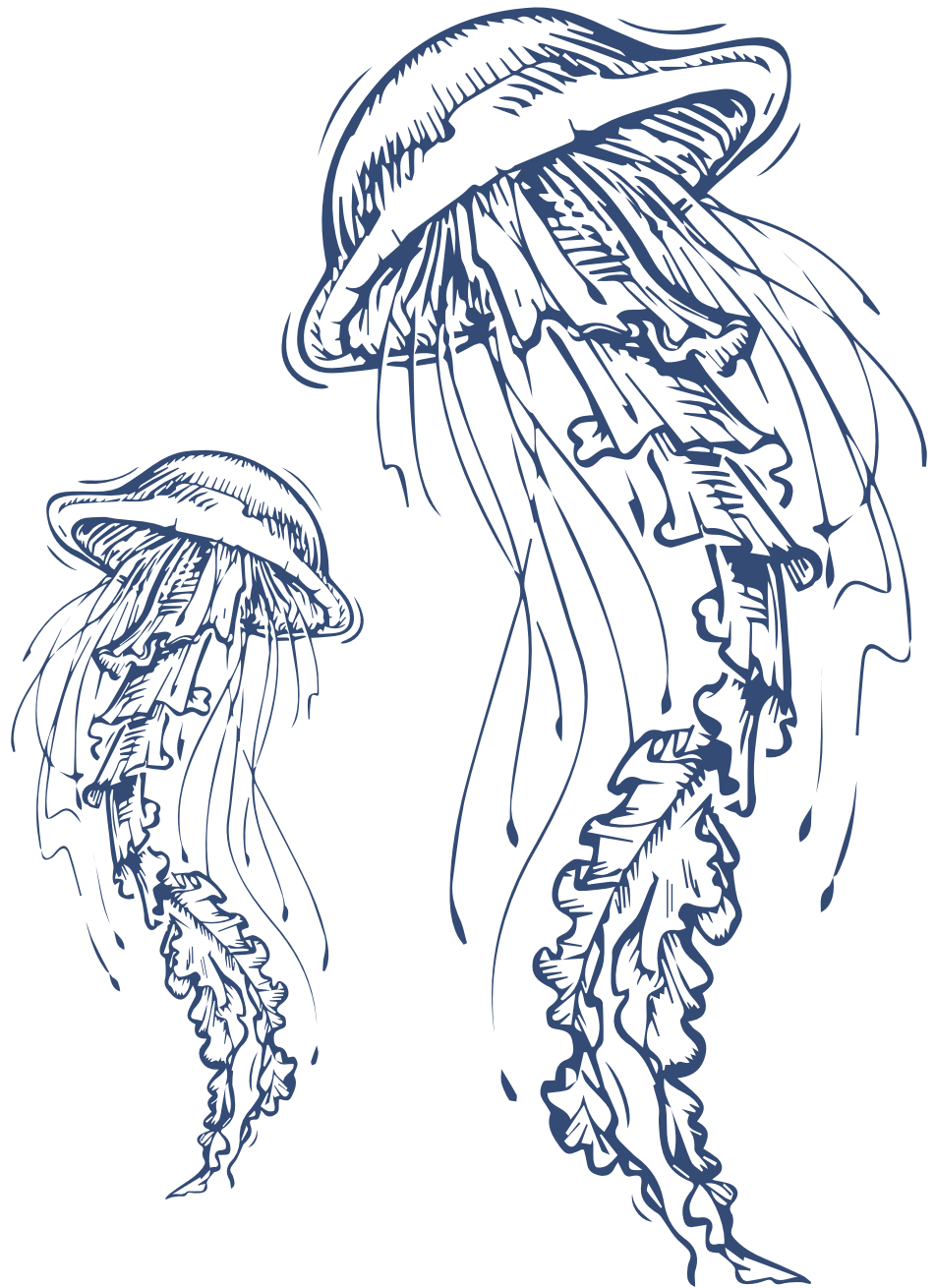




Cool
Spa

ABOUT COOL SPA

Extraordinary sensory experiences for your mind, body and soul have been replicated at Baba Beach Club. Leave your stresses at the door because the spa delivers modern treatments infused with ancient local healing rituals right to your room for limitless comfort. Rejuvenation comes with our Full Body Traditional Thai and Aroma massage that is suffused with Thai herbs and the delivery is complemented by the sublime sound of the sea.



HOW TO SPA

RESERVATIONS:

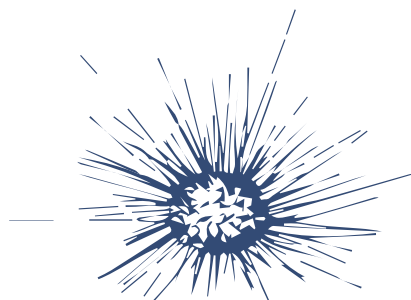
Advanced bookings are recommended to secure your preferred date and time of treatment.

