



S P A

Spa Menu



FOR YOUR COMPLETE WELLBEING SPA EXPERIENCE

Revive your body and revitalize your senses at YHI Spa, our serene sanctuary of health and wellbeing. Our professional therapists provide a full range of blissful body treatments including massages, scrubs, wraps and facials that blend ancient Asian wisdom with modern wellness techniques.

INVIGORATE YOUR SENSES

Promoting purification and relaxation, YHI Spa is the place where the soul, spirit and body meet. We aim to balance the five senses and foster complete wellbeing.

PATHS TO HARMONY

The aroma of essential oils, gentle music, expert techniques and the perfect temperature; YHI Spa offers numerous paths that lead to harmony. All you have to do is go with the flow.

Beauty
Massage
Eco-Yhi
Hydro-Thermal

A healthy external appearance that reflects your interior.
Therapists who are experts in your relaxation and wellbeing.
Carefully-selected natural, ecological products.
Water as an essential element of therapy.

FACILITIES

Located on the second floor above our resort's main lobby, YHI Spa offers private facilities including two double spa suites, each featuring a shower and bath, and two single spa suites, as well as an infrared sauna, Thai herbal steam room and hydrotherapy shower.

RESERVATIONS

Please dial 8926 on your phone in your room or suite or visit YHI Spa's reception to make an appointment. Appointments are necessary for all spa treatments available from 9am until 8pm.

SPA ATTIRE

Please wear something comfortable. YHI Spa will provide you with all of the required spa attire including a spa robe and towels, as well as a locker for your personal belongings. We advise that you do not bring valuables to the spa. You are welcome to wear make-up but it will be removed before certain treatments such as facials.

ARRIVAL TIME

We recommend you arrive at least 15 minutes prior to your scheduled appointment to enable you to check in, change into your spa attire and familiarize yourself with our spa. We encourage you to shower and relax by using the steam or sauna room before your treatment.

CHOOSING YOUR TREATMENT

Our Spa Manager will help you plan the perfect YHI Spa experience. She will help you decide upon specific treatments after discussing your individual requirements and preferences.

HEALTH CONSIDERATIONS

Be sure to notify the Spa Manager when booking your appointment if you are pregnant, have high blood pressure, suffer from allergies or have any other pre-existing health conditions. If you have any concerns at all, please let us know.

The consumption of alcohol before, during or directly after a spa treatment is not recommended; a refreshing fruit juice or mineral water is much more ideal.

Five hours of treatment is usually the maximum recommended in one day. Leave some free time to enjoy a sauna and steam bath as well as our resort's other amenities such as our fitness centre and the serenity of Choeng Mon beach. The steam room's wet heat is effective in opening the skin's pores and wonderful for the respiratory system. We recommend you stay only 10-15 minutes in the steam room at a time.

PERSONAL COMFORT

As this is your time, you should enjoy your YHI Spa experience to the fullest. Please inform your therapist about any preferences including your preferred massage pressure, your favorite oils, the optimal room temperature and music volume.

MASSAGE OIL HARNN PHILOSOPHY

HARNN is a contemporary luxury Asian-inspired lifestyle brand with a holistic approach to wellbeing. Through creating high quality products using only natural ingredients and methods handed down the generations of Thai artisans, HARNN seeks to transform how people nurture their mind, body and soul.

MEN’S FACIAL

Facials are very healthy for men. However, we recommended men shave at least a few hours before their facial treatment.

ARRIVING LATE FOR APPOINTMENT

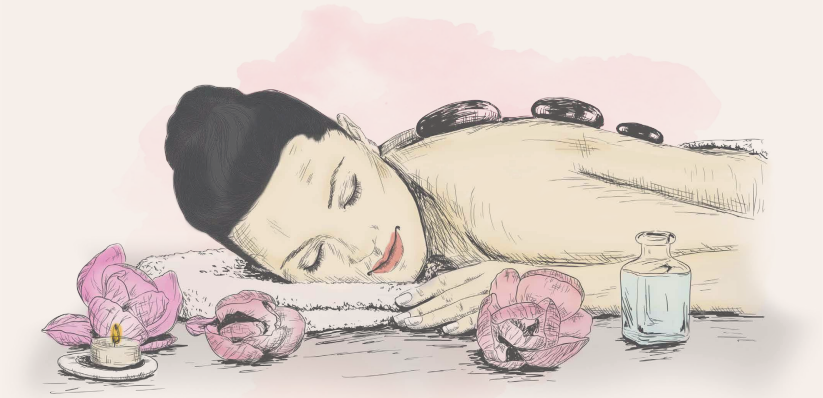
Arriving late for your appointment will simply limit your treatment time, thus lessening its effectiveness. Your treatment will end on the original scheduled time so that the next guest is not delayed. Should you be late, the time will be made available for other guests 15 minutes after the start of the scheduled reservation time.

