



MORINGA WELLNESS PACKAGE

Moringa Oleifera, originating from the Himalayan foothills, has been used for centuries in Ancient Egypt and Indian Ayurvedic medicine for its powerful healing properties. The oil extracted from mature pod seeds is a liquid gold, rich in vitamins, minerals, antioxidants, and amino acids. This potent combination of nutrients makes Moringa Oleifera a highly sought-after natural remedy. Don't miss out on the chance to experience its amazing benefits!

Enjoy 150-minute spa treatment

- Body scrub 45-minute
- Body massage 60-minute
- Miracle facial 45-minute
- An exclusive gift

THB 9,999 per person





P A R E S A

THE SPA BY PARESA

09.00 - 20.00 hrs.



AROMATIC OILS

The essential oils used in our spa treatments are 100% natural and completely free from chemicals, fillers, artificial colours and fragrances. Made locally in Thailand using natural ingredients sourced from South East Asia, Africa & India, they are all chosen due to their natural healing properties.

The Spa by Paresa offers 4 sensual oils for you to choose from during your treatment. Your birth month denotes your intrinsic 'element' of Fire, Wind, Water or Earth.

'Fire' Increases Energy

January, February, March

Strengthens the body, revitalises the mind and brightens the spirit, with a blend of peppermint, eucalyptus, and tea tree oil.

'Wind' Invites Beauty

April, May, June

Tones up your body, clarify the mind, and rejuvenates the spirit, with a blend of Rose, Moke, and Frangipani oil.

'Water' Release Stress

July, August, September

Relaxes the body, soothes the mind, and calms the spirit, with a blend of lavender, rosemary tea tree and eucalyptus oil.

'Earth' Restores Balance

October, November, December

Cleanses the body, fortifies the mind, and replenishes the spirit, with a blend of jasmine, ylang ylang, bergamot and lavender oil.

WELLNESS PACKAGE

Well-Being

180 minutes

THB 11,000

Heavenly experience with holistic health care discovers a path of pampering, relaxation, healing, and rejuvenation, bringing balance to your life.

- 60 minutes: Yoga class
- 30 minutes: Mineral Relaxing Milky Bath with fresh young coconut juice
- 90 minutes: Paresa Signature Massage

Optional: Wellness Infusion Program by CITYCARE medical & wellness center with a special 10% discount and complimentary round-trip transfer provided by Paresa. The tariff is attached and applies to all programs – [View Menu](#)

The Wellness Ritual

210 minutes

THB 13,500

More than a spa appointment—an immersive journey of Thai-inspired treatments, personalised mind-body care, and a nutrient-rich meal crafted from seasonal ingredients sourced from our organic garden and local farms. Light, flavorful, and energising, each dish celebrates clean, mindful nourishment.

- 30 minutes: Thai Steam & Body Scrub
- 90 minutes: A choice of Body Massage
- 30 minutes: Mini Cleanse & Cryo Vitamin Boost Facial Treatment
- 60 minutes: A selected Healthy Menu served at Talung Thai – [View Menu](#)

Wellness Experience

60 minutes

THB 4,000

- Traditional Hatha Yoga
- Yogic Breathing Exercises
- Mindful Movement
- Thai Massage Yoga
- Prenatal Yoga
- Kids Yoga
- Kalari Yoga
- Indonesian Jaipong Dance
- Mat Pilates
- Aqua yoga



SPA PACKAGE

Queen's Indulgence

180 minutes

THB 13,000

Pamper with a green tea body wrap, ease muscle tension with a hot stone massage and relax your feet with a soothing foot massage.

- 45 minutes: Sport Body Moor Wrap
- 90 minutes: Hot stone massage
- 45 minutes: Mini Cryo Moringa Radiance

The Royal

180 minutes

THB 10,000

Brighten your skin with a pure gold scrub with fresh aloe vera, to restore your skin's natural radiance, then relax with a deep Paresa Senses massage.

- 20 minutes: Thai herbal steam
- 40 minutes: Gold body scrub
- 30 minutes: Mineral Relaxing Milky Bath
- 90 minutes: Paresa senses signature massage

Golden Sensation ✨

150 minutes

THB 9,000

After this 2.5-hour journey, this treatment will alleviate your senses of well-being, leaving you enriched and feeling "Golden".

