



CROWNE PLAZA®

AN IHG® HOTEL

PHUKET PANWA BEACH

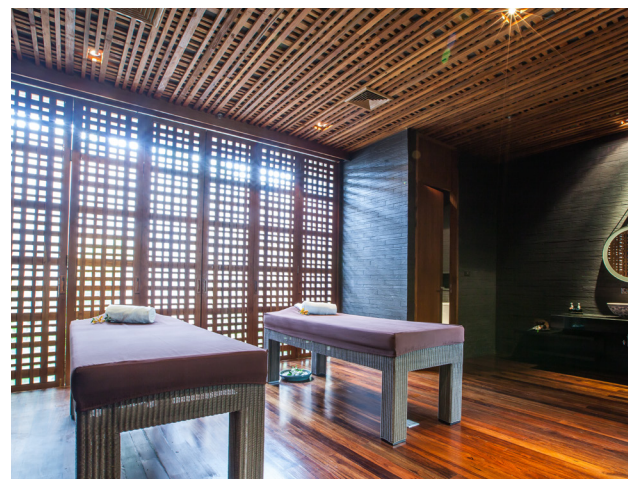




**In ancient Sanskrit,
“Pawan” is air or the
universal powerful pure
substance, the element
of freedom-finding
peace and freedom was
the key for solving
difficulty in life.,**

A paradise for the senses

Pawan Panwa Spa was created as a place to take one's Journey - a place to move forward in nature and peace. Our exquisite spa boasts a serene design and a range of unique treatments blending contemporary and ancient techniques. With balancing eastern and western philosophies built on a foundation of health and wellbeing, guests will discover the pleasure and benefits of therapies. Soothe away the stress of hassle life and dissolve impurities - the benefits to body and mind will become obvious from the moment treatments begin.



Massages

Pawan Panwa Massage 90 minutes THB 2,500++

This signature massage presents the ultimate combination of Lymphatic drainage, Thai, Deep tissue and Ayurveda techniques used in the medium to firm pressure and ensure deep relaxation for the muscles and promoting healthy circulation.

Thai Massage 60 minutes THB 1,500++
90 minutes THB 2,000++

The ancient massage that combines gentle stretching movement and firm acupressure techniques, this massage will help to improve your flexibility, stimulate blood circulation and increase vitality.

Aroma Massage 60 minutes THB 2,000++
90 minutes THB 2,500++

Experience the finest anti-stress treatment available. This complete face, scalp and body treatment massage helps strengthen the mind and body through a combination of delicate fragrances.

Deep Focus 60 minutes THB 2,000++
90 minutes THB 2,500++

This sport massage works through all tissue areas searching for muscle damage, injury or other physical ailments. Stretching and other specialized techniques are used which require guest's participation to achieve the best results.

Ayurveda 60 minutes THB 2,000++
90 minutes THB 2,500++

A valid and thriving art in most regions of India with light pressure using warm oil to cure orthopedic injuries and relieve swollen tissues to promote regeneration of the tissues and organs.

Thai Herbal Compress 90 minutes THB 2,500++
120 minutes THB 3,000++

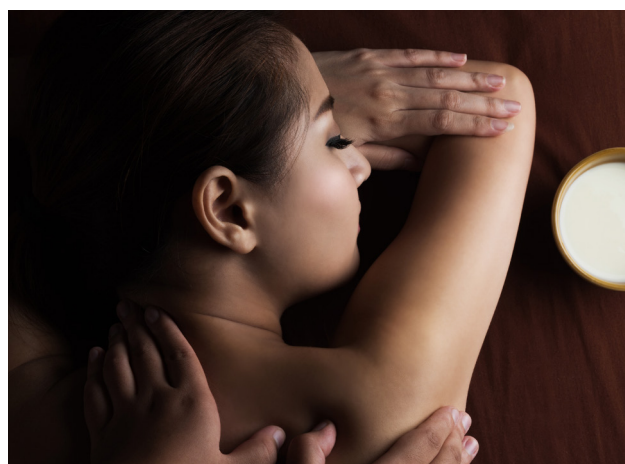
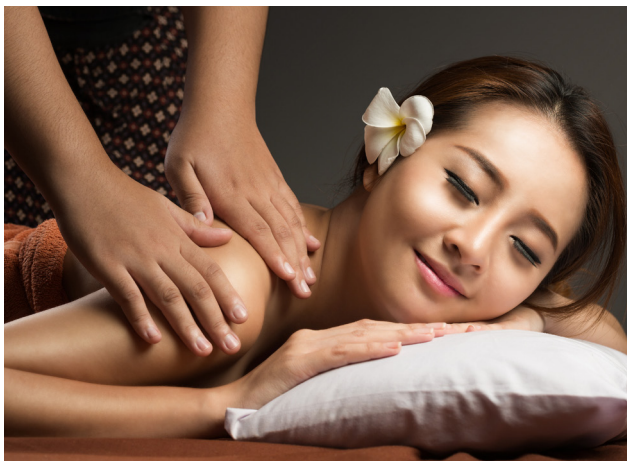
This is a Thai massage in which heated aromatic poultices of herbs are applied to the body for deep heat penetration to soothe tired and aching muscles.