CANCELLATION CHARGES

Should you need to cancel a treatment reservation, we ask you to give us at least two hours’ notice before the scheduled treatment time to avoid a cancellation fee. If YHI Spa is not notified at least two hours prior, the cancellation charge is 50% of the treatment price. However, if another guest subsequently takes the booked period, then no cancellation fee will be charged.

PRICES

All prices are in Thai Baht and subject to 7% VAT and 10% Service Charge.



YHI SIGNATURE MASSAGE EXPERIENCES

YHI SIGNATURE MASSAGE

120 minutes | THB 4,200++

This signature treatment combines ancient healing procedures and contemporary massage techniques to reach a deep level of relaxation and boost your wellbeing. It is based on Eastern and Western aromatherapy and lymphatic and Lomi Lomi massage techniques combined with Ayurvedic holistic traditions. This treatment also follows the Shirodara discipline for inner harmony and balance and ends with Chakra energy healing and Tibetan bowl sound healing therapy.

THE SIAMESE HERBAL COMPRESS

90 minutes | THB 3,900++

Begins treatment with Thai Herbal Steam and following with a warm herbal compress applied together with traditional Thai massage techniques with aromatherapy warm oil to releasing the muscle tension. The heat from the herbal compress will release contracted muscles, while its active ingredient is absorbed into the skin to maximize therapeutic effect.

HIMALAYAN HOT STONE MASSAGE

90 minutes | THB 3,900++

120 minutes | THB 4,200++

Hot stone massage is a style of massage therapy in which water-treated stones are placed on specific sites of your body to promote relaxation and help open up the meridians (energy pathways). Muscles are pre-treated with the heated stones to allow the therapist to more easily perform deep tissue manipulations. Hot stones used as a massage tool open and warm the muscle tissue, making it more susceptible to the therapy. This therapy involves use of the heated stones to relieve tired and sore muscles that many of us deal with on a daily basis.

Pay here with MELIÄ REWARDS points

All prices are subject to 10% service charge and 7% government tax.

YHI - SIGNATURE PACKAGE

SAMUI COCONUT EXPERIENCE

150 minutes | THB 5,800++ / person | THB 11,000++ / Couple

Local coconuts are the key ingredient in our “Samui Paradise Experience”. Begin with 15 minutes in the steam and/or sauna to open the skin's pores in readiness of a fresh coconut body scrub followed by a virgin coconut oil massage. This package ends with a relaxing aromatic bath with natural essential oil to release stress and restore energy.

- The Siam Heritage Foot Bath Signature
- Thai Herbal Steam & Classic Sauna (15 minutes)
- Aromatic Bath with Refreshment (15 minutes)
- Samui Coconut Body Exfoliation (30 minutes)
- Virgin Coconut Oil Massage (60 minutes)
- YHI Facial Treatment (30 minutes)
- Blended Herbal Tea & Refreshment

BLISSFUL WELLBEING

180 minutes | THB 6,800++ / person | THB 12,500++ / Couple

Begin with the steam and sauna and milky bath to releasing stress and relax your muscle followed by your choice of a natural body scrub treatment. Followed by an aromatic oil massage to concentrate on tense areas to energize the body with pure body relaxation. And end the treatment with any choice of or Luxury HARRN Facial treatment.

- The Siam Heritage Foot Bath Signature
- Thai Herbal Stem & Classic Sauna (15 minutes)
- A Refreshing milky bath (15 minutes)
- A Choice of our Signature Scrub Treatment (30 minutes)
- A Choice of Classic Aromatic Oil Massage (75 minutes)
- Antioxidant & Ageless Facial Treatment By HARNN (45 minutes)
- Blended Herbal Tea & Refreshment

RADIANT & REJUVENATION

120 minutes | THB 4,800 / person | THB 8,699++ / Couple

Experiences the ultimate bliss with our beauty in Harmony package designed to release stress and relax the skin as well as naturally promote youthfulness, Suitable for sunburn recovery skins or a farewell healing package before leaving Koh Samui.

