



QUAN SPA

PHUKET MARRIOTT
RESORT AND SPA
NAI YANG BEACH



SPA MENU



BE CARESSED BY WATER

Water is the source of all life. It has the ability to cleanse physically and spiritually. It is no coincidence that our name, Quan, means 'spring water', which represents all things good and pure, including health and wellness. At Quan Spa, we draw on these restorative qualities to provide a haven of calm, tranquility and relaxation.

Our treatments provide a welcome getaway for you to unwind and prepare yourself for your journey ahead.

Each of our spa destinations is adapted to its location and embraces the time-honored healing practices of its local culture, infusing them into Quan's basic philosophy that water is at the core of the ultimate health-enhancing experience.

At Quan Spa, let the miracle of water surround you.

TOUCH

Massage therapy is one of the oldest therapeutic remedies known to man: the simple act of human touch has the ability to connect, stimulate, relax and generate the body's natural healing processes.

MASSAGE THERAPY

QUAN SIGNATURE MASSAGE 90 minutes

Custom touch massage therapy tailored to each individual. The application of warm aromatic oil stimulates the body and mind to relieve stress, muscle tension and aches. Its technique relieves fatigue and stimulates overall blood circulation. The massage is followed by heated salt and herb poultices to knead and compress muscles along the body's meridians for a deeply soothing experience.

Aromatherapy Massage 60 / 90 minutes

Rediscover the ancient arts of aromatherapy and Swedish Massage and experience the healing powers of essential oil as we help you journey towards total relaxation. We use different blends of oils at different times of the day.

Fusion Massage 60 / 90 minutes

This deeply relaxing massage with medium to firm pressure is designed to reinvigorate the senses, combined with acupressure and stretching techniques.

Thai Herbal Therapy 90 minutes

Heat promotes blood circulation and helps the transportation of oxygen, which can quickly dissolve muscular aches and pains. This treatment combines Traditional Thai Massage with heated herb packs to leave you feeling recharged.

Traditional Thai Massage 60 / 90 minutes

This unique massage therapy from Thailand combines rhythmic massage, acupressure, gentle twisting and deep stretching to aid tension-relief and promote the balance of ancient Qi traditions, leaving you with an extraordinary sense of well-being.

Deep Tissue Massage 60 / 90 minutes

A deeper massage, which is personalized to your specific needs, helping to loosen tense muscles after a long day of activities, sports or travel. This is an effective treatment that increases circulation and energy flow, leaving you refreshed and back in the game.

PHYTOMER SLIMMING DETOX 90 MINUTES / 3 TIMES

An exclusive intensive treatment for abdomen, buttocks and thighs that reduces excess fat and cellulite in record time. The program produces spectacular results including the reduction of at least 1 cm. in waist circumference after just four treatments. (Based on the average results of 19 women who underwent four treatments in two weeks).

Indian Head Massage 30 / 60 minutes

This ancient Indian traditional massage improves blood flow to the head and neck, increasing the distribution of oxygen and nutrients to nourish the tissues. It relieves mental tension and promotes relaxation, in addition to contributing to improved concentration and better productivity.

Back Relief Massage 30 / 60 minutes

Relieves physical and emotional tension in the neck and shoulder area, performed using a specific blend of massage oils with pure plant extracts.

Phytomer Detox Back Massage 60 minutes

A relaxing massage of the back, scalp and feet, combined with detoxifying marine products. The back can become knotted with tension. In order to unpick these knots, this treatment combines deep cleansing using detoxifying marine products with a super-relaxing back, scalp and foot massage.

Relaxing Foot Massage 30 / 60 minutes

This deeply relaxing foot massage uses strokes and pressure points to release blockages in the body systems, allowing them to function more efficiently. This massage will help to return the body to a dynamic state of balance while relieving stress and tension.

Mother-To-Be Massage 60 minutes

This is one of the most pampering and beneficial activities a pregnant mother can experience. Most of the techniques used during this pregnancy massage are effleurage: long sweeping strokes that relax muscles. It has been found to reduce stress, decrease swelling in the arms and legs, and relieve aches and pains in muscles and joints.

REFRESH

The contemporary art of therapy combines polishes, scrubs, wraps and masks with luxurious treatments that rejuvenate, detoxify, firm and re-hydrate skin.

BODY THERAPY SCRUBS

Coconut Salt Scrub 45 minutes

Epsom salt (named after a spring in Epsom, Surrey, United Kingdom) has been used for centuries to promote health, beauty and healing. Used in a scrub, the fine grain of Epsom salts will exfoliate skin efficiently. The salt will have a detoxifying effect on the skin and will help balance excessive acid levels on the skin. Virgin oils will balance the exfoliating action of the salt and avoid any harshness to the skin. Coconut virgin oil is high in Vitamin E and highly beneficial to the skin.

