

## *hi Relaxing Package & Healthy Wellness Dinner*

AROMATIC CANDLE MASSAGE I.  
THB 3,999 NET. PER PERSON  
SPECIAL PRICE FOR 2:30 HRS.

- HERBAL STEAM 30 MINS.
- FLOWER MILK BATH 30 MINS.
- YOUR CHOICE OF THAI MASSAGE OR AROMA MASSAGE 90 MINS.

### HEALTHY WELLNESS DINNER /PACKAGE

- WITH YOUR CHOICE OF HEALTHY WELLNESS SET  
DINNER WESTERN SET OR THAI SET





High Season  
Pool Villa & Spa

## *hi Relaxing Package & Healthy Wellness Dinner*

AROMATIC CANDLE MASSAGE II.

THB 4,999 NET. PER PERSON

SPECIAL PRICE FOR 3 HRS.

- HERBAL STEAM 30 MIN
- CHOICE OF BODY SCRUB 60MIN
- HI SIGNATURE MASSAGE 90 MIN.  
SWEDISH, AROMA, BLACK & SHOULDER

### HEALTHY WELLNESS DINNER /PACKAGE

- WITH YOUR CHOICE OF HEALTHY WELLNESS SET  
DINNER WESTERN SET OR THAI SET





## Wellness Dinner

### WESTERN SET MENU

#### WELLNESS THAI I

ยำตะไคร้กุ้งสด

YUM TA KRAI GOONG SOD

SPICY SHRIMPS SALAD WITH ROASTED CHILI PASTE AND  
LEMONGRASS

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แกงจืดเต้าหู้หมูสับ

KAENG JUED TAO HOO MOO SAP

CLEAR SOUP WITH MINCED - PORK AND BEAN CURD

ห่อหมกทะเล

HOR MOK TALAY

STEAMED SEAFOOD WITH RED CURRY AND THAI BASIL

ข้าวสวย

STEAMED RICE

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SEASONAL FRESH FRUITS





## Wellness Dinner

### WESTERN SET MENU

#### WELLNESS THAI II

ไก่ห่อใบเตย

GAI HOR BAI TOEY

MARINATED CHICKEN WRAPPED IN PANDANUS LEAVES

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ต้มข่าไก่

TOM KHA GAI

SPICY COCONUT MILK SOUP WITH CHICKEN

ปลากระพงอบตะไคร้

PLA KAPONG OP TAKRAI

ROASTED SEA BASS WITH LEMONGRASS AND THAI SEAFOOD SAUCE

ข้าวสวย

STEAMED RICE

\*\*\*\*\*

SEASONAL FRESH FRUITS







## Wellness Dinner

### WESTERN SET MENU

#### WELLNESS WESTERN I

##### CAESAR SALAD

ROMAINE LETTUCE WITH GRILLED CHICKEN, SHAVED PARMESAN &  
OUR CLASSIC CAESAR DRESSING

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##### BAKED SEA BASS

BAKED SEA BASS FILET WITH PAN-FRIED POTATO, GRILLED  
VEGETABLE, TOMATO, DRIZZLED VIRGIN OLIVE OIL

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#### SEASONAL FRESH FRUITS





## Wellness Dinner

### WESTERN SET MENU

#### WELLNESS WESTERN II

##### GREEK SALAD

CRISPY LETTUCE SALAD TOMATO, ONION, CUCUMBER, BELL PEPPER, BLACK OLIVE AND FETA CHEESE

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##### SALMON TERIYAKI

GRILLED MARINATE SALMON SERVED WITH FRIED RICE AND TERIYAKI SAUCE

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##### SEASONAL FRESH FRUITS



# High Spa





## WELCOME TO HIGH SPA

High Spa is custom designed to embrace the local environment and culture to provide an authentic indigenous experience.

High Spa offers holistic wellness, based on natural organic product ingredients of maintaining the inner health, with complete the rejuvenation and vitality of body, mind and spirit.





## HIGH MASSAGE RETREAT

### Aromatherapy Massage

**60 minutes, THB 2,500/ 90 minutes, THB 3,750**

Aroma massage combines the sense of essential oil, and the power of touch. The various specialized effects are: Lemongrass, which helps the muscles, and promotes nourishment to boost skin repair.

