



SPA



Este menú ha sido elaborado con material reciclado, para ayudar a la sostenibilidad económica.



S P A

# Meliá Phuket Mai Khao

YHI Spa at Meliá Phuket Mai Khao, the seamless journey to the realm of well-being where your physicals are pampered, emotions are nurtured, and senses are regenerated. Our treatment rooms are named after five elements found in nature which are present in all living beings and the surrounding environment. We are utilizing a combination of natural plant based and Thai indigenous organic ingredient, and our treatment are designed and inspired by traditional healing arts of Thai, Asian and European with an elegance touch to create a personalized experience for an individual guest.

All our guests are invited to visit us for a free consultation to establish your needs and tailor individualistic treatment experience from our care touch skilled therapist.

# SIGNATURE PLEASURE

## Sense Enrich

Stress away and indulge your senses with our intimate signature treatment. Begins a full body scrub freshly made of our organic blend with golden honey featuring organic Phuket pineapple gently exfoliate and reveal flawlessly skin. Followed by hot candle massage, soothing to enrich your sense of relaxation in a deeper state.

120 min / THB 4,900 |  35,507 point

## Hot Stone Enhancing

A deeply relaxing massage utilizing heated stones to warm, soothe and heal the body. The combination of slow massage movement and the heat released by the stones makes your mind unwind. Oiled stones are massage across the body and place on energy points to penetrate deep within to promote blood circulation, ease away muscles tension, removing blockages and dissolving stress and restore balance to tired, overworked muscles and limbs.

90 min / THB 5,900 |  42,754 point



PAY HERE WITH  
**MELIÁ REWARDS POINTS**  
More information at reception.  
250\* = €/\$1

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## Rhythm of Sol and Luna

Experience an unforgettable “Four Hands” massage, the unique sensation “treat by two”. Soft and strong flowing movement of two skilled therapists working together rhythmic synchronicity with selected essential oils base on your individual needs; balance and refine of the “Sol” oil will invigorate your senses while the “Luna” oil calm the nervous system, distresses and relax.

90 min / THB 6,900 |  50,000 point

## Soul of Mai Khao Arena

The natural power of heat therapy to the ancient remedy date back thousands of years. Mai Khao sand is ideally renowned to promote general well-being from healing properties in its minerals. A body warming procedure with heated sand mixed with herbs follow by truly relaxing aroma massage refining body detoxification, helping aching bone, relax tight muscles, increasing blood circulation refreshes your body by discharging wastes and observing oxygen sufficiently in your body and provide you the ultimate feeling of comfort.

*Not suitable for sun burnt skin.*

90 min / THB 4,900 |  35,507 point



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# BODY THERAPIES

## Traditional Thai Massage

A traditional Thai way oil free massage classic ritual dating back 2,500 years-base on Thai technique using palm strokes and thumb pressure through the series of movement along the energy line of body stretching and manipulation releases tension, promoting flexibility and mobility through medium to strong pressure. The body's internal energy is encouraged to flow more freely to alleviate problematic conditions such as lower back pain, arthritis, headaches and stress related conditions.

60 min / THB 2,500 |  18,116 point

90 min / THB 2,900 |  21,014 point

## Thai Herbal Bliss

Thai herbal compress “Luk Prakob” filled with a selection of therapeutic local Thai herbs wrapped in a muslin pouch which has been generated for many centuries in Thailand for the relief of pain and inflammation. This treatment combines with traditional Thai massage utilizes scented heated Thai herbal pouches applied to the body at pressure points to promote blood circulation and the transport of oxygen which stress and anxiety are almost instantly relieved, muscular aches and pains are dissolved and leave you feeling recharged.

*Not suitable for sun burnt skin.*

90 min / THB 3,900 |  28,261 point



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# Deep Tissue Sport Massage

The medium to strong massage therapy technique which focus on the deeper layers of tissue, release the tension through long slow strokes, personalize specific needs to relief sore muscles as a result of sports, stress or injure. This is an effective treatment to generating increased blood flow and thus improving circulation, stimulate the body's natural healing response and will leave a wealth of flexibility and relax body.

60 min / THB 3,300 |  23,913 point

90 min / THB 3,900 |  28,261 point

# Aroma Relaxation

Discover the arts of aromatherapy from the power of nature healing by the selection of natural plant extract essential oils blend to represent 4 elements; earth, air, fire and water to suit your desire to complete sensorial experience uniquely. Our relaxation massage will realign and soothe your body through soft to medium pressure and precision, aromatherapy oil will transport you to a tranquil state of peace.

