



# SENSES SPA

*Authentic Thai Spa Experience*



Step into Senses Spa, a sanctuary where time softens & the senses awaken.

Guided by the philosophy of balance & mindful living, each experience is designed to restore natural rhythm within the body & invite a deep sense of calm. Through impactful rituals & intuitive touch, tension dissolves, energy flows freely & stillness becomes a source of renewal.

Every journey is shaped with personal care, honouring the individual nature of wellbeing. Inspired by time-honoured healing wisdom & expressed through contemporary spa therapies, our treatments nurture harmony between body & mind, leaving you feeling centred, revitalised & gently reconnected to your senses.

# WELLNESS ETIQUETTE

To ensure a truly enriching & harmonious experience for all our guests, we kindly invite you to review our spa etiquette guidelines.

## **Scheduling Your Appointment**

To secure your preferred time, we recommend booking treatments in advance, particularly on weekends & public holidays. Reservations may be made by phone, email or at the spa reception.

Opening Hours: Daily | 9:00 a.m. to 9:00 p.m.

## **Arrival Time**

Please arrive at least 30 minutes prior to your appointment. This allows ample time to check in, unwind in our relaxation lounge & begin your journey in a calm & peaceful state.

## **Late Arrival**

Arriving late may shorten your treatment. To honour the next guest's booking, all treatments will end at the scheduled time & the full fee will apply.

## **Attire**

Comfortable spa attire will be provided. Our professional therapists are trained to ensure your comfort & privacy throughout your visit. Bathing suits are required when using our thermal zones, including the steam room, sauna & hydrotherapy areas. Towels & amenities are also provided to enhance your experience

## **Respecting the Serenity**

Please help us maintain a serene environment by keeping noise to a minimum. Kindly silence or switch off mobile phones during your visit.

## **Health Conditions**

Kindly inform us of any medical conditions, allergies or injuries that could impact your treatment. Your safety & comfort remain our highest priority.

### **Cancellation Policy**

To avoid incurring cancellation fees, we kindly request that you inform us at least 6 hours prior to your scheduled appointment.

- Cancellations made less than 6 hours in advance will be subject to a 50% charge of the treatment value.
- Missed appointments without prior notice will be charged in full.

### **Maternity Treatments**

We provide specially tailored treatments for expectant mothers from the second trimester onwards. Please consult your physician & inform our team when booking.

### **Pre-Treatment Preparation for Gentlemen**

To ensure maximum comfort & effectiveness, we recommend shaving at least 4 hours prior to any facial treatment.

### **Alcohol & Smoking**

To maintain a healthy, peaceful atmosphere, we kindly request that guests refrain from smoking or consuming alcohol before or after treatments.

### **Gift Vouchers**

Spa gift vouchers are available & make an ideal present for any occasion. Please note that vouchers are non-refundable & must be presented upon redemption.

### **Home Care**

To prolong the benefits of your treatment, our therapists are pleased to recommend personalised home care products from our exclusive collection.