Peppermint refreshes the spirit and stimulates mental agility.

Lavender has a soothing and calming effect on the nerves, relieving tension. It is effective for headaches and insomnia.

### Swedish Massage

**60 minutes, THB 2,500/ 90 minutes, THB 3,750**

Swedish massage technique includes circular pressure applied by the hands and palms, with firm kneading and percussion-like tapping. The benefits are decreased muscle toxins, improving circulation and

flexibility while easing tension.

### Invigorate Thai Massage

**60 minutes, THB 2,000 / 90 minutes, THB 3,000**

A combination of both physical and energetic aspects. It is a deep, full body massage progressing from the feet up, and focusing on energy lines throughout the body. The aim is to clear blockages in these lines, and thus stimulating the blood flow throughout the body. The benefit helps prompt the relaxation to its full circle.

**Prices are quoted in Thai Bath and subject to 10% service charge and 7% government tax.**



## **HIGH MASSAGE RETREAT**

### **Asian Blend Massage**

**60 minutes , THB 2,400 / 90 minutes , THB 3,600**

A fusion massage that combines traditional Thai massage and aromatic oil massage together, to relax body stiffness and reduce muscles aches. The technique would apply a firm to medium pressure to the body .

### **Remedial Back and Shoulder**

**60 minutes , THB 2,400 / 90 minutes , THB 3,600**

The treatment focuses on releasing the tensions from the muscles of the upper body only, where muscle problems often occur . During the massage, acupressure is applied up both sides of the spine and along the lower back, moving up towards the shoulders and neck.

### **Foot Revitalizing – 60 minutes , THB 1,600**

The massage uses pressure point therapy and particular areas of the soles of the feet. The aim is to stimulate reflex points that correspond to other parts of the body to the internal organs. The overall goal is to improve blood and lymph circulation.

**Prices are quoted in Thai Bath and subject to 10% service charge and 7% government tax.**



## HIGH MASSAGE RETREAT

### **High Blissfulness Massage – 90 minutes, THB 2,800**

A combination of traditional Swedish , Thai ,Abdominal and foot massage, For a truly different pampering and soothing feeling , which rejuvenates those sore and tired muscles.

### **Thai Herbal Compress – 120 minutes , THB 3,200**

An Exotic Thai remedy for tired, aching muscles to release stress, relieve muscle tone and promote healthy circulation , using traditional Thai technique . It combines with hot compress and herbal packs or “Look Pra Kob” with assorted local herbs of Plai, Kaffir Lime, Lemongrass, Camphor, Tamarind leaves and other indigenous aromatic.

Prices are quoted in Thai Bath and subject to 10% service charge and 7% government tax.





## HIGH BODY RETREAT

### **Awaken Body Scrub – 60 minutes, THB 2,600**

The gentle cream scrub helps to revitalize the body and clear the mind. This exfoliating help to stimulate the glowing and lifting of the skin. The combination of lemongrass and ginger extracts, nourish and detoxify.

### **Radiance Body Scrub – 60 minutes, THB 2,600**

The powerful blend of tamarind & apricot extract are highly nourishing and moisturizing. Helping to rid the skin of impurities and brighten the nutrients of the skin, resulting radiance.

### **Revitalize Body Scrub – 60 minutes, THB 2,600**

A deep cleaning and refreshing exfoliating body scrub of mineral salt, to remove impurities and dead cells. Blended with shea butter and salt sugar, it will leave the body smooth and polished, and leaving the skin energized.

Prices are quoted in Thai Bath and subject to 10% service charge and 7% government tax.



## HIGH BODY RETREAT

### **Oriental Body Mask – 60 minutes , THB 3,200**

This concentrated Mud Mask contains a combination of natural extracts including Licorice , Kao Lin, Tanaka and anti-oxidants which moisturizes your skin and clears up clogged skin. A mixture of extracts of Kiwi and seaweed helps to firm and tighten the skin for a more youthful look.

### **Renewing Body Mask – 60 minutes , THB 3,200**

This gentle Mud Mask of natural extracts, including green tea which has anti-oxidant properties, Germ oil, Apricot oil which keeps the skin soft and radiant. Grape extracts, Kiwi and honey help the skin look smooth and clear while getting rid of wrinkles. You skin will look firmer and smoother.

