



SATI

SPA MENU



SATI HARMONISES

BODY, MIND, AND SPIRIT WITH THE HEAVENS

Sati Spa & Wellness embraces the pursuit of mindfulness, the meaning of Sati in Thai, by relaxing and rejuvenating the body, mind, and spirit through luxurious holistic spa and wellness journeys. Deeply influenced by ancient and traditional healing arts, Sati combines indigenous therapies with modern approaches to create unique experiences that will leave you feeling reinvigorated and revitalized.

SPA ETIQUETTE

SPA HOURS

Daily, 10:00 to 20:00 hrs.

SPA RESERVATIONS

Please contact spa reception directly. Advance bookings are recommended to secure your preferred treatment time.

PRIOR TO ARRIVAL

We recommend that you leave all jewellery and valuables in your room before coming to the spa. Male guests are advised to shave prior to all facial treatments to ensure the maximum results, and we recommend using the steam room before any treatment to stimulate your circulatory and lymphatic systems and enhance the benefits of your treatment.

ARRIVAL

Please arrive 15 minutes prior to your treatment in order to complete your health assessment form and take time to relax in the spa's tranquil surroundings to set the mood for your treatment.

CONSULTATION

Personal consultations are offered to determine your specific needs and allow us to design your treatment experience or a more comprehensive spa schedule.

LATE ARRIVALS

Out of respect for other guests' reservations, please be aware that we may not be able to extend your treatment time in the event of late arrival.

CANCELLATIONS

Please provide five hours' notice for individual treatments and 24 hours' notice for spa packages to avoid being charged 50% of the treatment price. Failure to keep your appointment without an appropriate cancellation will result in a 100% charge of the treatment price.

AT THE SPA

We recommend that you do not sunbathe for at least six hours after any massage, body treatment, or depilatory waxing. To extend your spa experience at home, a variety of spa products are available for purchase at the Spa Gallery.

AFTER YOUR TREATMENT

We recommend that you do not sunbathe for at least six hours after any massage, body treatment, or depilatory waxing. To extend your spa experience at home, a variety of spa products are available for purchase at the Spa Gallery.

PAYMENT

For hotel guests, all treatments can be charged to your guest room folio and appear on your account at the time of departure from the hotel. Otherwise, major debit and credit cards are accepted.

CHILDREN

Please refrain from bringing children under 12 years old to the spa. Our younger guests aged 12-15 are welcome to enjoy a selection of special treatments under the supervision of a guardian.



SATI SIGNATURE

SATI KHIT PILLOW MASSAGE

90 MINUTES

3,900 THB

This truly original signature massage from Sati Spa enhances Thai massage and stretching techniques with the traditional Thai triangle pillow. The pillow is strategically placed to help support muscles and reduce tension for a more effective massage experience. Every position is comfortable and reduces muscle pain, creating a sense of balance and well-being well after the massage.



HARNN

ORIENTAL HERBS
BATH & MASSAGE OIL

HIGH ORYZANOL

MASSAGE THERAPIES

AROMATHERAPY MASSAGE

60 MINUTES 3,300 THB

90 MINUTES 3,900 THB

Mixing natural plant extracts and essential oils for a bespoke blend to suit your desire from relaxing to stimulation, we create a state of natural self-healing and regeneration by massaging in this personalised aromatic blend to balance hormone, cortisol, and adrenalin levels in the body through the sense of smell and touch.

BALINESE MASSAGE

60 MINUTES 3,300 THB

90 MINUTES 3,900 THB

The traditional Balinese Massage heals through deeply immersed ritual movement. Therapists apply perfect pressure with constant, rhythmic, shiatsu-style pressure point techniques, combined with your selection of our specially blended range of aromatherapy oils.

DEEP TISSUE MASSAGE

60 MINUTES 3,300 THB

90 MINUTES 3,900 THB

This massage involves a variety of deep, long, and short massage stroke techniques together with static finger-point pressure to isolate and penetrate muscle fibers, knots, tensions, and trigger points caused by sporting activities and injuries. These techniques, combined with mobility stretching, stimulate the body's natural healing response.

FOOT MASSAGE

60 MINUTES

2,900 THB

This deeply relaxing and soothing treatment combines massage and the activation of pressure points that correlate with specific body parts and organs to help stimulate the body's natural healing powers.



MASSAGE THERAPIES

TRADITIONAL THAI MASSAGE

60 MINUTES 2,900 THB

90 MINUTES 3,300 THB

Inspired by the ancient healing techniques of old Siam, this technique, performed without oils, involves pressure points and palm pressure combined with meridian line stretches to improve mobility, ease stress and strain as well as increase circulation and range of movement.