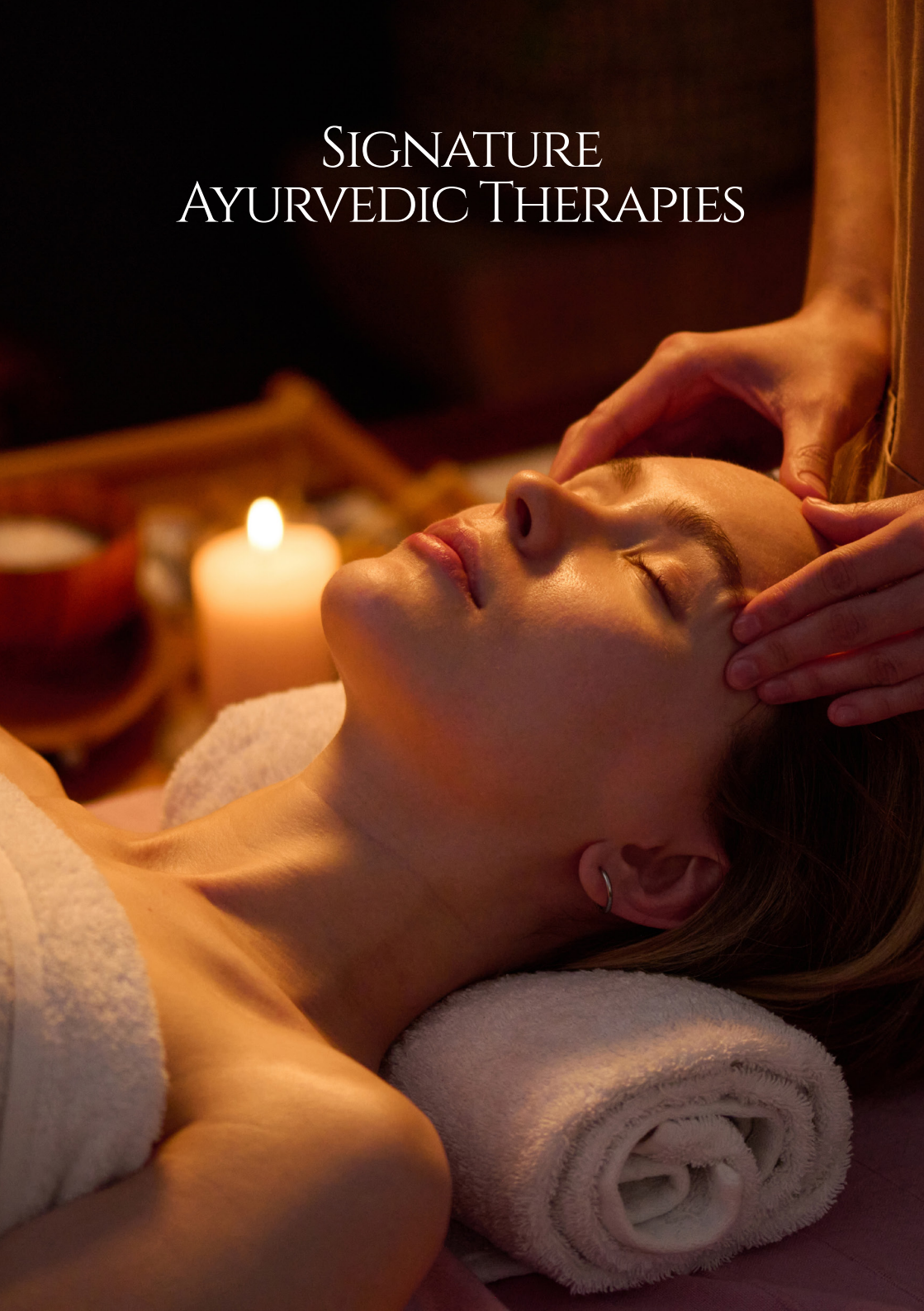
### **Valuables**

For your peace of mind, we recommend securing valuables in your hotel room safe. Senses Spa is not liable for any lost or stolen items.

### **Children**

To maintain a tranquil environment, the spa is reserved for guests aged 16 & above. Special arrangements for younger guests can be discussed with our team.

# SIGNATURE AYURVEDIC THERAPIES



## BOTANICAL STEAM SERENITY

Immerse yourself in the gentle warmth of an invigorating herbal steam ritual, thoughtfully designed to open the airways & cleanse the respiratory system. Drawing upon time-honoured Ayurvedic herbs known for their healing & purifying properties, this deeply restorative experience helps to release stored tension, alleviate congestion & support natural detoxification. As the aromatic steam envelopes your senses, you'll find yourself breathing more freely, feeling lighter & reconnected to your inner balance.

## SHIRO ABHYANGA

A tranquil head massage steeped in the wisdom of Ayurveda, Shiro Abhyanga nurtures both the physical & energetic aspects of the mind & body. Warm, herb-infused oils are gently applied to the scalp & upper shoulders in soothing, circular strokes that calm the nervous system, ease mental fatigue & stimulate blood flow. This serene treatment promotes clarity of thought, improves hair & scalp health, leaving you feeling centred, clear-headed & deeply relaxed.

