, lift and tones the facial skin. A dose of powerful antioxidants is applied to infuse your skin with age-defying nutrients that smooth fine lines, improve texture and offer immediate, striking results.

Hydrating & Calming (60 Mins)

Dry, Sensitive & Sun burn

2,000 Baht

This special dry and sensitive skin type facial treatment. Helps reduce the appearance of sun damage and reduce redness. Gentle massage techniques are combined with calming actives. The facial will be completed with radiance boosting collagen serum that gives the face a more vibrant look.





Body Scrub

Coconut Colada Scrub (45 Mins)

Dry to Sensitive Skin

1,500 Baht

Treat yourself to one of nature's most versatile foods. Coconut is rich in vitamins, minerals and enzymes. It has natural nourishing oil and its tender flesh makes a perfect scrub for dry and sensitive skin. We've infused this scrub with a gentle coconut polish for its healing properties.

Honey Mimosa Scrub (45 Mins)

Combination & Normal skin

1,500 Baht

A sweet-smelling scrub made from golden honey and black sesame seeds, ideal for normal skin. The sesame seeds gently exfoliate your skin, while honey, a natural remedy, aids in healing wounds and promoting new cell growth.

Coffee Mocha Scrub (45 Mins)

Oily Skin

1,500 Baht

Coffee grounds help exfoliate old skin cells, while the caffeine can help minimize the appearance of cellulite and varicose veins. Coffee scrubs are usually too harsh for the complexion, but the rest of your body will love them.

Margarita Salt Scrub (45 Mins)

Normal to Oily Skin

1,500 Baht

Purifying Salt Glow is a luxurious exfoliating and conditioning body treatment created to improve skin texture bring a glow to your complexion. This product is a true pleasure for tired and all skin types.





Body Wrap

Aloe Vera Cooling Wrap (45 Mins)

Sensitive & Sun Burn

1,800 Baht

A cool and healing Aloe Vera Cooling Wrap to rehydrate and soothe the skin. Natural wrap with Aloe Vera and cucumber extract to neutralize inflammation, repair, hydrate and rebuild your skin while leaving sensitive dry skin to cool the skin after a day in the sun. Enjoy a heavenly scalp massage while your body is cocooned in the body wrap.

Coffee Mocha Wrap (45 Mins)

All Skin Type

1,800 Baht

Once the body has been prepared with our proven combination of coffee extract combined with fresh milk is applied as a mud wrap, which sets on the body to stimulate lymph drainage and blood flow. This wrap is particularly helpful in water retention and cellulite reduction. Enjoy a heavenly scalp massage while your body is cocooned in the body wrap.



Spot Relief Massage

Take your pick from this needs-specific range of treatments that will go right to the source of your stress and tension. Simply let us know if you would like another combination on list detail:

Head Relaxation (Head Massage)	30 mins	1,000 Baht
This massage focuses on the head's pressure points. It is excellent for relieving stress and inducing a state of relaxing.		
Relaxing Face (Face Massage)	30 mins	1,000 Baht
This face massage uses a combination of finger pressure on the Mama Points. It helps to relax tense facial muscles and soothe tired eyes and is a blood-circulation booster.		
Stress Relief (Neck & Shoulder Massage)	30 mins	1,000 Baht
This massage is adapted to focus on your specific problem areas. It is especially good for reducing tension in the neck and shoulders. It promotes deep relaxation, improves circulation and eases away chronic muscular and pains.		
Energy Back (Back Massage)	30 mins	1,000 Baht
Enjoy renewed energy after this tension-relief massage done on your back. The therapist employs medium to strong pressure, using deep strokes to iron out tensed muscles for a stronger, healthier back.		
10 fingers (Hand and Arm Massage)	30 mins	1,000 Baht
Reflexology is a natural healing art based on the principle that there are reflex points in the hands. Application of pressure on these points relieves tension, improves circulation and promotes the natural function in the related areas of the body.		
Relaxing Leg (Legs Massage)	30 mins	1,000 Baht
This ancient art of massage technique that works on your legs help to improve the energy flow and promote stress relief, creating a soothing and pampering therapy.		
Asian Foot (Foot Massage)	30 mins	1,000 Baht
Experience the wonders of the Asian art of foot massage, which works on the pressure points to release energy blocks and stimulate blood circulation.		





Spa Package

Serenity of Golden Sands **3.5 hours** **5,000 Baht**
A pampering treatment that rewards all your senses treatment starts with gently exfoliates the skin and follow by body wrap then truly relax with our Signature Magic of Sands Massage, which includes hot sand bag and aromatherapy warm oil help to relief your tension and improve blood circulation. This wonderful package complete with a moisturizing facial perfect for purifying and toning your skin.

