# CONRADSPA

Menn

Like you, the Conrad Spa is always evolving. Discovering new techniques, technologies and treatments. Going to the ends of the earth to bring you the most impactful and empowering spa experience ever. The kind of experience that stays with you, giving you even more ways to be your absolute best.

Conrad Signatures

KKHHHA.

Samui Enriched

This blissful unique spa journey is ideal for beginning your time at Conrad Koh Samui. This treatment starts with a fresh herbal steam bath to cleanse body impurities and relax the muscles. Then followed by a full-body scrub using organic coconut and jasmine rice to nourish and soften the skin.

Lastly, your body is relieved from any knots or tensions using traditional Thai stretching massage techniques.

Complete this experience with a tonka bean body butter application infused with sweet jasmine scents, which will linger throughout the day.

120 mins THB 8,900

Crystal Healing

This journey is ideal for physically or emotionally exhausted souls. This transformative inner energy treatment uses crystal balancing to target different chakra levels, which aid in discharging toxins and stress. Relax in a full-body aroma massage to soothe tense areas and trigger points.

End your journey with a crystal facial massage using exotic crystal stones to activate and restore your peaceful energy.

Conrad Signatures

Affilian

Divine Sunset

As the evening unfolds with a divine sunset, end your day with a full-body aroma massage treatment to ease away tension and fatigue. Combined with therapeutic foot reflexology and gentle hot herbal compress on the body's meridian lines, this spa journey will release your aches and pain away to guarantee a good night's sleep.

120 mins THB 9,900

The Destresser

The perfect reward at the end of a hectic day, this spa treatment melts away pent-up stress and fatigue by ridding the body's toxins away with a fresh herbal steam bath. Then followed by a full-body scrub using organic coffee and essential oils of lemon and sweet jasmine to revitalize the skin. Using a combination of medium to deep acupressure points and stretching massage techniques, your body will feel immediate and long-lasting relaxation.

( ouple's freatments

Couple's Tourneys

Recreate the original earthly paradise with this unique couples program, performed in our VIP Treatment Suite:

## FOR HER FOR HIM

- Candlelit Frangipani Bathology - Candlelit Frangipani Bathology

- Real Aromatherapy Body Massage De-stress Muscle Release Body Massage
  - Essential Face Deep Cleansing Facial

180 mins THB 22,000

Unwind in harmony with your loved one, enjoying indulgent treatments side by side.

Our Anniversary

This treatment energizes the blood circulation with organic cinnamon and scents of sweet ginger. An aromatic massage with blended therapeutic essential oil and natural plant extracts will bring balance to your body, mind and soul. This journey will conclude with a personalized facial that treats your individual skincare needs.

180 mins THB 24,000

Conrad Sunset

Unwind after a long day to de-stress and soothe your tired muscles. This luxurious and relaxing massage is personalized to the individual to ease tension and target specific problem areas.

Exotic scrubs are used to gently sweep away dead skin cells and prepare the body to receive abundant vitamins and antioxidants from the blended therapeutic essential oils. The treatment continues with a gentle full-body massage with long soothing strokes to lull your body and mind into a calm, peaceful space.

180 mins THB 26,000

Spa experiencez

focusing on sustainability practices

HAHHA

At Conrad Spa Koh Samui, we are dedicated to preserving the environment and supporting a sustainable approach in every aspect of our operations.

Most treatments use natural ingredients from our organic garden,
Botanikka and onsite organic farm, Iris Farm.

Botanikka ensures the utmost quality using locally sourced coffee beans from Chiang Rai in Northern Thailand. These raw coffee beans are roasted every week to create everyone's beloved morning beverage, and into luxurious spa treatments.

Our coffee treatments provide an indulgent experience that also contributes to the well-being of the local community, allowing you to relax and rejuvenate while making a positive impact.

Coffee Purifying Body Scrub

This invigorating body scrub features grounded coffee, coconut oil, turmeric and honey to gently exfoliate the skin, leaving it soft, smooth and glowing. The coffee's antioxidant properties help detoxify the skin, while coconut oil moisturizes.

Turmeric and honey provide additional healing benefits, leaving you feeling refreshed and revitalized.

45 mins THB 3,500

Coffee Body Wrap

Treat yourself to an indulgent body wrap that combines locally sourced coffee, Phuclone mud and fresh Aloe Vera. The coffee's natural caffeine helps to tighten and tone the skin, while Phuclone Mud provides mineral-rich nourishment.

Fresh Aloe Vera soothes and hydrates, leaving the skin deeply nourished and rejuvenated.

Spa experiences

focusing on sustainability practices

HAHHAR!

