



Feeling good  
Made simple

## TEA TREE SPA HOLIDAY INN

### Vana Nava Hua Hin

Tea Tree Spa provides a realm of healing and revitalization for the somnolent and the enervated. Through restoring and clearing treatments that soothe the senses, complemented by the fauna and flora mirrored from forest, Tea Tree Spa offers an understory that is both healing and inspiring.

Our concept is to create a place for the ultimate, relaxing experience where guests can indulge in a peaceful environment with ancient natural therapies developed by our dedicated and well-trained therapists. Under intuitive touch of healing, simple delights are rejuvenating.

*A haven of tranquility for the mind, body and soul.*





## FEELING GOOD MADE SIMPLE

Welcome to Tea Tree Spa - a refreshing sanctuary from the stress of life. A visit to our spa will relax your body, soothe your soul and lift your spirits, so you can get more out of your stay. The Tea Tree Spa experience is all about you satisfying your needs, giving a lift to your day and leaving feeling positive about life in general. Step inside and feel the difference.

## SENSITIVE

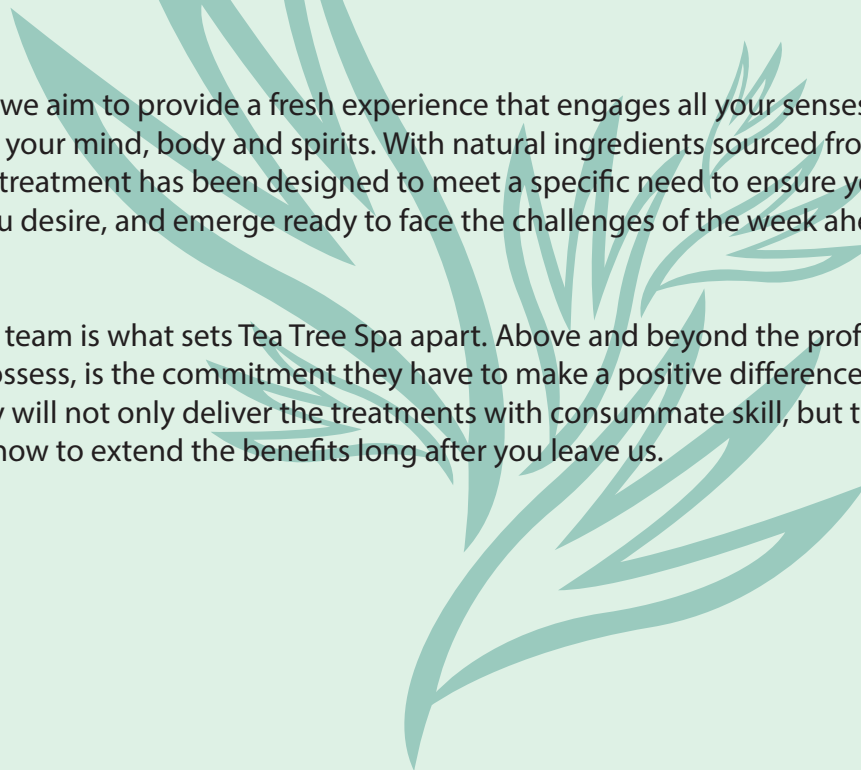
At Tea Tree Spa, we put your needs first. Whether you're on business pressed for time, or on holiday in need of some pampering, our treatment menu has something for you. We will take time to assist you in your choice of treatments and tailor them to your needs, because we want to be sure you get the most out of your time with us.

## FRESH

At Tea Tree Spa, we aim to provide a fresh experience that engages all your senses, and rejuvenates your mind, body and spirits. With natural ingredients sourced from all over the world, each treatment has been designed to meet a specific need to ensure you get the outcome you desire, and emerge ready to face the challenges of the week ahead.

## POSITIVE

Our exceptional team is what sets Tea Tree Spa apart. Above and beyond the professionalism and skill they possess, is the commitment they have to make a positive difference to your well-being. They will not only deliver the treatments with consummate skill, but they will also offer advice on how to extend the benefits long after you leave us.