### **Indulgence Soothing Mask – 45 minutes , THB 2,400**

This soothing gel mask contains natural Aloe Vera extracts and has properties that help reduce inflammation and symptoms of skin irritation, redness and burning of skin due to sun burn.

**Prices are quoted in Thai Bath and subject to 10% service charge and 7% government tax.**



## HIGH FACIAL RETREAT

### **Rebalance Facial – 60 minutes , THB 2,800**

The stimulating facial massage combined with CO-Enzyme Q 10 actives, is a powerful energy boost to the cells and the antioxidant prevents premature aging and instantly restores firmness to the skin.

The combination of stimulating facial massage techniques rejuvenate the skin and add moisture and elasticity to the skin surface.

### **Pampering for Men – 60 minutes , THB 2,800**

A skin care formula specifically developed to stop bacteria .Combined with relaxing massage techniques, this treatment stimulates the production of new skin cells and brings tired skin back to life. The refreshing scent of Orange Peel Oil with the powerful actives to kill bacteria makes this treatment not only extremely enjoyable but promotes long-lasting effects in fighting acne.

### **Intensive Radiance Facial – 70 minutes , THB 3,000**

The Albumin Firming Facial treatment tightens and firms loose, dry, or dull skin in just one application. Albumin is extracted from egg white protein and promotes the creation of collagen and elastin in the skin. It tightens the pores and skin to look naturally firm .

**Prices are quoted in Thai Bath and subject to 10% service charge and 7% government tax.**





## **HIGH FACIAL RETREAT**

### **Rejuvenate Facial – 30 minutes , THB 1,400**

This treatment combines effective techniques to specifically stimulate the circulation of blood and the lymph system that results in the relaxation of facial muscles ,whilst powerful conditioning actives nourish and renew vital radiance. This effective treatment is ideal for tired skin as it will bring back that healthy, radiant look to the skin.

### **Skin Booster Facial – 30 minutes , THB 1,400**

This moisturizing facial treatment feeds the skin with actives that nourish the skin and instantly stimulate the skin cells. This treatment returns the natural balance to the skin and is suitable for all skin types.

**Prices are quoted in Thai Bath and subject to 10% service charge and 7% government tax.**



## **HIGH WELLNESS PACKAGE**

### **Serenity For Your Mind – 3 hours, THB 6,000**

Herbal Steam / Awaken Body Scrub / Serenity Scented Bath /  
Signature Massage / Foot Massage **Or** Mini Facial Massage.

### **Asian Balance – 3 hours , THB 5,600**

Sauna / Asian Blend Massage **Or** Invigorate Thai Massage  
Foot Revitalizing Massage.

### **The Harmony – 2.5 hours, THB 5,300**

Herbal Steam **Or** Harmony Scented Bath  
Choice of Body Mask / Aroma Massage

### **Awaken Revitalize – 2.5 hours , THB 5,300**

Choice of Body Scrub / Serenity Scented Bath  
Choice of Aroma Massage **Or** Rebalance Facial

### **Power of Sense – 2 hours ,THB 4,000**

Herbal Steam / Remedial Back & Shoulder Massage

**Prices are quoted in Thai Bath and subject to 10% service charge and 7% government tax.**



## HOW TO SPA

### **Reserve for Treatment**

Either phone or visit the High Spa to book a reservation at your earliest convenience so we may accommodate your schedule .

### **Arrival Time**

Please arrive at least 15 minutes prior to your scheduled appointment time to complete the check –in ,and arrival 30 minutes in advance then you can enjoy our facilities: steam and sauna. Arriving late will limit treatment time as we must complete your service on time in order to accommodate the next guest .

### **Special Health Considerations**

If you have health concerns or are pregnant , please notify our spa staff when booking your treatment. Guest are also requested to complete a pre –treatment form .

### **Cancellation Policy**

Guest wishing to cancel a treatment are requested to provide a three–hour cancellation notice otherwise the full service fee will be charged .

### **Age Limitation**

Children under the age of 14 are not permitted in High Spa. Young adult between the age of 14–17 years must be accompanied by an adult .

### **Service Charge and Taxes**

A 10% service charge and 7% VAT will be added to your bill .

### **Spa Hours**

High Spa is open from 10:00 am to 9:00 pm daily,  
last treatment can commence at 7:00 pm .