

Heavenly Wellness Retreat Spa Packages

For a better you.™

Heavenly Wellness Retreat Spa Packages

The exotic island of Phuket has been a place where wellness seekers have gravitated to and resonated with for a long time. The Heavenly Spa helps unfold the magic in the ambience of its sanctuary surroundings. The following rituals are 150 minutes

Relax and Calm

- * Orange and Peppermint Steam Bath (30 mins)
- * Oriental Massage By THEMAE Balm (60 mins)
- * Hydration Facial By THEMAE Balm (60 mins)

Ayurveda Wellbeing

- * Shirodhara (45 mins)
- * Anti-Oxidant Green Tea Milk Bath (25 mins)
- * Ayurvedic Massage Tea Balm (80 mins)

Thai Royal Treat Package

- * Ancient Lemongrass Steam Bath (25 mins)
- * Healing Turmeric Body Scrub (45 mins)
- * Traditional Thai Massage (80 mins)

Bath

Water is one of the purest and most vital essences of life, as well as the base element of all spa experiences. Indulge in one of our water-based rituals as an ideal prelude to any of our sensual body treatments.

Anti-Stress Aromatic Milk Bath Destress

Free yourself from unwanted worries and recharge with our Anti-Stress Aromatic Milk Bath Oil. Feel a new and centered lightness of being with our specially chosen mix of soothing herbaceous notes of Lavender and Clary Sage, uplifting and revitalizing Peppermint and Spearmint, balancing Vetiver and more nourishing Sweet Almond and Jojoba ensure your skin retains precious moisture and is silky smooth to the touch.

Anti-Oxidant Green Tea Milk Bath Detox

Experience ultimate rejuvenation and relaxation with our Anti-Oxidant Green Tea Milk Bath Oil. Calming the senses with its aroma alone, Green Tea's rich anti-oxidant and anti-inflammatory properties also ensure long-lasting youthfulness. Nourishing Sweet Almond and Jojoba keep your skin well-moisturized.

Steam

Our collection of steam rituals offers relaxing pre-treatment bliss to suit your mood and wellness goals. As the room fills with the scents of the aroma oil, your body begins to relax and naturally detoxify, while your mind and soul are coaxed into peaceful harmony.

Ancient Lemongrass Steam Bath Reduce

Allow the sage wisdom of our forebears to bring you to Enlightenment with our Ancient Lemongrass Blend Essential Oil. Vibrant Lemongrass invigorates the mind and improves the circulation while the aroma of Clove Bud provides a warm, enticingly spicy depth that helps reduce fatigue.

Orange and Peppermint Steam Bath Refresh

The juicy sweetness of orange is captured in its most irresistible form in our Orange Essential Oil. A surefire way to boost your spirits, the tangy notes effortlessly induces happiness and feelings of contentment. Allow the clear, breezy menthol notes of our Peppermint Essential Oil to bring cool relief to your senses. Approach your tasks and goals with renewed vigor and perfect mental clarity and focus.

Mini Treat

Relief Back Massage

Loosen up tense muscles in areas of the back, neck, shoulders and head using remedial style deep tissue massage.

Back Neck and Head Massage

Back neck and head massages soothe away tensions in your upper body, break down knots and improve your flexibility. It helps relieve headaches by stimulating the nerves on your scalp and the blood circulation within your head. You will feel relaxed and re-energized.

Leg & Foot Massage

Restores circulation to tired, concentrates on specific reflex points to stimulate, heal and promote relaxation legs and feet.

Head and Shoulder Massage

Head and shoulders are the most common areas of the body that are prone to stiffness and accumulated tension. Continuous build-up of stress and tension in the neck and shoulder region leads to stiff necks, aching shoulders and headaches. Desk jobs, long working hours, incorrect sitting positions and general bad postural habits may all contribute to pain and discomfort in these areas.

Massages

Water is one of the purest and most vital essences of life, as well as the base element of all spa experiences. Indulge in one of our water-based rituals as an ideal prelude to any of our sensual body treatments.

Four Hands Synchronize Massage (Four hands massage / Pressure medium)

Two therapists work in a harmonious rhythm to create body and mind harmony. Recommended for those experiencing fatigue, sleeping difficulties, anxiousness and stress. Benefits include deep relaxation and improved wellbeing.

