

ELEMENT SPA

By Fishermen's Harbour, Urban Resort



**An ancient beliefs that life was a delicate balance
of four elements; Earth, Air, Fire and Water.**

With this as our inspiration, we have infused old world traditional treatments with modern day therapies using the therapeutic power from nature and oriental remedies.

Treatments are delivered by passionate therapists in a luxurious environment to stimulate all your senses.

Our aspiration is to surpass the expectations of every guest's experience. We invite you to explore with our elements... to balance your body and mind.



SPA PACKAGES

Element Luxury Package

210 mins | Single 7,500 THB | Couple 14,000 THB

Enlightening your soul and restore the equilibrium within you with this ultimate pampering treatment. While experience aromatic essences extracted from plants.

- Herbal Foot Ritual
- Rice for Life Body Scrub
- Rice for Life Body Treatment
- Relaxing Aromatic Milk Bath
- Aroma Relax Massage
- Qi Rejuvenating Facial Treatment
- Refreshment

Element Nature Package

180 mins | Single 5,500 THB | Couple 10,500 THB

Experience the aromas of the nature like never before. This treatment will transport you to a tranquil state of peace.

- Herbal Foot Ritual
- Soybean & Coconut Body Scrub
- Balancing Aromatic Milk Bath
- Swedish Massage
- Qi Extra Moisturising Facial Treatment
- Refreshment

Element Water Package

140 mins | Single 3,900 THB | Couple 7,500 THB

Embrace serenity in the gentle whisper of this truly aromatic experience. Spa delights await that will melt away tension, loosen your muscles and tendons, smoothen the texture of your skin and improve your overall circulation, leaving you cocooned in relaxation.

- Herbal Foot Ritual
- Balance Salt Body Scrub
- Rejuvenating Aromatic Milk Bath
- Deep Tissue Massage
- Refreshment

Element Air Package

120 mins | Single 2,900 THB | Couple 5,500 THB

A revitalizing treatment that provides a sense of renewal for your body. Drift away to a total bliss as the session soothes your senses and softens your skin.

- Herbal Foot Ritual
- Choice of 60 minutes Body Scrub
- Choice of 60 minutes Body Massage
- Refreshment

MASSAGE ON SPOTS

Indian Head Massage

30 mins | 1,100 THB

Anti-Stress Head & Shoulder Massage

30 mins | 1,100 THB

Back Tension Release Massage

30 mins | 1,100 THB

Siam Foot Relax Massage

30 mins | 1,100 THB

MASSAGE

Siamese Touch (Thai Herbal Compress)

120 mins | 2,000 THB

 Medium to Strong Pressure

This Traditional Thai style massage concentrates on the body pressure points and stretching to stimulate blood circulation and release tension. A heated aromatic poultices of herbs are applied to the body to soothe tired and aching muscles. Heated aromatic poultices of herbs not suitable for sun burnt skin.

Thai Boran Massage

60 / 90 mins | 1,300 / 1,600 THB

 Medium to Strong Pressure

Thai Boran massage is an ancient massage that combines element yoga, shiatsu and acupressure techniques. This massage will help to improve body flexibility, blood circulation and increase vitality.

Element Signature Massage

90 mins | 3,300 THB

    Four hands

A four-hands massage, using a combination of aromatherapy, swedish and shiatsu techniques. The muscles and mind are pampered and soothed, harmonious music enhances this gently flowing and nurturing massage which features the synchronization of two massage therapists.

Aroma Relax Massage

60 / 90 mins | 1,800 / 2,300 THB

 Gentle and Soft Pressure

Experience a relaxing massage with the special essential oil extract and blended oil of your choice (Wood oil, Earth oil, Fire oil and Water oil) release stress and balance your body during this full body massage. Our relaxation massage will soothe your body through gentle soft pressure and senses of aromatherapy oil will calm and relax your mind.

Swedish Massage

60 / 90 mins | 1,800 / 2,300 THB

 Medium Pressure

A classic massage with special technique of movement cure, it promotes invigorating, relaxation and stimulate nerves, muscles and creates senses of wellbeing.

