



Dhara Pavilion Spa Menu

Sun Story

Sunshine is necessary to promote both physical and emotional well-being; lifting the mood and spirit whilst helping the body gain life-essential vitamin D.

But when you over-dose, these spa sessions are the answer.

The ultimate answer to rejuvenating your sunburn skin is spa-ing with synergistic blending of Aloe Vera, soothing essential oils, a chlorophyll wrap using Spirulina algae and a healing touch. All offering the earthen magic to encourage healing of damaged tissue, sooth the muscles, cool the skin and calm the mind after spending a good time in the sun.

Code**Description****Price**

SPP120-04	Aloe Cooling 120 Min <ul style="list-style-type: none">❖ Steam/Jacuzzi 30 Min❖ Aromatherapy Body Massage 60 Min❖ Aloe Relieving Moisturizing Facial Treatment 30 Min❖ Floral Water Body Spray❖ Thai Herbal Tea and Healthy Snack	3,300⁺⁺
SPP120-09	After Sun Relieve 120 Min <ul style="list-style-type: none">❖ Steam/ Jacuzzi 30 Min❖ Aloe Duo Body Wrap 30 Min❖ Aromatherapy Body Massage 60 Min❖ Floral Water Body Spay❖ Thai Herbal Tea and Healthy Snack	3,400⁺⁺
SPP150-06	Sunny Rejuvenation 150 Min <ul style="list-style-type: none">❖ Steam/Jacuzzi 30 Min❖ Aloe Cooler After Sun Body Wrap 30 Min❖ Bye Burn Aromatherapy Body Massage 60 Min❖ Aloe Relieve Moisturizing Facial Treatment 30 Min❖ Floral Water Body Spray❖ Thai Herbal Tea and Healthy Snack	4,800⁺⁺
SPP180-08	Marine Sports Restorative 180 Min <ul style="list-style-type: none">❖ Steam/Jacuzzi 30 Min❖ Aloe Duo Revitalizing Body Wrap 30 Min❖ Bye Burn Aromatherapy Body Massage 60 Min❖ Stimulating Foot Massage 60 Min❖ Floral Water Body Spray❖ Thai Herbal Tea and Healthy Snack	4,800⁺⁺
SPP180-11	Sun Soother 180 Min <ul style="list-style-type: none">❖ Steam/Jacuzzi 30 Min❖ Bye Burn Aromatherapy Body Massage 60 Min❖ Princess of Aloe after Sun Facial Treatment 30 Min❖ Stimulating Foot Massage 60 Min❖ Floral Water Body Spray❖ Thai Herbal Tea and Healthy Snack	5,400⁺⁺
SPP180-18	Blissful Sunshine 180 Min <ul style="list-style-type: none">❖ Aloe Cooler After Sun Body Wrap 30 Min❖ Bye Burn Sukko Body Massage 120 Min❖ Princess of Aloe after Sun Facial Treatment 30 Min❖ Floral Water Body Spray❖ Thai Herbal Tea and Healthy Snack	5,800⁺⁺

Prices are subject to 10 % service charge and 7 % vat



Dhara Pavilion Spa Menu

A Touch of Glamour

The outer appearance is a reflection of the beauty within, the fruit of emotional well being. The pleasure of doing something good for the body also flatters the soul. Thus, spoiling yourself in a glamorous spa session does not only promote beauty but extends to your self-confidence and charisma.

Add these fabulous sessions for a touch of glamour. Being pampered both body and soul with the Thai healing legacy. Therapeutic massages and indigenous herbs are used to nourish and rejuvenate the skin and soul. Come experience the benefits of the healing properties of nature, relying on its life force to deliver goodness and see the wonders it can do for you.

456+

Code	Description	Price
SPP120-02	Get Glowing 120 Min <ul style="list-style-type: none"> ❖ Steam/Jacuzzi 30 Min ❖ Herbal Salt Body Scrub 30 Min ❖ Aromatherapy Body Massage 60 Min ❖ Floral Water Body pray ❖ Thai Herbal Tea and Healthy Snack 	2,800 ⁺⁺
SPP180-07	Beautiful Bliss 180 Min <ul style="list-style-type: none"> ❖ Steam/Jacuzzi 30 Min ❖ Thai Turmeric Body Scrub 30 Min ❖ Sweet Memory Aromatherapy Body Massage 60 Min ❖ Thai Herb Purifying Facial Spa 60 Min ❖ Floral Water Body Spray ❖ Thai Herbal Tea and Healthy Snack 	4,600 ⁺⁺
SPP180-19	Celebrity's Secret 180 Min <ul style="list-style-type: none"> ❖ Steam/Jacuzzi 30 Min ❖ Herbal salt Body Scrub 30 Min ❖ Floral Milk Bath 30 Min ❖ Aromatherapy Body Massage 60 Min ❖ Exclusive Royal Thai Silk Facial Treatment 30 Min ❖ Floral Water Body Spray ❖ Thai Herbal Tea and Healthy Snack 	5,600 ⁺⁺
SPP180-20	Tamarind Brightening 180 Min <ul style="list-style-type: none"> ❖ Steam/ Jacuzzi 30 Min ❖ Thai Turmeric Body Scrub 30 Min ❖ Thai Fruit Orchard Whitening Body Wrap 30 Min ❖ Aromatherapy Body Massage 60 Min ❖ Princess of Aloe After Sun Facial Treatment 30 Min ❖ Floral Water Body Spray ❖ Thai Herbal Tea and Healthy Snack 	6,200 ⁺⁺
SPP240-07	A Princess to Be 240 Min <ul style="list-style-type: none"> ❖ Steam/ Jacuzzi 30 Min ❖ Rice Germ Body Scrub 30 Min ❖ Aromatherapy Body Massage (Bliss) 60 Min ❖ Exclusive Royal Thai Silk Facial Treatment 30 Min ❖ Floral Water Body Spray & Thai Herbal Tea & Healthy Snack ❖ Manicure & Pedicure with Nail Art 90 Min (at Apsara Salon) 	5,800 ⁺⁺



