



## **Kanda Residences Asian Wellness Center Treatments and Massage**

Opening Hours: 10:00 am – 08:00 pm daily  
Please dial “102” to make your reservation

80/32 | Moo5 | Bo Phut | Koh Samui | Surat Thani | 84320 | Thailand

Tel: + 66 77 234 500 | fax +66 77 234 493 |

Email: [spa@kandaresidences.com](mailto:spa@kandaresidences.com)



## TREATMENT MENU

At the Kanda Asian Wellness Centre, all our treatments are geared towards all awaiting sort ailments caused by day to day life as well as stress. We strongly believe stress is the cause of illness and disease and that having the opportunity to de-stress will help keep us healthier, longer. With our combined experience and expertise in the wellness industry, we are here to provide you with a totally unique Wellness Experience which will leave you completely rejuvenated, energized, peaceful, positive and much more...

### BODY MASSAGE

#### **Kanda Signature Massage**

This is a unique massage combining traditional Thai techniques with an Aromatherapy relaxation method. It relieves aches and pains throughout the body and induces a deep state of deep relaxation. This massage is simply a must-try whilst here at Kanda Residences.

60 minutes/THB 1,000      90 minutes/THB 1,200      120 minutes/THB 2,000

#### **Relaxing Aromatherapy Massage**

After making your choice from our fabulous aromatic scented oils. The gentle, soothing hand and palm movements, designed to improve blood circulation, will guarantee the ultimate massage experience. This is ideal for someone experiencing massage for the first time.

60 minutes/THB 1,100      90 minutes/THB 1,300      120 minutes/THB 2,100

#### **Traditional Thai Massage**

What is the true essence of Thai traditional massage?

The Thai traditional massage is not only the kneading of muscles and joints but also a manipulation of massage points along the invisible “Thai 10 massage lines” or energy lines (“Sen PraTan Sib” in Thai). All lines are about 2 centimeters under the skin and channel internal energy through the body. By using traditional massage techniques from Wat Po,

From whence the most ancient knowledge of Thai massage comes, healing is promoted in ailing organs and glands. Toxins are also eliminated from body tissues.

60 minutes/THB 900      90 minutes/THB 1,100      120 minutes/THB 1,800

*All prices are quoted in Thai Baht and are subject to 10% service charge & 7% VAT  
Please allow at least two hours notice of cancellation to avoid a 50% charge.*



### **Foot Reflexology Massage**

Reflexology is based on applying focused pressure to points on the bottom of the feet which can help relieve symptoms of certain illnesses. This works because there are certain nerves and reflex points in the feet which go all the way up to our head, passing through all the vital organs. As these points are stimulated, so are all the vital organs. As the organs are stimulated, the body naturally heals itself. Here at Kanda Wellness, we focus on 28 of the reflexive points.

**30 minutes/THB 450**

**60 minutes/THB 900**

### **Kanda Head Massage**

This luxurious, nurturing regime uses coconut oils combined with Indian head massage to achieve supreme relaxation and noticeably restore your hair to health.

**30 minutes/THB 500**

**60 minutes/THB 900**

### **Back & Shoulder Massage**

After a strenuous workout or sitting at a desk all day, your back muscles are likely to be tense from overuse. 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 masseuse eases body back into shape.

**30 minutes/THB 550**

**60 minutes/THB 1,000**

### **Nangfa, angel bliss**

Invite your child to discover the world of well being under the caring touch of our Thai therapist. This treatment improves children quality of sleep, soothes the nervous system and strengthens the immune system.

**60 minutes/THB 600**

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### **Hot Stone Massage**

Hot stone massage therapy melts away tension, eases muscle stiffness and increases circulation and metabolism. Each 1 ½ -hour hot stone massage therapy session promotes deeper muscle relaxation through the placement of smooth, water-heated stones at key points on the body. Our professional massage therapists also incorporate a customized massage, with the use of hot stones which offers enhanced benefits.

**90 minutes/THB 1,500      120 minutes/THB 2,200**

### **Samunprai , Thai Herbal Compress**

Refresh and rejuvenate your inner self with this Samunprai incorporating Deep Tissue massage with a hot Thai herbal compress prepared in the timeless, traditional Thai Method. This treatment is ideal to ease muscle aches and pain leaving you feeling totally relaxed yet invigorated.

