



# PHARAOH

## SPA

# MENU

Open from **10.00 am to 6.00 pm** For bookings please contact Tel:**077 377 299**

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# BODY MASSAGE

## **M1 - Nuad Thai Royal Thai massage**

*60/90 min 800 / 1200*

Nuad Thai concentrates on the main energy meridians that run throughout the body, its purpose is to harmonize the body, break up any crystallization & open any blockages along the energy line and reawaken the body

## **M2 - Nuad Pra Kop Thai herbal compress**

*60/90 min 1200 / 1800*

The herbal compress massage is known to provide deep relaxation while relieving stress, and improving health. This massage relieves muscle pain in stressed muscles, increases blood circulation and helps with insomnia

## **M3 - Aroma Therapy massage**

*60/90 min 1000 / 1500*

Aromatherapy is the art of using massage oil that's been extracted from aromatic flowers, herbs, spices, wood and other fibers that enhance health and beauty. Essential oils also have different effects on our mind and emotions. The goal of Aromatherapy is to provide "Holistic" therapy "Holistic indicates the belief that the body cannot be separated from the mind, soul and spirit

## **M4 - Swedish massage**

*60/90 min 1000 / 1500*

Swedish massage is a quick activating manipulation technique to increase circulation and metabolism while releasing muscle tension

## **M5 - Balinese massage**

*60/90 min 1000 / 1500*

Balinese massage is a technique that involves locating pressure points along the meridian lines of the body through kneading and manipulating soft tissue, this massage can help to prevent sport injuries, treat existing injuries, improving performance, reduce stress and free the body of toxins



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### **M6 - Stress Release massage**

*60/90 min 1000 / 1500*

With this massage your heart rate decreases, breathing becomes slower and deeper, blood pressure drops or stabilizes, muscles relax and your body begins to heal itself

### **M7 - Pharaoh's Signature massage**

*60/90 min 1200 / 1800*

This massage will balance and rejuvenate you. We know that working hard and playing hard can leave you tight, sore and energy-less. This signature massage is an indulging treatment experience for complete physical, mental and spiritual renewal

### **M8 - Hot Stone massage**

*60/90 min 2500 / 3500*

Hot stone massage is a specialty massage where the therapist uses smooth, heated basalt stones as an extension of their own hands, or by placing them on the body. The heat is deeply relaxing and perfect for warming and relaxing tight muscles enabling the therapist to work more deeply

### **M9 - Head, Neck and Shoulder massage**

*60 min 1000*

Head, shoulder and neck massages soothe away tensions in your upper body, break down knots and improve your flexibility. It helps relieve headaches by stimulating the nerves on your scalp and the blood circulation within your head.

You will feel relaxed and re-energized

### **M10 - Indian Head massage**

*60 min 1200*

Indian head massage is especially good for relieving stress, tension, fatigue, insomnia, headaches, migraine and sinusitis. The experience is deeply calming and relaxing, leaving you feeling energized, revitalised and focused



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### **M11 - Aloe Vera massage**

*60 min 1500*

Aloe Vera has many healing properties and is one of the best medicinal plants as it cures many ailments and health disorders. A superb way to re-moisturize the skin and preserve a healthy tan. For hydrating, refreshing and cooling the skin

### **M12 - Warm Bamboo massage**

*60 min 2000*

Bamboo massage is an innovative way to provide Swedish or deep tissue massage using heated bamboo to roll and knead the tissue to create an extreme sensation of relaxation and well-being. Bamboo massage is also used as a powerful preventive therapy against modern-day stress and to aid relief from many physical and emotional problems

## FOOT MASSAGE

### **F1 - Foot Massage**

*60 min 700*

Foot massage is a simple and effective method to relax your body and mind. It is based on the tenets of foot reflexology and involves applying pressure on key points in the foot.

### **F2 - Hot Stone Foot Massage**

*60 min 1500*

Smooth, flat stones are heated and placed at key points. The stones are placed at the energy centers in order to rebalance the mind and the body.

### **F3 - Herbal Foot Massage**

*60 min 1500*

All of the pleasures of the Classic Thai Foot Massage combined with the powerful benefits of one of Traditional Thai Medicine's favorite therapies. This therapy is wonderfully warm and deeply penetrating. Hot herbal packs are pressed along energy pathways and nerve points. Discover what Thailand has been well known for, for centuries.



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## FACIALS

Facial Treatments By JURLIQUE

A facial is a delightful and uplifting experience that renews the harmony and beauty of the face.

### J1 - Smoothes Lines & Wrinkles Facial

*60 min 1500*

This facial treatment is designed to deep clean and clarify the skin. The special replenishing mask will improve hydration around the delicate eye area & the intense mask will leave your skin feeling soft smooth and glowing.

*60 min 1800*

### J2 - The Radiance & Brightening Facial

This highly effective brightening facial visibly illuminates the complexion to leave it naturally more even and translucently clear. Precision, feather-light movements delicately applied, brighten, activate and encourage the skin to wash-out melanin and the visible dullness that develops over time.

