### **INDULGENT ORIENTAL RITUALS**

Our holistic approach to wellness combines ancient and modern influences from age-old Thai massage therapies to contemporary spa treatments.

Embracing eastern philosophy, spa rituals at Le SPA originate from the healing traditions of faraway places like exotic China and spiritual Thailand. Choose from an extensive variety of health and beauty enhancing rituals.

Le SPA is an exceptional state-of-the-art, urban retreat which complements the legendary Le Meridien Koh Samui Resort and Spa five star service philosophy.

Our natural, high quality skin care products and aromatic essential oils help restore energy levels, tranquility and balance.

### **ULTIMATE IN LUXURY**

Revive your senses and satisfy your soul with a nurturing spa ritual in the total privacy of Le SPA's exclusive spa suites featuring private facilities for the ultimate spa experience.

Our gentle skills and serene environment will help to slow your mind and restore your inner sense of calm and well-being.

### **SERVICE HOURS**

10:00 AM - 10:00 PM Daily

### WHEN TO ARRIVE

To maximize the best value out of your treatment, we kindly request you to arrive at least 15 minutes prior to your treatment time. Arriving late will limit the time of your treatments. Your treatments will end on time so that the next guest is not delayed. However, if no guest follows your booking, you can enjoy the full duration of your treatment time.

### **CANCELLATION POLICY AND POSTPONEMENT**

We require a minimum of four hours notice to change or cancel a booking in order to avoid a 50% cancellation fee. All no-shows will incur a 100% charge.

### LE SPA SIGNATURE TREATMENT

#### **CHAKRA RITUAL**

Re-energize your body and soul with Le Meridien's Chakra Ritual. This therapy focuses on the benefits and healing gained through the art of life force energy from a modified crystal therapy.

The crystals are placed on the body's key energy points and, while in place, you will receive a relaxing neck, head and shoulder massage.

120 minutes

4,500 Baht

### THAI MEDICINE THERAPY

Passed down through generations, Thai Medicine Therapy blends a deep tissue massage using pressure points and the stretching of Traditional Thai techniques to release tension, increase vitality and flexibility to create wholeness of mind, body and spirit, ending with a Thai Herbal Compress.

120 minutes

4,500 Baht

### LE SPA SIGNATURE MASSAGE

Allow your body to rejuvenate with this fusion of techniques that have been brought together to create an enlivening full body massage. Our most aromatic and relaxing massage allows the healing properties of blended natural oils to penetrate into the skin, leaving you relaxed with the sense of well being.

60 minutes

90 minutes

3,000 Baht

3,500 Baht

\*\*\*All massages, treatments will begin with Thai herbal foot bath.

### LE SPA RITUAL PACKAGE

#### WEDDING ANNIVERARY

#### Approx. 4.15 Hours / couple

This is the perfect package for those wanting to escape and indulge for a half day. Our therapists will work their magic to fully rejuvenate and instill a sense of well-being for a truly memorable experience.

Complete this package with a glass of wine and canapé while in hydrotherapy. Refreshing spa drinks & Season fresh fruits.

#### (Herbal Steam, Hydrotherapy, Body Scrub & Wrap, Le Spa Signature Massage,

#### Facial Treatment, Relaxing Foot Massage)

### **ULTIMATE SPA EXPERIENCE**

#### Approx. 3 Hours

This treatment uses a cleansing, sea mud-based healing body wrap, followed by a delicate form of massage to aid body tension and finishes with a deep cleansing facial.

(Thai herbal steam, Dead Sea Mud Wrap, Le SPA signature Massage, Deep Cleansing Facial)

### **CELLULITE PACKAGE**

#### Approx. 6 Hours

This is a special massage which concentrates on stimulating the blood vessels in the skin, mainly in the areas where cellulite is most prevalent. Lymph cells are cleared of toxins and leaves your skin with a healthy glow.

Day 1 (2.30 hours)	Herbal steam, Anti-cellulite Gel Scrub, Cellulite Massage
Day 2 (1.30 hours)	Herbal steam, Firming Body Wrap, Cellulite Massage, MLD Face
Day 3 (2.00 hours)	Herbal steam, Cellulite Massage, Cleansing Facial

#### 13, 900 Baht

# 6,900 Baht

#### All prices are in Thai Baht, inclusive of 10% service charge and applicable government tax

\*\*\*All massages, treatments will begin with Thai herbal foot bath.

