



**Welcome to Tea Tree Spa** – A refreshing sanctuary from the stresses of life. A visit to our spa will relax your body, soothe your soul and lift your spirits, so you can get more out of your stay. The Tea Tree Spa experience is all about you – satisfying your needs, giving a lift to your day and leaving you feeling positive and refreshed.

**Step inside and feel the difference.**

### **Sensitive**

At Tea Tree Spa, we put your needs first. Whether you're on business pressed for time, or on holiday in need of some pampering, our treatment menu has something for you. We will take time to assist you in your choice of treatments and tailor them to your needs, because we want to be sure you get the most out of your time with us.

### **Fresh**

At Tea Tree Spa, we aim to provide a fresh experience that engages all your senses, and rejuvenates your mind, body and spirit. With natural ingredients sourced from all over the world, each treatment has been designed to meet your specific needs to ensure you get the outcome you desire.

### **Positive**

Our exceptional team is what sets Tea Tree Spa apart. Above and beyond the professionalism and skill they possess, is the commitment they have to making a positive difference to your well-being. Our therapists will not only deliver the treatments with consummate skill, they will also offer advice on how to extend the benefits long after you leave us.



## SPA SIGNATURE

### **Tea Tree Signature**

**150 min / THB 2,400.-**

The ultimate experience, this treatment will leave you with a new zest for life. An exfoliation will cleanse and leave the skin ready to receive the maximum benefits of an Aromatherapy massage, during which hot stones will be applied to your back releasing heat and energy into the muscle groups. A mini facial completes the session, leaving you radiant, hydrated and ready to face the day ahead.

### **Siam signature**

**120 min / THB 2,200.-**

Tried and tested through the generations, this traditional treatment is a wonderful opportunity to capture the spirit of Cha-am This treatment combines a Thai herbal heat massage and facial.



## SPA PACKAGES

### **Let There Be Love (per couple)**

**120 min / THB 3,200.-**

It's all about spending time with people we love. Celebrate a special occasion, celebrate life and put the romance back into your relationship by indulging in this truly memorable and luxuriant experience. After a hot bath infused with essential oils, an exfoliation will leave the skin refreshed up ready to receive the maximum benefits of an aromatherapy massage.

### **Because You Deserve It**

**150 min / THB 2,200.-**

Because there are times that we should reward ourselves and indulge. An exfoliation will leave the skin refreshed up ready to receive the maximum benefits of an aromatherapy massage, followed by a facial of your choice.

### **Out For Lunch (Feel like new, fast)**

**60 min / THB 1,800.-**

Two therapists will work together to give you a facial of your choice and a deluxe hand and foot treatment.

### **Unwind Your World**

**90 /120 min / THB 1,800 / 2,000.-**

Relax, unwind and get a good night's sleep – enjoy a hot bath infused with essential oils to soften up and leave the skin supple, ready to receive the relaxing benefits of an aromatherapy massage.

### **Hold My Calls**

**90 /120 min/ THB 1,800 /2,000.-**

Regain your composure and balance so that you can perform at your best. Starting with an exfoliation to leave your body feeling clean and new, then followed by the calming benefits of an aromatherapy massage, you will be left feeling refreshed and ready to take on the world!

### **Re-Charge Your System**

**90 /120 min/ THB 1,800 /2,000.-**

If you have overindulged or been burning the candle at both ends, give yourself a new start with a purifying body wrap followed by a cleansing aromatherapy massage to leave you ready for a new day.



## **MASSAGE THERAPY**

### **Aromatherapy Massage**

**60/90 min/ THB 1,200 /1,400.-**

This is THE classic massage, a medium pressure massage harnessing the therapeutic effects with your choice of essential oils to bring the body into balance and harmony.

### **Deep Tissue Massage**

**60/90 min/ THB 1,200 /1,400.-**

Deep tissue massage is used to target knots and bring relief to tired muscles. The focus is on the deepest layer of muscle tissue, tendon and fascia. Perfect for people who requires body work to release muscle tension and increase joint flexibility.

### **Traditional Thai Massage**

**60/90 min/ THB 800 /1,000.-**

This firm massage will work the knots out and release energy leaving you in awe as you understand why this treatment has been practiced for hundreds of years.

### **Foot Massage**

**30/60 min/ THB 400 / 700.-**

Take the weight off your feet and feel the benefits of some “sole pampering”. The various pints in your feet correspond with parts of your body and not only will you get more spring in your step, but your whole body will feel revitalized.

### **Jet lag – Recovery massage**

**60 min / THB 800.-**

This jet lag massage has the specialty to set the body to the new area’s time zone. This treatment will give you a good sleep for the night and you will adjust to the new time zone easily.

### **Hot stone Massage**

**60 min / THB 1,800.-**

Hot stones glide smoothly over the body concentrating on muscle aches and tension through deep heat penetration. These special stones, renowned for their healing capabilities, were handcrafted to achieve an unsurpassed holistic experience.