Coffee Eye Treatment

Give your tired eyes a pick-me-up with a coffee eye treatment. We use locally sourced grounded coffee and exclusive eye concentrate products to target puffiness, dark circles, and fine lines. This treatment helps to reduce inflammation and tighten the skin around the eyes while providing hydration and nourishment.

30 mins THB 3,500

Coffee Nourishing Hair Treatment

Nourish your hair and sculpt with this enriching treatment, combining locally sourced coffee and coconut oil to repair and strengthen the locks, leaving them soft, shiny and full of life. Coffee's natural antioxidants and caffeine stimulate the hair follicles, promoting healthy hair growth, while coconut oil deeply moisturizes and conditions.

Magaze Therapies

A HARAN

The Ultimate Froma Experience

Discover the ultimate fusion of eastern and western traditional massage, including a combination of Swedish and neuromuscular techniques, as well as chakra balancing practice to relieve muscular tension and lymphatic drainage.

These purpose-designed movements help to stimulate healthy

circulation and deeply relaxes the muscles. Experience guided oil section from our trained therapist to best suit your mental and physical state.

60 mins THB 5,000 90 mins THB 6,500

Intensive Muscle Release

Unwind with this intense yet deeply relaxing restorative treatment ideal for tight, stressed and aching muscles.

Swedish and cross muscle fibre massage techniques are combined with a dynamic blend of essential oils to alleviate stress, ease aching muscles and target individual needs.

Black pepper, rosemary and ginger essential oils warm the muscles, which aid in dispersing the built-up lactic acid, and lavender oil has anti-inflammatory properties that soothe your body.

60 mins THB 5,000 90 mins THB 6,500 Magaze Therapies

HHHHH

Swedish Massage

Originated from Swedish-European techniques, this full-body massage boosts blood and lymph circulation and muscle relaxation. The perfect combination of stroking, kneading and circular movements with firm pressure points leave your body relaxed yet reenergized.

60 mins THB 5,000 90 mins THB 6,500

Deep Vissue Release

Therapeutic massage suited for extremely tense and stiff muscles. This full-body massage aims to realign the deeper layers of muscles using medium to firm pressure. This treatment is tailor-made to guests' physical and mental conditions to get the best muscle recovery.

60 mins THB 5,000 90 mins THB 6,500

Prenatal Massage

Our specialist therapists will listen to your pregnancy experience and perform a unique massage to release accumulated muscle tension and water retention from the distal parts of the body.

This treatment will use gentle pressure on specific points along the body and discharge any blocked or swollen tissues.

60 mins THB 5,000 90 mins THB 6,500 Magaze Therapies

\* HAHAMA

Tet Lag Cure

Travelling can be physically and mentally exhausting. This treatment works on both levels to help you ground your mind and body. Using pink grapefruit and juniper berry essential oil to cleanse the body, vetiver, chamomile and ylang-ylang essential oil to calm and relax the mind. This experience combines stretching and body brushing, a scalp massage and sinus drainage to leave you feeling fully rested, refreshed and ready to enjoy all that our resort has to offer.

90 mins THB 6,500

Detox Massage

This invigorating massage uses a draining technique to target cellulite areas specifically. This treatment will commence with a Hot-Cold gel to increase blood circulation and stimulate metabolism. A combination of lymphatic drainage and percussion massage techniques will leave your body feeling rejuvenated and detoxed.

90 mins THB 6,500

Five Elements Balancing

This therapy relaxes the body at its deepest level and has proven to create harmony and positive energy flow. This unique therapy uses thousand-year-old volcanic stones to influence the energy Chi centre to achieve the perfect balance of the mind and body.

90 mins THB 6,500 120 mins THB 7,800 Asian Therapies

Millian

Foot Reflexology

An ancient therapy known to promote the body's healing powers applies pressure to specific points on the feet. These points correspond to organs and areas of the body, inducing healing responses and promoting an overall sense of equilibrium and alleviating health ailments.

60 mins THB 5,000

Traditional Thai Massage

Passed down through generations, this unique entire body workout is relaxing yet perfect for restoring balance and reenergizing the body simultaneously.

Often described as passive yoga, the therapist employs pressure points and choreographed movements to stretch and relieve tension from the body and mind to increase vitality and flexibility.

60 mins THB 5,000 90 mins THB 6,500 Asian Therapies

HHHH

Indian Head Massage

The Indian head massage is a healing and relaxing therapy based on an Ancient Aryuvedic massage. Mainly addressed on the back,

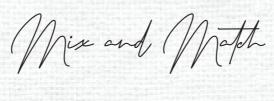
neck, and scalp, this therapy deeply relaxes any muscle tension.