- 45 minutes: Gold body scrub
- 45 minutes: Gold body mask
- 60 minutes: Gold Aroma relaxing massage

His & Her Indulgence ✨

135 minutes

THB 16,000 per couple

Experience a 60-minute massage of your choice and glow from inside and out with a mini cleansing facial treatment and an exotic milk bath.

- 60 minutes: Your choice of body massage
- 45 minutes: Mini Cryo Moringa Radiance
- 30 minutes: Mineral Relaxing Milky Bath

Relaxation

120 minutes

THB 7,500

Combine your choice of body scrub and a full body massage for a revitalizing treat that gives your body a sense of renewal. Drift away to total bliss as the session soothes your senses and softens your skin, uncovering the new you.

- 60 minutes: Your choice of body scrub
- 60 minutes: Your choice of body massage



BODY MASSAGES

Himalayan Salt Hot Therapy <i>Oil & Medium Pressure</i> Warm, hand-carved Himalayan salt stones rich in natural minerals are used to ease muscle tension, stimulate circulation, detoxify the body, and nourish the skin. Alternating warm and cool stones restores balance and promotes deep relaxation.	90 minutes	THB 6,800
Hot Stone Massage <i>Oil & Medium Pressure</i> A deeply relaxing massage using heated basalt stones to warm and soothe the body. The stones are glided over the skin and placed on energy points to release tension, improve circulation, and dissolve stress.	90 minutes	THB 6,500
Paresa Senses Signature ✨ <i>Hot Oil & Medium Pressure</i> An exclusive Paresa massage blends Eastern and Western techniques to enhance circulation, release muscular tension, and guide the body into a state of deep relaxation.	90 minutes	THB 6,300
Aroma Relax Massage ✨ <i>Oil & Soft – Medium Pressure</i> A calming massage using your choice of specially blended aromatherapy oil. Gentle, flowing movements help ease stress, unwind the body, and promote overall relaxation.	60 minutes 90 minutes	THB 4,500 THB 5,000
Swedish Massage <i>Oil & Medium Pressure</i> A classic massage designed to promote relaxation and ease muscle tension through long, smooth strokes and rhythmic movements.	60 minutes 90 minutes	THB 4,500 THB 5,000
Miracle Moringa Massage <i>Oil & Medium Pressure</i> A nourishing massage using Moringa oil rich in antioxidants, vitamins, and fatty acids. Helps protect and replenish the skin while promoting relaxation and revitalisation.	60 minutes 90 minutes	THB 4,900 THB 5,300
Deep Tissue Sports Massage <i>Oil & Strong Pressure</i> A powerful massage targeting deeper layers of muscle and connective tissue. Ideal for active guests, using slow, firm strokes to release tension and improve mobility.	60 minutes 90 minutes	THB 4,900 THB 5,300
Thai Boran Massage <i>Without Oil</i> A traditional Thai massage focuses on pressure points and assisted stretching. Heated herbal pouches are applied to relieve muscle tension, stimulate circulation, and restore energy flow.	120 minutes	THB 5,300
Traditional Thai Massage <i>Without Oil</i> A classic Thai massage combining yoga-style stretches, acupressure, and energy line work to improve flexibility, circulation, and overall balance.	60 minutes 90 minutes	THB 4,000 THB 4,500
Pregnancy Massage <i>Oil & Soft Pressure</i> A gentle massage designed to relax and soothe expectant mothers while providing comfort and support for both mother and baby. Recommended for pregnancies over 20 weeks.	60 minutes	THB 4,500
Kids Massage <i>Oil & Soft Pressure</i> A gentle massage designed for children to support physical and mental well-being, improve sleep quality, and encourage relaxation. Recommended for ages 5 and above	30 minutes	THB 3,500



FACIAL TREATMENTS

Lift & Glow Radiance Cryo Therapy

90 minutes

THB 5,500

Visible radiance is proven to perform with the latest freeze-dried technology to deliver instant results and cumulative skincare benefits. The ideal is for any skin type showing signs of ageing or as the perfect instant repair boost when you want to look your absolute best. It helps to lift & glow, rendering your skin ultra-luminous with a firmer, tighter, and more youthfully defined appearance.