## SIGNATURE RITUAL

**Tea Tree Signature** (2 hours 30 minutes) THB 3,500  
Foot Ritual - Green Tea Body Scrub - Tea Tree Signature Massage - Refreshments

**Vana Nava Signature** (2 hours 30 minutes) THB 3,500  
Foot Ritual - Indian Head Massage - Vana Nava Signature Massage - Refreshments

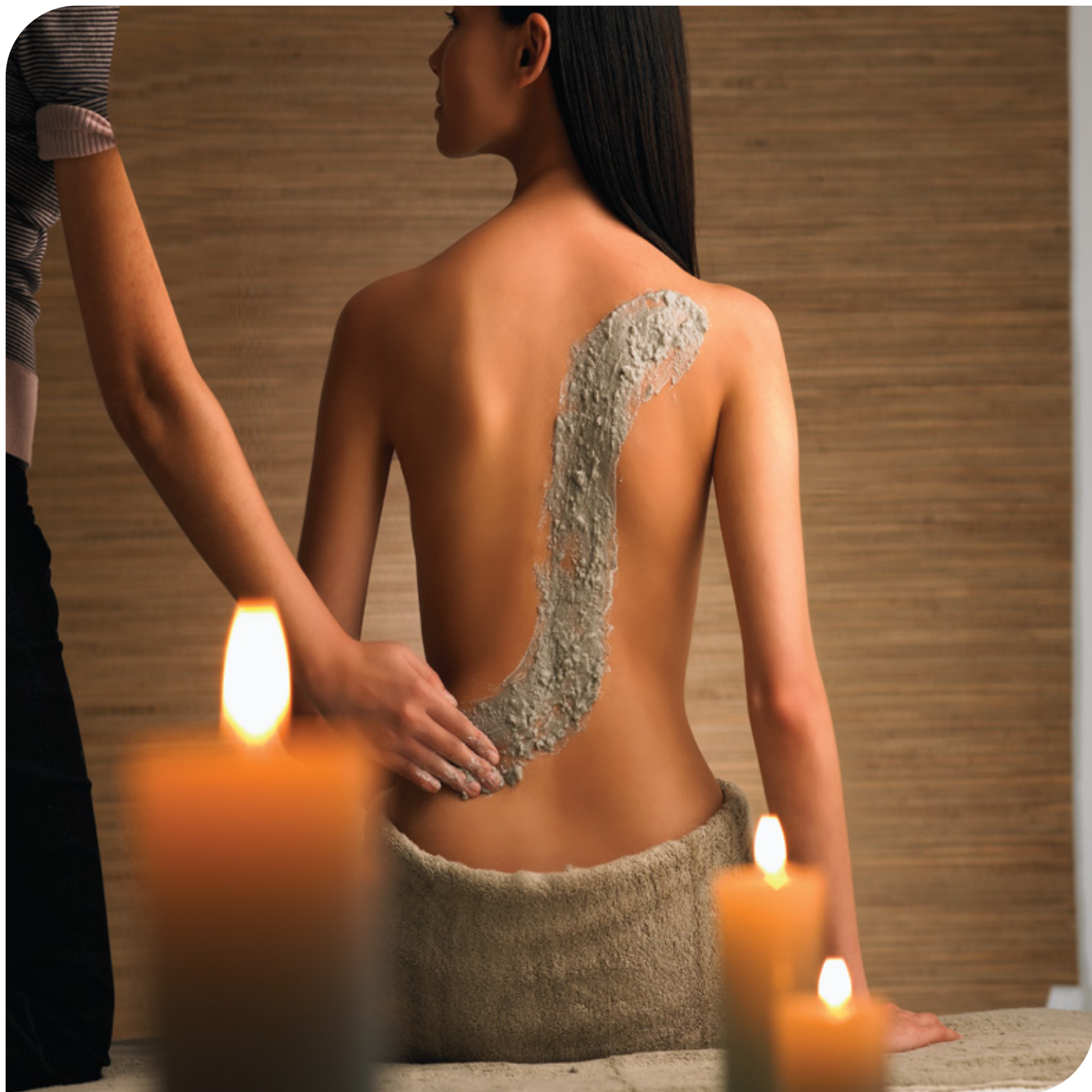
## SPA COLLECTIONS

**Pamper Me Please** (2 hours) THB 2,800  
Foot Ritual - Aromatherapy Massage - Express Facial Treatment

**Because You Deserve It** (2 hours 30 minutes) THB 3,000  
Foot Ritual - Swedish Massage - Tree Tea Facial Treatment

**Vana Nava Escape** (2 hours) THB 3,500  
Foot Ritual - Hot Stone Massage - Seaweed Wrap - Indian Head Massage

*All prices are inclusive of 7% government tax and 10% service charge.*



## DAYS SPA PACKAGE

Healing Power 2 days in Tree Tea Spa

THB 4,000

### Day one

Surrender yourself to a 90 minutes Tea Tree Signature Massage following an energizing hot oil massage, this treatment employs a miscellany of therapeutic herbs like Phlai, Ginger, Turmeric and Lemongrass wrapped in a compress, steamed and applied to the body in gentle circular and rolling movements. As the pores allow the herbs to settle into the skin, it aids in eliminating ailments, stress and anxiety, followed by 30 minutes body wrap. Purify your skin and rediscover true radiance with the calming essences of our Seaweed body treatment. Bid farewell to dead skin with a gentle salt scrub followed by a mild, natural clay body wrap. Your Skin will glow from within as healing white clay draws out toxins and a medley of tropical fruit extracts moisturize and naturally refine, your skin texture

### Day Two

Discover nature's products with a 60 minutes Tea Tree Facial Treatment. Experience a natural homemade facial – comprised of yoghurt, honey, brown sugar and cucumber created to cleanse, refresh and moisturize, leaving your skin soft and glowing. Once your facial is comfortable your therapist will soothe those knots with a 30 minutes Foot Massage ensured to leave your completely relaxed.

*All prices are inclusive of 7% government tax and 10% service charge.*