## BOTANICAL BLISS BACK MASSAGE

Surrender to the healing power of nature with this deeply nurturing back treatment, blending warm herbal oils with traditional compresses filled with therapeutic botanicals. Focused on relieving chronic back tension, muscular stiffness & emotional strain, this massage targets the body's core stress points. The combination of heat & rhythmic pressure enhances circulation, nourishes the skin & leaves you with a profound sense of comfort, calm & inner ease.

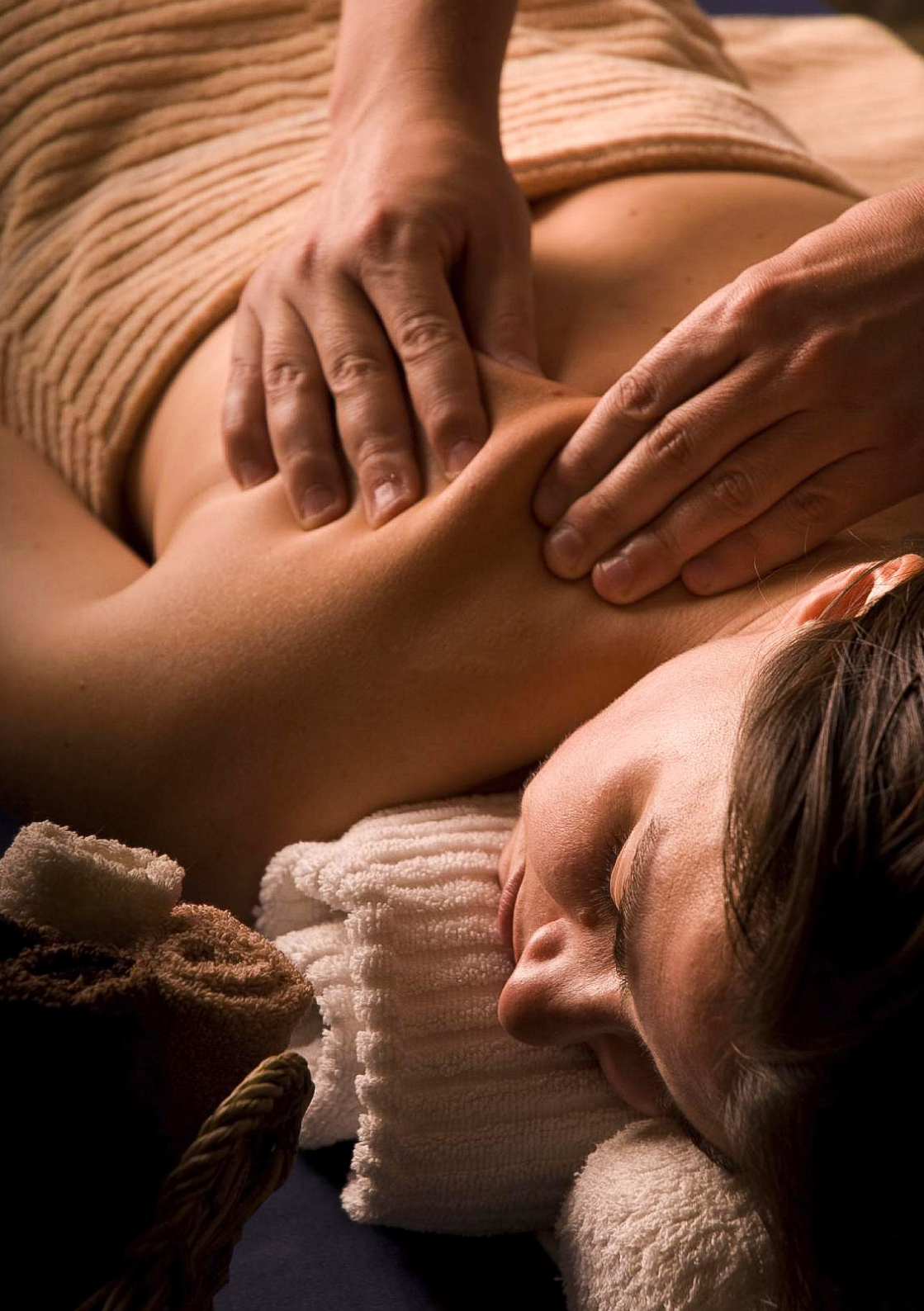
## SAMVAHANA HARMONY

Experience the timeless art of Samvahana, an elegant full-body massage that embraces you in rhythmic, flowing strokes using luxuriously warm herbal oils. Designed to promote energetic alignment & awaken the senses, this gentle yet effective ritual encourages deep relaxation, emotional release & inner harmony. With each movement synchronised to your body's natural rhythm, Samvahana offers not just physical relief, but a meditative journey into serenity & balance.

## UDVARTANA HERBAL

Revitalise your skin & awaken your inner energy with this traditional Ayurvedic dry scrub therapy. Using a potent blend of finely ground herbal powders tailored to your body type, this invigorating massage helps stimulate blood circulation, exfoliate dead skin cells & activate the lymphatic system to support detoxification. Ideal for those seeking to reduce water retention, address cellulite, or aid in weight management, Udvartana promotes a sense of lightness & clarity while leaving your skin visibly radiant & smooth to the touch.







## INDIAN HEAD MASSAGE

Rooted in over a thousand years of Indian healing tradition, this revitalising upper-body ritual focuses on releasing accumulated tension from the upper back, shoulders, arms, neck, face & scalp. Performed while you remain comfortably seated, rhythmic massage techniques & gentle pressure stimulate circulation, ease muscular stiffness & calm the nervous system. This deeply soothing treatment helps relieve stress, reduce headaches, improve scalp health & restore mental clarity, leaving you feeling light, refreshed & effortlessly relaxed.

