



**THE SURIN  
SPA**

**THE SURIN  
PHUKET**



## THE SURIN SPA EXPERIENCE

Thailand, with its diverse history of people and cultures and vast abundance of natural resources, offers a heaven of calm and serenity. At The Surin Spa, we use natural spa amenities in massages and treatments that range from deep tissue invigoration to beauty therapies for skin radiance and inner glow.

These spa therapies have been designed to nourish, rejuvenate and balance the skin through the healing power of plant oils and essences. The Surin Spa experience includes a series of massages oil to reflect the theories and treatments of the individual healing traditions found in the region.

We highly recommend booking your treatment in advance to ensure your preferred service and time is available.

Please call extension number “0” or “430” for further assistance.



## **THE SURIN SIGNATURE MASSAGE**

Our special welcome signature herbal drink will awake your senses, while your journey will start with a floral foot milk bath, followed by a combination of Thai massage to release your muscular tension and then smooth, warmed stones glide across your body in long, flowing strokes.

The stone's heat relaxes and has a soothing effect on your emotions, leaving you with a radiant aura, revitalized body and mind. Treatment time is 90 minutes.



## **THE SURIN INDULGENCE**

Indulge yourself and start your journey with a full body scrub using natural products. This is then followed by a body massage that will leave you with a complete sense of serenity. Treatment time is 2 hours.



## **THE SURIN REJUVENATION**

Delight yourself and start your journey with an energizing body massage selection, then follow by a nourish facial treatment that will revitalize your body and mind. Treatment time is 2.5 hours.



## THE SURIN BODY RITUAL

Relax and forget the stresses of everyday life. Start your journey with your selection of body scrub using exclusively natural products, followed by a body wrap of your choice and an energizing body massage selection that will leave you with a complete sense of serenity. Treatment time is 2.5 hours.





## **BODY MESSAGES**

### **ROYAL THAI MASSAGE**

Improve movement and flexibility through yoga-style stretches and acupressure techniques to release muscular tension. This bodywork therapy is performed over loose comfortable clothing to allow movement. Thai massage is uniquely relaxing yet energizing, and is a highly effective therapeutic treatment. Treatment time is 60 or 90 minutes.

### **SURIN WAVE MASSAGE**

This classic massage uses traditional Thai techniques to apply palm strokes on the back with the use of aromatic massage oils is both relaxing and invigorating. A perfect mix of subtle stretching with rhythmic massaging and compressions to balance the body system and stimulate energy flow. Treatment time is 60 or 90 minutes.

### **DEEP TISSUE MASSAGE**

The perfect massage therapy, especially helpful for chronically tense, stiff necks, low back tightness, and sore shoulders. Treatment time is 60 or 90 minutes.

### **JET LAG RECOVERY MASSAGE**

Start with a floral foot milk bath, followed by the combination of back, neck and shoulder massage. Improves circulation, will help your body recuperate, balance your energy flow, and enhance the quality of your sleep. Treatment time is 45 minutes.





## BODY MESSAGES

### **SURIN HERBAL POUCH MASSAGE**

Surin Herbal Pouch delivers the best of Eastern and Western massage techniques to improve blood circulation and ease muscle aches. Featuring a warm herbal pouch dipped in warm oil; this signature treatment presents the quintessential The Surin Spa experience like no other. Treatment time is 90 minutes.

### **HOT STONE MASSAGE**

Therapeutic and relaxing, this treatment alleviates stiffness and soreness while restoring energy and balance. Smooth, warmed stones glide across your body in long, flowing strokes. The stone's heat relaxes the muscles and has a soothing effect on your emotions. Treatment time is 90 minutes.

### **FOOT MASSAGE**

Foot massage is based on the meridian lines of Chinese acupuncture and is used to unblock energy flow (qi) within the body. The points on the feet also correspond with internal organs and this massage style promotes good health. Treatment time is 60 minutes.