### **Hot herbal compress massage**

**60 min / THB 1,800.-**

Tensions drift away during this traditional, hot Thai massage. The “Luk Prakob” has been used for many centuries in Thailand for the relief of pain and inflammation. Ailments such as stiff, sore of pulled muscles and ligaments, back pain, migraines, stress and anxiety are almost instantly relieved.



## **FRESH BODY SCRUB**

### **Sesame Body Scrub**

**60 minutes / 600 Baht**

Black Sesame Scrub Powder is excellent for dry skin and is highly nourishing and moisturizing. Can be use with oil, water, milk or fruit juice to suit different skin type and effect.

### **Oatmeal Body Scrub**

**60 minutes / 600 Baht**

Oatmeal absorbs and removes surface dirt and impurities, It deep cleanses your pores it scrubs gently exfoliates, and finally hydrates and softens your skin.

### **Coffee Body Scrub**

**60 minutes / 600 Baht**

Coffee can keep your skin healthy in a lot of different ways. Other than preventing skin cancer and melanoma-related diseases, coffee has anti-oxidant ingredients that can help skin be free of different radicals that can cause acne, eczema and other skin diseases. Improves the flow of micro-cellular, breaks up fatty deposits, clears up acne and other blemishes, acts as sun block and prevents sunburn and wrinkles and absorbs and neutralizes strong odors.

### **Asian Thai Herbal Body Scrub**

**60 minutes / 600 Baht**

Herbs are a natural, healthy way to treat your skin to some of the best natural ingredients nature has to offer. It is interesting to note that most of the newest discoveries in skin care, such as hydroxy acids, polyphenols (olive oil) and vitamin C are derived from herbs and nature.



## FACIAL TREATMENTS

### **Express Facial (Feel fresh, fast)**

**30 min / THB 850.-**

Sometimes we just don't have time, but need to look our best. This mini facial incorporates a cleanse, tone, exfoliation and moisturizes in 30 minutes to leave you ready to face the day.

### **Hydrating Facial**

**60 min / THB 1,500.-**

Rediscover the softness of a baby's skin as we combat the dehydrating effects of air conditioning and modern lifestyles. We will personalize aromatherapy preparations to individual skin types.

### **Anti – Oxidant Facial**

**60 min / THB 1,500.-**

Give your skin a present to combat your hectic travel, work & social life. This intensive facial is rich in natural antioxidants to help calm, soothe and nourish the skin, restoring vitality and leaving your skin radiant.

### **Thai Herbal Facial**

**60 min / THB 1,500.-**

Thai Facial Massage, Cleansing and Mask with Siamese's Essence Cream and Thai Aromatic Herbs and hot Massage For Face to restore moisture balance and refresh the skin.

### **Men's Facial**

**60 min / THB 1,500.-**

Women have been enjoying the benefits of facials for centuries and it's time that men caught up on the benefits of thoroughly cleansed, toned and re-hydrated skin. All the products have been specially chosen for men. Please make sure you shave prior to the treatment to get maximum benefits

## HAND & FEET CARE

Manicure

60 min/ THB 300.-

Pedicure

60 min/ THB 400.-

Manicure & Pedicure

90 min/ THB 500.-

Express Manicure

30 min/ THB 200.-

Express Pedicure

30 min/ THB 200.-

## HYDROTHERAPY

Milk bath

30 min/ THB 500.-

Herbal bath

30 min/ THB 500.-



## THE INSIDER GUIDE TO SPAS

Our tips to you on how to have a better experience

### Arrive Early

Get the most out of your experience and arrive at least 10 mins before your treatment time so that you will not feel rushed. Please don't be late, as we may not be able to extend your time.

### Our Environment

You will be asked to fill out a consultation card so that any health or medical concerns can be taken care of prior to the treatment. We provide disposable underwear and all of our therapists are trained in draping our guests to ensure that your privacy is respected.

### Our environment

Tea Tree Spa provides a healthy, relaxing environment – so please, no phones, no smoking, no alcohol.

### Personalizing Your Experience

Let us know if you would like to change massage pressure, music volume, lighting levels or room temperature at any time during your treatment.

### Valuables

Treatments are conducted free of jewelry, so please leave these behind in your room or at home, because after a relaxing session, you may forget them.

### Cancellations

The spa is a busy, professional environment so please let us know of any changes to your schedule at least 4 hours before your treatment, otherwise a 50% cancellation charge will be applied.



## Tea Tree Spa

Open 9.00 am. - 7.00 pm.

Located Ground Floor Main Building, Wing A

Holiday Inn Resort Regent Beach Cha-Am.

849/21 Petchkasem Road. Cha-Am Beach Petchburi 76120,

Tel +66 3245 1240- 9. Extension 2327

E-mail: [spa@holidayinnregentbeach.com](mailto:spa@holidayinnregentbeach.com)