## MASSAGE THERAPIES

A compendium of relaxing and uplifting massages crafted with the elements of Thailand's rich narratives, Tea tree Spa massages are corporeal lullabies for the weary. Coupled with skillful, trained hands and healing oils and essences, each massage guarantees a voyage to a land where the senses revitalize.

### **Traditional Thai Massage** 60 / 90 / 120 minutes

THB 1,400 / 1,700 / 2,000

Long used to promote the free flow of energy within the body, this massage contributes to an overall sense of well-being. Traditional Thai acupressure administered to specific points along the body's meridian lines releases muscle tension, improves joint flexibility and clears energy blockages.

### **Aromatherapy Massage** 60 / 90 / 120 minutes

THB 1,800 / 2,100 / 2,400

Ideal for the first-time spa visitor or for someone looking for pure relaxation, this ancient healing therapy combines the nurturing powers of touch with blends of aromatic essential oils with Sooting oil that respond to each individual's needs. The massage combines light to medium pressure and long gliding strokes to reduce tension, soothe sore muscles and increase circulation.

### **Swedish Massage** 60 / 90 / 120 minutes

THB 2,000 / 2,300 / 2,600

A comforting and relaxing massage that employs traditional strokes of effleurage, kneading and friction, guaranteeing utter relaxation. Enjoy the beguiling shimmers of coconut in the Energizing Massage Oil used to let blood circulate evenly on every vein, reduce tautness in your muscles and soothe pains caused by stress.

### **Uplifting Lomi Lomi Massage** 60 / 90 / 120 minutes

THB 2,200 / 2,500 / 2,800

A rhythmic dance for the senses, vowing revitalization. With an exhilarating blend of Lemongrass, Orange and Bergamot oils, this massage employs techniques through palms, forearms, elbow and fingers in a cautious but fastidious routine sure to restore balance, soothe muscle tension and gather all stresses to a healing center.



**Hot Stones Massage** *90 minutes*

THB 3,500

Unshackle yourself from muscular stress with a gentle massage that employs hot Basalt stones, igniting a relaxing and soothing unknotting of fatigued muscles. The slight warmth from the stones relieves tensions and soothes aches, enveloping your body with revitalization.