Foot Relaxing Massage 60 minutes THB 1,500++

A foot and lower leg massage designed to increase the mobility of your ankles and feet whilst stimulating the internal organs, lymph system and flow of "Chi" energy.

Back & Shoulder 60 minutes THB 2,000++

This massage will loosen the muscles in back and shoulders where tension exists. Allowing your body to unwind during a back, neck and shoulder will get rid of stiffness and promote deep relaxation.



Body Scrub

Serene Salt Body Scrub 60 minutes THB 1,900++

This mild scrub cells and encourages the free flow of energy throughout the body. The finishing touch of a regenerating body lotion ensures that the skin is left silky and smooth.

Sesame Body Scrub 60 minutes THB 1,900++

Sesame scrub that fights free radical, reduces wrinkles and rejuvenates your skin. It is enriched with vitamins, nourishes the skin, energizes your body and corrects skin conditions.

Tamarind Body Scrub 60 minutes THB 1,900++

Tamarind scrub is ideal for oily and acne prone skin due the antimicrobial properties. It lightens the skin and reduces dark spots and pigmentation, and help fight against the formation of free radicals.

Body Wrap

White Mud Body Wrap 60 minutes THB 2,000++

Warm white mud soothes the muscles and body. Skin feels tighter after the mud dries, giving the body a firmer appearance. The mud also works to remove toxins and impurities from the body.

Aloe Vera Body Wrap 60 minutes THB 2,000++

It is suitable and recommended not only for sunburn relief, but also for a refreshing time after a long day in the sun. The effect of this cold wrap will soften the skin and help the skin cells to regenerate.

Green Tea Body Wrap 60 minutes THB 2,000++

Green Tea aids with your body weight loss. It burns fat and boosts your metabolism rate naturally, prevents fatness by stopping the movement of glucose in fat cells.



Add-On Menu

Back Massage	30 minutes	THB 1,000++
Indian Head	30 minutes	THB 1,000++
Foot Massage	30 minutes	THB 800++
Body Scrub	30 minutes	THB 1,100++
Mini Facial	30 minutes	THB 1,200++
Herbal Steam	30 minutes	THB 800++
Aromatic Milk Bath	30 minutes	THB 1,000++

Facial Treatments

Less Oil More Grace 60 minutes THB 2,200++
(Combination /Oily Skin)
It gently buffs away impurities, refines skin texture and improves tone. Your skin is rendered wonderfully smooth and rejuvenated.

Relax & Detoxify 60 minutes THB 2,200++
(Nourishing /Dry Skin)
Essential nourishment! Drench your skin with this silky-textured Aromatherapy Face Oil to repair and nourish while regulating your skin's delicate moisture balance.

Skin Recovery 60 minutes THB 2,200++
(Sensitive/ burnt)
These ingredients harmoniously blend with other key agents to diffuse redness and soothe irritation for a calm and smooth appearance.

For Him 60 minutes THB 2,200++
This super-grooming facial works overtime to help eliminate blocked pores, rapidly accelerate skin repair and neutralize impurities.

*Facial product is Pevonia Botanical - the organic skin care line, providing effective skincare solutions to teens, women, and men of every age



Spa Packages

Lover Forever 150 minutes THB 6,500++
(for couple)
Foot Bath, Serene Salt Scrub, Aroma Massage, Aromatic Milk Bath, Refreshment

Panwa Paradise 150 minutes THB 3,200++
Foot Bath, Pawan Panwa Massage, Relax & Detoxify Facial, Refreshment

Oriental Package 120 minutes THB 2,800++
Foot Bath, Herbal Steam, Tamarind Body Scrub, Thai Massage, Refreshment

Spa Etiquette

Etiquette: To maintain a relaxing environment so guests can enjoy the peaceful sanctuary of Pawan Panwa Spa, we request that visitors keep noise to a minimum. Children are not allowed at the Spa unless they are having a treatment, accompanied by an adult. Cellular phones and electronic devices are discouraged.

Reservations: Advanced bookings prior to your arrival are 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 to avoid reduced treatment times. A late arrival will result in a shortened treatment to accommodate other guests.

Spa Treatment Hours: The Spa is open from 10.00 am to 8.00 pm daily. Last treatment finishes at 8 pm.

Special Consideration: Guest who has high blood pressure, heart conditions, are pregnant or have any other medical complications are advised to consult their doctors before signing up for any spa services. Please make your spa therapist aware of any medical conditions.

Cancellation Policy: A 24-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. A full fee will be imposed for a "no-show".

Valuables: A box for valuables is provided in the treatment rooms, but we recommend that no jewelry be worn at the spa. The management and staff accept no responsibility for the loss of money or valuables or any kind brought into the spa premises.

Refund Policy: Treatments packages are non-refundable. Unused portion of the packages are non-transferable or non-exchangeable.

Payment: We accept cash and all major credit cards. Payment may also be charged to the room. All prices are quoted in Thai baht and are subject





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