Relax & Detoxify Cryo Therapy

90 minutes

THB 5,200

A delightful aromatic blend of pure essential oils, neroli, and lavender to repair and nourish while regulating your skin's delicate moisture balance. This experience includes a cleansing, gentle exfoliation, and a facial aromatic massage. The ideal mask suite for all skin types.

Miracle Moringa Rejuvenate

60 minutes

THB 4,500

Moringa is a highly nutritious and medicinal plant, rich in antioxidants and omega-9 fatty acids. It has powerful healing properties that nourish and protect the skin, reducing signs of ageing and improving overall skin health. This rejuvenating facial treatment includes a cleansing, toning, rice scrub, and brightening clay mask, followed by a Gua Sha massage to lift and bring back your natural glow.



STEAM & BATH THERAPY (Price for up to 2 persons)

Thai Herbal Steam

30 minutes

THB 700

Inspired by the healing properties of Thai herbs and helps to stimulate the circulatory systems and ease away muscle aches and pain.

Mineral Relaxing Milky Bath

30 minutes

THB 1,500

(Vanilla, Rose, Jasmin)

Enjoy a relaxing atmosphere from the relaxing aroma. Lavender - a queen of relaxing, Bergamot a great benefit of balancing and calming and chamomile are perfectly blended to calm and soothe the mentally racing mind and pamper tired physical bodies.

Detoxifying Crystal Bath

30 minutes

THB 1,500

Marine salt crystal is rich in minerals and helps boost the glands' stimulation for toxins discharge. Green tea herb powder is an antioxidant and has a great firming effect. Juniper and grapefruit are the most effective detoxifiers and diuretics. They are useful for eliminating uric acid and treating cellulite and water retention. The perfect blend to stimulate and purify the body and spirit.

Ice Bath & Herbal Steam Therapy

90 minutes

THB 2,500

A type of cryotherapy that involves submerging your body in cold water for a short period of time. They are often used by athletes to help with recovery after intense exercise. Reduced inflammation, Improved circulation, Pain relief, Improved mood, Faster recovery



SHORT BREAK MASSAGES

30 minutes: THB 3,000

If you are short of time or interested to experience the spa, try one of the below selections. If you like it, you can come back for more. A selection of:

- Indian Head
- Head & Shoulder
- Back Energy
- Siam Foot Relax

BODY POLISHERS

60 minutes: THB 3,800

Scrub away and exfoliate your body, leaving you fresh and glowing. A selection of:

- Thai Coconut Butter
- Lemongrass & Cucumber
- Gold Body
- Moisturizing Black Sesame
- Thai Tamarind
- Black Coffee

BODY CONDITIONERS

60 minutes: THB 3,800

Wraps and masks to cleanse and refresh. A selection of:

- Sport Body Moor Wrap
- Gold Body Wrap
- Thai Coconut Mask
- Anti-Cellulite Body
- Anti-Oxidant Green Tea
- Sun Kissed Soother

SPA ETIQUETTE

Etiquette:

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

Reservations:

Advanced bookings before 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 before your scheduled treatment to avoid reduced treatment times. Late arrival will result in a shortened treatment to accommodate other guests.

Spa Treatment Hours:

The Spa is open daily from 09:00 – 20:00 hrs.

Special Consideration:

Guests who have 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 of any kind brought into the spa premises.

Refund Policy:

Treatment packages are non-refundable. The unused portion of the packages is non-transferable or non-exchangeable.

Payment:

We accept cash and all major credit cards. Payment may also be charged to the room.



PRIVATE YOGA CLASS

Join us to practice the ancient art of Yoga, brought to you by our very experienced instructor.

Relax your mind and body while taking in the breathtaking views of Kamala Bay. We focus on relaxation and inner stillness by combining physical postures, breathing techniques, and meditation in various styles of yoga.

Time: 7:00 - 18:00 hrs.

Price: THB 4,000 per person per hour

Remark

- Please reserve a day in advance.
- Cancellation less than 24 hours, 100% charge.
- All our prices are in Thai Baht and include taxes and service charge.