



FOR YOUR COMPLETE SPA EXPERIENCE

To ensure that your LUXSA - Spa experience is completely satisfying, we invite you to familiarize yourself with the following:

FACILITIES

Located near the main lobby in the ground floor, LUXSA- Spa offers 2 Private LUXSA - Spa Suites with steam and bath, 2 Private Spa Suite with double massage bed, 2 Thai Massage room.

RESERVATION

Please touch 7401 on your phone to make an appointment or visit the LUXSA - Spa reception. Appointments are necessary for all Spa treatment and are available from 10:00 am until 7.00 pm.

SPA ATTIRE

Wear whatever feels comfortable. LUXSA - Spa will provide you with the entire spa related outfits and locker for your personal belongings. We do not advise that you bring valuables to the spa.

You are welcome to wear make up, but it will be removed before certain treatments, such as facials. We do not advise that you bring valuables to the Spa

ARRIVAL TIME

For your very first appointment at LUXSA - Spa, we recommend that you arrive a minimum of 15 minutes prior to your schedule time. This allows you to check in, change and familiarize with the facility. We suggest you shower then begin to relax by using the steam or sauna room before your appointment.



CHOOSING YOUR TREATMENT

Our Spa Manager will help you plan the perfect LUXSA - Spa experience. She will help you decide on specific treatments after discussing individual requirements. Be sure to notify the Spa Manager when booking your appointments. In particular, If you have high blood pressure, suffer from allergies, or are pregnant. If you have any concerns at all, Please let us know. The consumption of alcohol before, during, or directly after Spa treatments is not recommended. However a refreshing fruit juice or mineral water can be enjoyed Five hours of treatment is usually the maximum recommended in one day. Leave some free time to enjoy other amenities, such as fitness workout or a sauna and steam bath and of course the serenity of Bophut beach.

HEALTH CONSIDERATIONS

Be sure to notify the spa manager when booking your appointments. In particular, if you have high blood pressure, suffer from allergies, or are pregnant. if you have any concerns at all, please let us know. Consumption of alcohol before, during, or directly after spa treatments is not recommended.

The steam room is wet heat that is effective in opening pores and wonderful for the respiratory system. We recommend 10-15 minutes at a time.

PERSONAL COMFORT

This is your time and you should enjoy the experience to the fullest. Please inform the therapist of any preferences whether it is the massage pressure, your favorite oils, the room temperature or music volume.

MASSAGE OIL ELEMENTS

The world world-renowned ancient Thai art of healing Involves application of traditional Thai methodology of Four elements. The four elements theory posits , Earth, Water, Air, and Fire as the basic elements of life. Therefore LUXSA – Spa point this complex elements theory in our daily service and treatment to interpret the relationship of harmony physiology and pathology of body and environment



MEN'S FACIAL

It is very healthy for men to have facial. However, it is recommended that men shave a few hours before their facial treatment.

ARRIVING LATE FOR APPOINTMENT

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

CANCELLATION CHARGES

Should you need to cancel a treatment reservation, we ask you to give us at least 2 hours notice before the scheduled treatment time to avoid cancellation fee. The cancellation charge if LUXSA- Spa is not notified within 2 hours is 50% of the treatment price. However, if another guest subsequently takes the booked period, then no cancellation fee will be charged.



LUXSA
Spa

LUXSA - MASSAGE

The Eastern Blend

60 Minutes **2,500**

90 Minutes **3,500**

A medium to strong massage that is combines traditional Thai massage techniques; this oil massage uses palms and thumbs on pressure points to relieve sore and tired muscles and to improve blood circulation

The LUXSA

60 Minutes **2,500**

90 Minutes **3,500**

This massage will balance your elements .The oil is applied to your skin for healing. The therapy stimulates the metabolism, relieves mental and physical fatigue, reduces stress and tension, and balances the nervous system, promoting an extraordinary sense of well-being and revitalized energy. This comprehensive massage will stimulate your senses.

The Power Trip

60 Minutes **2,500**

90 Minutes **3,500**

A full body massage to stimulate blood circulation and soothe tense muscles. Using medium pressure, it combines three techniques; long firm strokes, kneading strokes and small circular strokes, to reduce stress. A choice of LUXSA Spa's four elements oils are available to pamper your body.



The Siam

60 minutes **1,800**

90 minutes **2,600**

The world-renowned ancient Thai art of healing involves applying pressure to the body's energy meridians. This massage will release built up tension, improve blood circulation, and free your body of toxins that gather in tired or overworked muscles.

(This massage does not use aromatic oils.)

The Serenity

30 minutes **1,300**

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.