**90 minutes/THB 1,700      120 minutes/THB 2,000**

### **Reiki Healing Treatment**

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by “laying of hands” and is based on the idea that an unseen “life force energy” flows through us and is what causes us to be alive. If one’s “life force energy” is low, then we are more likely to get sick or to feel stress, and if it is high, we are more capable of being happy and healthy.

The word Reiki is made of two Japanese words – Rei which means “God’s Wisdom or the Higher Power” and Ki which is “life force energy”. So, Reiki is actually “spiritually guided life force energy”.

A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and well-being.

### **"Reiki is wisdom and truth" - Hawayo Takata**

**60 minutes/THB 2,500**

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## **SPA PACKAGE**

### **Rejuvenating Retreat ( 2.30 hours )**

**3,000 THB.**

Rejuvenate in a candlelit bath with an aromatic bath, which will stimulate all your senses. Smooth away dry, skin with the moisturizing body scrub, then nourish the body with a rejuvenating body wrap before receiving a pampering, relaxing massage.

*( Bath , Coconut Body Scrub , Coconut Body Wrap & Relaxing Massage )*

### **Top To Toe ( 3 hours )**

**4,500 THB.**

Rejuvenate your whole body with this great value top to toe pamper day offering all you need to indulge with friends or your family.

*( Relaxing Massage , Foot Reflexology , Facial )*

### **Complete Detoxification ( 2 hours )**

**3,000 THB.**

This wonderful tropical treat uses a synergy of the coffee scrub that removes impurities and dead cells to prepare your skin for a detox body wrap, simply enjoy the active fresh ingredients that will eliminate toxic wastes and decongest your body by activating perspiration. Then, let your mind distress with a purifying aromatherapy massage. This treatment is ideally suited to refine your skin, leaving your body deeply cleansed and your mind with a renewed vitality.

*( Coffee Body Scrub , Detox Body Wrap , Relaxing Massage )*

### **Cool down ( 2 hours )**

**2,100 THB.**

The wrap is a combination of cucumber. Aloe Vera and Honey which is rich in vitamins. It helps restore skin and skin after sun. The ingredients are all natural

*( Cucumber wrap, Aloe Vera Massage , Facial )*

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## **BODY SCRUB**

### **Tanaka & honey scrub**

This is very soft body scrub for all skin types. Tanaka herbs and honey are from nature and helps skin to become dull skin whitening. The pores smaller. Also helps to prevent acne as well. It acts as an anti aging treatment for the skin

**60 minutes/THB 1,000**

### **Coffee scrub**

A relaxing all over exfoliation are layering of naturally blend on the skin detoxifying coffee, while the natural plant ingredients helps the skin looking radiant and feeling wonderfully smooth

**60 minutes/THB 1,000**

### **Coconut scrub**

*Coconut body scrub* is a great natural source of age – fighting nutrients. Like a warm summer rain for parched skin. Morning skin care become a perfect , whole experience. The best way to start your skin tanning pampered by this gentle body scrub.

**60 minutes/THB 1,000**

## **BODY WRAP**

### **Aloe Vera Body Wrap.**

This calming full body massage employs a blend of aloe rich in vitamins and minerals. Soft and gentle strokes are ideal for mature sensitive or sun-burned skin. The combinations of technique and aloe cream help to reduce irritation and dryness of skin.

**60 minutes/THB 1,000**

### **Coconut Body Wrap**

Nourishing Aloe Cucumber is a nutritious body wrap to moisturize and revitalize the skin. Cucumber is also known for its rich nutritive value. Your skin will have a silky smooth and healthy appearance.

**60 minutes/THB 1,000**

### **Detox body wrap**

Concentrate body mask a special formula mask from 2 types ,pure Dead sea ,Mud and Tanakura Clay from Japan is very efficient for cleaning the skin, drawing out impurities and toning the skin deeply . It also removes dead cells and prepares the skin for moisturizing . It contains Earth Marine water , Algae extract ,Centella Extract and Vitamin E.

**60 minutes/THB 1,000**

### **Milky Bath**

Soothing and nourishing the depleted skin, these bath milks are composed of natural oils, vitamins and skin replenishing ingredients. Scents of pure essential oils give you an absolute relaxing moment, while stimulating the blood circulation and calming your body and soul.

**30 minutes/THB 800**