



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

Opening Hours: 10:00 am - 10:00 pm daily
Please dial "102" to make your reservation

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TREATMENT MENU

At the Kanda Asian Wellness Centre, all our treatments are geared towards alleviating 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...

Location / locations service can be delivered.

A : IN VILLA , B: BEACH , C: OUR MASSAGE ROOM , D: BEACH SIDE MASSAGE TERRACE

Body Massage

Kanda Asian Wellness 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.

60minutes-THB 1,650 /90 minutes-THB 2,300/ 120 minutes - THB 2,800

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 1,550 / 90 minutes 2,100

All prices are quoted 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.



Traditional Thai Wat Po 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.

60minutes-THB 1,300 /90 minutes-THB 1,650/ 120 minutes - THB 1,900

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.

60 minutes - THB 1,300

Jet Lag Restorative Massage

Kanda Residences Asian Wellness has designed a specific massage for post-flight fatigue to re-oxygenate and rejuvenate the body.

This refreshing treatment is ideal for relaxing stiff muscles after a long flight. During this massage session, we put emphasis on relieving bloating, fatigue and muscle aches by combining a cooling leg rub to soothe swollen legs and ankles with a whole body massage

After this treatment, you will feel renewed and energized.

60 minutes - THB 1,500 , 90 minutes THB 2,250

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Heat Therapies

Back & Shoulder Massage with Herbal Hot Compress

Implementing an Asian herbal secret, this treatment uses heated compresses containing Thai herbs & plant extracts to clean and purify the body. "Luk Pra Kob", as it is traditionally known, is believed to help eliminate toxins and alleviate chronic pain in the muscles & joints. These compresses, applied in conjunction with the use of ancient Sen line pressure point therapy, create a healing effect. The combination of massage plus hot herbal compresses will help to open the skin's pores which begins a purification process. It also redirects vital energy, detoxifies the body, relaxes the muscles and soothes tension spots.

Please allow at least one hour's notice when booking this treatment to allow our therapists time to prepare ingredients.

90 minutes - THB 2,200 / 120 minutes - THB 2,400

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 2,300 / 120 minutes - THB 2,800

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Healing Therapies

Migraine Massage

As you lie on your back, our highly skilled therapist gently massages your skull and your scalp. Your nerve endings receive stimulation which soothes the nerves and lessens the pain waves. By using massage and pressure point techniques, this treatment helps alleviate symptoms of migraine resulting in an overall feeling of relief.

45 minutes - THB 1,000

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.

60 minutes - THB 1,000

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

30 minutes - THB 1,000 / 60 minutes - THB 1,500

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Special Treatment

Women Massage (The Power of Touch)

This treatment, designed specifically for women, focuses on certain points (dependent on individual needs) to help you cope with stress. It provides a way to relax and move through life's challenges and transitions serenely.

At Kanda Wellness Center, we have developed a massage technique which can help reduce the discomfort and pain caused by illness, activity, or hormonal fluctuations. This treatment promotes and encourages a boost in your emotional and physical well-being to support you in accomplishing all that you wish to achieve.

Please Note: At Kanda Wellness Center, our therapists are here to help you feel better, not to judge you. If there is any ailment or condition which you wish to confide to our therapists, please be assured it will be treated with confidence. Our therapists see a wide variety of body shapes and sizes and work with each client as an individual. Since massage is an affirming experience, it can even help you come to appreciate your own body more. This is why our treatment has been specifically designed to suit individual needs.

Please allow at least one hour's notice when booking this treatment to allow our therapists time to prepare ingredients.

90 minutes - THB 2,200 / 120 minutes - THB 2,500

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 the nervous system and strengthens the immune system.

60 minutes - THB 850

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Body Scrubs

Detoxifies , (Red rice)

This highly addictive body scrub detoxifies and exfoliates , allowing new skin to flourish under botanical rich elements. **Red rice**, traditionally use in Asia as a skin refiner, removes dead cells, aloe vera, almond and cucumber nourish while pure lavender essential oil calms and soothes. Imparts a luminous glow to the body.

Brightening , (Tamarind Ginger Sugar)

Be delighted by the exotic flair of our tempting **Tamarind Ginger Sugar** Body Scrub. As Brown Sugar gently exfoliates and Rice Bran moisturizes, let the spicy-sweet flush of heat from fresh Tamarind and Ginger return clarity to your soul and radiance to your complexion.

Moisturizing , (Jasmine Rice)

Relish a renewed glowing complexion with our delicately exfoliating **Rice** Body Scrub. Rice Seed and Apricot Seed gently slough off old skin cells, allowing the underlying layer to radiantly shine forth, supported by natural AHA-rich fresh Fruit Extracts. Moisturizing Rice Bran, Avocado Oil and Shea Butter further soothe and protect.

Sensitive Skin , (Gold & Cucumber)

All that glitters really *is* gold with our lavish **Gold** Body Scrub. Relish the palpable luxury as Apricot Seed gently exfoliates and rich Honey meal provides lasting moisture. Fresh Cucumber ensures a visibly more radiant skin and the entwined scents of healing Chamomile and Clay Sage bestow serenity.

Refreshing , (Green Tea & Apple)

Turn back the clock with our **Green Tea & Apple** Body Scrub and feel instantly restored. Mellow Green Tea soothes as it heals and the crisp scent of Apple entices as it nourishes your complexion while exfoliating Apricot and Rice Seed delicately refine your skin.