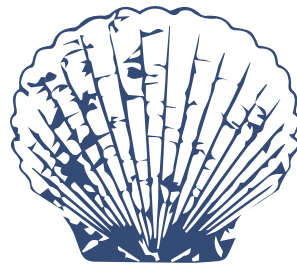
MASSAGE THERAPY CANCELLATIONS:

Should a cancellation or date change be necessary, we request at least 4 hours notice for any single service to avoid a cancellation fee. Appointments canceled within less than 4 hours will be charged 30% of the price of each confirmed appointment and a 100% charge will be imposed for all 'no shows'.

WHAT TO WEAR:

You may wish to wear your own bikini or briefs, however we also provide you with hygienic disposable briefs.



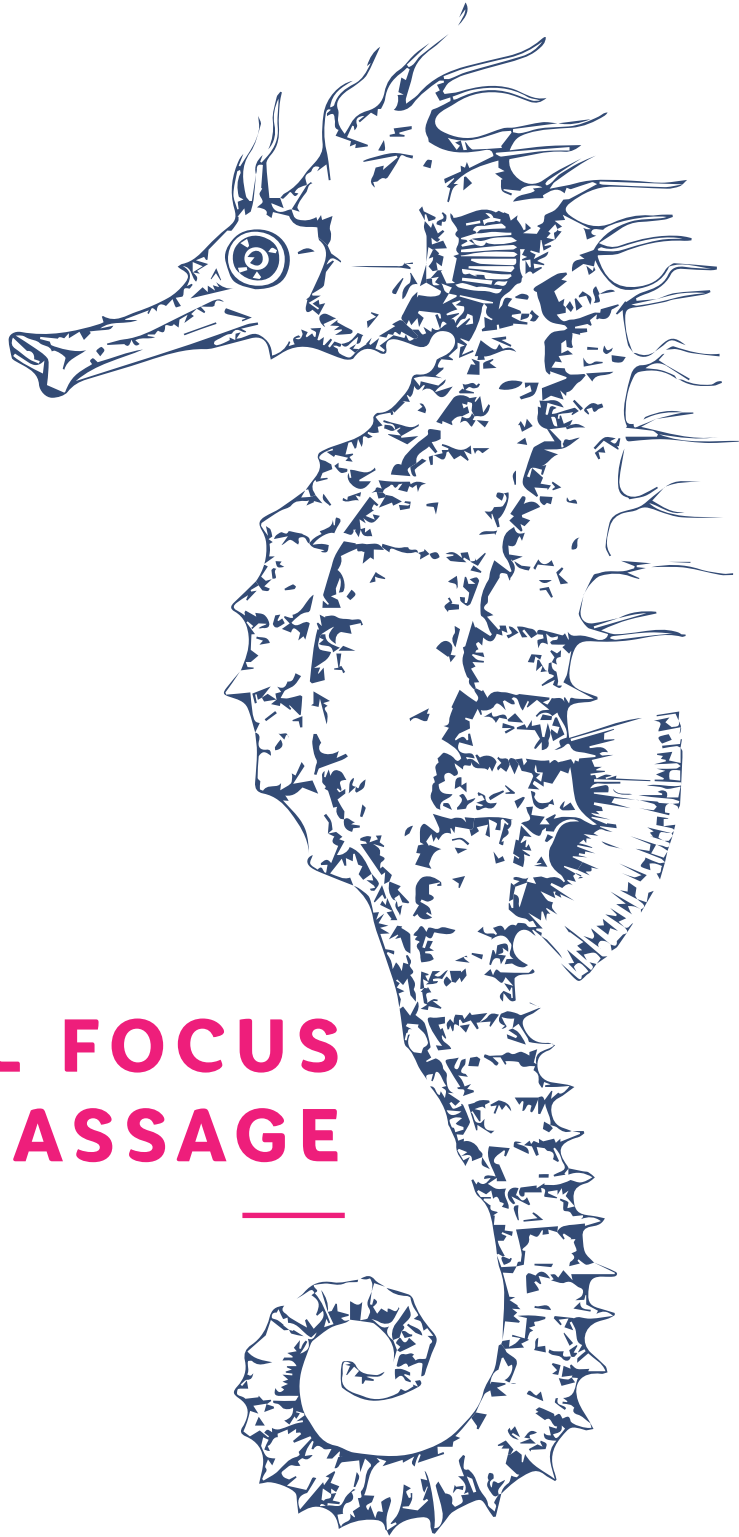


SPECIAL CONSIDERATIONS:

If you have high blood pressure, heart conditions, allergies are pregnant or have any other medical conditions, we recommend to consult your doctors before signing up for any spa services. Please make your spa therapist aware of any medical conditions you may have.

