Soneva Kiri

Spa Menu

Intuitive Therapy

Our Intuitive Therapy eliminates the usual, choreographed treatments, enabling our therapists to work closer with you to meet your needs and wants. We believe this creates a healing space where both you and your therapist can establish an increased awareness of your mind-body connection. Intuitive Therapy can include focused massage on areas that require specific attention, as well as reflexology and energy work.

90 minutes *THB 7,900*
120 minutes *THB 9,500*

Massage Therapy from Around the Globe

Thai Massage combines gentle and strong stretches and is often likened to a basic form of Yoga. The movements use muscle compression, joint mobilisation and acupressure of the muscles, tendons, pressure points and energy lines, to leave you feeling refreshed and energised.

60 minutes *THB 5,800*
90 minutes *THB 7,900*

Thai Herbal Compress Massage combines a stretching Thai massage with the application of a warm Luk Pra Kob herbal poultice, which contains healing herbs that help remove tension and stiffness from the muscles in the body.

90 minutes *THB 7,900*

Abhyangam is an ancient Indian oil massage therapy for deep relaxation and healing. It gives a feeling of stability and warmth while decreasing the effects of ageing, increasing circulation and moving lymph, helping the body detoxify and leaving your skin soft and smooth.

60 minutes *THB 9,800*
90 minutes *THB 12,000*

Swedish Massage is one of the best-known bodywork techniques. It aims to relax the entire body and improve the circulation of blood and lymph by using a specific set of massage movements: effleurage (sliding movements): petrissage (kneading movements); friction or rubbing; and vibration and percussion. During a traditional Swedish massage, the therapist will also use passive and active joint movements, stretching and bending the joints.

60 minutes *THB 5,800*
90 minutes *THB 7,900*

Deep Tissue Massage focuses on stretching the fascia, the web of connective tissue that surrounds, supports and accesses all of the body's muscles, bones, nerves and organs. Working layer by layer, through the connective tissue and muscles into the deepest accessible layers, this massage technique helps to correct posture and increase your freedom of movement.

60 minutes *THB 5,800*
90 minutes *THB 7,900*

Pre- and Post-natal Massages are a wonderful, complementary choice for expectant or new mothers. They are specially designed to improve overall health, reduce stress and relieve muscle tension during this very special time.

60 minutes *THB 5,800*

Facials

24K Gold Age-Defying Facial 24K
Invigorate the skin and restore emotional balance with this exotic facial using the healing properties of Mogra, the Queen of Jasmines, to boost collagen production and stimulate cell renewal. Combined with the restorative powers of 24k gold leaf, this sensory experience penetrates and revives the deep layers of the skin, reducing fine lines and wrinkles. This treatment uplifts the spirit and creates a positive glow from inside and out. Using Subtle Energies.

60 minutes THB 6,900
90 minutes THB 9,200

Soothe And Enrich Advance Antioxidant Facial
Designed for dry, sensitive or damaged skin, this intensely calming and restorative facial delivers a nutrient rich elixir to revitalize the aging skin. Following a deep cleanse and purification, the skin is infused with advanced antioxidants and essential fatty acids to fight free radical damage, protecting it from the visible signs of aging. The relaxing and soothing Marma massage delivers an active serum of neem, coriander seed and rhu khus to increase collagen and hyaluronic acid production, before a botanical hydration mask locks this precious moisture into the skin. Using Subtle Energies.

60 minutes THB 6,500
90 minutes THB 8,500

Mukha Chikitsa Facial
Purify, hydrate and nourish the skin with this holistic facial treatment, using a blend of rare ingredients such as mogra (fragrant flower of South Asia), saffron and rose with anti-aging and relaxing properties enjoyed by the nobility of ancient India and Persia. An aromatic hand and arm ritual is followed by a complete facial cleanse and exfoliation. The treatment includes a hydrating oil mask, together with a deep facial marma massage to rejuvenate on a physical, mental and emotional level. Using Subtle Energies.