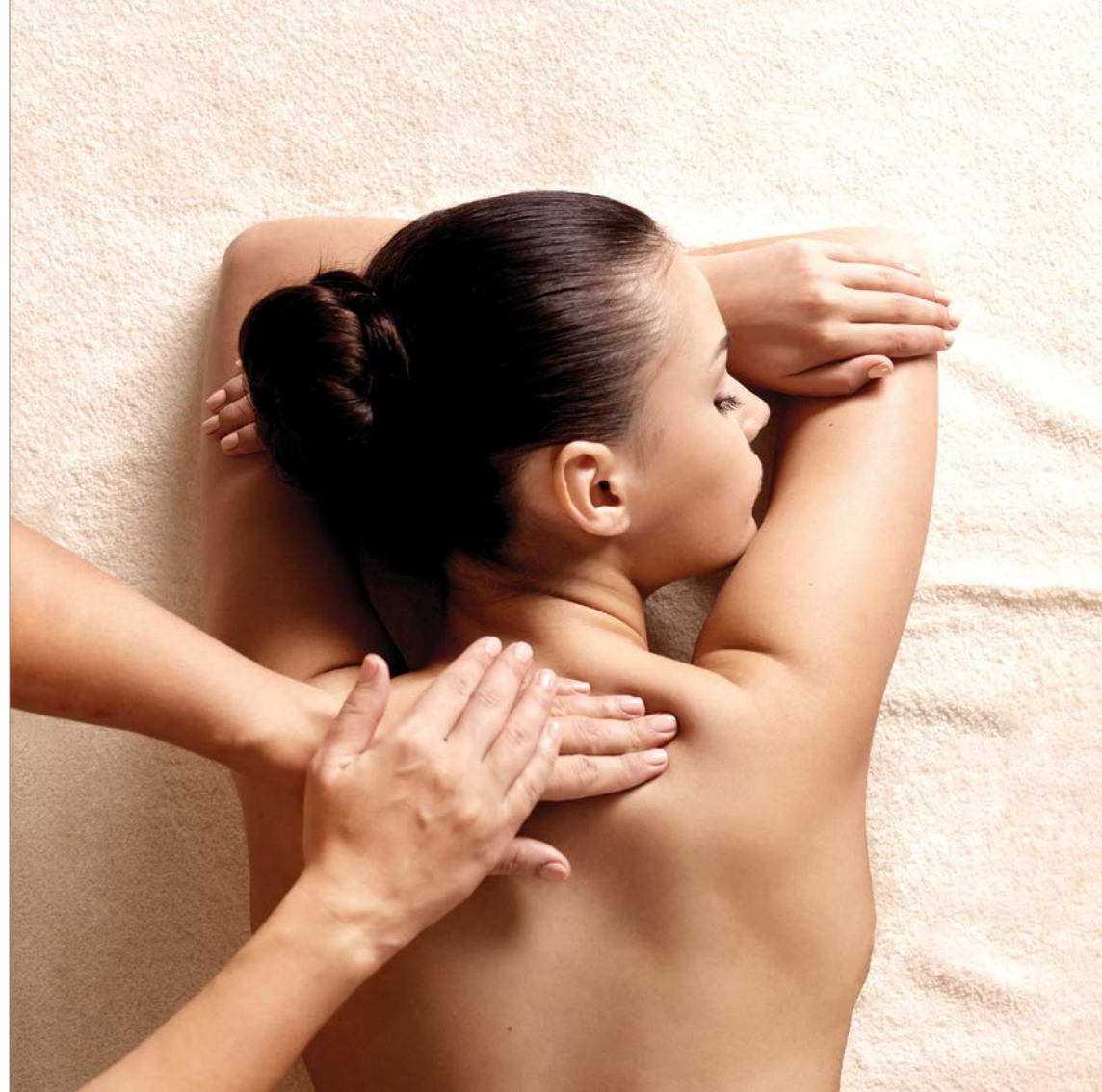
Deep Tissue Massage

60 / 90 mins | 1,800 / 2,300 THB

 Strong Pressure

A strong massage technique works on focused the deeper layers of muscle and fascia in the body, it beneficial in releasing tension and ease stress by using deep finger pressure, slow and long firm strokes.

Suitable for  Earth Element  Water Element  Air Element  Fire Element



BODY TREATMENT

Rice for Life Body Treatment

60 minutes mins | 1,600 THB | Nourishing

Rice is a rich source of anti-oxidants. Its anti-wrinkle properties give total elasticity to the skin as well as brightening benefits for evenly smooth skin tone. Infusion aroma of Jasmine gently blended with rosemary, peppermint and frankincense sends you to a heaven of absolute relaxation.

Brightening White Body Treatment

60 minutes mins | 1,600 THB | Whitening skin

With Licorice, Turmeric and Bearberry Extract synergistically working as brightening and lightening agent by suppressing and eliminating pigmentation. Aroma blend of Lavender, Petitgrain, Chamomile and Frankincense Essential Oils are perfectly complimented to enhance stress relief and help to reduce inflammation.

Roselle Body Treatment

60 mins | 1,600 THB | Detoxifying

Specially formulated for dry skin with red clay for detoxifying and circulation boosting. Roselle herb is rich in alpha hydroxy acid (AHA) which is natural skin exfoliator to remove dead skin cells resulting in softer and smoother skin tone and texture. An excellent detoxifying treatment to promote lymphatic circulation, weight and hormonal balancing.

Aloe Vera Soother Body Treatment

60 mins | 1,600 THB | Sunburn skin

Feel the softly healing and pampering of this fresh & soothing product. Aloe Vera is a perfect source for sunburn therapy, comforts wounds, reduces scars as well as encouraging skin rejuvenating by bringing oxygen to cells. Its benefit of being natural moisture is also noticeable.