### LE SPA DISCOVERY MASSAGE

#### LYMPHATIC DRAINAGE MASSAGE

Manual lymphatic drainage (MLD) is a type of gentle massage which is intended to encourage the natural drainage of the lymph, which carries waste products away from the tissues back toward the heart. Manual lymph drainage uses a specific amount of pressure and rhythmic circular movements to stimulate lymph flow.

90 minutes

### SWEDISH MASSAGE

Allow your body to rejuvenate with this fusion of techniques that have been brought together to create an enlivening full body massage. Our most aromatic and relaxing massage allows the healing properties of blended natural oils to penetrate into the skin, leaving you relaxed with the sense of well being.

90 minutes

### **DEEP TISSUE MASSAGE**

Focusing to relieve specific stress and muscle tension, this deep rhythmic pressure massage gives the whole body a vigorous workout, eases away tired, aching muscles and brings your body and emotions into total equilibrium.

60 minutes	3,000 Baht
90 minutes	3.500 Baht

#### PRENATAL MASSAGE

Prenatal or Pregnancy massage has been found to reduce stress, decrease swelling in the arms and legs, and relieve aches and pains in muscles and joints. It's a popular complementary therapy during pregnancy for back pain, when choices for pain relief, such as medication, are often limited. Not only can massage be physically beneficial, but the human touch can be comforting and provide emotional support during pregnancy.

60 minutes	3,000 Baht
90 minutes	3,500 Baht

3.500 Baht

4.000 Baht

### LE SPA DISCOVERY MASSAGE

### THAI HERBAL HOT COMPRESS

A Traditional Thai Herbal Therapy specifically developed to soothe muscle tension and stiffness in key areas. This healing session begins with the application of a warm herbal poultice, containing a variety of therapeutic herbs & spices, followed by a full body massage.

90 minutes

### **VOLCANIC STONE MASSAGE**

TRADITIONAL THAI MASSAGE

**INDIAN HEAD MASSAGE** 

This massage uses warm volcanic stones to bring about total harmony and balance within the body. The effects are both emotional and physical as stimulation of vital energy centers with essential oils reinforces the holistic nature of this luxurious treatment.

90 minutes

### HEAD, NECK, BACK AND SHOULDER MASSAGE

This half-body massage is the quickest way of relieving both stress and inner-body tension. You can literally feel the aches and pains drift away as your therapist eases your body back in to shape.

60 minutes

The theoretical foundation of Thai massage is based on the concept of invisible energy lines running through the body. Thai massage has 10 main lines which run between critical acupressure points. Massaging these lines and points releases pressure, helps stimulate the body's healing mechanisms and helps relieve pain.

One of the most well-known massages focuses on Mama Points to create a deep sense of relaxation and calmness. Excellent for Insomnia, Chronic Headache, Migraine and sinusitis.

60 minutes

60 minutes

90 minutes

2,500 Baht

3,500 Baht

2.500 Baht 3.000 Baht

2.500 Baht

3.500 Baht

### TRADITIONAL THAI FOOT REFLEXOLOGY MASSAGE

Foot Reflexology is based on the principle that the human body has energy that flows through it when in a state of optimum health. In this treatment gentle pressure is applied to specific points on and around the feet to free energy that has become blocked due to stress, poor diet and lack of exercise allowing the body to return to a state of natural balance.

60 minutes

2,500 Baht

### (FOR 5-12 YEARS)

### AROMATHERAPY OIL MASSAGE

Allow your body to rejuvenate with this fusion of techniques that have been brought together to create an enlivening full body massage. Our most aromatic and relaxing massage allows the healing properties of blended natural oils to penetrate into the skin, leaving you relaxed with the sense of well-being.

60 minutes

### LE SPA DISCOVERY PACKAGE

#### **SUNBURN RELIEF**

Approx. 2.15 Hours

To relieve pain and to start the healing process for sunburns, begin with a hydrating Aloe Vera body wrap to calm your sensitive skin. Be pampered with a Le Spa Signature massage followed by an aftersun facial treatment to nurture and calm both the body and mind.