Swedish Massage. (Pressure - Soft to Medium)

Swedish massage improves blood circulation, increases the level of oxygen in the blood, helps the body remove toxins, improves flexibility, eases tension and helps with pain management. This is accomplished by using a variety of techniques, primarily rubbing the muscles with long gliding strokes in the direction of blood returning to the heart.

Oriental Massage by THEMAE Balm (Pressure - Medium)

This massage frees the body from all its tensions by working the muscles and skin with agile, graceful strokes, very gentle and comforting movements. The kneading, treading and smoothing movements leave the body feeling calm and relaxed.

Sport Massage. (Pressure - Medium to Strong)

Sport massage will often utilize a variety of modalities such as remedial massage, trigger point therapy, cross fibre techniques and deep tissue work. Primarily though, the difference lies with function. That is, returning you to your chosen activity in optimal functional.

Heavenly Spa signature Massage (Pressure - Medium)

A heated compress invites back muscles to relax before a Swedish massage leaves you feeling physically rested and mentally uplifted.

Alternative Therapies

Pregnancy Massage by THEMAE Balm (Pressure - Gentle and Relaxing)

This massage is specially developed for expecting mothers, is simultaneously gently, comforting and toning. It aims to improve blood circulation and relaxing muscles to soothe the legs and back of the mother-to-be

Thai Aroma Destress Massage (Pressure - Medium)

Thai aroma massage blends East and West techniques. Thai-style deep massage with yoga stretching is combined with sophisticated western-style Swedish massage. The client is undressed for this massage (proper draping ensured) with the therapist applying aromatic organic massage oil. This type of massage slowly takes away the strain of the daily grind, revitalizes your energy and leaves you feeling totally relaxed and peaceful.

Foot Pressure Point Massage

Acupressure stimulates reflexes via nerve endings in the feet, which correspond to different areas of the body. As an alternative to traditional massage, this therapy helps boost the immune system and guides the body to a more balanced state of equilibrium.

Traditional Thai Massage (Pressure - Medium to Strong)

This ancient form of Thai bodywork incorporates gentle yoga-style stretches and guided breathing, with choreographed movements to attain fluidity and balance of motion. Thai Massage (Nuad-Thai) technique sends energy freely along the Zen pathways energy meridians aligning, balancing and allowing the free flow of energy throughout the body. Excellent therapy if you are feeling tired, stressed and need energy to boost the mind, body and spirit. A comfortable top and traditional Thai fisherman's pants are provided for you to wear

Shirodhara

Essentially the pouring of warm medicated oil over the 'third eye' chakra, this treatment feels like heaven for anyone in search for tranquility. Translated as "shiro" (Head) and "dhara" (flow) this is traditionally given to calm the nervous system and is recommended for reducing insomnia, stress and fatigue. A perfect complement to the Ayurvedic Massage.

Ayurvedic Massage by THEMAE Balm (Pressure - Medium)

Deep and powerful, this treatment works intensely on muscle tissue with a variety of movements which are both invigorating and stimulating. Through the careful application of pressures, sustained strokes, tapping and stretching, the skin and muscles are warmed while the mind and body become relaxed.

Thai Massage with herbal compress (Pressure - Medium to Deep)

The treatment combines eastern massage techniques with a light pressure patting, rolling, kneading and gentle but deeply effective massage. The heat from the compress carries the herbal essences and the essential oils deep into the skin, underlying tissues and organs. The treatment brings about a deep sensation of comfort and warmth, the compresses are soaked and then steamed to provide a deep penetrating warmth whilst stimulating the body to detoxify and heal itself.

Body Scrubs

Healing Turmeric Body Scrub (All skin type - Brightens the skin)

Set aside the old you and shine forth with our Healing Turmeric Body Scrub. Balancing and relaxing, antibacterial Turmeric also heals, soothes and brightens the skin newly revealed by gently exfoliate Apricot Seed. AHA-rich Tropical Fruit extracts gift natural refinement and flawlessness for a complete revival of self.

Refreshing Bamboo Body Scrub (All skin type - Gently exfoliated)

Breathe new energy into your life with our Refreshing Bamboo Body Scrub. As your skin is gently exfoliated, a herbaceous and invigorating symphony of Lime, Vetiver, Cedar wood and Peppermint balances your mind and leaves you feeling restored.