60 min / THB 3,000 |  21,739 point

90 min / THB 3,500 |  25,362 point

# Swedish Massage

Swedish massage is a wonderful combination of light to firm gliding strokes. It is a process that promotes total relaxation and muscle tension release. Enjoy a firm and invigorating aromatic treatment benefits to increase the blood supply and nutrients to the muscles, muscle tension release, relieve aches and pains, and resulting in a boost in energy.

60 min / THB 3,300 |  23,913 point | 90 min / THB 3,900 |  28,261 point



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# HEALING THERAPIES

## Office Syndrome Therapy

This therapeutic massage concentrates on your specific needs. Highly focused to relieve physical and emotional tension in the back, neck and shoulder areas. Also help to alleviate stress-related conditions.

90 min / THB 3,900 |  28,261 point

## Foot Relaxation

Inspired by traditional Chinese reflexology. This treatment work to relieve stress and built-up tension. Applying massage and the activation of pressure points that correlate with specific body parts and organs. Your body return to a more relaxed and balanced state, simultaneously working to restore a healthy.

60 min / THB 2,500 |  18,116 point



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## Chi Nei Tsang

A holistic approach to the healing touch modality. This massaging technique was developed following Traditional Chinese healing principles that assert that emotional blockages are physically hosted in our body. It focuses on gentle, deep massage of the abdomen in order to “train” the internal abdominal organs, so they can function in a more efficient manner, which in turn is believed to enhance physical and emotional well-being.

60 min / THB 3,300



23,913 point



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# BODY MASK & WRAP

## Contouring Body Mask

HARNN Contouring Body Mask with active ingredient clinically proven to substantially reduce cellulites. Caffeine, Carnitine, along with other lipolytic substances undergo a pro-liposomal technology, creating maximum absorbency for Liporeductyl® to penetrate through the skin. Combined with a blend of olive oil, shea butter, and Firming Body wrap help reduce cellulites while returning natural moisture to skin. With regular sessions, this treatment can effectively tone and reshape the body.

60 min / THB 2,900 |  21,014 point

## After Sun Soothing Mask

Aloe Vera are widely used in cosmetics and alternative medicine industries for their rejuvenating, healing, and soothing properties. In a gel form, its cooling nature effectively relieves sunburns, reducing redness and irritation while soothing the skin.

60 min / THB 2,900 |  21,014 point



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# FACIAL TREATMENTS

## Rejuvenating Lifting Facial

Lie back and relax while we turn back the clock with this special combination of natural rejuvenating elixirs for the skin, natural antioxidants will leave your skin feeling soft, supple, and glowing. Experience ancient healing Rose Quartz Gemstone Facial Roller, Guasa Rose Quartz is known to help balance and strengthen the heart and circulatory system, Reduce wrinkles, bags under the eyes and dark spots.

90 min / THB 3,500 |  25,362 point

- Skin Cleansing • Rejuvenating Skin Exfoliation
- Steam • Facial Massage with Rose Quartz • Rejuvenating Facial Mask
- Hand & Foot Massage • Skin Moisturizing



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# Golden Youth Glow Facial

The golden facial is a soothing and rejuvenating treatment. A gold mask can prevent premature aging by helping to keep the collagen level steady and making your skin improve elastin production, cell regeneration and reducing inflammation and redness protecting against free radicals. This is the ultimate pick-me-up for any skin type.

- Skin Cleansing
- Purifying Skin Exfoliation
- Purifying Facial Massage
- Golden Retreat Facial Mask
- Facial Roller cooling
- Scalp, Hand & Foot Massage
- Skin Rejuvenating Moisturizing

75 min / THB 3,500



25,362 point



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## Sensorial Facial Treatment

This facial revitalizing series start from gently cleansing, followed by a mild exfoliation. After detoxifying facial rice and clay mask will revitalize and hydrating your skin. Leaving you the touch of soft and looking invigorated and healthy skin. A scalp, hands and foot massage to complete reviving treatment.