## PINDA SWEDA

A profoundly healing experience, Pinda Sweda is a cherished Ayurvedic therapy using warm poultices (bundles) filled with rejuvenating herbs & grains. The poultices are gently massaged into the body, releasing their natural oils & medicinal properties to penetrate deep into the muscles & tissues. This treatment not only eases physical discomfort & chronic pain but also encourages detoxification & improves skin texture. Perfect for those suffering from stiffness, fatigue or inflammation, Pinda Sweda restores comfort & brings lasting relief to tired, overworked bodies.

## SHIRODHARA

Embark on a journey of inner stillness with Shirodhara, a sacred Ayurvedic therapy designed to harmonise the nervous system & awaken higher consciousness. Following a detailed consultation, a continuous, warm stream of herbal oil is gently poured over the forehead—the ‘third eye’—in a deeply rhythmic & hypnotic flow. This unique treatment soothes the mind, alleviates anxiety, insomnia & stress, inducing a meditative state of deep relaxation. Combined with a full-body massage, Shirodhara reconnects you to your inner essence, leaving you tranquil, clear-minded & spiritually renewed.



# SENSES SIGNATURES



## DE-STRESS MASSAGE

A deeply therapeutic massage designed to melt away accumulated tension & restore physical & mental ease. Using a carefully selected blend of pure de-stress essential oils, this treatment works with medium to deep pressure to target specific areas of muscular tightness. The oils penetrate deeply into the muscles, enhancing blood circulation, easing stiffness & calming the nervous system. Ideal for those experiencing chronic stress or fatigue, this massage leaves the body relaxed, rebalanced & renewed.

## FOUR-HAND MASSAGE

An indulgent & harmonious ritual where two therapists work in perfect synchrony to create a uniquely immersive experience. Using slow, flowing massage techniques, this treatment envelops the body in rhythmic movements that allow tension to gently dissolve. The coordinated touch deeply calms the nervous system, promotes profound relaxation & enhances skin suppleness. The result is a truly magical sensation of total body harmony, deep calm & lasting wellbeing.