**Healing Thai Herbal Compress Massage** *90 minutes*

THB 2,500

Following a traditional Thai Massage, this treatment employs a miscellany of therapeutic herbs like Phlai, Ginger, Turmeric and Lemongrass wrapped in a compress, steamed and applied to the body in gentle circular and rolling movements. As the pores allow the herbs to settle into the skin, it aids in eliminating ailments, stress and anxiety.

**Foot Massage** *60 minutes*

THB 1,200

An ancient therapy renowned for linking reflex zones on the feet to specific parts of the body, this massage brings relief from pain, illness and stress by deeply kneading on the reflexive points of the feet, summoning an utterly healing experience.

**Back, Neck and Shoulder Stress Reliever** *60 minutes*

THB 1,900

This effective massage targets deep-seated aches and pains with a tailored back massage specific to your needs. Using the healing and warming effects of our warm massage oil, this deep style massage is derived from the Ayurvedic tradition that focuses on the head, shoulders and neck which returns energy and vitality to your being.





## BODY TREATMENTS

Is it time to come in for a little tune-up? All of our full-body treatments use natural ingredients to remove toxins, increase circulation and add nutrition to the body's tissues. Dry brushing begins each service and concludes with a nourishing application of organic conditioning body lotion, sealing in moisture and leaving the skin luxuriously refreshed.

### **Green Tea Body Scrub** *60 minutes*

THB 1,900

Green Tea's secret for visibly healthy, clean and sweet skin.

Green tea is detoxifying and uplifting for your skin and also helps to firm the skin.

### **Coffee Body Scrub** *60 minutes*

THB 1,900

Made from locally grown Thai coffee beans and natural volcanic pumice this is an original, stimulating, refreshing & cleansing treatment.

### **Tamarind Brightening Body Scrub** *60 minutes*

THB 1,900

The best natural bleaching agent which is an ideal alternative to chemicals-laded bleach, rich in AHA, alpha hydroxy acids, which make it ideal for removing skin's impurities and deep-seated dirt. The concentration of acids, vitamin C, anti-oxidants in tamarind aid in fighting free radicals to render a clear and youthful skin.

### **Lotus Body Scrub and Wrap** *60 minutes*

THB 2,300

The natural secrets of the Khmer Lotus plant (an aquatic herb) are extracted especially for you. Slowing the ageing process, a tonic for the heart, sunstroke, reducing fever and much more. Visaya Body Scrub will rejuvenate and brings a glow to new, smooth skin. A combination of lotus, seed turmeric and tamarind. An all over deep heat experience, rebalancing nervous tension and headaches. Added benefit include metabolizing fat and increasing the blood circulation. Recommended for men and women.



### **Soothing Aloe Vera After-Sun Treatment 60 mins**

THB 2,300

A completely clarifying and moisturizing experience for body and mind. The soothing properties of Aloe Vera and Honey guarantee the skin nourishment after sun exposure. The body mask is coupled with an intensively hydrating face mask rich with the finest clays and extracts to optimally rejuvenate the skin. Enjoy a Head Massage to soothe your mind, while your skin is replenished with vitamins and minerals.

### **Spa Facials**

This beauty treatment for your face improves both of your look and feel. The treatment is a fusion of cleansing, toning, gentle scrubbing, a facial mask and a massage that creates fresher, healthier and brighter skin. The end result is a younger, firmer, and lovelier face! Treat your skin (and yourself) to any of our amazing facial treatments.

### **Express Facial Treatment 30 mins**

THB 1,200

Feel fresh and cleansed fast. Sometimes we just don't have time, but need to look our best. This mini facial incorporates a cleanse, tone, exfoliation, massage and moisturize in 30 minutes to leave you ready to face the day.

### **Tea Tree Facial Treatment 60 mins**

THB 1,500

Experience a natural homemade facial – comprised of yoghurt, honey brown sugar and cucumber created to cleanse, refresh and moisturize, leaving your skin soft and glowing.

### **Hydrating Facial Treatment 60 mins**

THB 2,300

Perfectly rehydrated. This treatment is designed for dehydrated skin. Or guests who feel a sensation of tightness. From the very first session, the skin regains original freshness and softness.

