



WELLNESS SPA MENU

Revitalize, re-energize, cleanse, purify and relax, we offer wellness treatment and wellness program half day, full day, 3-day spa wellness program featuring a selected combination of exercises, Yoga, Meditation, and healthy spa cuisine.



SHIRODHARA MASSAGE

45 MIN 1,200 NET.

Shinohara is a practice embraced by Indian yogis for heightened self-awareness. Warm coconut oil is delicately poured onto the forehead, creating a serene equilibrium between the mind and nervous system. Experience deep relaxation to relieve insomnia and deep-seated stress.



OFFICE SYNDROME THERAPY

60 MIN 1,900 NET.

The massage is for people who have problems with muscles, neck, shoulders, symptoms of disease caused by work or being in the same posture for a long time and causing pain. With techniques that focus on ironing into muscles with appropriate weight in order to relax the neck and shoulder muscles.

SOUND HEALING

30 MIN 990 NET.

Singing bowl sound meditation can produce physiological and psychological responses, reducing negative affect and increasing positive affect, as well as improving blood pressure, heart rate, and respiratory rate.

REIKI

30 MIN 990 NET.

Reduced pain, anxiety, depression, and improved sleep quality are some of the potential benefits of reiki therapy, particularly for people with cancer and other chronic conditions.

LYMPHATIC MASSAGE

60 MIN 1,900 NET.

Lymphatic drainage massage relieves swelling that occurs when illness or medical treatment clogs your lymphatic system. Lymphatic massage involves gently manipulating specific areas of your body to move excess fluid buildup away from your tissues and toward working lymph vessels and lymph nodes so they can get rid of toxins in your body.



Wellness Package Program Half Day

Program A / 6,399 Net.

Spa Consult & Yoga	60	Min
Stimulating Jacuzzi Bath	30	Min
Lymphatic Massage	90	Min
Deep Clean Facial	60	Min

Program B / 6,399 Net

Spa Consult & Yoga	60	Min
Herbal Steam	30	Min
Thai Herbal Compress	90	Min
Foot Reflexology	30	Min
Tension Relieves	30	Min

Wellness Package Program Full Day

Program A / 8,399 Net.

Spa Consult & Yoga	60	Min
Choice Of Body Scrub	30	Min
Choice Of Massage	60	Min
Spa Cuisine	90	Min
Reiki Or Meditation	30	Min
Guinot Facial	60	Min
Spa Activity	30	Min

Herbal Tea, Fresh Fruit And Melati Spa Gift Set.

Program B / 8,399 Net

Spa Consult & Walk On Coconut Shell	30	Min
Herbal Stream	30	Min
Thai Herbal Scrub	30	Min
Thai Herbal Compress	90	Min
Spa Cuisine	60	Min
Sound Healing & Meditation	30	Min
Thai Herbal Facial	60	Min
Spa Activity	30	Min

Herbal Tea, Fresh Fruit And Melati Spa Gift Set.



Spa Wellness Program 3 Days

12,099 Net.

Day 1

Herbal Steam	30	Min
Body Scrub	60	Min
Spa Massage	90	Min

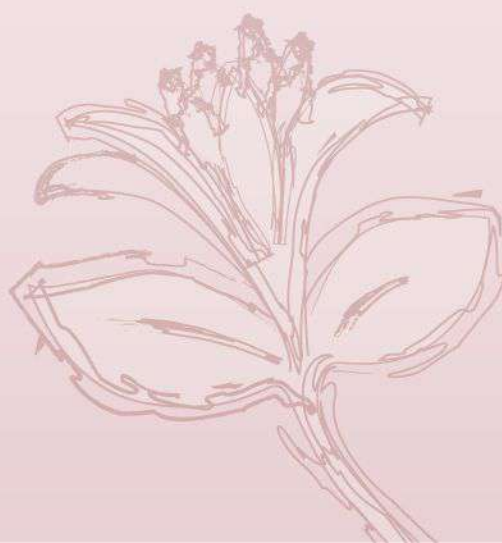
Day 2

Anti – Stress	30	Min
Deep Clean Facial	60	Min
Foot Reflexology	45	Min
Tension Relives	45	Min

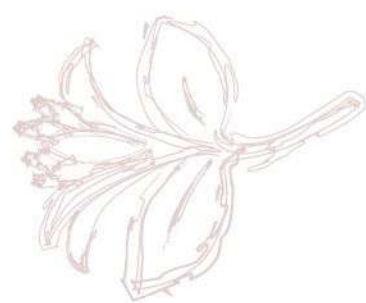
Day 3

Sound Healing	30	Min
Spa Treatment Detox	60	Min
Spa Massage	90	Min

Spa Farewell with Gift Set.



SPA CUISINE



Appetizer

Queen of Crab

Crab Meat with Spicy
Lime Dressing in
Cucumber Chair
Calories 75 kcal

Queen of salmon

Pomelo and salmon salad
Calories 65 kcal

Queen of Prawn

Prawn and oriental
herbs salad
Calories 53 kcal



Soup

Chilled Cucumber and mix fruit

Calories 75 kcal



Main dish

Crab Meat with Green

and Yellow Mango
Nutrients per Serving
Calories 158 kcal

Assorted fruit in season

Calories 88 kcal

Fitness Special

(12 oz./150 cal./
1.3 g. fat)

Mango,
Banana,
Yoghurt

THB 180



Ocean Breeze

(12 oz./125 cal./
0.5 g. fat)

Watermelon, Orange Juice,
Grapes, Mint Leaves

THB 180



Tropical Squeeze

(12 oz./125 cal./
0.9 g. fat)

Papaya,
Banana,
Pear,
Pineapple,
Water

THB 180



Inter Healer

(12 oz./110 cal.
0.3 g. fat)

Apple, Carrot,
Apple Juice

THB 180



Stress Relief

(12 oz./104 cal./
0.2 g. fat)

Carrot, White Raddish,
Kale, Celery,
Pineapple Juice

THB 180





*Please reserve in advance.

For more information, please contact Melati Spa Tel. +6677 913 400 till 20, 248 111

*All prices are in Thai Baht and subject to 10% Service Charge and 7% Tax



Melati Beach Resort & Spa