Foot Reflexology Massage

30 minutes **950**

60 minutes **1,800**

This popular treatment is based on the ancient Chinese theory that your feet are miniature maps of your entire body and that specific points on the feet correspond to various organs and parts of the body. This treatment uses pressure points to systematically stimulate the nerve reflexes, thereby stimulating all body tissues to improve overall function and well-being.



The Herbal Healing

80 minutes **3,000**

105 minutes **3,800**

Herbs are not only an essential part of Thai medicine but also an every day part of Thai life, and are used in traditional Thai healing for their energizing and balancing effects on the body. After a full body pressure-point massage, a hot herbal compress of plai, tamarind leaves, turmeric, bergamot peels, camphor, lemongrass, and black sesame seed is pressed on the body's meridians to soothe muscles and stimulate the vital organs.

The Healing Hot Stone Massage

120 minutes **4,200**

Hot Stone Massage is a style of massage therapy in which water-treated stones are placed on specific sites on your body to promote relaxation and to 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 form of bodywork involves the use of heated stones applied to the body to relieve tired and sore muscles that many of us deal with on a daily basis.



LUXSA-AYURVEDA

The Ayurvedic Head

60 minutes

2,400

Based on the ancient healing system of Ayurveda, this treatment is used to massage and relieve tension from your shoulders, neck, back and scalp. Using deep thumb and finger pressure to help improve circulation and flush out emotional and physical tension

The Abhyanga

90 Minutes

3,500

This ancient massage technique is used for relieving pain. The unique technique is still a valid and thriving art in most of regions of India. Abhyanga is used to manipulate and correct “Dosha” disorders, especially of the Vata kind, to cure orthopedic injuries: to relieve swollen tissues and to promote regeneration of the tissue and organs, as well as the internal functioning of the body. Additionally, the massage will stimulates skin, muscles, veins and, arteries as well as the circulatory and nervous systems. This excellent treatment will improve the skin, strengthen the lungs, intestines and bones as well as regulate the digestive system.



The Shirodahra

75 Minutes

3,500

Shirodhara is a powerful treatment for relieving mental stress and nervous tension. Shirodhara works primarily on the mental layer or "manomaya kosha" as it is known in Ayurveda. It is at this level that the mind holds on to past impressions that create imbalanced desires and habitual patterns of behavior. It is believed that these impressions are held captive in the limbic system of the emotional cortex of the brain. Shirodhara has been used to treat a variety of conditions including: migraines/headaches, eye diseases, sinusitis, allergic rhinitis, graying of hair, neurological disorders, memory loss, insomnia, hearing impairment, tinnitus, depression, anxiety, vertigo and Ménière's disease.

The Chakra Healing

120 Minutes

4,200

Especially created for your well-being, this treatment combined the magical combination of ancient healing procedures and contemporary massage techniques to reach a deep level of relaxation. Based on Ayurvedic holistic traditions, this treatment is coupled with the use of the Shirodara discipline for inner harmony and balance.



LUXSA - SCRUBS

Brush up the body with these detoxifying scrubs

The Secret Signature Scrub *45 Minutes* **1,650**

Throughout the world local cultures have sought out the healing properties of the coffee plant for its ability to heal broken skin, soothe irritations and revitalize cells. The coffee plant is also a free radical scavenger that neutralizes destructive oxidation reactions, which are the culprit of everything from acne to eczema; a gentle exfoliation improves micro cellular circulation and breaks up fatty deposits that can cause cellulite. It is also used as a UVA/UVB protector that helps screen out sun rays responsible for burning, premature aging and skin cancer.

The Coconut Scrub *45 Minutes* **1,650**

This delightful body scrub will not only make your skin feel great but will stimulate your senses with its rich tropical fragrance. One of the great benefits of using coconut as an exfoliate is that it is very gentle. The conditioning and deeply hydrating benefits as well as vitamin nutrients will leave your skin feeling oh so silky and smooth.

Four Element Scrub *45 Minutes* **1,850**

Exfoliate to rejuvenate. By gently removing dull surface skin cells, this calming sea salt scrub leaves the skin clean and soft all over, as well as facilitating blood circulation. Suitable for all type of skin but not recommended for sensitive skin or sunburns



LUXSA - WRAPS

All body wraps followed by a head massage while the wrap is doing its magic. So go ahead and cocoon yourself in nature's healing hands.

The After Sun Wrap *45 Minutes* **1,800**

Soothing Aloe Vera has excellent calming properties for overexposed, dehydrated or irritated skin. An aromatic blend of lavender and chamomile follows to treat skin imbalances.

The Detoxifying Wrap *45 Minutes* **1,800**

45 Minutes

A luxuriant and revitalizing body wrap using freshly ground coffee which is also excellent for treating cellulite. It also contains vitamins A and E which protect the skin against free radicals and harmful UV rays from the sun.