AFTERSUN MASSAGE

60 MINUTES 3,300 THB

90 MINUTES 3,900 THB

This soothing and relaxing massage uses the healing power of aloe vera to help your skin regenerate, refresh and moisturise your skin after a sunny day on the beach. The treatment includes a combination of massage techniques that will bring you to a state of deep relaxation.

THAI HOT HERBAL COMPRESS MASSAGE

90 MINUTES

3,900 THB

Siam's ancient healing therapy uses traditional hot compresses filled with herbs, oils, and natural enzymes. The heated compress penetrates the skin and helps detoxify and de-stress tired or aching muscles and joints for a powerful and soothing healing experience.

ORIENTAL THAI MASSAGE

90 MINUTES

3,900 THB

This firm yet pleasurable massage technique combines strong, deep tissue strokes with ancient Thai stretches to invigorate and renew the muscles from head to toe. This signature massage brings together traditional whole-body Thai massage techniques and therapeutic oil massage for the back and shoulder.

HOT STONE MASSAGE

90 MINUTES

3,900 THB

Warm stone massage therapy melts away tension, eases muscle stiffness, and increases circulation and metabolism. Each session promotes deeper muscle relaxation through the placement of smooth, water-heated stones on key points of the body. Our experienced massage therapists also incorporate a customised massage, using the hot stones to enhance benefits.

All prices are in Thai Baht and subject to 10% service charge and applicable taxes.



HARNN

ORIENTAL HERBS
BATH & MASSAGE OIL

HIGH ORYZANOL

CHILDREN'S THERAPIES

CHILDREN'S RELAXING MASSAGE

60 MINUTES

2,900 THB

This is when young VIPs get to be pampered and nurtured just like mum and dad, with a classic massage treatment.

CHILDREN'S HAND MASSAGE

30 MINUTES

1,900 THB

This relaxing treatment releases tension, soothes tired muscles, and is ideal for those who spend a lot of time on their smartphones and other devices.

CHILDREN'S FOOT MASSAGE

30 MINUTES

1,900 THB

This relaxing and therapeutic treatment improves blood circulation, relieves any aches and pains, and is even better in combination with a hand massage for double the bliss.



HARMAN
CHERMOON HAIR NOURISHMENT SHAMPOO
Gentle Clean, Oils of
Moroccan Argan and
Santal de Indes

HARMAN
MOISTURIZING CREAM
Gentle Clean, Oils of
Moroccan Argan and
Santal de Indes

Small jar of cream

WELLNESS TREATMENTS

INDIAN HEAD MASSAGE

DRY 40 MINUTES 1,900 THB

OIL 60 MINUTES 2,500 THB

This nurturing treatment is based on deep-rooted Ayurvedic techniques and focuses on the upper back, shoulders, neck, scalp, and face, helping to reduce stress, sinus pressure, fatigue, and eyestrain while increasing circulation and mental clarity and nourishing the hair and scalp. Both relaxing and rejuvenating, the treatment can be performed either with or without oil as you prefer.

HOT CANDLE OIL MASSAGE

90 MINUTES

3,900 THB

This soothing, relaxing, and revitalising body massage using warm, nourishing aromatic oils based in shea butter to reduce tension and bring immediate relief. Its holistic effect makes it ideal for those who have dry skin or are seeking a light therapeutic anti-stress massage.

DETOX MASSAGE

90 MINUTES

3,900 THB

A special blend of light and quickly absorbed plant oils aids in detoxifying the skin by stimulating and improving circulation and lymph flow while reducing the appearance of cellulite.

PRENATAL MASSAGE

90 MINUTES

3,900 THB

A nurturing yet therapeutic experience for moms-to-be, this special treatment is designed to increase circulation and reduce water retention while easing lower back and hip discomfort.



FACIAL TREATMENTS

HERITAGE CLARIFYING FACIAL (FOR NORMAL TO OILY SKIN)

60 MINUTES

2,900 THB

This facial begins with a deep cleansing facial steam with ozone before a gentle exfoliation and balancing facial mask. Light nourishment helps replenish the skin's moisture without oiliness and leaves the face soft and glowing.

- Detoxifying Lymphatic Drainage Massage
- Relaxing Facial Massage
- Deep Nutrition Facial Mask
- Hand & Foot Massage
- Hot Facial Steam with Ozone
- Skin Exfoliation
- Cold Facial Steam with Ozone
- Gentle Moisturising

HERITAGE HYDRATING FACIAL (FOR NORMAL TO DRY SKIN)

60 MINUTES

2,900 THB

Beginning with gentle cleansing, this facial ritual proceeds with a mild exfoliation and detoxifying facial mask.