- The Siam Heritage Foot Bath Signature
- Thai Herbal Steam & Classic Sauna (30 minutes)
- A Choice of our Signature Scrub Treatment or / YHI Facial Treatment 30 minutes.
- A Choice of an Aromatic Oil Massage (60 minutes)
- Blended Herbal Tea & Refreshment

YHI -MASSAGE WELLBEING

THE SENSE OF AROMATHERAPY

60 minutes | THB 2,500++

90 minutes | THB 3,200++

The perfect combination of natural Vitamin E-rich rice bran massage oil for your comfort with aromatherapy and gentle massage techniques using palm pressure and stretching. This treatment helps ease muscle tension and restore natural energy flow.

FIRMING HEALING TOUCH

60 minutes | THB 2,500++

90 minutes | THB 3,200++

A relaxing yet firm and invigorating treatment based on the Swedish massage techniques and essential oil. This treatment is designed to improve blood circulation and reduce muscle tension to relieve aches and pains as well as energize the entire body.

THE POWER RELIEF

60 minutes | THB 2,500++

90 minutes | THB 3,200++

A delicate massage developed for the deep layer of muscles, using slow but firm strokes to increase blood flow and promote muscle recovery. This treatment is specifically for chronic back and shoulder tension, reducing stiffness and improving circulation.

SIAMESE HERITAGE BODY MASSAGE

60 minutes | THB 1,800++

90 minutes | THB 2,200++

This treatment is inspired by traditional Thai massage as well as stretching techniques and yoga-like movements. This Thai massage focuses on restoring agility and relieving muscle tension using movement and pressure from your therapist's fingers, palms, elbows and knees. Unique postures are deployed to also stretch various muscle groups, stimulating a better flow of internal energy. (This massage does not use aromatic oils.)

WELLBEING RELEASING STRESS

30 minutes | THB 1,200++

For many people, the neck and shoulders are common areas of soreness and tension due to many hours working at a desk or computer. This massage will ease away the pain and leave you deeply relaxed.

ORIENTAL FOOT REFLEXOLOGY

30 minutes | THB 1,200++

60 minutes | THB 2,000++

Based on traditional Chinese foot reflexology techniques to restore the natural flow of energy, this massage concentrates on various acupressure points to help promote healthy organs and overall wellbeing. This massage also helps improve sleep, refresh the mind and improve metabolism.

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MOTHER-TO-BE MASSAGE

60 minutes | THB 2,500++

(Enjoy our rang of relaxing pampering and nurturing treatment created exclusive for expectant mothers during this very special time before your baby born.)

A full body massage is a wonderful way to soothe tired or sore muscles during pregnancy. While you may feel a little self-conscious about your body during this time, be assured that our massage therapists are experienced in pre-natal massage. For our maternity massage treatments we use a special table designed to accommodate your baby bump and will either avoid massaging your abdomen or use a very light touch in this area, according to you preferences. We will not massage your feet during pregnancy in order to avoid stimulation of pressure points. Your therapist can provide special pillows designed to position you comfortably during your treatment. It is recommended that pregnant women should limit their time on their back or right side. Massage should not be performed in the first trimester.

AYURVEDIC INDIAN HEAD

60 minutes | THB 2,400++

treatment relieves tension in your shoulders, neck, back and scalp, using deep thumb and finger pressure to help improve circulation and flush out emotional and physical tesion

JUNIOR WELLBEING

30 minutes | THB 1,200++

45 minutes | THB 1,650++

(Special massage therapy for kids age from 4 years-12 Years)

Your young ones are more active than ever, in mind and in body. Teaching them to manage stress and body awareness while they are young can help prevent a lifetime if chronic pain and poor habits. We only have one body. Give your children the gift of teaching them how to take care of it at a young age.

Benefits of Kids Massage

- Sport performance and injury prevention
- Decrease stress and stress hormone levels in children
- Relaxation, decreasing muscle tension and pain, or increasing mobility
- Reduce and relieve childhood and adolescent growing pains
- Decrease irritability and hyperactivity allow for better concentration.



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YHI – BODY ENHANCEMENT

Restoring natural skin radiance with a weekly exfoliation to remove dull flaky skin promotes the skin's absorption of nutrients and stimulates blood flow, Skin exfoliation and body mask a regular basis are highly recommended for radiance and natural glow.