Honey Sesame Scrub 45 minutes

This invigorating treatment is suitable for dull and flaky skin and uses crushed sesame seeds. Rich in oil, sesame seeds nourish and soften the skin while the hull contributes to the exfoliation. With the soft tone of honey, our scrub will not only leave your skin revitalized but will also bring you peace of mind.

TAMARIND BODY SCRUB 45 minutes

This scrub offers the perfect way to naturally clean and eliminate dead cells. Tamarind extract has the outstanding properties of whitening and purifying. Frequent use will help skin shine, prevent pigmentation, softening and clearing the skin as it cleanses and firms while encouraging new growth.

Espresso Body Scrub 45 minutes

Coffee has been used for centuries as a natural cellulite fighting, detoxifying and skin-firming ingredient. The caffeine enhances fat metabolism, and when it's applied topically, it can absorb and remove liquid fat from your skin, which decreases the appearance of cellulite. Together, grounds and apricot kernels effectively exfoliate the skin, scrubbing away dead cells to reveal new, healthy skin underneath. Exfoliating with coffee improves circulation, leaving you with smooth, glowing skin.

WRAPS

QUAN Signature Body Wrap (Brightening and Toning) 60 minutes

Essential oils of Lavender, Clary Sage and Peppermint will cool your body and relax your mind while Papaya extract, Din So Pong, traditional Thai clay and Green Tea powder will help exfoliate, tone and brighten the skin.

Green Tea Body Wrap (Antioxidant) 60 minutes

The Green Tea wrap is an antioxidant with its own firming effect. It has whitening properties that help tone the skin and ease pigmentation. Mint and Kaffir Lime Leaves are deeply cleansing, antibacterial, and can improve circulation. Frankincense oil is blended for comfort and balance, while Rosemary stimulates blood circulation and warming. Both are ideal for oily and tired skin. Their astringent property also helps to balance oily skin conditions.

Asian White Body Wrap (Detoxifying) 60 minutes

Phlai and white mud are both natural ingredients with excellent skin purifying properties that make this an ideal whitening treatment. Natural plant oils of Jojoba, Sweet Almond, and Safflower nourish and balance skin moisture after treatment. The sweetness of Ylang Ylang and relaxing Lavender ensures a pleasant sensory treatment.

Aloe Vera Soothing Gel (Sunburn Soother) 60 minutes

Feel the soft healing and pampering of this fresh and soothing product. Aloe Vera is the perfect source for sunburn therapy, comforting wounds and reducing scars, as well as encouraging skin rejuvenation by bringing oxygen to cells. Its benefit of being a natural moisturizer is also noticeable. Aloe Vera increases synthesis and strengthens skin while Lavender, a queen of relaxation, harmonizes to promote unparalleled relaxation.

CARESS

Our faces reveal all: our emotions, our history and even our personalities. Like your eyes, they really are the window to the soul and deserve extra special care.

FACE THERAPY

QUAN Signature Facial 75 minutes

A special rejuvenating facial which uses local, natural ingredients including yogurt, oatmeal, honey and cucumber for refreshed and rebalanced skin. This facial uses natural silk cocoons to firm and tone your skin, providing deep cleansing and exfoliation to remove dead cells from the skin's surface, leaving your skin soothed and soft to the touch.

After Sun Facial 75 minutes

Alleviating skin irritations and reducing skin redness, this soothing facial effectively reduces the reactivity of the skin. Perfect for reducing the effects of prolonged sun exposure, your skin will recover radiance, comfort and protection.

Balancing Care Facial 75 minutes

A multi-action facial treatment that purifies, regulates and repairs skin, helping to regulate sebum metabolism.

Anti-Aging Facial 75 minutes

Rejuvenate skin through this complete anti-aging treatment that visibly and instantly reduces wrinkles. Skin is revitalized and moisturized. Native Alga, a source of cellular rebirth and a strong anti-oxidant protection, revives and helps cell regeneration for firmer skin. Your skin will regain its youthfulness, suppleness and firmness.

The Gentleman's Facial 75 minutes

Incorporating highly energizing marine algae, this facial is designed to leave men's skin relaxed, balanced and recharged. It's perfect for stressed skin and incorporates specific oil-free, matt-finish products. Included is a back and shoulder massage to provide a complete sense of well-being.