Dhara Pavilion Spa Menu

Traditions of Balance

Traditional Thai medicine regards good health as the result of a harmonious balance of elements and energy. Nature- our own body is the best healer and we aim to strengthen that inner balance so that healing takes place naturally and effectively.

Activities, lifestyles, emotions, certain kinds of food and weather conditions can disturb the balance of elements and energy. Heat, herbs, bath and traditional massages are the holistic remedies that instill a sense of mental and physical harmony.

When energy flows and elements are in balance, health is maintained, youthfulness is preserved, self- healing is promoted and well-being is restored.

Code	Description	Price
SPP120-01	Thai Relaxing 120 Min <ul style="list-style-type: none"> ❖ Steam /Jacuzzi 30 Min ❖ Thai Turmeric Body Scrub 30 Min ❖ Thai Massage 60 Min ❖ Floral Water body Spray ❖ Thai Herbal Tea and Healthy Snack 	2,500++
SPP150-01	Massage Matter 150 Min <ul style="list-style-type: none"> ❖ Steam/ Jacuzzi 30 Min ❖ Thai Massage 60 Min ❖ Stimulating Foot Massage 60 Min ❖ Floral Water Body Spray ❖ Thai Herbal Tea and Healthy Snack 	3,100++
SPP150-08	Energy Re-Balance 150 Min <ul style="list-style-type: none"> ❖ Thai Boran Coffee Body Scrub 30 Min ❖ Thai Massage 60 Min ❖ Stimulating Foot Massage 60 Min ❖ Floral Water Body Spray ❖ Thai Herbal Tea and Healthy Snack 	3,900++
SPP180-03	Be Balance 180 Min <ul style="list-style-type: none"> ❖ Steam/Jacuzzi 30 Min ❖ Thai Turmeric Body Scrub 30 Min ❖ Sukko Thai Ayurvedic Body Massage 120 Min ❖ Floral Water Body Spray ❖ Thai Herbal Tea and Healthy Snack 	4,000++
SPP180-05	Thai Touch 180 Min <ul style="list-style-type: none"> ❖ Thai Turmeric Body Scrub 30 Min ❖ Floral Milk Bath 30 Min ❖ Sukko Thai Ayurvedic Body Massage 120 Min ❖ Floral Water Body Spray ❖ Thai Herbal Tea and Healthy Snack 	4,200++
SPP180-27	Energetic Hot Herbs 180 Min <ul style="list-style-type: none"> ❖ Steam /Jacuzzi 30 Min ❖ Rice Germ Body Scrub 30 Min ❖ Energetic Hot Herbs Traditional Body Massage 120 Min ❖ Floral Water Body Spray ❖ Thai Herbal Tea & Healthy Snack 	4,000++
SPP180-28	Gaya & Prana Hot Herbs 180 Min <ul style="list-style-type: none"> ❖ Steam /Jacuzzi 30 Min ❖ Thai Turmeric Body Scrub 30 Min ❖ Gaya & Prana Hot Herbs Traditional Body Massage 120 Min ❖ Floral Water Body Spray ❖ Thai Herbal Tea & Healthy Snack 	4,200++
SPP180-29	Amata Hot Herbs 180 Min <ul style="list-style-type: none"> ❖ Steam /Jacuzzi 30 Min ❖ Rice Germ Body Scrub 30 Min ❖ Amata Hot Herbs Traditional Body Massage 120 Min ❖ Floral Water Body Spray ❖ Thai Herbal Tea & Healthy Snack 	4,200++

Prices are subject to 10 % service charge and 7 % vat



Dhara Pavilion Spa Menu

Chill-Out

Tight budgets, impossible deadline, a long time at VDU and poor diet combine to load you down with stress. If not handled well, stress becomes a problem that can impact virtually every aspect of life. Burn -out, fatigue, stress-related illness and insomnia are all the result of stress overload.

Let's chill out. Sukko Spa shares the quick-fix ways of tranquility to return your mind and body to a state of serenity. With the superb mixture of relaxants from the nature and healing touch from traditional massage, these leisurely spa sessions will help release the stress in you, reduce the symptoms of overload and promote deep relaxation.