(Aloe Vera Body Wrap, After Sun Facial)

#### MOMMY TO BE

Approx. 2.15 Hours

This therapeutic and gentle massage will reduce stress and muscle soreness often experienced from the pains and strains of pregnancy.

(Tropical Coconut Body Scrub, Prenatal Massage, Relaxing Facial treatment)

5,500 Baht

2,200 Baht

### FOR THE SWEET BRIDE AND LOVELY GROOM

Approx. 3.30 Hours

Prepare to look radiant on your wedding day with this pampering treatment package. We begin with a wonderfully relaxing body polish, followed by a nourishing body wrap to leave your skin soft and radiant. Next Le Spa signature massage eases away any lingering tension. A Fresh and Bright facial assures you look your picture- perfect best, while a luxurious Pedicure & Manicure puts the perfect finishing touch on your day.

(Thai Herbal Steam, Illy Coffee Scrub, Nourishing Bath, Signature Massage, Fresh and Bright Facial, Thai Herbal Tea)

Price for 1 Person

Price for couple

7,500 Baht

## LE SPA EXPLORE BODY SCRUB

Using our unique blend of scrubs, our therapists will brighten your skin by removing superficial dead skin cells to reveal the fresh ones underneath. Skin is instantly softer, smoother and looks younger.

### FLEUR DE FLEUR CREAM SCRUB

A blend of floral extracts including lotus, hibiscus and frangipani perfect for all skin types. These extracts are rich in AHA which is a natural skin exfoliant to remove dead cells, resulting in softer and firmer skin tone and texture.

60 minutes

### **BALANCE SALT SCRUB**

Refined marine slat is extra soft and fine which suits all skin types, even sensitive skin. Herb powder is a natural ingredient with excellent skin purifying properties that makes your entire body glow.

60 minutes

### **ILLY BODY POLISH**

A perfect combination of fresh illy coffee beans with fresh milk and yogurt that will bring you a gentle fully body exfoliation. High in antioxidants and moisturizers, your skin will not only feel smooth but intensely hydrated.

60 minutes

### TROPICAL COCONUT SCRUB

Coconut Scrub is made from pure natural coconut concentrate and contains the benefit of Virgin Coconut Oil which is the healthiest and most versatile oil in the world. It is an extremely rich exfoliating paste to help tone, nourish and protect the skin.

60 minutes

2,500 Baht

2,500 Baht

2.500 Baht

### LE SPA EXPLORE BODY WRAP

Nourish and brighten skin with our unique blend of body wraps to help firm and tone the skin while eliminating toxins from the body through the pores

### **RELAXING & MOISTURISING BODY MASK**

This is a perfect nourishing body mask containing Jojoba, sweet almond and olive oils for an exotic treatment for your entire body. The wonderful stress-relief scents is the result of an aromatic combination including, lavender, ying-yang, rose absolute oil, which calms the body and spirit, setting the ideal state of relaxation and will suit all skin types.

60 minutes

### DEAD SEA MUD WRAP

Pure and natural sea mud is excellent for detoxification. Vitamin E is nourishing, leaving your skin soft and supple without any greasy feeling. Caramel is added to make your skin rich, perfect for all skin types especially dry skin. The benefit of lavender and chamomile helps to neutralize the scent of Dead Sea mud leaving a very soothing and relaxing sense.

60 minutes

### FLEUR DE FLEUR WRAP

Thai white mud is known for its high mineral and firming property blended with a variety of traditional floral extracts such as lotus and frangipani to promote skin whitening and astringent while an aroma blend of ying yang, geranium, and lemon oils complements the floral tone which brings that spring and summer mood to your wrap treatment.

60 minutes

### ALOE VERA SOOTHER GEL

Feel a soft and healing pampering with this fresh & soothing treatment. Aloe vera is a perfect healer for excessive sun, comforting wounds, reducing scars and well as encouraging skin rejuvenation and rehydration. Lavender, a relaxing scent, harmonizes well to promote total relaxation.

60 minutes

2,500 Baht

2,500 Baht

2.500 Baht

### LE SPA LIMITLESS FACIAL

Le Spa has created a number of luxurious facials to address all skin types. Look younger and more radiant with any of these purifying and indulgent treatments.

### FRESH AND BRIGHT FACIAL

An ideal antidote against lack luster complexion, tiring signs and stress connected to a hectic lifestyle. This treatment relaunches the vital functions of the skin.