Intensive Eye Treatment 30 minutes

Taken with a selected facial An eye mask of marine collagen rejuvenates your delicate eye area while bringing you a calming and refreshing sensation. Fine lines are visibly reduced. Chlorella and Wheat Protein Extracts ensure your eye contours are left smooth and free from puffiness.

REVITALISE

Hand and foot care date back to Ancient China. What was once a practical means of establishing class is now an indulgent art form in its own right.

HAIR TREATMENT

Soothing Therapy Hair Treatment
60 minutes

This treatment is highly recommended for dehydrated hair, using a specific blend of coconut oil, coconut milk and fresh avocado to treat scalp and hair. Rhythmic strokes rejuvenate the head and a neck massage soothes muscles, decreasing stress and reducing pain.

HAND AND FOOT THERAPY

Manicure
60 minutes

A classic manicure where we will groom cuticles and your hands, shape your nails and finish with your choice of natural buff or polish.

Pedicure
60 minutes

Treat your feet to some intensive care where we lessen dead skin build-up with a natural pumice stone, tend to your cuticles and shape your nails. With a natural buff or polish of your choice, your feet will look great.

WAXING

Eyebrows

Upper Lip

Under Arm

Bikini Line

Hollywood

Half Legs

Full Legs

Note: Waxing services available on request.
Price and duration depends on the area being treated.

SPA ESCAPES

Couples' Experiences 2 hours 30 minutes

A perfect start to any romantic getaway, focus on a uniquely luxurious mind and body therapy. Begin with an Aromatic Massage to stimulate the flow of love, followed by a soothing Indian Head Massage and aroma milk bath to restore and relax every sense.

Foot ritual
Aroma Therapy Massage
Indian Head Massage
Mini Facial or
Mini Foot Massage
Tea Refreshment

Quan Journey 3 hours

A luxurious mind-calming and body-soothing experience, this ritual begins with a natural fresh Coconut Body Scrub and Detoxifying Asian White Wrap to gently polish and exfoliate the body. A Fusion Massage follows, with medium to firm pressure designed to reinvigorate the senses. This deeply relaxing experience concludes with a 60-minute facial of your choice.

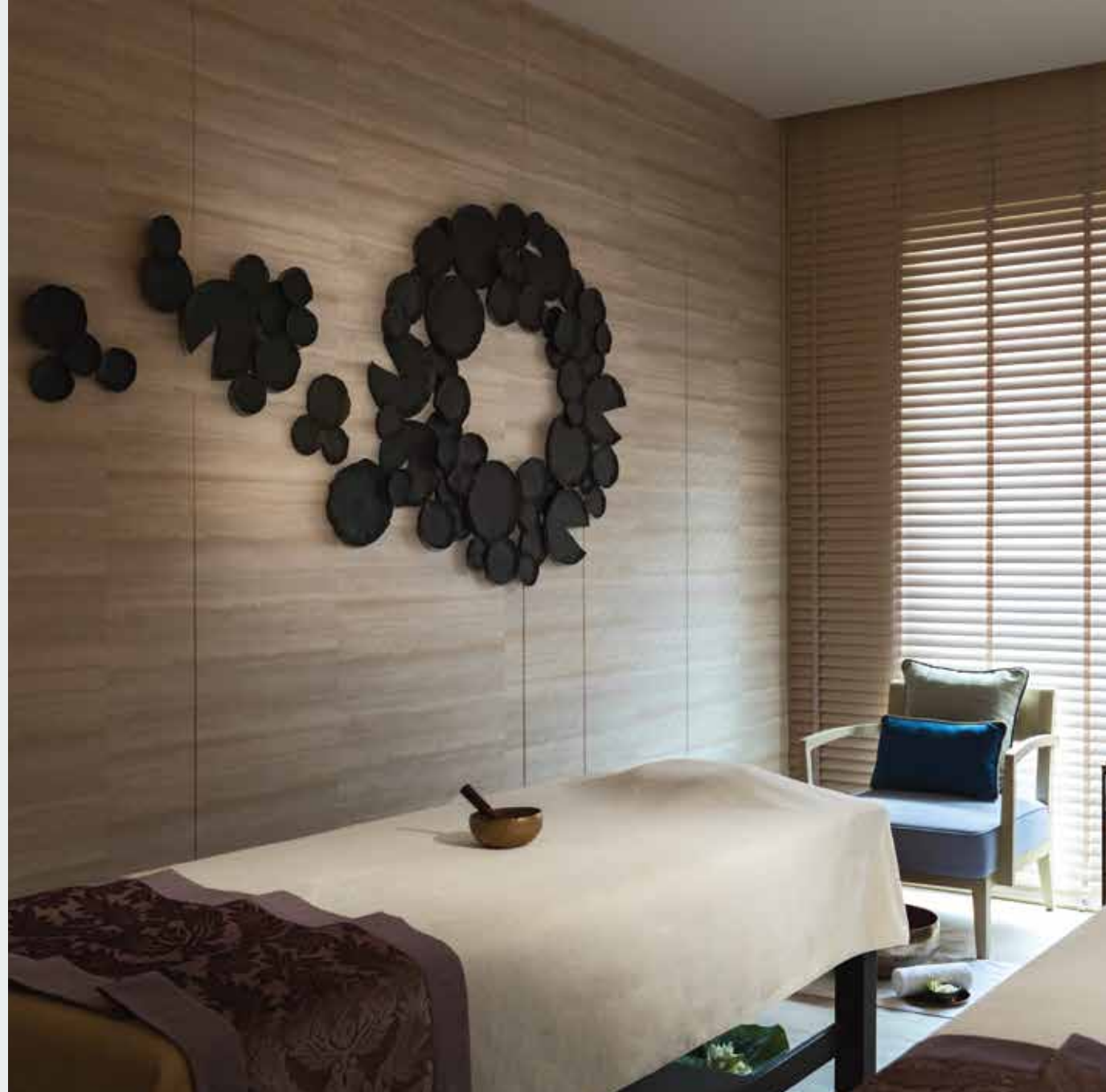
Foot Ritual
Fresh Coconut Body Scrub
Quan Signature Wrap
Fusion Massage
Facial
Tea Refreshment