WHAT IF I AM PREGNANT?:

Please inform our receptionists if you are pregnant, so that we may offer advice on the treatments that are safe to enjoy during pregnancy.



COOL FOCUS MASSAGE

Rejuvenate your senses and indulge yourself in these short and focused sessions aimed at relieving stress and tension.

A	TENSION RELIEF
	🕒 30 mins 👤 1,200++

A quick relaxing and soothing massage designed to relieve stress and muscle tension. This massage provides instant relief as it increases circulation and is ideal for someone who spends a lot of time at a desk.

B	AROMATHERAPY BACK
	🕒 30 mins 👤 1,200++

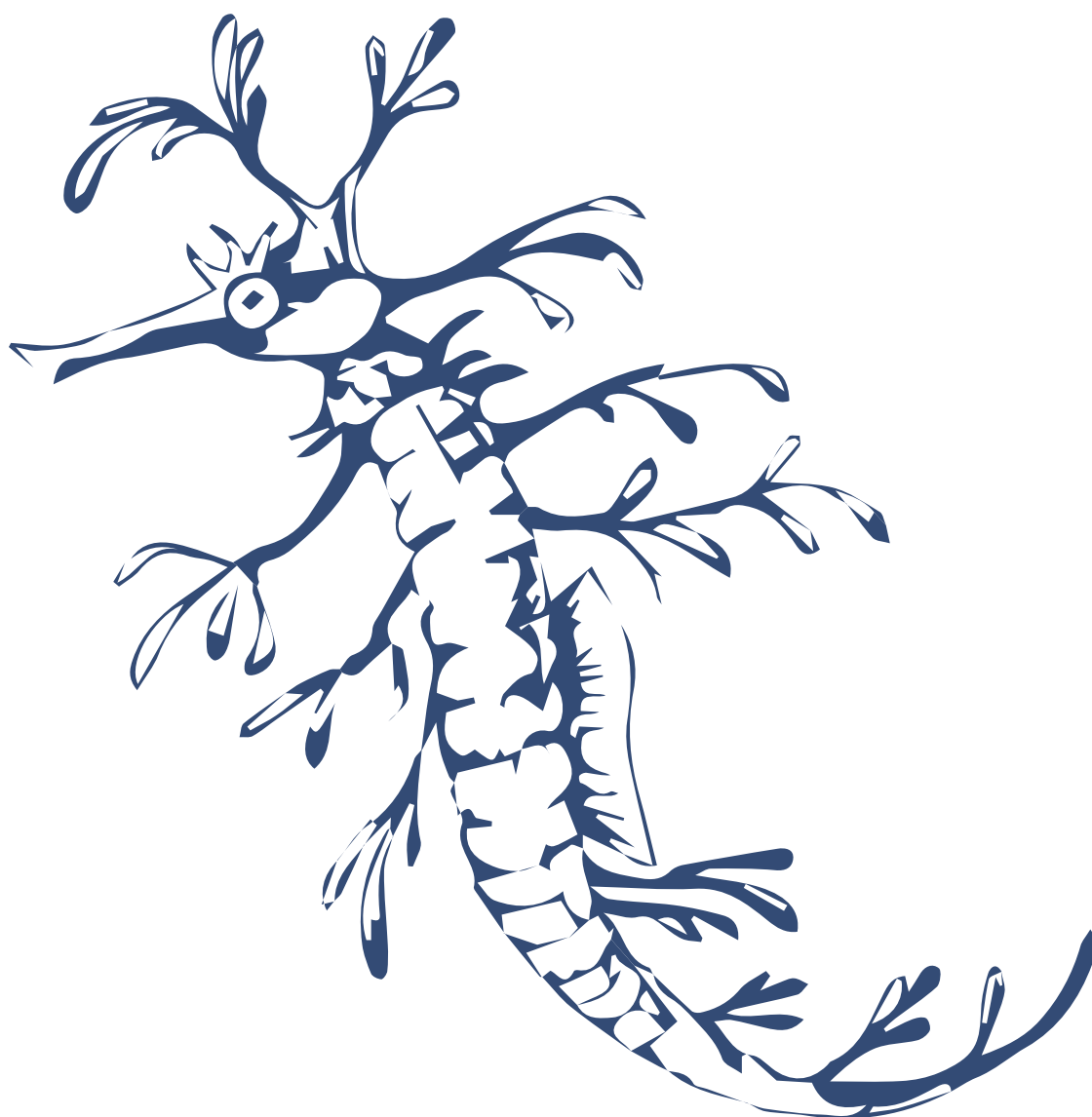
A highly soothing treatment for promoting general well-being and relaxation. Naturally scented oils are applied to the upper body to relieve muscle tension and stiffness in the back area.

