

Welcome to the ultimate sensorial escape

At Shine Spa, we illuminate your path to wellness with suiting body and mind treatment for relaxation and long-lasting total balance.

Select from an extensive menu of therapies and rituals including Mindfulness massage. Or, immerse in one of our Signature Authentic Journey packages of unwinding, replenishing and renewing.

All wellness programmes at Shine have been designed to make healthier living immensely enjoyable. In addition to holistic treatments administered by skilled therapists, nutritious spa cuisine further enhances your experience. The surrounding sea's healing and energizing effects likewise mean vitality will indeed shine upon you.

Please don't hesitate to consult our spa professionals for assistance in creating customized treatments that suit your individual needs and preferences.





Shine Signature Mindfulness Massage

Sound Vibration Energy Healing - 1 hour 30 minutes

THB 2900

This total healing therapy incorporates **sound vibration** to create a peaceful healing space. Soothes physical as well as emotional stress towards a complete body, mind and spirit harmony. The experience produces a deep sense of relaxation and tranquillity, effects that will promote better quality sleep.

Thai Back Relief Massage - 1 hour 30 minutes

THB 2900

Combines acupressure, energy balancing techniques and assisted yoga postures, all enhanced by natural Thai herbal balm. Combined with Gua Sha scraping on back, relieves back muscle tension while releasing blockage in meridian lines. Life force flow is stimulated and wellness balance attained.

Shine Fusion Aromatic Massage -1 hour 30 minutes

THB 2500

Brings together highly effective elements of Thai Healing Art and soothing Aromatherapy Essential massages. Pure essential oils further enrich a therapy designed to relieve muscle pain, improve circulation, release blocked energy and calm the spirit.



Shine Signature Authentic Journey

Body Mind Energy In Sync - 4 hours

THB 6000

Recharge body and mind with a half-day spa experience. 5 Elements Meridian Line Exfoliator gently cleanses impurities from the skin, before a Himalayan Crystal Salt Bath replenishes the body with minerals and trace elements. Includes Sound Vibration Energy Healing and Age Rewind Facial treatments.

Green & Glow - 3 hours

THB 5000

A comprehensive mind and body treatment emphasising natural plant and herbal extracts. Commence with Mangosteen & Plai Herbal Exfoliation, followed by flowing and soothing Swedish Massage technique. Your peaceful journey ends with an Age Rewind Facial.

Inner Peace - 3 hours 15 minutes

THB 5500

Serenity ensues with a replenishing Himalayan Crystal Salt Bath, and then Sound Vibration Energy Healing reconnects body, mind and soul. Conclude with Age Rewind Facial treatment.