Siam Touch 3 hours

A uniquely traditional Thai package starts with an Asian Herbal Scrub to slough off dead skin cells and revitalize the skin followed by a Thai Herbal Therapy Massage to drift away tension using firm strokes with circular thumb movements to work on tired muscle. Your experience concludes with an exotic homemade Thai facial experience using local natural ingredients including oatmeal, honey and cucumber, leaving a clean and fresh complexion.

Foot Ritual
Thai Herbal Scrub
Thai Herbal
Therapy Massage
Thai Facial
Tea Refreshment

2 Day Well-Being Package
• Detox Scrub & Wrap
• Anti-Cellulite Massage
• Facial Treatment
• Private Yoga
• Private Meditation



KIDS TREATMENTS

Kids Massage 60 minutes

A soothing massage with light pressure, using soothing and nourishing natural, local coconut oil that is suitable for dry and sensitive skin.

Happy Hand & Feet 60 minutes

In this "Children's Treat", kids aged 10 and under get a polish on their fingernails or toenails, free of toxic ingredients. Both include a warm coconut milk soak and scrub, filing and polish, and a foot conditioning treatment. The nail technicians are gentle and great with kids, using only safe, sanitary equipment and tools. While it is open to kids of all ages, we advise that parents should only treat their little ones to these services if they are happy to wait long enough for their mini-manicure and pedicure to be completed.

Mother & Daughter 90 minutes

Experience a perfect time together and delight in a 30-minute body scrub of your choice, followed by a relaxing full body massage with natural coconut oil to soothe your skin.

Father & Son 90 minutes

An extremely relaxing way to end your day with a full body massage, followed by a head massage to restore the balance of energy flow throughout the body.

Note: All treatments are suitable for children aged 6 years and above. Children aged 6 to 11 years old are welcome to enjoy the treatments when accompanied by a parent or guardian.



HOW TO SPA?

Why should I spa?

The international SPA Association, ISPA, defines the spa experience as “your time to relax, reflect, revitalize, and rejoice.” We also aim to deliver you an experience that incorporates elements that have been used in health and beauty rituals for thousands of years.

I've never been to a spa before. Can someone help me choose the most appropriate treatment?

Any member of our spa team is available to discuss our range of treatments with you. We will help you meet whatever objective you have, whether to detoxify, energize, improve skin clarity, improve skin tone or just to relax.

Can I have more than one spa treatment in a day?

Yes, Many Spa Treatments work in synergy with each other. This means the therapeutic effects can be extended and improved by having more than one treatment in the same day.

What if I have a health condition or any health concerns?

We ask that you notify a member of our spa team prior to your treatment. Please note, it is extremely important to advise if you are pregnant or suffer from high blood pressure.

Should I eat before my spa treatment?

As many spa treatments improve blood circulation and use pressure techniques, we advise against eating a heavy meal before your treatment. A light snack is appropriate if you are hungry.

We strongly advise against the intake of alcohol before any spa treatment.

What skin care products will you use in my treatment?