- Revitalising Lymphatic Drainage Massage
- Relaxing Facial Massage
- Deep Nutrition Facial Mask
- Hand & Foot Massage
- Skin Exfoliation
- Skin Hydrating Moisturising

HERITAGE UPLIFTING FACIAL (FOR DRY OR AGING SKIN)

60 MINUTES

2,900 THB

Dryness and dehydration are the primary causes of aging skin. This hydrating facial mask and cellular regenerating massage improve blood circulation and relaxes tense facial muscles that are a precursor to wrinkles, resulting in a firm and luminous face.

- Revitalising Lymphatic Drainage Massage
- Uplifting Facial Massage
- Deep Nutrition Facial Mask
- Hand & Foot Massage
- Skin Exfoliation
- Skin Hydrating Moisturising



L'ART DE LA PARFUM
ESSENCE OF THE EAST
CREAM
100% NATURAL ESSENCE OF
SANDALWOOD & YLANG YLANG
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BODY EXFOLIATIONS

ORIENTAL ROSE SKIN REJUVENATING BODY EXFOLIATION

45 MINUTES

2,900 THB

Organic rose water hydrates the skin while apricot seeds gently exfoliate, removing dead skin cells without any harsh skin abrasion. Then, shea butter and Coenzyme Q10 help to replenish moisture, improve general skin condition, and promote natural glow.

SIAMESE JASMINE SKIN PURIFYING BODY EXFOLIATION

45 MINUTES

2,900 THB

Ideal for dry, sensitive skin, the Siamese Jasmine Body Scrub features mild exfoliating beads from ground red fragrant rice and corn combined with pennywort (*Centella Asiatic*) and African marshmallow oil (*Althaea Officinalis*) extracts that soothe and nourish delicate skin.

ORIENTAL DEEP CLEANING BODY EXFOLIATION

45 MINUTES

2,900 THB

Finely ground sun-dried sea salt infused with lemongrass and kaffir lime extracts yield a natural antiseptic that is balanced by the infusion of vitamin E, while rice bran oil nourishes the skin and restores its natural radiance.

EURASIAN REBALANCING BODY EXFOLIATION

45 MINUTES

2,900 THB

Gentle enough to prevent irritation, yet effective in removing superficial dead skin cells and unclogging pores, this vitamin E enriched sugar scrub is ideal for dry, irritated skin.

TROPICAL WOOD DETOXIFYING BODY EXFOLIATION

45 MINUTES

2,900 THB

Sea salt, sugar beads, ground Arabica coffee, rice bran oil, organic olive oil, and shea butter are meticulously assembled into a natural body refiner to exfoliate skin, remove impurities, and brighten tone.



BODY MASKS & WRAPS

DETOXIFYING BODY MASK

45 MINUTES

2,900 THB

Native to Africa, guarana's excellent diuretic properties help eliminate excess fluid and toxins from the body through cellular oxidation. HARNN Detoxifying Mask also contains skin brightening agents like glutathione, arbutin, vitamin C, and linoleic acid that leave the skin supple and glowing.

FIRMING BODY MASK

45 MINUTES

2,900 THB

HARNN Firming Body Mask is highly infused with liporeductyl, caffeine, and carnitine, when combined, reduces the appearance of cellulite with pro-liposomal technology. The olive oil and shea butter base restores the skin's natural moisture. A single session will leave your skin visibly firmer and hydrated, and regular treatments will effectively tone and reshape the body.

SUN SOOTHING BODY MASK

45 MINUTES

2,900 THB

Aloe vera has been used as a remedy for more than 2,000 years for its high antioxidant and amino acid content that rejuvenates tired dull skin. It is also among the best soothing agents for redness and irritation caused by excessive sun exposure.



BATHS

HERBAL

30 MINUTES

1,200 THB

A natural herbal bath is a great way to relax and relieve tension, soothe aching muscles and joints, stimulate circulation, promote supple skin, and chase away a cold. Each unique blend of organic botanicals enhances the natural healing power and soothing effects of a warm bath.

MILKY

30 MINUTES

1,200 THB

A milk bath leaves your skin feeling soft and supple, thanks to the fat and protein in the milk, which transfers this immediate benefit to your bathwater. Milk also helps to exfoliate the skin for additional softness, while the lactic acid helps cleanse and soften.

SOOTHING

30 MINUTES

1,200 THB

The health benefits of hot baths have been recognised by many cultures around the world. While the warmth relaxes the different muscle groups in the body, essential oils provide aroma therapy by calming the mind and providing relief from stress and anxiety.

