



MORACEA  
by  
KHAO LAK RESORT

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# B A I M A I

## S P A



## BAIMAI SPA MENU

### ETIQUETTE:

The spa is a sanctuary for the senses. For the Consideration of others, we request that visitors keep noise to a minimum, including mobile phones.

### SPA ATTIRE:

Your privacy is important to us. Our spa provides you with a shower, changing room and lockers for your personal belongings. A robe and disposable underwear are provided for your comfort.

### UNDERWEAR:

Ladies, if you don't dig them for your massage then DON'T, but please DO for scrubs and wraps to avoid salts and things in the wrong places. Gentleman, it's a Necessary for all spa services. We have the comfiest spa undies in town.

### LATE ARRIVALS:

To make the most of your spa experience, please arrive 10 minutes before your appointment time. In the event that you are running late, we will attempt to conduct your full treatment, however, please note that the treatment time may need to be shortened should there be another booking immediately afterwards and you will be charged in full for the original appointment.

### DURING TREATMENT:

It's up to you to let us know if you are uncomfortable with having any part of your body massaged - please alert your therapist before you begin. You'll always be draped with a towel that covers most of your body, but allows work on specific areas. You may experience a little soreness the day after a good massage, especially if you don't get massaged often - don't panic, some old kinks may have been worked out during the treatment. All treatment rooms have their own volume and temperature controls, so if you are uncomfortable at any time, please let your therapist know.

### BOOKINGS:

Call to book in advance for your spa treatment to avoid disappointment. You can contact the front desk or the Baimai Spa reception for more information and reservations.

### PAYMENT:

Thai Baht Cash and majors credit cards i.e. visa, master and amex are accepted.

### CANCELLATIONS:

In consideration of other spa guests, as your treatment requires facilities to be reserved, we request a minimum of 4 hours notice if you are unable to keep your appointment. Please call our staff, who will be happy to reschedule your appointment and to avoid unnecessary charges.

### BAIMAI SPA

AVAILABLE DAILY 9:00 AM - 6:00 PM. FOR RESERVATION OR MORE INFORMATION KINDLY DIAL 1501  
ADVANCED RESERVATION IS REQUIRED AT LEAST 24 HRS BEFORE THE TREATMENT TIME.

ALL PRICES ARE NET INCLUDING 6% SERVICE CHARGE AND 10% APPLICABLE TAX

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## BAIMAI SPA MENU

### EXPRESS MASSAGE

#### HEAVY HEAD

The Scalp Massager will send tingling sensations from scalp to toes and transport you to a more relaxing place.

30 mins THB 650

#### INDIAN HEAD

Indian head massage is based on the Ayurvedic system of healing which has been practiced in India for over a thousand years.

30 mins THB 650

#### FOOT MASSAGE

This massage is perfect for tired and hurting feet with special pressure points on the sole your whole body will get refreshed.

30 mins THB 650

#### BACK NECK & SHOULDER

Stress, tension and anxiety all melt away with this rejuvenating treatment. This intense back, neck and scalp massage eases stress, rejuvenates the body and revives fatigued muscles, restoring harmony to mind and body.

30 mins THB 850

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## BAIMAI SPA MENU

### FACIAL TREATMENTS

#### BAIMAI SIGNATURE

One of the best facial, made from all nature products make your skin absolutely perfect.

60 mins THB 1,200

#### AFTER SUN

Soothes, hydrates, nourishes skin that has been exposed to the elements. Includes a calming Cucumber and Aloe mask followed by the application of hydrating botanicals to nourish the skin and calm redness. Calms the most sensitive skin!

60 mins THB 1,200

### BODY SCRUB

#### BAIMAI SIGNATURE BODY SCRUB

A body scrub removes dead skin cells, increases blood circulation and cleanses skin through exfoliation. A liquid base with exfoliating granules which slough off dead skin when massage it over your body. This action boosts blood circulation and increase blood flow to your skin's surface. One must include this treatment in their skin care routine as it is essential for one to maintain soft, smooth and healthy skin.

60 mins THB 1,200

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## BAIMAI SPA MENU

### FULL BODY MASSAGES

#### TRADITIONAL THAI

Thai massage helps to reduce the individual's stress levels and improve their overall circulation. This is accomplished by the gradual movement of the person through different yoga-like.

60 mins THB 1,000

90 mins THB 1,200

#### BAIMAI SIGNATURE

One of the most popular massage, help to relax, balance and harmonize the body by rubbing the muscles with long gliding strokes in the direction of blood returning to the heart. It helps increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing tension.

60 mins THB 1,200

90 mins THB 1,500

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## BAIMAI SPA MENU

### FULL BODY MASSAGES

#### BALINESE

Originating on the island of Bali, this massage involves a combination of techniques, including massage, acupressure, reflexology, and aromatherapy into one session. Our most popular full body massage - find out why!

60 mins THB 1,200

90 mins THB 1,500

#### SPORT

Sports massage is a simple, commonly used form of therapy popular in sport. The benefits and effects of sports massage include physical effects such as circulating blood and lymphatic fluids as well as stretching muscle.

60 mins THB 1,400

90 mins THB 1,700

#### THAI AROMA

This is a combination of Thai Massage and BALI that offers refreshing, rejuvenating feeling and healing effect.

60 mins THB 1,400

90 mins THB 1,700

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