60 minutes

### **DEEP CLEANSING FACIAL**

A purifying treatment for any skin type which includes a gentle exfoliating peel to remove dull surface skin cells, a luxurious massage, deep-cleansing masque and botanical extracts to rejuvenate and nourish the skin.

60 minutes

### **GENTLEMEN'S FACIAL**

A deep cleansing, therapeutic facial designed specifically for the special skincare needs of men. Relaxes the skin as it refines pores. Includes a luxurious massage and deep-cleansing masque. Specifically addresses sensitivity and razor burns.

60 minutes

### **AFTER SUN FACIAL**

ANTI WRINKLE FACIAL

This soothing facial hydrates and nourishes skin that has been over-exposed to the sun. Includes calming lavender, aloe vera masque and hydrating botanicals to protect skin and calm redness.

60 minutes

A decadent, luxurious facial that firms, tones, refines and deeply hydrates skin with extracts of Seaweed, tamarind, collagen and marine glycogen, shea butter, and avocado oil with powerful antioxidants. Our unique massage visibly firms and tones as our innovative treatment provides intensive hydration to instantly restore radiance. Results are immediate, leaving skin subtle, healthy and luminescent!

3.500 Baht

3.000 Baht

3.000 Baht

3,000 Baht

3.000 Baht

75 minutes

### LE SPA SIGNATURE BATH RITUAL

Enjoy and relax with our selection of bath blends. All can be enjoyed in the comfort and privacy of your room, or our hydro bath Jacuzzi in Le SPA. All bath ingredients are prepared for you to use at your leisure and all come with an exotic spa fruit or beverage, served at your bath to complete the experience.

### NOURISH

People have been bathing in milk for centuries to improve their skin. Historically, people believed that milk brightens skin and accelerates skin cell renewal. Milk baths help to clean the skin, provide natural exfoliation, soften and smooth the skin, and relieve stress. Enjoy with a chocolate or banana smoothie.

30 minutes

SECRET

30 minutes

A detox bathing experience with "secret recipe" of sea salt combined with lavender oil which calms the body, while increasing circulation. Enjoy with a chocolate or banana smoothie

SOOTHE Soak away your stress with a hot rose milk infused tub. A pot of Thai herbal tea, candles and floating flowers complete the mood. Enjoy with a chocolate or banana smoothie.

30 minutes

### HERBAL STEAM

Le Spa's steam-room with temperatures up to 45 degrees Celsius is sure to open up your pores. Infused with our special Thai herbal mixture, it's perfect for relaxing the mind, dissolving tightness in the muscles and cleansing the skin of impurities.

30 minutes

590 Baht

1,190 Baht

1,190 Baht

1.190 Baht

### LE SPA HAND & FEET THERAPY

### MANICURE

A classic manicure to cleanse and groom your cuticles and hands, shape your nails and finish with choice of a natural buff or nail polish.

Approx.60 minutes

### PEDICURE

Enhance the appearance of your feet while we remove dead skin buildup, tend to your cuticles and shape your nails. Finish with a natural buff or polish. Your feet will look great and healthy.

Approx.60 minutes

### HANDS SPA AND MANICURE

Gentle exfoliation using the natural lactic acids found in milk and yogurt will remove tired skin from your hands. Blended with ying-yang and lavender, which are renowned for their toning ability, this treatment will nourish and leave your hands soft.

Approx.90 minutes

### FOOT SPA AND PEDICURE

Guava leaf is a natural anti bacteria herb, blended with Moroccan reed clay which is rich in minerals to promote a deep cleansing, firming and toning of the skin. Tea tree and peppermint oils are also antibacterial to make your feet feel energized and nourished without dryness after treatment.

Approx.90 minutes

1,500 Baht

1,000 Baht

1.000 Baht

### **KIDS EXPERIENCE**

### **SWEET ANGLE HANDS**

Nail care for your little ones- cleanse and groom cuticles and hands, shape nails and finish with your angels preferred color creation.

Approx. 30 minutes

500 Baht

500 Baht

### FOR FAIRY FEET

Conscious mind and happy feet- remove dead skin build up, tend to cuticles, shape nails and finish with color.

Approx. 30 minutes

All prices are in Thai Baht, inclusive of 10% service charge and applicable government tax