COCONUT BODY EXFOLIATION

60 minutes | THB 2,200++

Samui coconut is combined with virgin coconut oil to provide a gentle exfoliation and moisturizing to scrub. This treatment is great for all skin types. Leaving the skin glowing and deliciously fragrant with the tropical scent of coconut.

DETOXIFYING BODY EXFOLIATION

60 minutes | THB 2,200++

Coffee is gently exfoliated and detoxify your skin by eliminating impurities, dirt pollution and bacteria from your pores while respecting in skin's physiological balance, Formulated with pure yogurt for more moisturized appearance and glowing complexion with suitable for all type and coffee's caffeine content and potent antioxidants give it powerful anti-inflammatory properties.



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YHI – LEVISAGE FACIAL RITUAL

YHI Spa offers an exquisite range of cleansing facial treatments.

YHI FACIAL TREATMENT

“Soothing ‘His or Her’ After Sun Herbal Facial”

60 minutes | THB 2,500++

Enjoy a multi-sensory experience that leaves you with super-soft, radiant skin. This unique treatment uses a combination of the finest virgin honey, milk, natural yogurt, ‘golden plai’ (from the ginger family), organic cucumber and hydrating botanicals to calm the redness of sensitive or sunburnt skin. Relaxing aromatherapy facials are individually tailored to suit your skin's requirements. Our trained facial therapists to help you select a treatment that will best purify and balance your skin. This facial will deeply cleanse, hydrate and nourish your skin, soothing and reviving even the most sensitive complexions. After your personalized consultation with our therapist, your skin is treated to a complete facial using our customized blend of plant-based products and aromatic essential oils, selected to address your skin's specific needs:

- For normal to dry skin
- For combination to oily skin
- For sensitive skin
- For age-defying results

ANTIOXIDANT & AGELESS

60 minutes | THB 3,500++

This facial is specifically designed for dry and aging skin. Dryness is the main cause of aging skin. Rejuvenate your skin with this uplifting massage that helps release tense facial muscles. A hydrating facial clay mask combats dry skin and improves blood circulation. This facial treatment results in a firm and luminous facer benefit your skin.

THE CLARIFYING FACIAL

60 minutes | THB 3,000++

This facial treatment for all skin types involves a light cleanse of the skin followed by a gentle and relaxing facial massage. Light nourishment helps replenish the skin's moisture and a hydrating fresh cucumber mask completes the facial, leaving your face soft and glowing.

YHI FACIAL FOR MEN

60 minutes | THB 3,200++

Experience memorable moments of wellbeing and harmony with our wellness treatment designed especially for men. This facial involves refreshing relaxation and intensive pampering care to harness energy and a create a more dynamic look.

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YHI - EXTRAS

THAI HERBAL STEAM & CLASSIC SAUNA

30 minutes | THB 750++ (Individual)

30 minutes | THB 1,200++ (Couple)

Traditional Thai herbal steam & Classic Sauna therapy is one of the most efficient methods of eliminating the body of toxins through the skin and lungs, Highly aromatic medicinal are quickly absorbed into the blood stream and circulate directly into every issue of the body. Delivering their therapeutic powers to each cell. At the same time, the hot steam opens the pores and allows the herbal vapors to enter the skin every cell. At the same time, the hot steam simultaneously cleanses the body from the inside and outside providing a doubly detoxifying effect as well as a very relaxing ,soothing experience.

THE MILKY BATH

30 minutes | THB 1,200++ (individual)

This nourishing treatment's ingredients make for a restorative collection of plants and organic substances that draw out impurities from tired, urban-ravaged skin. Vitamins from milk and yogurt will assist in preventing pain inside the body, and give the skin a healthy radiance.

REIKI & CHRISTAL ENERGY SOUND HEALING THERAPY

60 minutes | THB 2,500++

Reiki is an energy healing to bring on a state of calmness and relaxation, This is also promotes healing it is administered by laying on hands and based on the idea that an unseen “Life force energy” Reiki treat the whole person including body emotions, mind and spirit creating many beneficials effect that include relaxation and feelings of peace, security and wellbeing and therapeutic to relieve side effect and promote recovery. End treatment with Chakra Healing Christal Sound to balance your emotional and deep relaxation.

Pay here with  **REWARDS** points

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Scan here to book
your treatment

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