60 mins THB 5,000

Siam Fusion

Dating back to 5,000 years ago, this traditional, sensory experience uses herbal compresses on the body's energy channels to promote circulation and energy flow.

Relieve muscle tension and toxins with healing herbs and gentle massage. An option to combine with a meridian massage, this experience is highly recommended for jet lag treatment.





Back, Neck and Shoulder Recovery

Using a combination of medium to strong strokes, this massage delivers deep relaxation waves and alleviates the built-up tension and fatigued muscles.

30 mins THB 3,500

Heavy Leg Reviver

Experience holistic balance and deep relaxation with this express foot reflexology. Say goodbye to tired feet as our skilled therapist uses specific thumb, finger and hand techniques to various reflex points on the feet to treat your foot soreness away.

30 mins THB 3,500

Vired Hand

Hand recovery is essential to diminish your overall fatigue. The massage is concentrated on your palm, ligament, and tendon using blended essential oils to ease away any tension or exhaustion.

Lidis

HHHH

Indulge me

This treatment helps relax your child, using coconut oil massage to stimulate body metabolism and strengthen those growing musculoskeletal systems.

60 mins THB 3,500

Fancy Fingers

Pamper your child with an attentive nail art painting that will make them smile all day.

45 mins THB 3,000

Skin Refresh

Perfect for youth skin, this fruity smoothie body scrub will leave your child refreshed and smiling from within.





Scrub Enhancers

An excellent add-on to any treatment, creating the perfect balance of refreshment and relaxation using a combination of olive seed, essential oil and aloe vera.

45 mins THB 3,500

Bespoke Skin Polish - Revive

A skin brightening and smoothing exfoliator that combines naturally derived replenishing and glow-boosting actives. Exfoliating grains of Sea Salt sweep away dead skin cells whilst the cold-pressed Green Coffee Oil forms a barrier to help protect the skin from daily environmental stresses.

Our naturally fragrant 100% essential oil blend includes Rosemary,

Juniper Berry and Grapefruit, leaving your skin supremely smooth,

reawakened and radiant.

45 mins THB 3,500

Coconut Revitalizing Polish

Revive and nourish your skin with a rich, creamy coconut scrub.

This organic extra virgin coconut oil will leave your skin feeling silky smooth and glowing with vitality.

Body Soruby

Citrus Reviver

Awaken your body and mind with a purifying and energizing treatment that combines zesty pink grapefruit, fresh green rosemary and woody juniper berry. Exfoliate with finely ground olive grains to refine the pores, leaving you feeling fresh and alive.

Body Treatments

HHHHH

Summer Skin Cooler

This post-sun healer hydrates, calms and rebalances sun-touched skin with freshly blended healing lavender, cooling peppermint and regenerative rose. Optional gentle exfoliation prepares the body for an intensive layering of hydrating gel, soothing lavender oil and nourishing body cream rich in shea butter. An Ayurvedic scalp massage leaves you feeling relaxed and restored.

60 mins THB 5,000

Phuklon Pure Mineral Mud

This treatment begins with a miracle hot spring water cleanse to soften and nourish the skin, continued by a mineral-rich mud therapy sourced from the luscious hills of Nothern Thailand. This nutritious mud will penetrate the skin to detoxify and revive your skin cells, leaving it supple and bright.

60 mins THB 5,000

Deep Cleansing Back Treatment

Prepare to show off your back with this skin-refining treatment.

Begin the treatment with orange flower water cleanse to calm inflamed or irritated skin whilst gently toning and regulating the production of natural oils. Then followed by lavender oil therapy, recognized for its healing properties and promoting healthy cell renewal, and tea-tree oil therapy for an anti-bacterial effect.

Facial Treatments

KKKKKK.

Essential Rose Face and Body

Restore and revitalize your stressed body with this head to toe indulgence. This treatment starts with a nurturing back and neck massage to release toxins, followed by a tailor-made facial to suit your skin's particular requirements. This ritual concludes with an acupressure scalp massage to induce deep relaxation and a "skin-saving smoothie" full of antioxidants and nutrients for the skin.

90 mins THB 6,900

Age Repair Facial

Targeting the appearance of fine lines and wrinkles, this is a natural yet highly effective facial to reduce the signs of ageing without using harsh chemicals. Double layering of masks is applied in succession, with particular attention to the eyes, forehead, mouth and neck.

Exotic ingredients of Inci Inci and larch extract are used to stimulate collagen production and tighten the skin, whilst apple seed extract and raspberry seed oil act as antioxidants.

The entire treatment delivers visibly tightened, plumped and radiant skin.