Gentlemen's Recharge - 2 hours 30 minutes

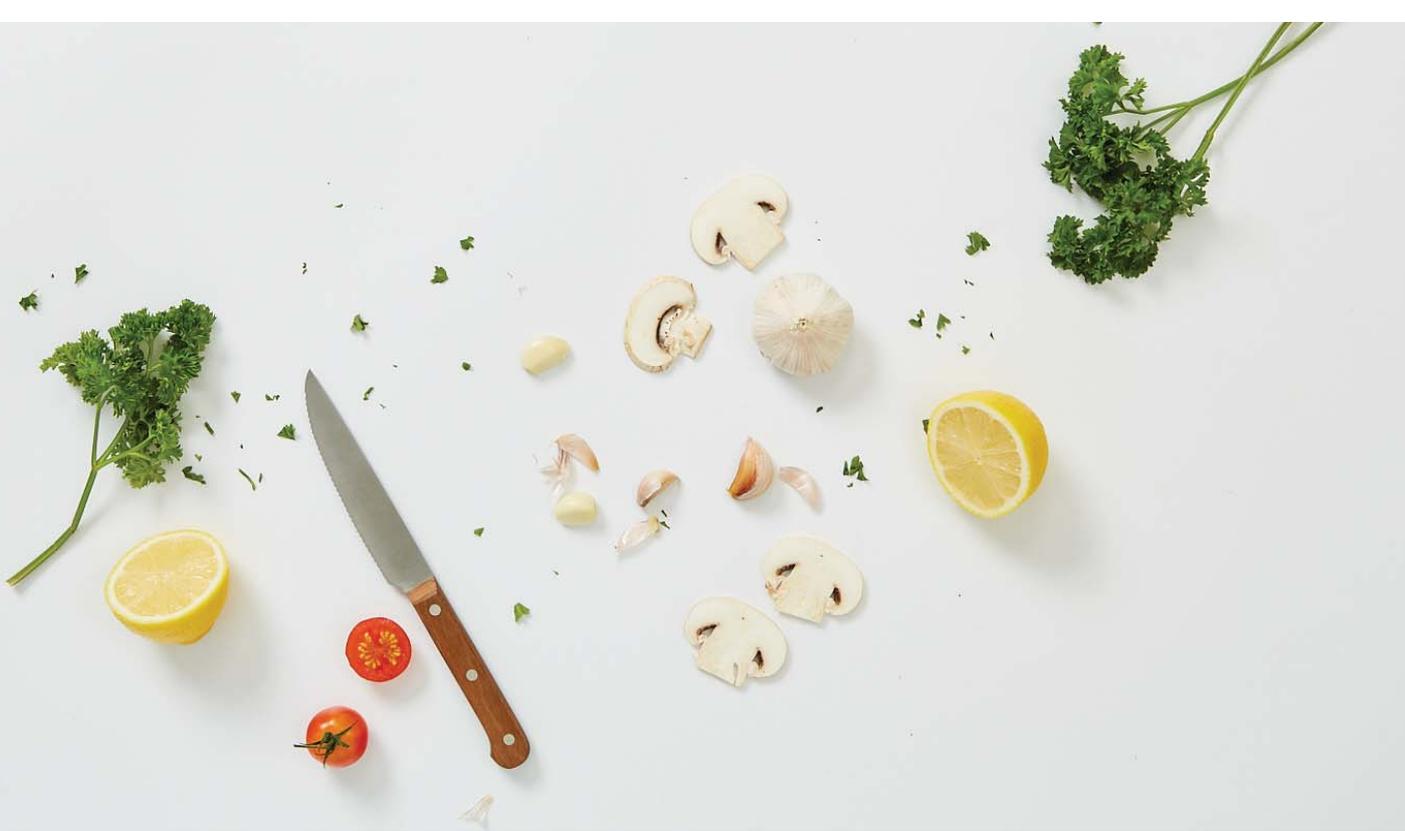
THB 4500

Specially designed for men to regain vitality and make sure they're ready for all of life's challenges. Comprises herbal steam to induce circulation, vigorous deep-tissue massage to loosen tense and tight muscles, and facial for purifying and energizing.

After Sun Soothing - 2 hours 30 minutes

THB 4500

Rehydrate with a treatment combining Aloe Vera Soothing Gel Body Wrap, Aromatic Soothing Massage and Rehydrating Facial to enjoy a glowing tan while reducing the harmful effects of sun exposure.



Shine Wellness & Cuisine

Ultimate Being

7,500/14,000 THB Single/Couple

Full day for a complete top to toe pampering with spa treatment and healthy cuisine further enhances your experience.

Morning

- Herbal Steam - 15 minutes
- Choice of Exfoliating - 30 minutes
- Choice of Wrap - 30 minutes
- Choice of Massage - 60 minutes
- Joy Rose Milk Bath - 30 minutes

Lunch

Spa cuisine - 90 minutes

Afternoon

- Flower Power Age Rewind Facial - 75 minutes
- Foot Reflexology - 60 minutes

Be Bliss

5,500/10,000 THB Single/Couple

Half day pampering with spa treatment and healthy cuisine further enhances your experience.

Morning

- Choice of Exfoliating - 30 minutes
- Choice of Wrap - 30 minutes
- Choice of Massage - 60 minutes
- Choice of Facial - 60 minutes

Lunch

Spa cuisine — 90 minutes



Body Therapies

Detoxifying & Contouring Treatment - 2 hours 30 minutes

THB 4000

A detoxifying and contouring body treatment for eliminating lipids and decreasing water retention. Gentle exfoliation with ground coffee is followed by contouring massage, and then body wrap with the seaweed fucus vesiculosus is applied for detoxification. Ends with application of Cellulite Soothing Gel.

Royal Thai Treats - 2 hours 15 minutes

THB 3200

Experience delightful Thai herbal remedies including plai, ginger, turmeric and lemongrass, which have been used since antiquity to soothe muscles and joints. Herbal steam is followed by Thai Healing Art Massage applied with herbal compress.

Coconut Body Treat - 2 hours 30 minutes

THB 3900

Replenishing treatment to refresh your skin and keeps your skin rejuvenated, young, and healthy. Coconut body cream scrub and coconut body mask gives your skin soft, smooth and maintain natural moisture balance and follow by professional massage with extra virgin coconut oil.