### **Anti - Oxidant Facial Treatment 60 mins**

THB 2,300

For everybody wishing to restore radiance and luminosity to their dull complexion. Pollution is a sign of the times and our skin is suffering. Dull, lackluster and asphyxiated skin is very frequent. Anyone at any time of the year could need this treatment even men. This treatment will allow your skin to breathe again it detoxifies, protects and much more.

*All prices are inclusive of 7% government tax and 10% service charge.*





### **Men's Facial Treatment 60 mins**

THB 2,300

Anti-fatigue and energizing facial specially for men. Male clients seeking healthy, rested and clear skin. Strengths and balance is restored to the skin, enabling it to more effectively fight daily aggressions (shaving, pollution and stress). The signs of fatigue are erased.

### **NAIL TREATMENT BY OPI**

Allow us to shape, clean, and polish your nails using our Revlon colors, so you will leave looking sophisticated and colorful.

#### **Refresh Manicure 60 mins**

THB 1,000

Nail trimming, cuticle trimming and without nail color

#### **Refresh Pedicure 60 mins**

THB 1,000

Nail trimming, cuticle trimming and without nail color

#### **Deluxe Manicure 60 mins**

THB 1,200

Nail trimming, cuticle trimming and with nail color and Apricot Paraffin treatment

#### **Deluxe Pedicure 60 mins**

THB 1,200

Nail trimming, cuticle trimming and with nail color and Apricot Paraffin treatment

### **KIDS MENU**

For children aged 6-11 years, who needs a little pick me up

*\*All children must be accompanied by a parent or guardian during their visit\**

#### **My First Body Massage 45 mins**

THB 1,500

A relaxing massage created to introduce your child to their first massage.

#### **My First Facial Treatment 45 mins**

THB 1,500

Facial using natural ingredients and a unique chocolate mask

#### **Father and Son 60 mins**

THB 3,000

Aromatherapy Massage and foot massage for Dad and son

#### **Mother & Daughter 60 mins**

THB 3,000

Aromatherapy Massage and Refreshing facial for Mom and daughter

*All prices are inclusive of 7% government tax and 10% service charge.*



## BATH RITUAL

### **Come Clean Antioxidant Bath Ritual** *30 mins*

THB 900

Take a respite from worldly masquerades with an undisturbed moment in a long, warm and peaceful bath. Precious Jasmine softening the skin and imparts its anti-aging benefits. Ancient Tahitian oil cordially restores smoothness, while Soy protein, plentiful with essential amino acids, adds a mantle of protection, and Honey imparts suppleness. Soothe tired and aching muscles while protective ingredients sink into your skin.

## POOL SIDE SPA FIXES

THB 700

Paint a sunset with your most vivid colors or enjoy a sublime self-moment while we provide you with quick, re-energizing massages.

### **Massage selection** (30 minutes)

- Head and shoulder massage
- Neck and shoulder massage
- Foot massage

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## The insider guide to Spa

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**Spa Opening hours:** 10.00 am – 9.00 pm

**Last booking:** 7.30 pm

### **Arrive Early**

Get the most out of your experience and arrive at least 10 minutes before your appointment time so that you will not feel rushed. Please don't be late, as we may not be able to extend your time. Our Professionalism

You will be asked to fill out a consultation card so that any health or medical concerns can be taken care of prior to the treatment. We provide disposable underwear and all of our therapist are trained in drapery to ensure your privacy is respected.

### **Our Environment**

Tea Tree Spa provides a healthy, relaxing environment – so please, no phones, no smoking, no alcohol.

### **Health Considerations**

Please advise upon booking of any allergies, ailments or disabilities, especially if you have high blood pressure or are pregnant as some services may not be appropriate for you at this time.

### **Personalizing Your Experience**

Let us know if you would like to change massage pressure, music volume, lighting levels or room temperature at any time during your treatment.

### **Valuables**

The management accepts no responsibility for the loss of money or valuables of any kind brought onto the hotel and spa premises.

### **Cancellations**

The Spa is a busy, professional environment so please let us know of any changes to your schedule at least 4 hours before your treatment, otherwise a 50% cancellation charge will be applied.



**Tea Tree Spa**  
**Holiday Inn Vana Nava Hua Hin**  
129/129 Petchkasem Road,  
NongGar, Hua Hin,  
Prachuabkirikhan 77110