Nepalese Style Tea Body Scrub by THEMÆ (All skin type - 4 Teas Elixir)

A chance to revitalize the skin's radiance through gentle massage and exfoliation. An aromatic paste of apricot oil, shea butter, bamboo powder and Complex des 4 The's®(4 Teas Elixir) rids your skin of impurities, leaving it feeling fresh and radiant.

Anti-Oxidant Green Tea Body Scrub (All skin type - Anti-oxidants)

Defy the harbingers of age with our Anti-Oxidant Green Tea Body Scrub! Rich in anti-oxidants that protect your complexion from signs of aging, Green Tea also calms with its gentle aroma. Apricot Seed Powder gently exfoliates your skin, allowing the brightening power of fresh Tropical Fruit Extracts to unfold. Shea Butter and Olive keep your skin smooth and supple.

Roselle Body Scrub (All skin type - Skin-soothing)

The ruby red blooms of the Roselle flower show off their skin-soothing and regenerating power in our Roselle Body Scrub. Along with sumptuously rich Shea Butter, gentle Apricot and Rice Seed Powder exfoliate your skin, unveiling a new you and a radiant complexion that feels silky smooth and effortlessly beautiful.

Body Wraps

Alternative therapies offer experiential adventures that are as beneficial as they are unique. Enhance your body's natural abilities to restore itself.

Post – Sun Soothing Cocoon (Sunburn, excessive Sun exposure)

Immediately relieve your sun damaged or sun sensitive skin with this soothing wrap. Cooling and desensitizing Water Lily, Green Tea, and Chamomile, relieve the discomfort of over exposed skin. Alleviating your skin's burning and stinging sensation, this treatment heals, desensitizes, and decreases skin temperature.

Aromatic Moor Mud Wrap (Healing, toning and rejuvenating)

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 of fatigue, arthritis pain and post-sports injuries.

Skin Cares

Taking into consideration the most appropriate facial treatment suitable for your skincare needs, let our highly trained therapists perform a regimen, using products specially customized to soothe and treat your skin. Leaves the complexion clear, purified and renewed.

Purity Facial Deep Cleansing / All skin types

The ultimate in professional, luxury skincare, our signature facial treatment is customized for your individual skincare needs. The treatment begins with a warm aroma infused steamed towel to cleanse your skin and an exfoliation which is followed by another cleanse to ensure that your skin is properly prepared for the treatment. Melt into deep relaxation as your therapist massages your face, neck, shoulders, arms and hands, so you're feeling truly 'in heaven' by the time your therapist applies your expertly prepared facial mask.

Renewal Facial Dry to Sensitive Skin

A perfect balancing facial. Optimize your skin's health and radiance with mask treatments that specially address your skin type. The Pevonia essential mask series provide the perfect mask to suit your skin. Your skin is rendered wonderfully smooth and rejuvenated.

Lift Cutox Anti Aging Facial For Lifting & Wrinkle

Pevonia Exclusive, Anti-aging Freeze-dried Treatment. The combination of Pevonia Escutox, patented blend of oligosaccharides, pure French seaweed extract, phyto- squalane and Elastin Marine Elastin Peptides. This treatment specifically targets lifting and removing wrinkles to make your skin look youthful.

Gentlemen's Facial For Men / All Skin type

Completely customized care for men that leaves the face thoroughly cleansed, deeply hydrated and protected.

Hydration Facial By THEMÆ Dry and Tired

This delicate treatment is the perfect escape for tired, dull skin. A series of Ridokis massage tools are used within the massage which begins with stretching the nape of the neck; cleansing and exfoliating the skin before you enjoy a relaxing mask and shiatsu massage movements, the ultimate deep relaxation. Skin will feel intensely hydrated and completely rested.

Hair Cares

Shampoo, scalp massage, conditioning and blow dry finish.

HAIR CARE BY L'OREAL

Shampoo & Blow Dry (Short)
Shampoo & Blow Dry (Long)

Nail Cares

Nail Lacquer for Professional Salons by OPI

Speciality manicure & pedicure cleanses, trims, file sand shapes the nails as you like. Sit back and relax while our manicurist perfects your nails with a glowing polish (Colored or French Classic Style). Irresistible nails always complete the look.