### **SUN DOWN MASSAGE**

Rejuvenating after sun massage with Aloe Vera lotion a gentle, relaxing massage in which our therapists apply long strokes technique. Treatment time is 60 or 90 minutes.

### **MOTHER-TO-BE MASSAGE**

Specifically designed for mothers-to-be, this massage promotes relaxation, increases circulation and provides comfort during your wondrous time of change. The treatment helps to relieve tension and alleviate swelling in the hands or feet. Treatment time is 60 or 90 minutes.



## BODY SCRUBS

### COCONUT GLOWING SCRUB

Freshly grated local coconut is mixed with rich moisturizing yogurt and granulated rice powder to exfoliate and remove surface cells leaving you with soft and glowing skin. Treatment time is 45 minutes.

### SALT GLOW BODY SCRUB

Sea salt compounds exfoliate leaving the skin smooth and fresh. The qualities of Ylang Ylang and lavender oils act on anti-inflammation whilst easing tension. Treatment time is 45 minutes.

### TROPICAL FRUIT SCRUB

Fruit extracts from mango, passion fruit and squalane combined with carotene leaves skin smoothing, mineralizing, healing and anti-oxidant. The fluffy lather that forms while scrubbing removes impurities and toxins while gently polishing your skin. Treatment time is 45 minutes.



## BODY WRAPS

### DETOXIFICATION

Revitalize the metabolism and allow toxins, impurities dissolve in to the surrounding crystal infused waters. Designed to detoxify and improve circulation, this smoothing micronized algae wrap improves the skin's tone on problem areas such as: waist, hips, abdomen, thighs and buttocks for a sleeker, silkier contour. Treatment time is 60 minutes.

### AROMATIC BODY MOOR WRAP

A warm aromatic moor mud rich in natural vitamins, minerals and enzymes, is generously applied to your entire body. Sore muscles, aches and pains are alleviated as your body's circulation is stimulated and stress vanishes. Ideal for those prone to chronic pain or fatigue, rheumatism/arthritis pain and post sports injuries. Treatment time is 60 minutes.

### WATER LILY AFTER SUN SOOTHING

Immediately relieve your sun damaged or sun sensitive skin with this soothing and gentle massage. Cooling and desensitizing water lily, green tea, and chamomile, relieve the discomfort of over exposed skin. Alleviating the skin's burning and stinging sensation. This treatment heals, desensitizes, and decreases skin temperature. Treatment time is 60 minutes.



## **FACIAL TREATMENTS**

### **NATURE'S ORGANIC FACIAL**

The Surin Phuket signature facial starts with a relaxing floral foot milk bath, followed by 100% using traditional herbs and nature ingredients, incorporates a blend of herbal extracts that gently nourish. Give your skin a radiant glow, decreases skin burning, replenishes and hydrates. Treatment time is 60 minutes.

### **ULTRA HYDRATING FACIAL**

An intense and deep hydrating facial for immediate deep moisture and smoothing effect and a long lasting relief. The treatment provides 3 types of highly purified hyaluronic acid that act at 3 different skin layers. Treatment time is 75 minutes.

### **EXPERT VITAMIN FACIAL**

A deep nourishment by vitamin E2 to sensitive skins; you will experience a delightful face massage that will help to visibly improve the appearance of your skin, due to its powerful antioxidant effect. This is also the perfect treatment to compensate sun exposure. Treatment time is 75 minutes.



#### **EXPERT PURIFYING FACIAL**

This naturally anti-bacterial treatment is suitable for oily, combination, congested and acne-prone skins. It helps to purify the skin while keeping a good level of moisture, leaving it with a velvety effect. It will help to reduce the size of your pores and the production of sebum. Your skin will get all necessary nutrients and relaxation, showing an immediate revitalizing result. Treatment time is 75 minutes.

#### **LIFT AND REPAIR FACIAL**

This hands-on facial is customized to suit all skin types infuses your skin with active ingredients, leave it intensely clean, clear and pure. An immediate tightening effect is the result and it will help, nourishing and smoothing the skin, reducing wrinkles, fine lines and signs of fatigue. Treatment time is 75 minutes.