BODY SCRUB

Soybean & Coconut Body Scrub

45 mins | 1,400 THB | Dry Skin

The healthy blended of refined salt, white sugar and coconut scrub creates silky skin and smooth touch. Soy bean oil is rich in protein and vitamin C,A,E. It is easily absorbed and suitable for dry skin.

Rice for Life Body Scrub

45 mins | 1,400 THB | Normal Skin

This unique body scrub contains ground jasmine rice that gently exfoliates and enriched with a blend of rice bran oil and jasmine water that gives your skin softly scented and smooth.

Balance Salt Body Scrub

45 mins | 1,400 THB | Oily Skin

This high performance aromatherapy scrub creates the refined skin surface with a lighter, smoother and more luminous skin by boosting its natural renewal powers. The aroma blend of Jasmine Absolute and Vetiver essential oils provides rejuvenating effect by soothing inflammation and promoting skin metabolism.

Sun Soothing Gel Body Scrub

45 mins | 1,400 THB | Sunburn Skin

The Sun Soothing Gel body scrub is a relaxing and invigorating treatment. Aloe Vera extract helps to reduce dryness, irritation and nourishing the skin.

FACIAL TREATMENT

Qi Extra Moisturising Treatment

60 mins | 2,500 THB | Normal – Dry Skin

Helping enhance blood circulation. Alleviating excess skin-surface cells with the kind of mask providing skin with moisture. Provide dewy moisture to keep skin firm, supple and resilient.

Qi Sebum Control Treatment

60 mins | 2,500 THB | Oily Skin

Helping normalize cell turnover and prevent the excretion of sebum, control skin greasy level and prevent the growth acne by using specialized mask to alleviate grease and dim dark traces left by acne. Providing clean, fresh and soft feeling on skin.

Qi Sensitive Skin Treatment

60 mins | 2,500 THB | Sensitive Skin

Helping improve and balance the PH level of skin with the lotion mask. Protecting skin against oxidation without allergy, alleviating the fatigue of skin.

Qi Rejuvenating Treatment

60 mins | 2,500 THB

Protecting against dark marks, freckles and dull areas on skin with a special cool mask combined with sea plants extract, helping balance Melanin pigment. Producing a smooth and radiant skin.



BEAUTY TREATMENT

Manicure & Pedicure

- Natural Manicure 1,200 THB
- Natural Pedicure 1,200 THB
- Nail Polish 600 THB

Depilatory Waxing

- Lips or Eyebrows 500 THB
- Underarm 700 THB
- Half Legs 900 THB
- Full Legs 1,700 THB
- Bikini Line 800 THB
- Back 1,700 THB

BATH THERAPY

Balancing Aromatic Milk Bath

30 mins | 1,000 THB

Enjoy a balancing atmosphere from woody floral aroma.

Rejuvenate Aromatic Milk Bath

30 mins | 1,000 THB

Be embraced by a rejuvenating atmosphere from fresh floral aroma.

Relaxing Aromatic Milk Bath

30 mins | 1,000 THB

Enjoy a relaxing atmosphere from relaxing aroma.

SPA ETIQUETTE

Etiquette

To maintain a relaxing environment so guests can enjoy the peaceful sanctuary of Element Spa, we request that visitors keep noise to a minimum. Children are not allowed at the Spa unless they are having a treatment, accompanied by an adult. Cellular phones and electronic devices are discouraged.

Attire

Please arrive at the Spa wearing comfortable, light clothing or a bathrobe. Disposable undergarments are available and must be worn during treatments.

Reservations

Advanced bookings prior to your arrival are recommended to secure your preferred date and time of treatment. A credit card number is required at the time of booking for a confirmed appointment.

Check-in

Please arrive at least 15 minutes prior to your scheduled treatment to avoid reduced treatment times. A late arrival will result in a shortened treatment to accommodate other guests.

Spa Treatment Hours

The Spa is open from 10am to 8pm daily. Last treatment finishes at 8 pm. In room service are available from 10am and last treatment ends at 7pm and available for massage only.

Special Consideration

Guest who have high blood pressure, heart conditions, are pregnant or have any other medical complications are advised to consult their doctors before signing up for any spa services. Please make your spa therapist aware of any medical conditions.

Cancellation Policy

A 24-hour cancellation notice is required to help us re-schedule your appointment, subject to space availability. Any cancellation with less than 4 hours' notice will incur a 50% cancellation fee. A full fee will be imposed for a "no-show".

Valuables

A box for valuables is provided in the treatment rooms, but we recommend that no jewelry be worn at the spa. The management and staff accept no responsibility for the loss of money or valuables of any kind brought into the spa premises.

Refund Policy

Treatments packages are non-refundable. Unused portion of the packages are non-transferable or non-exchangeable.

Payment

We accept cash and all major credit cards. Payment may also be charged to the room. All prices are quoted in Thai Baht and are subject to service charge and applicable government tax. Prices are subject to change without prior notice.





www.fishermensharbour.com