Code**Description****Price****SPP150-02****Time to Relax 150 Min****3,300++**

- ❖ Steam/ Jacuzzi 30 Min
- ❖ Herbal Salt Body Scrub 30 Min
- ❖ Floral Milk Bath 30 Min
- ❖ Thai Massage 60 Min
- ❖ Floral Water Body Spray
- ❖ Thai Herbal Tea and Healthy Snack

SPP150-03**Relaxing Pleasure 150 Min****3,300++**

- ❖ Steam/ Jacuzzi 30 Min
- ❖ Serenity Aromatherapy Body Massage 60 Min
- ❖ Stimulating Foot Massage 60 Min
- ❖ Floral Water Body Spray
- ❖ Thai Herbal Tea and Healthy Snack

SPP180-02**Bliss 180 Min****4,100++**

- ❖ Steam / Jacuzzi 30 Min
- ❖ Herbal Salt Body Scrub 30 Min
- ❖ Aromatherapy Body Massage 60 Min
- ❖ Stimulating Foot Massage 60 Min
- ❖ Floral Water Body Spray
- ❖ Thai Herbal Tea and Healthy Snack

SPP180-09**Really Relaxing 180 Min****4,800++**

- ❖ Steam / Jacuzzi 30 Min
- ❖ Thai Turmeric Body Scrub 30 Min
- ❖ Floral Milk Bath 30 Min
- ❖ Serenity Aromatherapy Body Massage 60 Min
- ❖ Aloe Relive Moisturizing Facial Treatment 30 Min
- ❖ Floral Water Body Spray
- ❖ Thai Herbal Tea and Healthy Snack

SPP180-21**Coffee Spa 180 Min****5,100++**

- ❖ Thai Boran Coffee Body Scrub 30 Min
- ❖ Floral Milk Bath 30 Min
- ❖ Aromatherapy Body Massage 60 Min
- ❖ Stimulating Foot Massage 60 Min
- ❖ Floral Water Body Spray
- ❖ Thai Herbal Tea and Healthy Snack

SPP240-08**Top To Toe Relaxation 240 Min****6,300++**

- ❖ Steam / Jacuzzi 30 Min
- ❖ Rice Germ Body Scrub 30 Min
- ❖ Aromatherapy Body Massage 60 Min
- ❖ Exclusive Royal Thai Silk Facial Treatment 30 Min
- ❖ Floral Water Body Spray
- ❖ Thai Herbal Tea and Healthy Snack
- ❖ Hair Spa 90 Min (at Apsara Salon)



Dhara Pavilion Spa Menu

Potent Purification

Unhealthy habits or casual neglect can leave the body tissues in a state of toxicity. When your energy levels are low, creativity and productivity decreases, the immune system is weak and the complexion dulls, you are in real need of purification. Nutritional balance in a pleasurable yet healthy diet and cleansing spa sessions are the solutions.

Powerful detoxifier Spirulina algae, marine seaweed, purifying essential oils accompanied by therapeutic bath and acupressure massage will deeply cleanse and totally detoxify both body and mind. By combating the effects of toxin over-load, water retention is relived, sluggish circulation is improved, the appearance of cellulite is lessened and the mind is energized. The whole system is empowered and back on the path to optimal health.

Code

Description

Price

SPP150-07

Simply Detoxing 150 Min

4,500⁺⁺

- ❖ Steam/ Jacuzzi 30 Min
- ❖ Anti-Cellulite Aromatherapy Body Massage 60 Min
- ❖ Seaweed Special Detoxifying Facial Spa 60 Min
- ❖ Floral Water Body Spray
- ❖ Thai Herbal Tea and Healthy Snack

SPP180-12

Cellu-Fighting 180 Min

5,600⁺⁺

- ❖ Steam/ Jacuzzi 30 Min
- ❖ Herbal Salt Body Scrub 30 Min
- ❖ Wholesome Sea Detoxifying Body Wrap 30 Min
- ❖ Wild Honey Floral Milk Bath 30 Min
- ❖ Anti-Cellulite Aromatherapy Body Massage 60 Min
- ❖ Floral Water Body Spray
- ❖ Thai Herbal Tea and Healthy Snack

SPP180-16

Detoxing Detail 180 Min.

6,700⁺⁺

- ❖ Steam/ Jacuzzi 30 Min
- ❖ Wholesome Sea Detoxifying Body Wrap 30 Min
- ❖ Wild Honey Floral Milk Bath 30 Min
- ❖ Anti-Cellulite Aromatherapy Body Massage 60 Min
- ❖ Seaweed Special Detoxifying Facial Treatment 30 Min
- ❖ Floral Water Body Spray
- ❖ Thai Herbal Tea and Healthy Snack

SPP180-22

By The Sea 180 Min.

5,600⁺⁺

- ❖ Steam/ Jacuzzi 30 Min
- ❖ Herbal Salt Body Scrub 30 Min
- ❖ Wholesome Sea Detoxifying Body Wrap 30 Min
- ❖ Spirulina Detoxifying Bath 30 Min
- ❖ Aromatherapy Body Massage 60 Min
- ❖ Floral Water Body Spray
- ❖ Thai Herbal Tea and Healthy Snack



Dhara Pavilion Spa Menu

Joy of Love

Love is the life's greatest blessing. Creating an atmosphere of love in your heart and concentrating on bringing more love, friendships and beauty into your life are the source of all healing!