FOR HER

Manicure for Her (with nail Polish)
Pedicure for Her (with nail Polish)
Combo - Pedicure & Manicure for HER
Re - Polish (Hand or Foot)

FOR HIM

Manicure for Him
Pedicure for Him
Combo - Pedicure & Manicure for HIM

General Spa Guidelines

All prices are in Thai baht and are subject to 17.7% service charge and prevailing government tax. Treatments and prices are subject to change without prior notice.

EXPERIENCE

The following information is provided to assist you in creating the perfect Heavenly Spa Phuket experience

Guests of the Westin Heavenly Spa Phuket must be at least 16 years of age for the use of the locker rooms, fitness facilities and spa treatments. Salon treatments are available for guests under 16 with parental supervision.

- * The Westin Heavenly Spa Phuket is a non-smoking environment.
- * For the courtesy of our guests, mobile phone use is prohibited within the spa premises. We kindly request that all calls are concluded and cellular devices turned off prior to entering the locker rooms, fitness and treatment areas.
- * We request that all valuables are stored in your room or locker provided for you at the time of your service. The Westin Siray Bay Resort & Spa Phuket and the Heavenly Spa Phuket are not responsible for lost, stolen or misplaced items.

Reservations

To ensure your preferred treatment or therapist is available, we encourage our guests to schedule their appointments in advance preferably five to seven days. Bookings made day of service and walk-in appointments are always welcome, based upon availability. To schedule your appointment (s), hotel in-house guests should call Service Express.

Arrival and Check in Procedure

For the optimal Heavenly Spa Phuket experience, we recommend that you arrive at least 30 minutes before your scheduled appointment time so that you may relax and allow yourself ample time to wear your robe and slippers and enjoy our luxurious amenities such as steam, sauna. We recommend showering prior to your appointment in order to receive full treatment benefit.

Cancellation Policy

We value your business and appreciate your cooperation with our cancellation policy. Please respect our scheduling by keeping appointments if possible and providing a minimum of 4 hours notice when canceling or rescheduling appointments. Because your services are guaranteed reservations reserved for you, 100% payment is required for the following conditions:

- Less than 4-hours notification to cancel or reschedule an appointment
- No-show or missed appointments

Please keep in mind that arriving late for a service may require us to shorten the length of the treatment, with full charges applied, so as not to inconvenience other guests. We regret that late arrivals may not receive extension of scheduled appointments.

Gratuities

Gratuities should reflect your level of satisfaction with our services and your personal providers, therefore all gratuities are left solely at your discretion.

Heavenly Spa accessories

A tempting array of personal and distinctive gift accessories await you when you take a captivating stroll through Heavenly Spa Phuket. Take your spa experience home with a selection of distinctive items such as body products and unique gifts from the Island. Share the experience with someone special with our custom gift baskets and spa packaging. For more information, gift purchase and shipping information. Please contact the Heavenly Spa.

Take time for unwinding ritual

Give yourself plenty of time so you can enjoy the steam or sauna to relax and warm the muscles, which will aid in the therapeutic benefits of all of our treatments and service.

Shower

A quick shower just before your massage or treatment is relaxing and washes off any salts, minerals or chemicals that could clog pores when mixed with oils or other treatment products. Your therapist will pick you up from the Relax Lounge.

Treatment attire

Unless the service description specifies otherwise, it is customary to wear just your robe to your service. You will be given the opportunity to disrobe and cover yourself in privacy. Throughout your services, your body will be draped with linens for modesty.

Communicate

Prior to the commencement of your treatment let your therapist know any areas you would like to focus on and areas to be avoided. During your service, let the therapist know if you feel any discomfort. Communication is the key to getting what you want out of your Heavenly Spa Phuket experience. Keep in mind that bodywork is similar to exercise in that lactic acid and other toxins released from the muscles may cause some soreness for up to a few days. It is important to avoid alcohol and drink plenty of water after a treatment to hydrate the body and mind.

HOURS OF OPERATION

Open daily from 10:00 a.m. - 10:00 p.m.

THE WESTIN SIRAY BAY RESORT & SPA, PHUKET
21/4 Moo 1 T.Rasada, A.Muang Phuket 83000 Thailand
T +66.76.335.600, F +66.76.335.700
westin.com/siraybayresort

©2016 Starwood Hotels & Resorts Worldwide, Inc. All Rights Reserved. Westin and its logos are the trademarks of Starwood Hotels & Resorts Worldwide, Inc., or its affiliates.