Siam Relaxing - 2 hours 30 minutes

THB 3500

Rejuvenate and smoothen skin with Mangosteen Natural Peel body scrub. And deliver the best massage techniques to improve blood circulation and muscle aches. Featuring an herbal pouch dipped in warm oil.

Prenatal Massage - 1 hour 30 minutes

THB 2600

Prenatal massage is using hot pouch with pure oil. The gentle warming effect of hot pouch massage is extremely relaxing, harmonizes the internal state, releases stress and achieves deep relaxation. Its combine with Swedish massage pampered by this soft to medium pressure to stimulate the endocrine system and decreases the level of stress hormones.



Facial Treatments

Flower Power Age Rewind Facial (All skin types) - 1 hour 15 minutes **THB 2900**

Certified AKA Organics treatment combining French Aesthetic Facial with Traditional Chinese Medicine pressure point stimulation. Provides natural lifting and toning.

Tightening & Firming Facial (Normal skin) - 1 hour 15 minutes **THB 2900**

The Albumin mask extracted from egg white protein promotes the creation of collagen and elastin in the skin. It tightens the pores and skin to look naturally firm and younger face.

Re-Balance Skin Facial (Normal skin) - 1 hour **THB 2500**

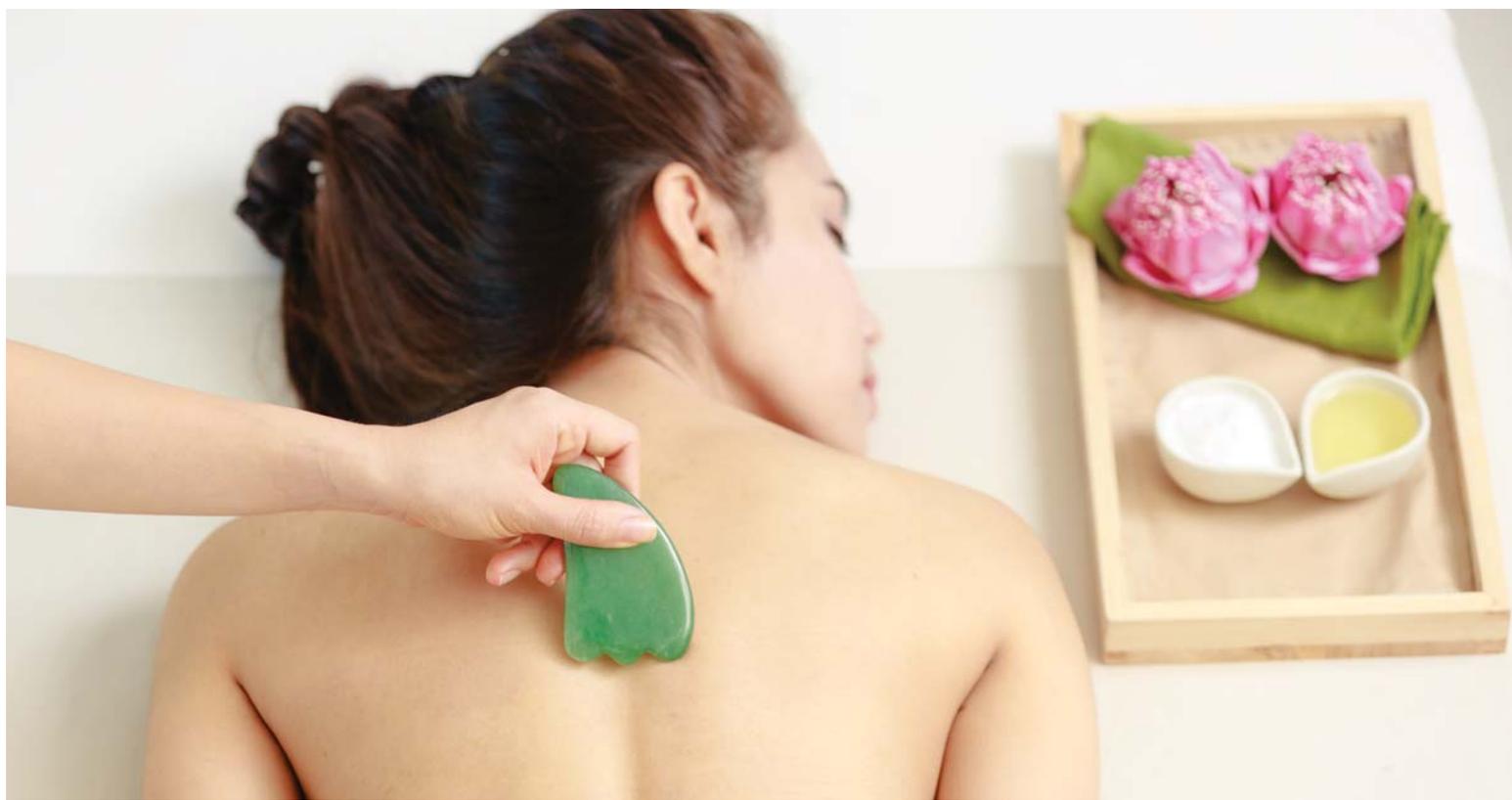
To relax the muscles and stimulate the sensory surface. The active ingredient Vitamin E function as an antioxidant that helps balance the pH level of the skin and strengthens the skin's resistance to external environmental hazards.