"Joy of Love" spa session is the tip for bringing love into your life. Being pampered from top to toe by healing touch, sweet fragrance of tropical flowers and sensuous scent of aromatic oil will aid in relaxation and expansive thoughts of love on a special holiday, the day you celebrate your love.

Code

Description

Price

SPP180-15

The Lover 180 Min

6,700⁺⁺

- ❖ Steam/ Jacuzzi 30 Min
- ❖ Golden Sugar Body Scrub 30 Min
- ❖ Rose of Love Aromatic Bath 30 Min
- ❖ Siam Jasmine Aromatherapy Body Massage 60 Min
- ❖ Exclusive Royal Thai Silk Facial Treatment 30 Min
- ❖ Floral Water Body Spray
- ❖ Thai Herbal Tea and Healthy Snack

SPP210-05

A Bouquet of Love 210 Min

5,900⁺⁺

- ❖ Steam/ Jacuzzi 30 Min
- ❖ Thai Boran Coffee Body Scrub 30 Min
- ❖ Rose of Love Aromatic Bath 30 Min
- ❖ Siam Jasmine Sukko Body Massage 120 Min
- ❖ Floral Water Body Spray
- ❖ Thai Herbal Tea and Healthy Snack

SPP240-06

Luxurious Desire 240 Min

8,100⁺⁺

- ❖ Steam/ Jacuzzi 30 Min
- ❖ Golden Sugar Body Scrub 30 Min
- ❖ Wild Honey Floral Milk Bath 30 Min
- ❖ Siam Jasmine Aromatherapy Body Massage 60 Min
- ❖ Exclusive Royal Thai Silk Facial Treatment 30 Min
- ❖ Stimulating Foot Massage 60 Min
- ❖ Floral Water Body Spray
- ❖ Thai Herbal Tea and Healthy Snack Tea for Time



Dhara Pavilion Spa Menu

Thai Silk, The Royal Fountain of Youth

First revealed to the world by Sukko Spa, Thai silk is not only luxuriously luscious on your skin, but also offers you a youthful complexion. Rich in essential amino acids and antioxidants, this golden silk powder will boost the formation of collagen and elastin fiber and counteract signs of aging.

These are luxurious silk -spa sessions designed to fulfill the desire for youthfulness. Royal Thai Silk mask along with acupressure facial massage using Rose and Neroli essential oils will not only restore a glow to your face, but will work deeper levels on the rest of the body.

Code

SPP180-23

Description

Style of Silk 180 Min

- ❖ Steam/ Jacuzzi 30 Min
- ❖ Herbal Salt Body Scrub 30 Min
- ❖ Aromatherapy Body Massage (Bliss) 60 Min
- ❖ Exclusive Royal Thai Silk Facial Spa 60 Min
- ❖ Floral Water Body Spray
- ❖ Thai Herbal Tea and Healthy Snack

Price

5,300⁺⁺

SPP180-24

Silky Paradise 180 Min

- ❖ Steam/ Jacuzzi 30 Min
- ❖ Rice Germ Body Scrub 30 Min
- ❖ Exclusive Royal Thai Silk Body Wrap 30 Min
- ❖ Aromatherapy Body Massage (Bliss) 60 Min
- ❖ Exclusive Royal Thai Silk Facial Treatment 30 Min
- ❖ Floral Water Body Spray
- ❖ Thai Herbal Tea and Healthy Snack

6,200⁺⁺

SPP180-25

Heaven of Silk 180 Min

- ❖ Exclusive Royal Thai Silk Body Wrap 30 Min
- ❖ Wild-Honey Floral Milk Bath 30 Min
- ❖ Aromatherapy Body Massage (Bliss) 60 Min
- ❖ Exclusive Royal Thai Silk Facial Spa 60 Min
- ❖ Floral Water Body Spray
- ❖ Thai Herbal Tea and Healthy Snack

6,700⁺⁺

SPP180-26

The Princess of Silk 180 Min

- ❖ Steam/ Jacuzzi 30 Min
- ❖ Exclusive Royal Thai Silk Body Wrap 30 Min
- ❖ Aromatherapy Body Massage (Bliss) 60 Min
- ❖ Exclusive Royal Thai Silk Facial Spa 60 Min
- ❖ Floral Water Body Spray
- ❖ Thai Herbal Tea and Healthy Snack

5,900⁺⁺

A La Carte Menu

Code	Treatment Name	Session	Price
ALS01-01	Scrub (Sabai) ❖ Thai Turmeric ❖ Herbal Salt ❖ Rice Germ	30	900++
ALS02-01	Scrub Plus (Sabai) ❖ Thai Turmeric ❖ Herbal Salt ❖ Rice Germ	60	1,300++
ALS03-01	Body Mask / Wrap (Sabai) ❖ Siam Beauty ❖ Aloe S.O.S After Sun	30	900++
ALS04-01	Bath (Sabai) ❖ Floral Milk Bath	30	900++
ALS05-01	Aromatherapy Body Massage (Sabai) ❖ Serenity* ❖ Sweet Memory* ❖ Uplifting ❖ Baby Mind	60	1,600++
ALS06-01	Facial Treatment (Sabai) ❖ Thai Herbs Purifying ❖ Aloe Relive Moisturizing	30	1,600++
ALS07-01	Facial Spa (Sabai) ❖ Thai Herbs Purifying	60	2,200++
ALS09-01	Steam / Jacuzzi	30	700++
ALS10-01	Thai Massage	60	1,300++
ALS10-02	Nuad Thai Boran	120	1,600++
ALS11-01	Stimulating Foot Massage	60	1,600++
ALS14-01	Energetic Hot Herb Traditional Massage	120	3,100++
ALS14-02	Gaya & Prana Hot Herb Traditional Massage	120	3,300++
ALS14-03	Amata Hot Herb Traditional Massage	120	3,300++