- Skin Cleansing • Relaxing Skin Exfoliation • Relaxing Facial Massage
  - Detoxifying Facial Mask • Scalp, Hand & Foot Massage
    - Revitalizing Lymphatic Drainage Massage
      - Skin Hydrating Moisturizing

For Hydrating, brightening and soothing facial  
(Normal to dry skin type)

75 min / THB 3,000



21,739 point



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# BODY EXFOLIATION

## Thai Jasmine

Soothe and nourish your delicate skin with mild natural scrubs from corn Cob and Red Rice powder to exfoliate and reveal smooth and radiant skin with Marsh Mallow Oil and Centella Asiatica extract.

60 min / THB 2,500 |  18,116 point

## White Tea & Camellia

A concentrated scrub made from charcoal powder. Helps cleanse the body and gently remove dead skin cells. Promoting smooth and radiant skin while providing long-lasting moisture with ceramides and hyaluronic acid, combined with the anti-oxidant properties of white tea leaves. Stimulates blood circulation and strengthen the skin barrier from within.

60 min / THB 2,500 |  18,116 point



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# Juniper Atmos Skin Regeneration Sugar-Mangosteen Oil

Supreme gentle exfoliate of sugar and mangosteen, Thai Rice Jasmine niosome technology encapsulates and penetrates deep into targeted. Golden Silk Extract leaves the skin silky smooth and soft. Marine & Algae Extract high of antioxidant against pollution reduce inflammation. Sugar gently exfoliate skin and rehydrate your skin to moisture.

Mangosteen powder enrich in polyphenol to nourish your new skin and wound healing effect.

60 min / THB 2,500



18,116 point



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# BATH RITUAL

## Classic Siamese

Delicated to the art of fine living, women of Siamese royal court pampered themselves with beauty regimens and indulgent botanical preparation. Our bath rituals bringing a touch of legendary Thai bliss to modern life. The bathtub will be prepared with Traditional Thai Perfume called “Nam Prung” “distilled fragrant water made from sandalwood and fresh aromatic flowers such as Thai jasmine, orange jasmine, sage rose, Champaca, Ylang Ylang and sandalwood. Beautifully arranged on top with various kind of freshly Thai flowers such as lotus, jasmine, Champaca etc. to create a naturally refreshing scent.

30 min / THB 1,500 |  10,870 point

## Citrus Allure

Fresh and glow your skin with citric acid found in oranges, lemons and limes. Contribute to improve circulation and even shrink pores. Level up your bathing routine with our trendy bath ritual. Sliced of mixed citrus fruits such as grapefruit, mandarin orange, tangerine, lime and lemon mixed with specially blend essential oil and Eucalyptus will make you simply feel the height of luxury and reap the benefits while alleviate your sense.

30 min / THB 1,500 |  10,870 point



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## Milky Fleur

Beneficial for a number of skin conditions. Lactic acid will replenish moisture and improve appearance of the skin. Our bath prepared with fresh milk to provide a mild exfoliating and nourishing your skin. The bathtub will be filled with fresh rose petals for you to soak and submerge in sweet rose garden dream aroma.

30 min / THB 1,500 |  10,870 point

## Gemstone Rebalance

Luxurious baths experience combine all the essential ingredients mixed with Himalayan salt for the depth of healing benefits from precious minerals. Our four gemstone selections are Rose quartz will soothe the skin, love healer and feeling more nurtured. Amethyst which alleviates anxiety and enhance intuition, Clear quartz imparts a feeling of serenity and focuses meditation and Smoky quartz to transfer lower energy to higher vibration energies.

30 min / THB 1,500 |  10,870 point

## Oriental Aromatic

Ancient traditional fragrant herbs soothe and relax your body and organs. Our special blend oriental herbs essentials oil which harnesses the power of natural ingredients induce a delightful sensorial experience. Mixed with Safflower, pandanas, Kiffir lime, sliced ginger and black tea with the touch of Chrysanthemums and orchid on top of the bathtub symbolized the longevity.

30 min / THB 1,500 |  10,870 point



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# Body Cares

Indulge in deep relaxation and gentle rejuvenation with our saunas and steam rooms. Saunas feature soothing dry heat to encourage detoxification, ease muscle tension, support circulation and the ideal for post-workout recovery. Steam Room offer calming moist heat that helps clear the respiratory system while hydrating and refreshing the skin.

Both experiences promote mental clarity, stress relief, enhanced circulation, and overall well-being, leaving you feeling restored and renewed.