Ultra-Sensitive Skin Facial (Sensitive skin) - 1 hour **THB 2500**

This gentle skin treatment for sensitive skin and skin damaged by the sun. To reduces irritation and soothes the skin. Aloe Vera compounds are a natural relieve to redness and damage caused by the sun.

Energizing Facial for Men (Oily skin) - 1 hour **THB 2500**

A skin care formula specifically developed for men with the powerful active Triclosan to stop bacteria which are the main cause of acne and odor.



Indigenous Rituals

Head Rest (hot oil treatment on scalp & head massage) - 1 hour

THB 1800

Inspired by reputed Indian head massage while the treatment begins by applying warm stimulating aromatic oil on entire scalp and hair, massage the head with various invigorating movements to stimulate hair root and circulation follow with gentle relaxing massage on neck, shoulder and upper back.

Hot Stone Therapy - 1 hour 30 minutes

THB 2900

Full-body massage therapy using heated basalt with aromatherapy oils for deep-tissue manipulation, relieves tension and soothes muscles. Improve circulation and stimulate lymphatic system to detoxify the body and lift the soul.

Energy In Sync (meridian line massage with Gua Sha techniques) - 2 hours

THB 3400

Gentle aromatherapy massage movements with therapeutic essential oils are combined with Gua Sha scraping techniques along the body's meridian lines. A highly effective ritual for stimulating vital energy flow.

Thai Thermal Therapy (Himalayan Salt Pot) - 2 hours

THB 3400

Taking inspiration from ancient Thai postnatal remedy, this heat-transferring treatment features Himalayan salt packed in a Thai-style clay pot, combined with aromatherapy massage. Focus is on abdominal and back areas in a therapy that provides substantial relaxation as well as detoxification effects.



Mindfulness Massage

Aromatherapy Essential Massage - 60 minutes, 90 minutes

THB 1500/ 2300

A blend of Swedish movements with focus on pressure points and energy centres. Enhanced by the therapeutic qualities of pure essential oils, the massage rouses circulation and increases vital energy.

Flow Massage - 60 minutes, 90 minutes

THB 1500/ 2300

Features movements designed to relax muscle pain and diminish spasms, thereby increasing joint and ligament mobility so you'll feel invigorated and ready to explore the world.

Deep Tissue Massage - 60 minutes, 90 minutes

THB 1500/ 2300

Firm strokes work on tight and tense muscles, helping to relieve pain and flush toxin accumulation. Allows blood circulation to deliver oxygen to your entire body.

Thai Healing Art Massage - 60 minutes, 90 minutes

THB 1500/ 2300

Ancient healing system combining acupressure and energy balancing techniques, in addition to assisted yoga postures. A therapy for relieving muscle tension and releasing meridian line blockage, leading to restored balance and improved wellbeing.

Foot Reflexology - 60 minutes, 90 minutes

THB 1000/ 1600

Refreshing foot by Himalayan Crystal Salt Bath and lower treatment featuring exfoliation with Salt Glow. Reflexology then addresses pressure points to stimulate internal organs.



Body Exfoliating

Salt Glow Scrub - 45 minutes

THB 1200

Salt scrub is enriched with pure essential oils to remove dead skin cells, toxins and other impurities. With your skin fully exfoliated, a more youthful appearance emerges.

Mangosteen Natural Peel - 45 minutes

THB 1200

Rich in the powerful bioactives xanthone and tannin, mangosteen peel is known for its antioxidant, anti - bacterial and anti-inflammatory properties. Dull, rough skin visibly improves and becomes smooth to the touch.