Prices are subject to 10 % service charge and 7 % vat

A La Carte Menu

Code	Treatment Name	Session	Price
ALS01-02	Scrub (Bliss) ❖ Tamarind ❖ Thai Boran Coffee ❖ Golden Sugar	30	1,600++
ALS02-02	Scrub Plus (Bliss) ❖ Tamarind ❖ Thai Boran Coffee ❖ Golden Sugar	60	2,200++
ALS03-02	Body Mask / Wrap (Bliss) ❖ Aloe Cooler ❖ Aloe Duo ❖ Wholesome Sea Detoxifying ❖ Exclusive Royal Thai Silk	30	1,600++
ALS04-02	Bath (Bliss) ❖ Wild Honey Floral Milk Bath ❖ Rose of Love Aromatic Bath	30	1,600++
ALS05-02	Aromatherapy Body Massage (Bliss) ❖ Anti-Cellulite ❖ Bye Burn ❖ Baby Bliss ❖ Cheer Up ❖ Lavender Leisure* ❖ Siam Jasmine* ❖ Sport Solution	60	1,900++
ALS06-02	Facial Treatment (Bliss) ❖ Princess of Aloe After Sun ❖ Seaweed Special Detoxifying ❖ Exclusive Royal Thai Silk	30	2,200++
ALS07-02	Facial Spa (Bliss) ❖ Seaweed Special Detoxifying ❖ Exclusive Royal Thai Silk	60	2,800++
ALS08-02	Sukko Thai Ayurvedic Body Massage ❖ Earth (Nov, Dec, Jan) ❖ Water (Aug, Sep, Oct) ❖ Wind (May, Jun, Jul) ❖ Fire (Feb, Mar, Apr)	120	3,100++

Prices are subject to 10 % service charge and 7 % vat

Apsara Salon A La Carte Menu

Code	Treatment Name	Session	Price
ALL01-01	Foot Spa	90	1,800++
ALL02-01	Hand Spa	30	1,200++
ALL03-01	Manicure &Pedicure with Nail Art	90	1,050++
ALL03-02	Manicure &Pedicure with Nail Art for kids	60	600++
ALL03-04	Manicure & Nail Art	60	750++
ALL03-05	Pedicure & Nail Art	60	750++
ALL03-06	Manicure	45	500++
ALL03-07	Pedicure	45	500++
ALL03-08	Manicure &Pedicure with Nail Glitter	90	1,300++
ALL03-09	Manicure with Nail Glitter	60	1,000++
ALL03-10	Pedicure with Nail Glitter	60	1,000++
ALL04-01	Hair Spa	90	1,600++
ALL06-01	Hair Salon (Shampoo & Blow Dry)	30	600++
ALL07-01	Facial Make up	30	1,200++
ALS06-01	Facial Treatment (Sabai)	30	1,600++
	❖ Thai Herbs Purifying		
	❖ Aloe Relieve Moisturizing		
ALS06-02	Facial Treatment (Bliss)	30	2,200++
	❖ Princess of Aloe After Sun		
	❖ Seaweed Special Detoxifying		
ALS07-01	Facial Spa (Sabai)	60	2,200++
	❖ Thai Herbs Purifying		
ALS07-02	Facial Spa (Bliss)	60	2,800++
	❖ Seaweed Special Detoxifying		
	❖ Exclusive Royal Thai Silk		
ALS11-01	Stimulating Foot Massage	60	1,600++

Prices are subject to 10 % service charge and 7 % vat

“Cultural Spa Program”

Morning Glory (SPC09-01)

3,000++ /Person

Let the traditional Thai way of like awaken your sense and bless your soul for a new glorious day in paradise.

- 08:30 Pick Up from Hotel
- 09:00 Welcome by Traditional “Sukko” Culture
- ❖ “ Flower Floating Ritual ” Float away the past stress & plan for new bliss
 - ❖ “ Thai Floral Water Greeting Ritual ” Delightful ritual to wish you luck and joy
 - ❖ Thai Herbal Drink
 - ❖ Spa Consultation for the “Thai Massage ”
- 09:30 Rue Sri Dat Ton Lesson 60 Min
- 10:30 Herbal Steam and Jacuzzi 30 Min
- 11:00 Thai Massage 60 Min
- 12:00 Relax with Thai Herbal Tea and Healthy Snack
- 12:30-13:30 Thai Set menu for Longevity (Recommended)

Thai for Two (SPC09-03)

7,000 ++ /Couple

Thai Massage Lesson for Couples is not only about dealing with acupressure points or learning the positions well enough to practice them; it’s also about learning the way to explore and restore your partner’s body and mind. Together with pampering spa, Thai for Two will enhance and intensify the loving bond that words cannot possibly describe.