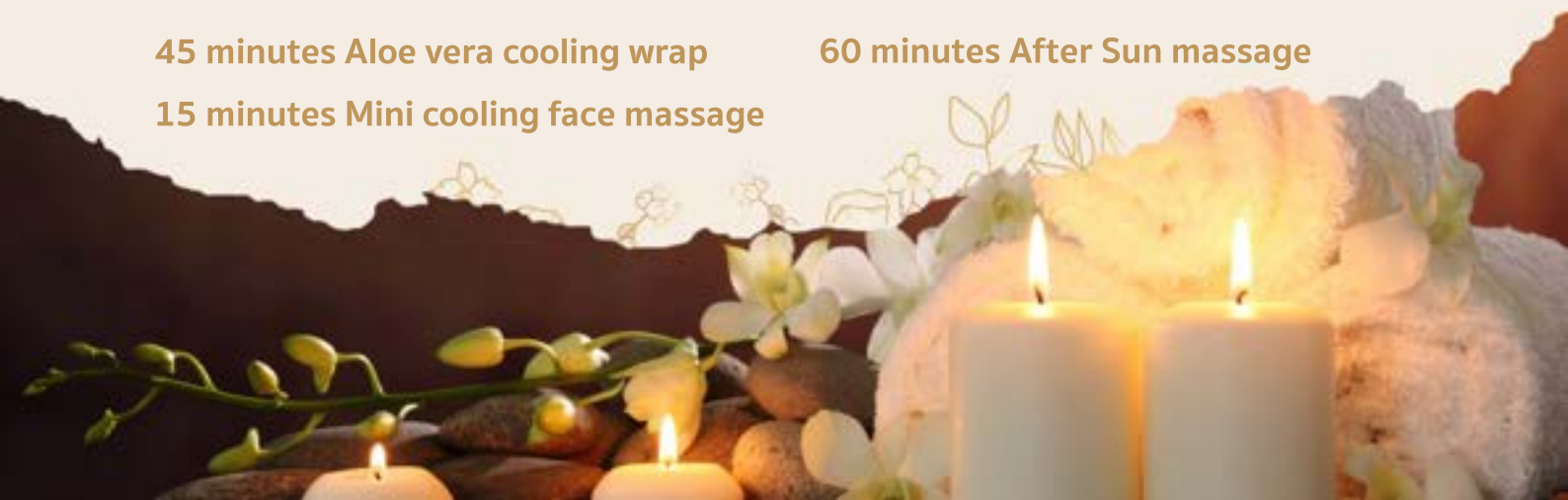
- 30 minutes choices of body scrub
- 30 minutes choices of Body Wrap
- 90 minutes Magic of sands Massage
- 60 minutes choices of Facial

Sense of Red Sun Shine **3 hours** **4,000 Baht**
An Indulgent top to toe treatment to melt away tension, leave skin glowing and bring your body and mind back into harmonious balance.

- 30 minutes choice of body scrub
- 90 minutes choice of body massage
- 60 minutes choice of facial

Sun Soother Green Forest **2 hours** **3,000 Baht**
A soothing and revitalizing treatment created as a refreshing way to cool the skin after a day in the sun. Aloe Vera and cucumber body wrap help to reduce the stinging effects of sunburn, leaving your skin to cool and rehydrate after exposure to the sun's harmful rays.

- 45 minutes Aloe vera cooling wrap
- 60 minutes After Sun massage
- 15 minutes Mini cooling face massage





Spa Package

Secret of Purple Reef

2 hours

3,000 Baht

This is the secret for beautiful treatment to design a deeply restoring treatment to leave you feeling completely rejuvenated. A relaxation ritual incorporates a full body relaxation massage to begin the sensory journey, followed by an indulgent facial. Experience the best of both worlds.

60 Minutes choice of Oil Massage

60 Minutes choice of Facial

Sound of Blue Ocean

1.5 hours

2,500 Baht

The combination of these treatments has been designed to treat your body to a totally refreshing and rebalance experience, relax and smooth your body and mind.

30 Minutes choice of Body Scrub

60 Minutes choice of Body Massage

Anti-Cellulite Package

2 hours

3,500 Baht

This session begins with exotic exfoliation with coffee mocha scrub that helps remove skin impurities, firming and toning the skin. Followed by a coffee wrap that helps the detoxification process and the caffeine may even reduce the appearance of cellulite. A reductive and anti-cellulite massage specially designed for this ritual.

30 Minutes Coffee Mocha Scrub

30 Minutes Coffee Mocha Wrap

60 Minutes Anti-Cellulite Massage



**Operating Hours:**

Open Daily

Nalinya Spa 09.00 – 19.00 hrs.

Sala Massage 09.00 – 18.00 hrs.

Spa Reservations:

To ensure that we accommodate your desired spa experience, we recommend you book ahead for all treatments. To book an appointment, please phone us at 076-428800 Ext. Spa

When to Arrive:

Please arrive at least 15 minutes prior to your treatment time.

Arrive Late:

Please be informed that late arrivals will result to a shorter treatment to ensure the next guest is not delayed.

In the Spa:

To ensure that guests are able to fully enjoy our spa, we respectfully request that all guests keep noise to a minimum. Please leave your mobile phones switched off. The spa is a non-smoking area. We do not recommend the consumption of alcohol before, during or directly after your treatment.

Health Considerations:

Guests who have high blood pressure, heart conditions, have had recent operations, suffer from allergies, are pregnant or have any other medical complications are advised to consult their doctors prior to services. Kindly inform your spa therapist of any existing medical condition.

Valuables:

We recommend that no jewelry be worn on the spa premises. The management accepts no responsibility for any loss of money or valuables of any kind brought onto the spa premise.

Cancellation/ Postponement:

Should you need to cancel or postpone your bookings, a 4-hour advance notice is required to help us reschedule your appointment. If a cancellation is made less than 4 hours prior to your appointment time, a 50% charge will apply while a full charge will be imposed for no show.

Refund Policy:

All treatments & packages are non-refundable and none-exchangeable.

Payment:

Service may be charged to your room or credit cards (We accept Visa and Master). Cash payment is also accepted. Our policy is to process payment prior to commencing treatment. All prices quoted are in Thai Baht. Prices are subject to change without prior notice.