Rest assured that all of our products are gentle on your skin. Where possible, we use marine and plant based products that are hypoallergenic. We have different ranges to meet specific needs.

SPA ETIQUETTE

What should we wear to the spa?

All of our luxuriously appointed treatment rooms are equipped with changing facilities. Feel free to wear your robe provided in your hotel room.

What should I wear during my treatments?

We recommend that your spa treatments be enjoyed without clothing. However, we respect your privacy so disposable undergarments will always be offered. Please be assured that areas of your body that are not involved in the treatment will be draped at all times.

Is there a minimum age requirement?

Guests aged 12 to 16 years are permitted to experience selected spa treatments. Guest under 12 years are not permitted in the spa. **Except for the Kid's treatments?

Is it necessary to arrive early for my treatment?

We ask that you arrive 10 minutes prior to your appointment to allow yourself time to relax and to complete a health questionnaire which will help us personalize your spa visit.

What if I am running late for my appointment?

To ensure we give the best possible experience to all of our spa guests, if you are running late your treatment time will be shortened to ensure the next guest is not delayed. The full price of treatment will be charged.

What do I do if I need to cancel my spa treatment?

All bookings must be guaranteed to either your hotel room or with a valid credit card.

Any treatment cancelled without a minimum 3 hours notice will incur a charge equal to 50% of the value of treatment(s). Failure to arrive for your scheduled treatment will incur a charge equal to 50% of the value of the treatment(s).

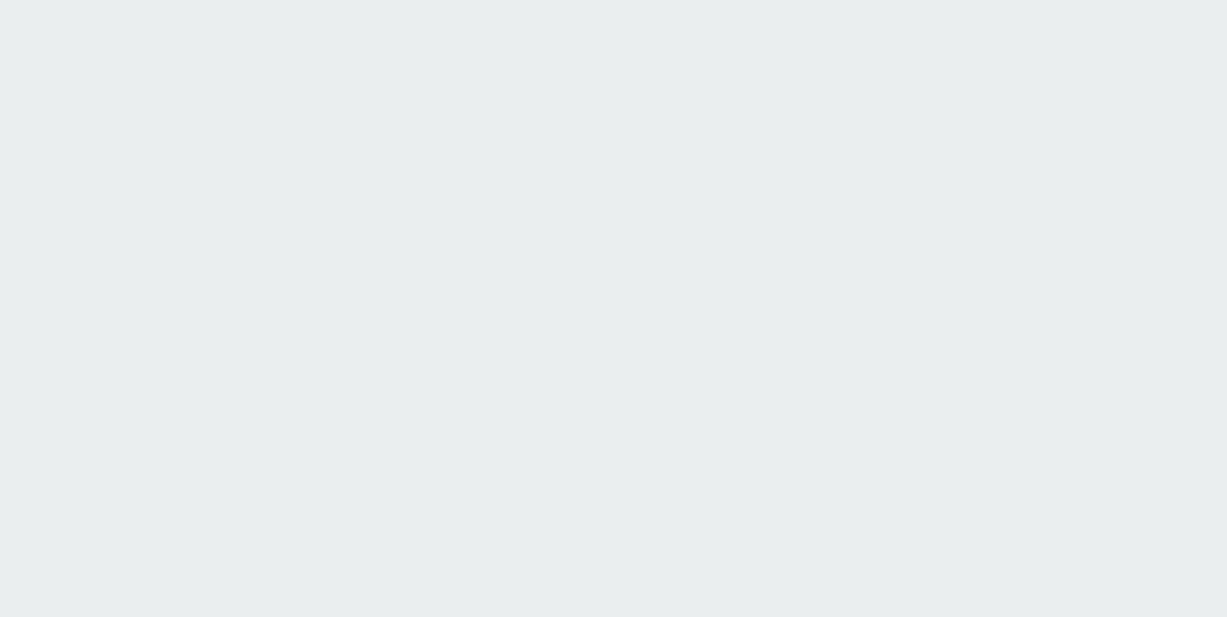
How do I pay for my treatments?

We accept cash (local currency only) and all major credit cards. You can also charge all Quan treatments and services to your room account.

Is there anything else I should know so I can have the best spa experience?

This is your time to relax and rejuvenate. Please let your therapist know if they can improve your comfort during your treatment. We advise against taking electronic devices (including mobile telephones) into the spa area as these detract from your experience and also interrupt other guests' enjoyment of the spa.

Please note that the use of mobile telephones within the spa treatment area is not permitted.



SPA RESERVATIONS

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SPA OPENING HOURS

09.00HRS - 22.00HRS Monday to Sunday

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