- 08:30 Pick up from Hotel
- 09:00 Welcome by Traditional “Sukko” Culture
- ❖ “ Flower Floating Ritual ” Float away the past stress & plan for new bliss
 - ❖ “ Thai Floral Water Greeting Ritual ” Delightful ritual to wish you luck and joy
 - ❖ Thai Herbal Drink
 - ❖ Spa Consultation for the “ Lavender Leisure Aromatherapy Body Massage ”
- 09:30 Thai Massage Lesson for Couple
- 11:30 Floral Milk Bath 30 Min
- 12.00 Lavender Leisure Aromatherapy Body Massage 60 Min
- 13.00 Relax with Thai Herbal Tea and Healthy Snack
- 13.30-14.30 Thai Set menu for Love Booster (Recommended)

Thai Taste (SPC09-02)

4,000 ++/Person

Come experience Thai holistic health-care the fun way. Learn tips on creating delicious dishes from medicinal herbs and spices and then dip yourself and soul in Sukko's traditional balancing spa session.

08:30 Pick up from Hotel

09:00 Welcome by Traditional " Sukko " Culture

- ❖ " Flower Floating Ritual " Float away the past stress & plan for new bliss
- ❖ " Thai Floral Water Greeting Ritual " Delightful ritual to wish you luck and joy
- ❖ Thai Herbal Drink
- ❖ Thai Four Element Spa Consultation for "Sukko Thai Ayuraviadic Body Massage "

09:30 Traditional Thai Cooking Class:

- ❖ Introduction to Thai herbs and spices at Sukko Organic Herb Garden
- ❖ Tradition cooking preparation:
 - " Kan Kra Ti " (drain the milk from the coconut) &
 - " Tum Kreung Kang " (make herbal paste using a pestle and mortar)
- ❖ Three flavorful dishes and herbal brown rice preparation
- ❖ Lunch & Cultural Certificate Presentation

13:00 Herbal Steam and Jacuzzi 30 Min

13:30 Sukko Thai Ayurvedic Body Massage 120 Min

15:30 Relax with Thai Herbal Tea and Healthy Snack

Romance Holiday (SPC09-04)

11,000++/Couple

Romance Holiday-Program for creating the ultimate love space for each other is a magical essence of love that will be a delightful reminder of our romantic holiday in Phuket.

16:30 Pick up from Hotel

17:00 Welcome by Traditional " Sukko " Culture

- ❖ " Flower Floating Ritual " Float away the past stress & plan for new bliss
- ❖ " Thai Floral Water Greeting Ritual " Delightful ritual to wish you luck and joy
- ❖ Thai Herbal Drink
- ❖ Spa Consultation for "Love Celebration" Spa Package

17:30 The Lover Spa Package:

- ❖ Steam & Jacuzzi 30 Min
- ❖ Golden Sugar Body Scrub 30 Min
- ❖ Rose of Love Aromatic Bath 30 Min
- ❖ Siam Jasmine Aromatherapy Body Massage 60 Min
- ❖ Exclusive Royal Thai Silk Facial Treatment 30 Min
- ❖ Thai Floral Water Body Spray

20:30 Relax with Thai Herbal Tea and Healthy Snack

21:00-22:00 "Seafood Basket " menu B and " Krachai " Thai Herbal Wine

Prices are subject to 10 % service charge and 7 % vat

Culinary Delight (SPC09-05)

8,500 ++/Person

Culinary delight is a wonderful introduction to the Thai way of living ,living the healthy long-life. Begin the Thai day with the course on food and art therapy through Traditional Thai cuisine and fruit carving and then happily end with a fabulous Thai spa session to pamper the whole body and mind.

- 08.30 **Pick up from Hotel**
- 09:00 **Welcome by Traditional “ Sukko ” Culture**
- ❖ “ **Flower Floating Ritual**” Float away the past stress & plan for new bliss
 - ❖ “ **Thai Floral Water Greeting Ritual**” Delightful ritual to wish you luck and joy
 - ❖ **Thai Herbal Drink**
 - ❖ **Spa Consultation** for “ **Top to Toe Relaxation ”Spa Package**”
- 09:30 **Traditional Thai Cooking Class:**
- ❖ **Introduction to Thai herbs and spices** at Sukko Organic Herb Garden
 - ❖ **Tradition cooking preparation:**
 “ **Kan Kra Ti** ” (drain the milk from the coconut)
 - ❖ **Three flavorful dishes and herbal brown rice preparation**
 - ❖ **Lunch & Cultural Certificate Presentation**
- 13:00 **Basic Fruit Carving**
- 14:00 **Top To Toe Relaxation Spa Package:**
- ❖ **Steam & Jacuzzi 30 Min**
 - ❖ **Rice Germ Body Scrub 30 Min**
 - ❖ **Aromatherapy Body Massage (Bliss) 60 Min**
 - ❖ **Exclusive Royal Thai Silk Facial Treatment 30 Min**
 - ❖ **Floral Water Body Spray**
 - ❖ **Thai Herbal Tea and Healthy Snack**
 - ❖ **Hair Spa 90 Min** (at Apsara Salon)
- 18:30-19:30 **Dinner “Seafood Basket” menu B**

Kayanamai (SPC09-06)

8,500 ++/Person

Kayanamai, the wellness of the body, is Thai way of healthy life which has a unique wisdom, putting the whole systems back into balance and preventing the onset of any disease by stimulating our own inner defenses. Kayanamai emphasizes on appropriate diet, proper exercise, art therapy and body spa as the fundamental tools for achieving a state of health and balance within ourselves.