## NAIL CARE

Treat yourself to a luxurious experience with our nail care treatment. Pamper yourself with the most blissful and exquisite spa manicure or pedicure services. Leaving your hand and feet at the best condition. We provide various selections. Starting from the classic manicure to nail polish and nail gel. Follow by pedicure with and without nail polish or nail gel. We also provide nail Shellac for your best selection.



SPA TREATMENT	DURATION	PRICE
<b>BODY SCRUBS</b>		
Coconut Glowing Scrubs, Salt Glow Body Scrub	45 mins	2,200
Tropical Fruit Scrub Pevonia		
<b>BODY WRAPS</b>		
Detoxification Body Wrap	60 mins	2,800
Water Lily After Sun Soothing Wrap		
Aromatic Body Moor Wrap by Pevonia		
<b>FACIAL TREATMENTS</b>		
Nature's Organic Facial	60 mins	3,100
Ultra Hydrating Facial, Expert Vitamin Facial	75 mins	3,500
Expert Purifying by Institut Esthederm		
Lift and Repair Facial by Institut Esthederm	75 mins	3,800
<b>NAIL GROOMING</b>		
Manicure for Him	45 mins	1,100
Manicure with Nail Polish	60 mins	1,300
Manicure with Nail Gel	75 mins	1,750
Pedicure for Him	45 mins	1,200
Pedicure with Nail Polish	60 mins	1,500
Pedicure with Nail Gel	75 mins	1,950
New Nail Polish	15 mins	550
New Nail Shellac, Gel	30 mins	1,100
Nail Shellac, Gel Removal	20 mins	650

Prices are in Thai Baht, subject to 10% service charge and 7% government tax.

SPA TREATMENT	DURATION	PRICE
<b>THE SURIN SIGNATURE TREATMENT</b>		
The Surin Signature Massage	90 mins	3,500
The Surin Indulgence	2 hours	4,900
The Surin Rejuvenation	2.5 hours	5,900
The Surin Body Ritual	2.5 hours	6,900
<b>MASSAGE</b>		
Royal Thai Massage	60 mins / 90 mins	2,400 / 3,100
Surin Wave Massage, Deep Tissue Massage	60 mins / 90 mins	2,700 / 3,300
Jet Lag Recovery Massage	45 mins	2,100
Surin Herbal Pouch Massage	90 mins	3,500
Hot Stone Massage	90 mins	3,400
Foot Massage	60 mins	2,200
Sun Down Massage, Mother to be Massage	60 mins / 90 mins	2,800 / 3400

Prices are in Thai Baht, subject to 10% service charge and 7% government tax.



## **SPA RECOMMENDATIONS AND GUIDELINES**

Enjoy a full range of amenities when visiting The Surin Spa, including a bathrobe, slippers, changing room and safety box.

### **Operating hours**

Open Daily: 10:00 - 21:00 hrs.

### **Reservations**

Advance reservations are recommended to ensure that your preferred time and service is available. Please dial extension number “0” or “430”. You may also call

**The Surin Spa at +66 (0) 76 316 400**  
email: [spa@thesurinphuket.com](mailto:spa@thesurinphuket.com)

### **Special considerations**

Most treatments can be adapted to accommodate pregnancy or injury. Please contact us with any queries and let us know of any medical or health concerns.

### **Arrival**

Please check in at The Surin Spa at least 15 minutes prior to your scheduled treatment time, allowing time to complete your holistic health assessment.

We regret that late arrivals will not receive an extension of scheduled treatments.

### **Spa environment**

Please refrain from smoking and turn your mobile phone off or to a silent setting whilst in, or around The Surin Spa. Guests under the age of 12 years are required to have parental consent prior to the booking being accepted.

### **Valuables**

Please leave your valuables in the safety deposit box provided in the treatment room.