The Four Element Wrap *45 Minutes* **2,000**

This Four element body wrap will relieve water retention and improve blood circulation and skin regeneration. It uses natural ingredients so is non-toxic and has no preservatives. This treatment is deeply cleansing and leaves skin soft and silky.



LUXSA - LEVISAGE

LUXSA Spa offers an exquisite range of cleansing facial treatments.

LUXSA Facial Treatment

3,200

(Facials for Ladies and Men)

60 Minutes

Enjoy a multi-sensory experience that leaves you with super-soft, radiant skin. These relaxing aromatherapy facials are individually tailored to suit your skin's requirements. Consult our trained facial therapists to determine which among our variety of treatments will best purify and balance your skin. All will deeply cleanse, hydrate and nourish, soothing and reviving even the most sensitive complexions. After the personalized consultation, 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

Soothing 'His or Her' After Sun Herbal Facial

60 minutes

1,800

Protect and soften your skin from the strong UV rays with our natural products that soothe, hydrate and nourish your skin after exposure to the tropical sun. This unique treatment uses a combination of the finest virgin honey, milk, natural yogurt, 'golden plai' (ginger family), organic cucumber, and hydrating botanicals to calm the redness of sensitive or sunburnt skin.



LUXSA - EXTRAS

Thai Herbal Steam

600

30 Minutes

Traditional Thai herbal steam therapy is one of the most the efficient methods of eliminating the body of toxins through the skin and lungs. The highly aromatic medicinal herbs quickly absorb into the bloodstream and circulate directly into every tissue of the body, delivering their therapeutic powers to each every cell. At the same time, the hot steam opens the pores and allows the herbal vapors to enter the skin draw out toxins as you sweat. The herbal steam simultaneously cleanses the body from the inside and outside, providing a doubly detoxifying effect as well as a very relaxing, soothing experience.

The Healing Tips

950

30 Minutes

An Asian herbal secret remedy can be added to any of your massages. It relieves muscular pains and aches.

The Milky Bath

30 Minutes

999 (Individual)

1,500 (Couple)

These moorish ingredients contain a restorative collection of plants, trace elements and organic substances to 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 healthy radiance.



LUXSA – PACKAGES

The Elements Balancing

3.5 hours

5,999 (Individual)

9,999 (Couple)

- Floral foot bath
- A relaxing herbal steam
- The Element romantic floral bath
- The Element scrub and wrap
- The Element massage
- LUXSA facial treatment
- Blended herbal tea

The Vital Energy Healing Hot Stone

3.0 hours

5,400 (Individual)

9,999 (Couple)

- Floral foot bath
- A relaxing herbal steam
- The healing hot stone massage.
- LUXSA facial treatment
- Blended herbal tea

The Romantic Healing

4,200 (Individual)

2.5 hours

7,999 (Couple)

- Floral foot bath
- A relaxing herbal steam
- Romantic floral milky bath
- The LUXSA signature massage
- Blended herbal tea



LUXSA
SARAJEVO

The Welcome Recovery

1,875 (Individual)

45 minutes

- Floral foot bath
- A foot reflexology massage
- A back, neck and shoulder massage
- Blended herbal tea

The Farewell Healing

3,500 (Individual)

1.45 hours

- Floral foot bath
- The coconut massage cream for after sun
- The herbal facial treatment for after sun
- Blended herbal tea

The Energizer

3,500 (Individual)

2.15 hours

- Floral foot bath
- A relaxing herbal Steam
- Body scrub
- Aromatic oil massage
- Blended herbal tea



The Facial Bliss

4,800 (Individual)

2.15 hours

- Floral foot bath
- A relaxing herbal steam
- Aromatic oil massage
- LUXSA facial treatment
- Blended herbal tea

The Earth to Heaven

5,000 (Individual)

2.45 hours

- Floral foot bath
- Milky bath
- Foot reflexology
- The Ayurvedic head massage
- A relaxing herbal steam
- Blended herbal tea

The Herbal Healing Rejuvenation

5,000 (Individual)

2.5 hours

- Floral foot bath
- A relaxing herbal steam
- The herbal healing massage
- The LUXSA facial treatment



The Sun Salutation

1.45 hours

3,500 (Individual)

- Floral foot bath
- After sun body wrap treatment
- The after sun massage
- Blended herbal tea

2.15 hours

4,500 (Individual)

- Floral foot bath
- After sun body wrap treatment
- The after sun massage
- The after sun facial treatment
- Blended herbal tea

The Coconut Healing

1.45 hours

3,500 (Individual)

- Floral foot bath
- Coconut Scrub
- The coconut cream massage
- Blended herbal tea

The Harmony of Siam

3,800 (Individual)

2.0 hours

- Floral foot bath
- A relaxing herbal steam
- The LUXSA facial treatment
- The Siam massage



Reservations can be made through the resort's reservations office direct on:

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