Nutrition therapies are also involved. The philosophy behind Thai food is being the every day medicine for health and longevity. The course on Traditional Thai cuisine is recommended as a wonderful introduction to the ancient food therapy, one of Thai secrets to the healthy long-life. The Thai day is happily ended with a fabulous Thai spa session to pamper the whole body and mind.

Come experience Thai holistic health-care the fun way. Learning the living that will help to bring your physical conditions and spirit back to a state of balance, get rid of poisonous substances and wastes and increase immunity and enhance health.

- 07:45 **Welcome by Traditional “Sukko” culture**
- ❖ “Flower Floating Ritual” Float away the past stress and plan for the new bliss
 - ❖ “Thai Floral Water Greeting Ritual” Delightful ritual to wish you luck and joy
 - ❖ **Thai Element for Time Drink** Balance the “Nam” – Water Element
- 08:00 **Yoga**
- 10:00 **Thai Herbal Tea and Healthy Snack**
- 10:30 **Traditional Thai Cooking Class:**
- ❖ **Introduction to Thai herbs and spices** at Sukko Organic Herb Garden
 - ❖ **Traditional cooking preparation:** “Kan Kra Ti” (drain the milk from the coconut)
 - ❖ **Three flavorful dishes and herbal brown rice preparation**
 - ❖ **Cultural Certificate Presentation**
 - ❖ **Lunch**
- 13:45 **Spa consultation** for Body Element and Traditions of Balance Spa Package
- 14:00 **Fruit Carving Basic**
- 15:00 **Be Balance Spa Package:**
- ❖ **Steam /Jacuzzi** 30 Min
 - ❖ **Thai Turmeric Body Scrub** 30 Min
 - ❖ **Sukko Thai Ayurvedic Body Massage** 120 Min
 - ❖ **Floral Water Body Spray**
- 18:00 **Relax** with Herbal Tea and Healthy Snack.

“Cultural Activities”

THAI COOKING CLASS (FBA01-02)

The philosophy behind Thai food is being the every day medicine for health and longevity. Thai dishes are designed to balance all of the body elements and feed them on all levels with satisfying tastes and aromas and visually appealing colorful textures. Medicinal herbs and spices rich in phytochemicals and antioxidants are the main ingredients, hence every menu is therapeutic. The course on Traditional Thai cuisine is recommended as a wonderful introduction to the ancient food therapy, one of Thai secrets to the healthy long-life.(3 Cooks +2 additional Lunch +1 Action)

Price: 2,000 ++/ 2 Hours



FRUIT & VEGETABLE CARVING (FBA02-01)

Fruit carving in Thailand has been around for centuries and was originally exclusive to meals prepared for the royal family. In order to retain one's position as a royal chef, the meals needed to be attractive as well as highly palatable. The tropical fruits of Thailand made a sweet and colorful addition to the presentation of the royal meal.

Price: 1,200 ++ / Hour



JASMINE GARLAND MAKING (SPV01-01)

Garlands are presented and worn at many festive and happy occasions, such as graduations, birthdays and weddings, for good luck. It is customary in Thailand to have a portrait of a deceased person displayed near the urn or coffin. A lovely flower garland with a black ribbon is placed at their base as a mark of respect and final farewell.

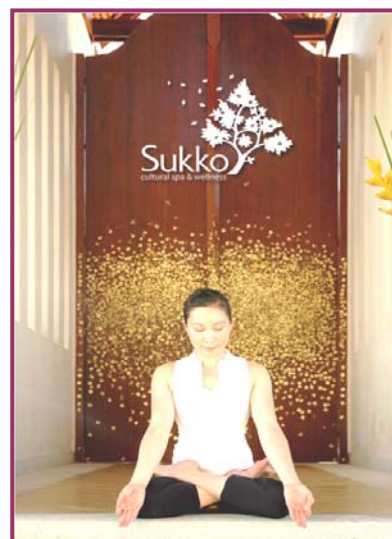
Price: 1,400 ++ /Hour



YOGA

The Most noticeable benefit of Yoga is an increase in flexibility. Positions act on various joints, some of which are not stretched by other activities or daily movement otherwise. Even beginners will notice a marked improvement in their flexibility in a very short time. Yoga also increase lubrication of joints, ligaments and tendons. Even very basic non –strenuous pose for beginners work in harmony with the rest of body to create a balance where overall flexible can be attained relatively easily.