- **Sauna**                      30 min. / THB 550                       **3,986 point**
- **Steam**                      30 min. / THB 550                       **3,986 point**



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# SPECIAL PAMPERING

## Mother to be Massage

A special massage sooth and pamper mum to be. An oil base massage designed specifically with the most of technique used during pregnancy massage are effleurage, long sweeping strokes that relax, reduce anxiety and muscles tension. Not only can massage be physically beneficial, but the human touch can be comforting and provide emotional support during pregnancy. *Recommend only for pregnancies 16 – 24 weeks.*

60 min / THB 3,500 |  25,362 point

## Kids Bliss

Pampering your love one with massage therapy treat to promote kids physical well-being, immune boosting. Double their bliss with nail paint or foot pampering massage for more enjoyable. *Suitable for age 4-12 years old.*

90 min / THB 2,500 |  18,116 point



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# SOOTHING PACKAGE

## Embrace Touch

Alleviate your senses of well-being. Balance your body and ease your mind.

- Ayurvedic Indian Head Massage 30 min.
- Aroma Relaxation Massage 60 min.
- Foot Massage 30 min.
- Herbal Steam 30 min.

150 min / THB 5,900 |  42,754 point

## Romance Touch

Pampering your love and immerse with intimate relaxation.

- Herbal Steam 30 min.
- Your choice of body scrub 60 min.
- Romantic bath ritual with savory treat 30 min.
- Balinese Massage 60 min.

180 min / THB 6,900 (single) |  23,913 point

180 min / THB 12,900 (couple) |  93,478 point



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# BLISS PACKAGE

## Serene Heaven Package

Thai traditional herbs in combination for centuries to have a greatly beneficial health enhancing effect. Combined with a deep intense and advanced technique massage designed to heal and release muscular tension to give you stress relief where most needed.

- Herbal Steam 20 min
- Intensive Muscle Release 75 min
- Scalp Neck & shoulder Massage 15 min

110 min / THB 4,200 |  30,435 point

## Peaceful Heaven Package

This deeply relaxing massage will rejuvenate whilst dispelling travel related stress follow by your choice of Rejuvenating facial treatment, this treatment is designed to protect nature and revitalize skin damaged by sun, and pollution. Leaving the skin soft, glowing, and healthy

- Purifying Massage 60 min
- Purifying Facial Treatment 60 min

120 min / THB 5,900 |  42,754 point



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# SPA ETIQUETTE

## Opening Hours

From 10.00 am. - 08.00 pm. daily (Last treatment at 06.00 pm.)

## Advance Reservation

Please dial “YHI Spa” from your room phone or contact our Guest Service Line extension “8105”. To ensure your preferred time and service is available, we highly recommend booking your treatment in advance.

## Treatment at YHI Spa

You are encouraged to arrive at our YHI Spa 15 minutes prior to your treatment appointment to prepare yourself and enjoy pre-treatment experience.

We suggest the relaxing effect of a shower before your treatment.

As a courtesy to all our guests, a prompt appointment schedule is adhered to. Late appointment may not be honored if there is a treatment booked immediately after and your treatment may be shortened depending on availability.



## In-room Treatment

In-room massage is subjected to availability with an additional charge of 20% on top of the regular price. Therapist will arrive to your room 15 mins prior to schedule to arrange treatment area. Should you be delayed please kindly be noted that our therapist will adhere to the original booking time.

## Cancellations

A cancellation made less than 4 hours prior notice will incur a 50% charge for any treatment. The full amount applies for cancellation received within 2 hours prior notice to the treatment appointment or for a no show.

## Health Conditions

Please fill out the consultation form and advice us of any health conditions, allergies or injuries. This is to provide you the best treatment that suited for your needs and assure your utmost safety and comfort.

## Rate

All prices are quoted in Thai Baht and subject to 10% service charge and 7% Vat and subject to change without prior notice.



## Personal Belongings

We recommend that you keep your personal valuable items in your room safety deposit box before arrival. We cannot be held any liability for the loss or damage of the items.



## Pregnancy

Please allow our Spa team for a personalized consultation in selecting which treatments are most suitable for you during this special time.



## Peaceful and Tranquility

Please refrain from making loud noises, cellular phones and other electronic devices are discouraged. Yhi Spa is smoke-free zone.



[www.melia.com](http://www.melia.com)