90 mins THB 6,900

Conrad Facial

A tailor-made facial treatment using various therapeutic essential oils and natural plant extracts to detoxify and nourish the skin. This treatment incorporates soothing eastern and western massage techniques, leaving you feeling relaxed, refreshed and revitalized.

Facial Treatments

Affilher

Balancing Facial

This facial uses contemporary Chinese massage techniques and exotic essentialoils to rebalance, clear and nourish tired skin.

Then followed by hot and cold therapy, leaving your skin feel rejuvenated and supple.



HHHHA.

The Refinery Ultimate Face and Body

Achieve a heightened state of relaxation and well-being.

Start the journey with a stress-relieving back massage and therapeutic Ayurvedic scalp massage to pinpoint areas of tension, bringing relief to tired or aching muscles. Then enjoy a deep cleansing facial using an exotic blend of the most refined essential oils and effective natural botanicals, unique to 'The Refinery' range - leaving your skin ebalanced, bright, supple and refreshed.

90 mins THB 6,900

When time is short, and you need to look your best, this deep cleansing and brightening

facial will leave your skin looking clean and luminous.





Purifying Facial

This treatment uses fresh mineral spring water and special facial massage techniques to encourage cell growth and stimulate circulation. Then followed by a detox mud mask to draw out impurities to promote a healthier overall complexion.

60 mins THB 5,500

Deep Cleansing Facial

A deep cleansing treatment for oily and combination skin.

Cleansing and exfoliation is followed by hot compression refine the pores. A freshwater mud mask is then applied to draw out harmful impurities. As relaxing as it is cleansing, this treatment also includes a scalp massage, facial pressure point, hand and arm massage for complete care.





Pamper Manicure

A lavish tropical manicure Koh Samui style. Feel beautifully pampered as you enjoy a manicure treatment that includes cleansing, exfoliating scrub, cuticle care, hand and arm massage, and a perfect paint to finish.

60 mins THB 2,800

Pamper Pedicure

Treat your feet to a break – this nourishing foot treatment includes cleansing, nail and cuticle care, a relaxing massage and finished off with a shiny buff and polish.

60 mins THB 2,800

Mail Polish

Cut and file for smooth nail, and finished off with a shiny buff and polish.

30 mins THB 1,500

Gel Manicure or Pedicure

Clean, cut and file, cuticle care and finish off with gel polish

90 mins THB 3,900

Remove Gel nails

# Frequently Asked Questions (FAQ):

How do I make a Spa Reservation?

The Spa at Conrad Koh Samui is immensely popular with guests, and as such we strongly recommend that you book your Spa treatments well in advance. Reservations can be made in person or by dialing '0' at Conrad Service.

I am pregnant - what treatments do you recommend?

As always, our number one priority is the safety and well-being of our guests. And as such, we do not recommend any Spa treatments for women in their first trimester and no full-body treatments throughout the term of pregnancy. To assist with your choice of available treatments, please get in touch with one of our Spa Consultants.

What happens if I need to cancel my treatment?

If you would like to reschedule or cancel your booking, you can do so at any time subject to providing a minimum of 4 hours' notice. If a cancellation is made less than 4 hours before your appointment time, a 50% charge will apply. If no notice is provided, a full payment will be made for the services reserved.

#### Gift Certification

Gift certificates for our spa treatment are available. For more information, please contact our spa receptionist.

### Spa Operation Hours

The Spa opens from 10 am until 10 pm, with last treatment reservations at 9 pm. Any selected services to your villa are available from 11am, there will be an additional 20% plus the regular price menu for in-villa services per person. The last in-villa service ends at 9 pm.

#### Payment

The Spa accepts cash and credit cards. All prices are quoted in both Thai baht and your currency which are inclusive of service charge and applicable to government tax.

How should I prepare for my Spa treatment?

Please shower off any oils and suntan creams before your treatment to allow better absorption of the products applied.

Should men shave before a Spa treatment?

For men, we recommend shaving before having a facial for maximum comfort and ensuring benefit to the skin.

What should I wear to the Spa?

There is no need to bring or wear any special clothing, as spa wear is provided. Disposable underwear is provided for body treatments.

What time should I arrive for my treatment?

Please arrive at the Spa a minimum of 15 minutes before your scheduled appointment time - this allows you time to fill out your consultation form, enjoy the ambience and start the relaxation process before your treatment begins.

What happens if I am late for my appointment?

A prompt appointment schedule is recommended as a courtesy to all our guests. Late appointments may not be honored if treatment is booked immediately after and will be charged the cancellation fee.

What medical or physical concerns do I need to tell the therapist?

All first-timers need to fill out a consultation form before their treatment to provide you with the best possible experience and assure your maximum safety and comfort.