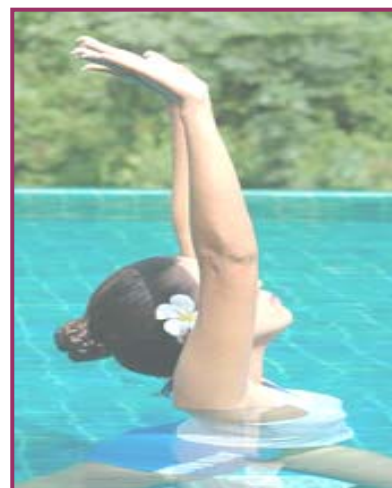
Price : (CLA01-01) 1,200 ++/ Hour (Basic)



AQUA EXERCISE (CLA02-01)

Experience the marvelous feeling of weightless exercise created by waters buoyancy that supports your weight, protects your joints from injury, allows more flexibility of movement and boosts circulation system. All components of physical fitness are improved, weight management is assisted, overall health is enhanced and healthier lifestyle is yours.

Price: 1,200 ++ / Hour



MUAY THAI CHAIYA (CLA03-01)

More than being a traditional and effective art of self-defense, Chaiya style of boxing is a graceful exercise that keeps the body fit and alert, and is also a way to learn to focus. Muay Thai Chaiya helps you to achieve mental and physical health- builds muscle strength, controls weight and induces conscience- giving you internal power within a flexible body and powerful mind.

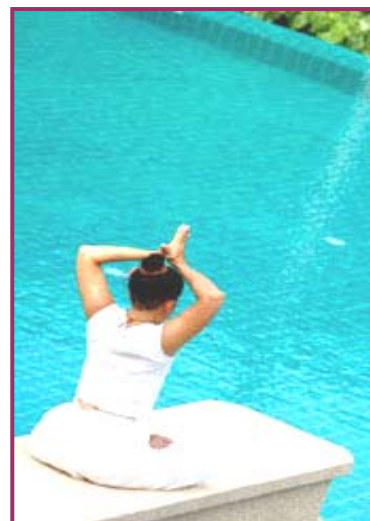
Price: 1,200 ++/Hour



RUE SRI DAT TON

Rue Sri Dat Ton (The hermit self stretching) is a traditional Thai exercise that combines stretching and application of pressure to energy points with breathing techniques and meditation to develop the flow of energy throughout the body. When energy flows is in balance, health is maintained, youthfulness is preserved, self-healing is promoted and well-being is restored. This also helps to relieve muscle aches and pains and increase vitality and is a gentle exercise that suitable for everyone.

Price: (CLA04-01) 1,200 ++ / Hour(Basic)



BASIC THAI MASSAGE

For more than a thousand years, Thai Massage has been practiced with love and care on families and friends to maintain health and well-being. This Thai Massage Lesson for Couples is not only about dealing with acupressure points or learning the positions well enough to practice them; it's also about learning the new way to explore and restore your partner's body and mind.

Price : (SPV02-01) 1,200 ++/Hour

: (SPV02-02) 4,000 ++/Couple (Intensify the loving bond in Thai way)



PHOTO SHOOTING WITH THAI COSTUME

Record your memorial of Thai senses with photo shooting in Thai cultural theme background and Thai costume.

Price : (STU01-01) 600 ++ (8"x10")

: (STU01-02) 1,200 ++ (8"x10" & 8"x15")

Remark: Extra Costume 200 Baht/Clothing

Copy to CD 200 Baht/picture



KID 'S ACTIVITIES



Doll Painting



Pla-Ta-Pien



Batik Painting



Color Painting

KID'S SERVICE

CLK01-01	Swimming Pool for Kid's & Spa Guest	150 Baht++/Hour
CLK02-01	Baby Care Service / Hour	200 Baht++/Hour
CLK02-02	Kid's Room (Video, Play toy)/Hour	200 Baht++/Time
CLK03-01	Kid's Club Activities with Snack 3Hrs	800 Baht++/Hour
	➤ French Fried +Sausage +Orance Juice or Milk	
CLK03-02	Kid's Activities (Choice of activity)1Hr	400 Baht++/Hour
	➤ Doll paint	
	➤ Batik Paint	
	➤ Pla Ta Pien Making	
	➤ Kite Making	
CLK03-03	Advance kid's activities - Batik painting	800 Baht++

KID'S LIGHT MENU

Set Menu A 95 Baht++

Steamed Rice

- Chicken with Sweet Sauce
- Spaghetti Salad with Ham
- Mixed Fresh Fruits in Season



Set Menu B 135 Baht++

- Fried Rice with shrimps
- Jumbo Sausage
- French Fries
- Mixed Fresh Fruits in Season



Set Menu C 175 Baht++

- Tuna Salad
- French Fries
- Shrimp Fingers
- Mixed Fresh Fruit in Season



A La Cart Menu

French Fries	40 B++
Chicken Fingers	60 B++
Spaghetti with Ham	60 B++
Salad Spaghetti	60 B++
Tuna Salad Mini	60 B++
Club Sandwich Mini	70 B++
Jumbo Sausage	60 B++
Fresh Fruit in Season	60 B++

DRINKS

Fresh Milk	40B++
Fruit Punch	50B++
Fruit Juice	50B++
Fruit Shake	50B++