## AROMATIC HOT OIL MASSAGE

A soothing full-body massage designed to relieve stress & restore emotional balance. Warm, aromatic oils are gently applied using firm yet nurturing pressure to ease muscle tension & encourage deep relaxation. The comforting warmth of the oils enhances circulation while delighting the senses, promoting overall health & wellbeing. This deeply calming experience leaves you feeling centred, relaxed & emotionally uplifted.

## SENSES OCEAN MASSAGE

Inspired by the rhythmic flow of the ocean, this sensorial massage invites you into a state of deep relaxation & inner harmony. The intuitive, caring touch of the therapist works like a guiding lighthouse, releasing muscular tension & restoring balance. A therapeutic blend of aromatherapy & Swedish massage techniques helps dissolve blockages, improve circulation & calm the mind. This immersive journey leaves you feeling refreshed, revitalised & peacefully reconnected with your core element.

# FACIAL TREATMENTS



## SKIN BLISS

A deeply calming facial designed to gently soothe stressed & sensitive skin while restoring hydration & balance. Infused with advanced hydrating & antioxidant-rich formulations, this treatment helps reduce redness, soften the skin & strengthen its natural protective barrier. Ideal for delicate or reactive skin types, Skin Bliss promotes a clear, comforted complexion that feels nourished, protected & visibly refreshed.

## SKIN LIFT

A high-performance facial focused on total skin regeneration & revitalisation. This advanced treatment incorporates three targeted steps designed to reshape facial contours, smooth the appearance of fine lines & support structural renewal. Enhanced with the power of a collagen mask, it restores vitality, improves firmness & preserves the skin's natural youthfulness, leaving the face lifted, radiant & renewed.

## GOLDEN GLOW

A radiance-enhancing facial created to combat dullness, uneven tone & skin discolouration. This illuminating treatment works to reduce the appearance of dark marks while restoring natural luminosity. A collagen mask helps protect the skin from environmental stress while oxygenating & brightening the complexion. The result is smoother, more even-toned skin with a healthy, golden glow.



# BODY MASSAGES





## TRADITIONAL THAI MASSAGE

Experience the world-renowned art of Thai massage performed by our skilled therapists. This energising therapy combines assisted stretching movements with focused pressure along the body's vital energy points to release muscular tightness, improve flexibility & stimulate blood circulation. Deeply therapeutic yet revitalising, this traditional treatment restores balance, eases fatigue & leaves the body feeling light, aligned & renewed.

## HOT HERBAL COMPRESS WITH THAI MASSAGE

A restorative Thai speciality treatment that blends traditional massage techniques with warm herbal compresses. The heated herbal poultices are rhythmically applied to key acupressure points to relax tired muscles, ease stiffness & enhance circulation. The soothing warmth & therapeutic botanicals work in harmony to calm the body & mind, leaving you deeply relaxed, refreshed & re-energised.

## BACK SOUL HARMONY

A targeted massage therapy rooted in ancient techniques, designed to relieve stiffness & stress held in the upper body. Concentrating on the back, shoulders & neck, this treatment helps dissolve tension, improve circulation & restore comfort to fatigued muscles. Ideal for those seeking focused relief, Back Soul Harmony leaves you feeling relaxed, lighter & at ease.

## FOOT REFLEXOLOGY

An oriental-inspired therapeutic foot massage that works through the body's natural energy pathways. By stimulating specific acupressure points on the feet, this treatment helps clear blocked energy, promote circulation & support overall wellbeing. Gentle yet effective, Foot Reflexology encourages balance, relaxation & renewed vitality throughout the entire body.

## AROMATHERAPY BODY MASSAGE

A deeply soothing full-body massage using pure essential oils to induce gentle yet profound relaxation. Carefully selected aromas help calm the nervous system while flowing massage techniques ease muscular tension & stress throughout the body. The skin is left hydrated & revitalised, while the mind & body experience a lasting sense of harmony & calm.

## SWEDISH MASSAGE

A classic full-body massage combining invigorating & relaxing movements to promote overall wellbeing. Using long, flowing strokes, kneading & rhythmic techniques, this treatment helps reduce tension, soothe sore muscles & improve circulation. The result is a sense of deep relaxation, toned skin & a calm, refreshed spirit.