60 minutes - THB 1,200

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Body Mask

Moisturize Body Mask , (Jasmine Rice)

In the mood for a tropical delight? Look no further for a uniquely pampering experience with our **Rice** Body Mask. Exquisitely nourishing Jasmine rice powder deeply moisturizes your skin and makes it silky smooth as a dazzling array of tropical fruit extracts exfoliates and brightens your complexion.

Anti- Oxidant Body Mask , (Green Tea)

In the mood for a tropical delight? Look no further for a uniquely pampering experience with our **Green tea** . Good for Absorbs toxins and stimulates the immune system, imparting the skin with softness and moisture.

Relaxing Body Mask , (Lemongrass & Cucumber)

In the mood for a tropical delight? Look no further for a uniquely pampering experience with our **Lemongrass & Cucumber** Body Mask. Exquisitely nourishing Cucumber extract deeply moisturizes your skin and makes it silky smooth as a dazzling array of tropical fruit extracts exfoliates and brightens your complexion.

Calming Body Mask , (Coconut Butter)

In the mood for a tropical delight? Look no further for a uniquely pampering experience with our **Coconut Butter** Body Mask. Exquisitely nourishing Coconut oil deeply moisturizes your skin and makes it silky smooth as a dazzling array of tropical fruit extracts exfoliates and brightens your complexion.

60 minutes - THB 1,200

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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 , Body Scrub , 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 by Ytsara)

Slimming Body Ritual (2 hours) 3,000 THB.

Slim down while you relax. A gentle body scrub is applied to eliminate impurities and prepare your skin for a deep slimming massage. Active elements will be absorbed by your skin and released in small quantities for several hours after the treatment. This treat is ideal to re-contour your silhouette by improving skin tone and lumpy appearance of cellulite. A course of treatments is highly recommended for maximum results.

(Body Scrub , Cellulite Massage)

Complete Detoxifies (2 hours) 3,000 THB.

This wonderful tropical treat uses a synergy of Red rice that removes impurities and dead cells to prepare your skin for a body wrap with Green tea , simple 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.

(Body Scrub , Body Wrap , Relaxing Massage)

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Special Package

Moon Set Wellness Day Package (4 hours)

6,000 THB.

please book your treatment one day in advance.

(In villa, available for Guest in -house)

Rockpool and Asian wellness center at Kanda Residences

Have a combined package for couple looking for a romantic and luxurious experience in Koh Samui. Share a day of wellness and relaxation starting with private Yoga session with one of Koh Samui's most respected teacher either on the beach or (in your villa)

60 minutes private Yoga session

Starting with a consultation prior to your session.

Then a private Yoga session will molded for your needs to help you sweat stretch and transform. Afterward enjoy Thai Wat Po massage. team are certified Wat Po practitioners of Traditional Thai Wat Po bringing with them over 20 years of experience & knowledge .

Traditional Thai Wat Po massage 90 minutes

Rockpool Restaurant

In the evening step into the famous Rock pool Restaurant, right on the cliffs at Kanda residences. Chef has created a stunning menu for our 'Moon set Dinner', where you can share a private table in a secluded part of the shoreline either on the beach or nestled in a private area of the resorts terrace. Watch the moon rise slowly across the night sky with a gentle sea breeze and dine on one of 3 sumptuous sharing menus designed for 2 people to enjoy together:

The Sea Menu

To start: Rock pools Signature Oysters 12 Freshly Shucked Fine de Claire Oysters in 6 Rock pool signature styles. (Classic Mignonette, Wasabi and teriyaki Caviar, Watermelon and Yuzu Tapioca, Rocker feller, Beignet with Apricot) Pan Fried Red Snapper Manila Clams, King Prawns, Black Mussels with white onion puree and a Bouillabaisse sauce Exotic Fruit

with warm valrhona chocolate fondue.

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The Kanda Experience Signature Package (2.45 hours) **3,850 THB.**

Traditional Thai Massage combined with Oil Massage 60 minutes

Asian Wellness Experience Secret Facial 45 minutes

Express Manicure & Pedicure 60 minutes

Re-Balance Package (4.15 hours) **6,000 THB.**

Private Yoga Session 60 minutes

Traditional Thai Massage 90 minutes

Foot Reflexology 60 minutes

Migraine Massage Treatment 45 minutes

Facial Treatment

1. Ytsara Natural Facial (60 minutes) **1,850 THB.**

This facial is perfect for deep pore cleansing and softening through using "Ytsara", quality natural products from Thailand, and is suitable for all skin types, whether male or female.

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Well-being

Yoga

Regular yoga exercises strengthen and stretch the body and improve circulation, respiration and digestion. The nervous system is both calmed and invigorated and the brain enters a new dimension of concentration and focus, sharpening mental faculties. Yoga is a holistic that can be integrated into daily life and may be practiced by anyone.

Tai Chi

The Chinese art of Tai Chi has been used in conditioning the body and mind to promote harmony for thousands of years. The movement forms are ideal for developing strength, suppleness, internal healing and stamina, and have also been shown to be effective in reducing high blood pressure. This ancient art form is a magnificent way to connect with our energy flow.

Lesson : 60 minutes

2,500 THB.

Please book your treatment one day in advance.

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Beauty Treatments

Classic Manicure	60 minutes	800 THB.
Classic Pedicure	60 minutes	800 THB.
Classic Pedicure & Manicure	120 minutes	1,500 THB.
Fingernails Polishing	30 minutes	400 THB.
Toe-Nails Polishing	30 minutes	400 THB.
Finger & Toe-Nails Polishing	60 minutes	700 THB.
Classic Manicure For Men	60 minutes	600 THB.
Classic Pedicure For Men	60 minutes	600 THB.
Classic Manicure & Pedicure For Men	90 minutes	1,000 THB.

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