60 minutes THB 6,500
90 minutes THB 8,700

Express Facial
A cleansing and exfoliating treatment followed by a face mask. Choose from: Nourishing, Purifying or Sensitive Mask.

30 minutes THB 3,500

Thai Silk Facial
This anti-aging facial uses natural silk cocoons to firm and tone the skin. Originating from North Thailand, the cocoons contain 12 amino acids which improve skin elasticity, reduce the appearance of wrinkles and repair sun-damaged skin.

60 minutes THB 5,800
90 minutes THB 7,900

Soneva Kiri Specialist Therapy

Tok Sen

By: *Malida*
Duration: *60 minutes THB 7,900*
90 minutes THB 9,500

Components: F*ull body massage with wooden tools*
Outcome: *Releases tension to relax and energise the body*

Tok Sen Massage is an ancient Thai massage that originated in northern Thailand and involves the use of a special wooden hammer, or mallet, made from the wood of the tamarind tree.

In Tok Sen massage, the mallet and wedge are used to stimulate energy points throughout the body. It combines manual pressure, passive stretching, and the deep vibration that is created by the wooden instruments.

This combination restores well-being and transforms the mind, body, and energy in a person.

Benefits of Tok Sen Massage
Tok Sen massage is an ancient practice that helps life energy flow throughout the body. This helps all the systems of the body to work more effectively together, improves alignment, Strengthens the immune system, increases circulation, offers better digestion, reduces physical pain, and Increases flexibility

Scrubs

Soneva Coffee Scrub uses locally-sourced coffee granules and virgin coconut oil for an energising and nourishing body therapy that reveals soft and radiant skin.

45 minutes THB 4,500

Manicure and Pedicure

Manicure	*60 minutes*	*THB 4,500*
Pedicure	*75 minutes*	*THB 4,800*
File and Polish	*30 minutes*	*THB 2,800*

Movement

Personal Movement Training is tailored to address your fitness and wellness needs. These private sessions can include:

- Building muscle strength and endurance
- Back and joint pain relief
- Cardiovascular training
- Muay Thai
- Pilates
- Bootcamp

60 minutes THB 5,500

Private Yoga Sessions are available for every age and ability, whether you are a novice or an experienced Yogi. Each session is personalised to you, and can be hosted at our Yoga Pavilion, or in the privacy of your villa.

60 minutes THB 5,500

Your Wellness Experience at Soneva Kiri

- The Soneva Kiri Spa is open daily from 09.00 to 21.00
- We kindly request that you arrive at the spa at least 15 minutes before your treatment to complete our Lifestyle Consultation.
- Bookings and cancellations can be made through your Barefoot Guardian or directly with the Spa. If you need to cancel or modify a session, please advise the Spa or your Barefoot Butler at least 4 hours in advance to avoid a full charge being applied to your account.
- We suggest that you leave all valuables in the safe in your villa.
- Please note that In-villa Therapies have a 20% surcharge on our listed prices.
- To ensure a safe and healthy Yoga or personal training session, we request that you complete our health and medical form, ideally submitted before your session. Please be aware that your information will be kept strictly confidential and will only be used to adapt your workout to account for any pre-existing health conditions you may have. Our Movement Specialist recommends that you eat no later than 60 to 90 minutes before your training or Yoga session.

** All prices are quoted in Thai Bhat and include all taxes and service charge*

Children's Corner

An unforgettable spa day for our youngest guests, with a range of fun, age-appropriate treatments.

Children's Massage
Pamper your little ones with a gentle and relaxing full body massage using pure virgin coconut oil.

30 minutes THB 3,000

Yummy Coconut
A gentle, all-over body scrub using fresh coconut to exfoliate and leave delicate skin feeling super soft.

30 minutes THB 3,000

Pretty Me
A hand soak is followed by a gentle scrub and massage, and a choice of nail polish.

30 minutes THB 3,000

Fancy Feet
A foot soak is followed by a gentle scrub and massage, and a choice of nail polish.

30 minutes THB 3,000

Spoil Me
A soothing, gentle head massage using warm coconut oil is followed by a relaxing foot massage.

30 minutes THB 3,000