C	AROMATHERAPY FOOT
	🕒 30 mins 👤 1,200++

Adapted from reflexology that focuses on specific reflex points in the feet that correspond with specific internal organs in order to aid the travel of energy throughout the body.

D	FOOT REFLEXOLOGY
	🕒 60 mins 👤 2,000++

An ancient natural therapy known to promote the body's own healing powers through massaging and applying pressure on the foot's reflex zones that correspond to certain areas of the body. Reflexology restores a healthy balance by releasing stress and tension and by strengthening the immune system.



COOL FULL BODY MASSAGE

Cool Spa presents the The Cool indulgence featuring a holistic selection of healing and energizing massage therapies for a complete refreshing, spiritual and physical renewal.



SIGNATURE

Full Body Massage

1	TRADITIONAL THAI
	<p>🕒 60 mins / 90 mins / 120 mins</p> <p>💰 #2,000++ / 3,000++ / 3,500++</p>

A full body massage in traditional Thai style. It is an ancient blend of deep tissue massage using pressure points and stretching techniques to release tension, increase vitality and flexibility, creating wholeness in mind, body and spirit.

2	SRI PANWA SERENITY
	<p>🕒 60 mins / 90 mins / 120 mins</p> <p>💰 #2,300++ / 3,100++ / 3,700++</p>

Our most aromatic and relaxing massage. Using a Combination of short strokes and aromatherapy into one session, this soothing yet gentle massage transcends the body into a blissful state of positive energy and calmness.

3	AROMATIC THAI-OIL
	<p>🕒 60 mins / 90 mins / 120 mins</p> <p>💰 #2,300++ / 3,100++ / 3,700++</p>

This gentle and rhythmic massage uses essential oils on the medians of the body. Joints and muscles are tended to and stretched to unblock Chakra pathways and encourage good energy flow. Deep rolling and stretching movements lead to an experience that surpasses the ultimate state of relaxation and spiritual renewal.



SOOTHING

Full Body Massage

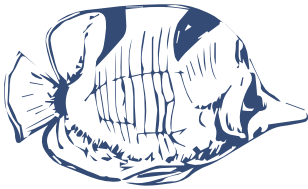
4	PRENATAL
	⌚ 60 mins / 90 mins / 120 mins 💰 ฿2,000++ / 3,000++ / 3,500++

Tailored specifically to the needs of pregnant women and their changing bodies, this gentle therapy relaxes tense muscles, eases sore spots and improves circulation and mobility. Therapists are trained to focus on various sore spots and help expecting mothers cope with discomfort.

5	SWEDISH
	⌚ 60 mins / 90 mins / 120 mins 💰 ฿2,000++ / 3,000++ / 3,500++

Swedish massage is exceptionally beneficial for relaxing the entire body by increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility. Kneading and gliding strokes helps to ease the body of muscular tension.

Prices are in Thai baht and subject to 10% service charge & applicable 7% government tax



PRESSURE POINT

Full Body Massage

6	DEEP RELAX
	⌚ 60 mins / 90 mins / 120 mins 💰 ฿2,300++ / 3,100++ / 3,700++

A highly invigorating form of deep tissue massages therapy that focuses on realigning deeper layers of the muscles, organs and connective tissues. It is especially helpful for chronically tensed and contracted areas such as a stiff neck, back tightness, sore shoulder and tender pain.

7	SRI PANWA SPORT
	⌚ 60 mins / 90 mins / 120 mins 💰 ฿2,300++ / 3,100++ / 3,700++

An oil massage focused on stimulating blood circulation while alleviating muscle tension and warming the body. This massage uses a blend of essential oils perfect for curing sport or stress related injuries.



WARMING

Full Body Massage

8	THAI HERBAL HEALER
	⌚ 90 mins 💰 ฿ 3,100++

An ancient healing form of restorative therapy which helps to sooth, relax and detoxify. Offering two treatments in one; a warm compress of natural Thai herbs is applied to the body to open pores and eliminate toxins whilst saturating the skin with delicious nutrients such as galangal, kefir lime, lemongrass and followed by a relaxing deep tissue massage to ease all muscular tension.

#COOLSPA
#BABABEACHCLUB
#SRIPANWA

CONTACT US

Open daily from 10am - 7pm

(last bookings @ 6pm)

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Visit: www.bababeachclub.com

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