## SPORTS MASSAGE

A results-driven therapeutic massage designed for the physically active & performance-focused. This targeted treatment combines deep tissue techniques, assisted range-of-motion movements & resistance work to relieve muscular tension, support recovery & help prevent injury. By improving flexibility & circulation, Sports Massage promotes faster healing, enhanced mobility & renewed physical resilience.

## ITALIAN STONE MASSAGE

A soothing thermal massage experience that combines the comforting warmth of smooth Italian stones with flowing massage techniques. Recommended in combination with aromatherapy massage, the heated stones help relax muscles, ease stiffness & enhance circulation. This deeply calming treatment allows heat & touch to work in harmony, leaving the body relaxed, grounded & deeply restored.

## BALINESE MASSAGE

A deeply holistic full-body treatment rooted in traditional Balinese healing rituals. This therapy blends gentle stretching, acupressure, reflexology & aromatherapy to stimulate the flow of blood, oxygen & vital energy throughout the body. Using firm yet nurturing techniques, the massage releases deep-seated tension while encouraging balance, calmness & profound relaxation, leaving you with an enduring sense of wellbeing & inner harmony.



# BODY EXFOLIATION



## SEA SALT REFRESHING BODY SCRUB

A revitalising body exfoliation designed to refresh, repair & nourish the skin. This invigorating scrub blends mineral-rich sea salt with nutrients extracted from plankton & soothing aloe vera to help restore damaged skin & protect it from environmental stressors. Enriched with sweet almond oil, rich in proteins & vitamin emollients, the skin is left soft, nourished & comforted. The clean, crisp aromas of rosemary & peppermint essential oils uplift the senses, promoting calm, clarity & deep relaxation.

## PINK HIMALAYAN SALT ENERGIZING SCRUB

An awakening exfoliation ritual created for normal skin types. Finely milled Pink Himalayan salt beads are blended with aromatic oils to gently cleanse, polish & remove dead skin cells. Rich in natural minerals, this energising scrub helps improve skin texture while leaving the body moisturised, healthy & renewed. The senses are refreshed as the skin emerges smooth, radiant & revitalised.

## HERBAL BODY EXFOLIATION

A nurturing herbal body scrub designed to cleanse, refresh & restore the skin. A carefully selected blend of natural herbs & aromatic oils gently exfoliates, removing dead skin cells while supporting hydration & skin vitality. This soothing treatment promotes smoother, healthier-looking skin & leaves the body feeling light, refreshed & naturally radiant.



# BODY TREATMENTS



## GREEN TEA BODY MASK

A purifying & hydrating treatment designed to rejuvenate the skin & support natural self-healing. Nutrient-rich green tea extracts combined with dosha-balancing oils cleanse, nourish & protect the body, while a soothing head, neck & scalp massage completes the ritual. The result is revitalised, refreshed skin & a deeply relaxed, centred state of mind.

## ALOE & LAVENDER BODY WRAP

A calming & restorative body wrap that replenishes moisture & restores the skin's natural vitality. Aloe vera gel infused with lavender & chamomile essential oils penetrates deeply to soothe, nourish & balance the body. This treatment is especially beneficial for sun-exposed skin, while the aromatherapeutic properties of lavender & chamomile calm the spirit, leaving you feeling serene, refreshed & harmonised.

# SPA PACKAGES





## EXOTIC SENSES

An immersive journey for the senses, beginning with a soothing Sea Salt Foot Bath & hydrotherapy to refresh & awaken the body. The ritual continues with an invigorating Sea Salt Body Scrub, a deeply cleansing Green Tea Body Mask, followed by our signature Senses Ocean Massage & a skin-lightening facial. This indulgent experience leaves you feeling simultaneously relaxed, energised & completely revitalised.

## TASTE OF THAI SENSATION

A transformative spa journey for body, mind & spirit. The experience begins with a revitalising Herbal Body Scrub, followed by a Traditional Thai Massage & Thai Asian Blend Massage. Completed with a natural Thai Facial, this treatment sequence restores energy, relieves tension & leaves you feeling fully refreshed, balanced & renewed.