### J3 - Thai Facial

*60 min 1200*

When massaging compresses, the heat will relieve a deeper level of muscular tension, the oil will condition and hydrate the skin and help to balance any disruptions in the skin.

### J4 - Aloe Vera Gel Facial

*60 min 1200*

**Moisturize** - Because Aloe Vera possesses excellent moisturizing capabilities it is commonly used as a daily skin moisturizer

**Treat Acne** - Aloe Vera also makes it an excellent option for acne treatment as it is an excellent anti-inflammatory agent.

**Fights Skin Aging** - Due to the simple fact that Aloe Vera contains both vitamin C and E, both of which are known to be vital for healthy skin. It improve natural firmness, and leaves your skin soft, supple and hydrated.

**Treat Sunburn** - The healing properties of aloe vera gel can additionally help to reduce the pain and inflammation associated with sunburn.



# PHARAOH SPA

## STEAM ROOM

Steam only

*30 min 1000*

## CHILDREN'S SPA MENU

Relaxing Massage

*30 mins 500*

Body Scrub

*30 mins 800*

## BODY WRAPS

**R1 - Aloe Vera Body Wrap**

*60 min 1500*

Perfect for after sun as it repairs, rejuvenates and hydrates the skin. This wrap also includes luxury essential oils for stimulating the senses. After you have had your body brushed to stimulate the lymphatic system, you are wrapped up in a film, and placed in a warming blanket for the treatment to take effect.

**R2 - Milk Honey**

*90 min 2500*

This wrap is an ultra-soothing balm for body & soul. Milk & honey work together to rapidly restore skin's equilibrium leaving the skin silky soft. It is a valuable treatment for sensitive, dry or stressed skins, replenishing lost moisture and calming the skin.

**R3 - Lavender Body Wrap**

*90 min 2500*

Relax and unwind as the scent of lavender promotes a deep sense of well-being. The benefits of lavender are too plentiful to list, but because of its calming, antiseptic, and anti-inflammatory properties it is good for treating a number of skin and health problems.



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## BODY SCRUBS

### **S1 - Lemongrass & Green Tea body scrub**

*90 min 1800*

This herbal salt scrub will leave your body and mind revitalized and refreshed. Experience this uplifting and fresh blend of Lemongrass essential oil with an infusion of Green Tea. Lemongrass Green Tea Herbal Salt Scrub is a great way to start or end your day. Feel beautiful and moisturized!

### **S2 - Lavender body scrub**

*90 min 1800*

The main benefit in using a lavender body scrub lies in its excellent exfoliating properties which help to thoroughly cleanse and refresh the skin. The scrub penetrates deeper into the skin, cleansing and removing dead skin cells. It is very good for dry skin because it helps to stimulate blood circulation and the production of natural body oils as well as oily skin because the scrub cleans up clogged pores and blackheads which flourish in an oily environment.

### **S3 - Coffee body scrub**

*90 min 1800*

Coffee body scrub helps to reduce the appearance of cellulite and stretch marks, lumps and bumps, acne and scars. It improves circulation, puffiness and promotes smooth skin.

### **S4 - Thai body scrub**

*90 min 1800*

This luxurious treatment begins with a gentle traditional Thai Herbal Body Scrub which exfoliates, revives and refreshes the skin while removing toxins and other impurities. This is complemented with a soothing, relaxing massage focused on easing tense muscles, to soothe mind and body.

### **S5 - Milk Honey scrub**

*90 min 1800*

Highly regenerative. This scrub gently softens the skin to restore the skin's natural moisture balance for much needed hydration. Damaged cells are regenerated and protected from today's environmental pollutants. Milk and honey work together as a nutrient-rich humectant to promote moisture retention in the skin.



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## SPA PACKAGES

### P1 - Pharaoh Signature Package

*3 hrs. 6500*

Our signature oil, a combination of frankincense and moringa is used to stimulate circulation and is deeply relaxing, while restoring the flow of energy along the meridian lines.

1. Herbal Steam
2. Mandarin & Mango Body Scrub
3. Vichy Shower
4. Pharaoh Massage
5. Radiance & Brightening Facial Massage

### P2 - Heavenly Honeymoon

*3 hrs. 9500*

This celebration for two will leave you glowing with rejuvenated skin, relaxed body and mind while enjoying some chocolates and champagne, reconnecting and creating great memories of being together.

1. Herbal Steam
2. Aromatic Jacuzzi
3. Body Scrub & Wrap of your choice
4. Aroma Massage
5. Rejuvenating Facial

### P3 - Ultimate Package

*2 hrs. 5500*

A unique combination of Thai herbs which stimulate the natural cleansing process of your body and helps to promote a renewed sense of well being.

1. Jacuzzi Bath
2. Body Scrub
3. Aroma Massage





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