5 Elements Meridian Line Exfoliator - 45 minutes

THB 1200

Frankincense and sandalwood oils are excellent for skin hydration, and are particularly well-suited for mature skin. Sweet almond and organic coconut oils further restore suppleness and tone for softly radiant as well as wonderfully perfumed skin.

Ground Coffee Detoxifying Scrub - 45 minutes

THB 1200

Natural caffeine present in coffee grounds helps removes impurities on the epidermis and aids in reduction of cellulite. Improves circulation, Brightens skin, leaving skin soft and bearing a spirit-lifting scen

Tropical Coconut Exfoliator - 45 minutes

THB 1200

A delicate cream scrub from Coconut Oil is specially formulated to clean and refresh your skin. Contain Luffa fiber and Almond shell powder that remove dead skin cells and promote surface cell renewal.



Body Wrap

After Sun Soothing & Hydrating Aloe Vera Gel - 45 minutes

THB 1200

A natural sun exposure remedy, aloe vera has long been known as a storehouse of enzymes, vitamins, proteins and minerals. This wrap makes the most of the plant to balance moisture while cooling and softening skin.

Seaweed Detoxifying & Draining Wrap - 45 minutes

THB 1200

Fucus vesiculosus, a variety of seaweed, is well known for its detoxifying properties. The marine plant also helps the human body eliminate excess water and expel fat and toxins, making it ideal for this slimming wrap treatment.

Pure Extract Virgin Coconut Wrap - 45 minutes

THB 1200

Coconut Body Mask is improving skin texture and clarity. Pure Extra Virgin Coconut Oil light, thin oil, leaves a glossy film over the skin that provide hydration effect on dry down, and leaves skin feeling silky smooth.

Black Sesame Body Wrap - 45 minutes

THB 1200

Contains natural clay combine with Black Sesame Oil, Rice Bran Oil and Vitamin E which is important for dry skin and premature aging provide soft and smooth skin without causing skin irritation.

Floral Essence Body Wrap - 45 minutes

THB 1200

Formulated to brighten and smooth skin. Promote skin cell turnover faster enhances clarity, moisturizes and increases the elasticity of the skin and protect the skin from damage of free radicals



Bath Therapy

Himalayan Essential Mineral Bath - 45 minutes

THB 1200

Restore body Qi or vital energy with high-mineral-content Himalayan salt crystal. Frankincense, sandalwood and clary sage oils furthermore help to calm the mind.

Joy Rose Milk Bath - 45 minutes

THB 1200

Immerse yourself in Shine's own special milk bath formula enriched with proteins to soften, smooth and delicately scent your skin. Pure essential oil of rose - the queen of flowers - assures you'll emerge glowing like a beauty queen yourself.

PLEASE TAKE A MOMENT TO READ THIS

Etiquette

The spa is a retreat for your body and mind. For the consideration of others, we request to keep noise to a minimum. We ask that you respect other guests' privacy by speaking softly. Children are not allowed at the spa unless they are having a treatment, accompanied by an adult. Turning off your mobile phone and other electronic devices within the spa treatment room.

Spa Operation hours

10 am. to 8 pm. We request that last bookings are made by 7.00 pm.

Reservations

Advance booking prior to your arrival is recommended to secure your preferred date and time of treatment. A credit card number is required at the time of booking for a confirmed appointment.

Check-in

Please arrive at least 15 minutes prior to your scheduled treatment. So, please be aware that if you arrive late, your service will unfortunately have to be shortened to ensure the service preparation for other guests.

Health considerations

If you have high blood pressure, heart conditions, allergies, pregnancy or any other medical complications, we advise that you consult your doctor before signing up for any spa services. Please inform us in advance of any existing medical conditions that may affect your treatments or activities at the spa.

Smoking And Alcohol

Smoking and the consumption of alcohol within the spa are prohibited.

Valuables

We recommend that no jewelry be worn at the spa. No responsibility for the loss of money or valuables of any kind brought into the spa premises.

Cancellation Policy

4-hour cancellation notice is required to help us re-schedule your appointment, subject to space availability. Any cancellation with less than 4 hours' notice will incur a 50% cancellation fee. Full charges will be imposed for a "no-show".

Payment

Cash payments are appreciated. We also accept credit card (VISA & MASTERCARD). Prices are subject to change without prior notice.