## SENSES DAY

Spend a full four hours immersed in total wellbeing. This indulgent package begins with a Milky Body Scrub & Sandalwood Body Mask, followed by a deeply relaxing Aromatherapy Hot Oil Massage & Thai Herbal Compress. The journey concludes with an Anti-Stress Facial, leaving the body lighter, the mind calm & your senses awakened for an unparalleled sense of vitality & renewal.

## SENSES OF YOUR CHOICE

A bespoke spa experience tailored to your individual needs. Our wellness experts will curate a combination of Massages, Scrubs & Facials designed to promote deeper relaxation, restore energy & revitalise both body & soul. Each treatment is customised using advanced techniques to ensure a unique & transformative journey of wellbeing.

## 3-DAY DE-STRESS

Experience profound restoration over three days with a curated sequence of Ayurveda-inspired therapies designed to calm the nervous system & ease mental strain. Each day features a deeply nourishing full-body massage to relieve physical tension, a calming head massage to soothe the mind & reflexology to restore energy balance. Ideal for those recovering from burnout, emotional exhaustion or high stress, this programme invites you to slow down, reset & emerge refreshed in body, mind & soul.

## COUPLE RETREAT

An unforgettable spa journey for two. Designed for couples, this romantic ritual promotes connection on a physical, emotional & spiritual level. Begin with a luxurious Romantic Bath, followed by the Senses Ocean Massage & a Golden Glow Facial. Perfect for anniversaries, special celebrations or simply sharing a serene escape together, leaving both partners deeply relaxed & harmoniously connected.

## TOGETHER IN TRANQUILLITY

A blissful shared experience for body & mind. Begin with a Himalayan Salt Body Scrub to exfoliate & rejuvenate the skin, followed by an Aromatherapy Massage & a soothing Milk Bath. This ritual melts away tension, restores balance & leaves both participants feeling deeply relaxed, nourished & fully restored.



# LONG STAY PACKAGES



## 3-DAY AYU

A rejuvenating three-day Ayurveda journey designed to restore balance, vitality & inner harmony. Experience a carefully curated sequence of treatments that cleanse, relax & energise the body while soothing the mind & enhancing overall wellbeing.

Day One

Body Scrub | 30 Minutes

Samvahana | 60 Minutes

Day Two

Pinadasweda | 90 Minutes

Day Three

Shirodhara | 90 Minutes

Facial | 60 Minutes

## 4-DAY DETOXIFICATION

A four-day detox programme combining therapeutic massages, facials & Ayurvedic treatments to cleanse, restore & revitalise the body & mind. This immersive detoxification sequence promotes circulation, releases tension, balances energy & leaves you feeling refreshed, renewed & harmonised.

Day One

Body Scrub | 30 Minutes

Swedish Massage | 60 Minutes

Day Two

Foot Reflexology | 30 Minutes

Indian Head Massage | 60 Minutes

Day Three

Shirodhara | 90 Minutes

Day Four

Body Wrap | 30 Minutes

Facial | 60 Minutes



# YOGA

Reconnect with your breath, your body & your inner rhythm through a private yoga experience designed to guide you towards physical harmony & mental clarity. Whether practiced solo or as a couple, each session is thoughtfully tailored to your unique needs & level of experience.

Guided by skilled instructors, these personalised practices combine mindful movement, controlled breathing & gentle stretches to improve flexibility, build strength & restore balance. Whether you're seeking to deepen your practice, release emotional tension or simply find stillness in a busy world, our yoga sessions offer a grounding sanctuary for wellness & self-discovery.

## PRIVATE YOGA

A one-on-one session curated to focus entirely on your physical needs & personal wellness goals, allowing for in-depth guidance & transformation at your own pace.

## COUPLE YOGA

A shared journey of movement & connection, ideal for partners seeking to build harmony & mutual support through guided breathwork, balance & synchronised postures.







*Considerate Collection*