



SATI



SATI



Sati is to be mindful, to be in the moment.

*True awakening, comprehension, and adapting to the present inspire Sati Spa with three guiding principles: **Concentration, Meditation, and Tranquillity** – all with the aim of promoting mindfulness, peaceful living, a strong body, and an energised mind and spirit.*

Sati Spa preserves the knowledge of Thailand's traditional healing practices used to rejuvenate and recover from fatigue, stress, and discomfort. We combine these ancient therapies with modern approaches to create unique immersive experiences that will leave you feeling reinvigorated and revitalised.

Meet us at Sati Spa to feel better and live brighter.

NEW YOU
MINDFULNESS
JOURNEY



NEW YOU MINDFULNESS JOURNEY

WELL-BEING JOURNEY

Vital energy and oxygenated blood flow along the meridian lines in our body. Keeping these pathways energised promotes good circulation and heart health. Tai Chi, a moving meditation (series of gentle exercises), improves blood circulation, strengthens the body and mind, and brings tranquillity. It is followed by an herbal detox soak and scrub, both specially formulated to remove harmful elements from the body. Finally, a detox massage leaves you refreshed and energised.

- Tai Chi Session 45 minutes (morning session)
- Sati Detox Bath 30 minutes
- Detoxifying Fresh Lemongrass Body Scrub 30 minutes
- Detox Away Massage 90 minutes

3 hours 25 minutes THB 9,900

WELL-ACTIVE JOURNEY

Start your day energized by connecting with nature with an early morning power walk on the beach, the sand gently massaging your feet, the walk putting you in a meditative mood. Follow it with a Thai Boxing session – learning the postures in a choreographed dance of sorts. End the session with a special four-hand massage with a one-eyed coconut shell only available at Sati Spa that ensures true relaxation.

- Morning Power Walk on the Beach 30 minutes (morning session)
- Muay Thai Session 45 minutes
- Sati Kala Four-Hands Massage 90 minutes
- Kala release muscle + Coconut warm oil massage
- + Face stone massage + Indian warm oil head massage

3 hours 45 minutes THB 9,900

WELL-SLEEP JOURNEY

Specially created to help improve your quality of sleep, through targeted therapies and thoughtful practices. Let Sati Spa soothe you into a night of undisturbed slumber.

- Yoga Session 45 minutes
- Sati Herbal Steam 30 minutes
- Sati Mindfulness Massage 90 minutes
- Thai Yoga massage + Meditation + Crystal sound therapy
- + Relaxing Deep Inhalation
- Light & Healthy Dinner + Juice

2 hours 45 minutes THB 6,900

BLISSFUL RETREAT



BLISSFUL RETREAT

RE-CHARGE



Escape the demands of daily life and step into a sanctuary of pure tranquility. Let the soothing ambiance of our spa embrace you as you indulge in two hours of ultimate relaxation. Rejuvenate your body, calm your mind, and restore your spirit with our carefully curated treatments designed to melt away stress and leave you feeling refreshed and renewed.

- Welcome set seasoning fresh fruit & Bael fruit tea
- Crystal Bowl Sound Therapy
- Floral Foot Bath 5 minutes
- Foot Massage 30 minutes
- Body Oil Massage of your choice 75 minutes
- Head Massage with coconut warm oil 10 minutes
- Fresh ginger tea & homemade coconut cookie for refreshment

2 hours THB 5,300

RE-FRESH



Escape the everyday and treat yourself to a blissful experience at Sati spa, designed to melt away stress and leave you feeling refreshed. Come unwind in our tranquil oasis and discover a world of serenity.

- Welcome set seasoning fresh fruit & Bael fruit tea
- Crystal Bowl Sound Therapy
- Floral Foot Bath 5 minutes
- Body Oil Massage of your choice 60 minutes
- BHAWA Facial Treatment 55 minutes
- Fresh ginger tea & homemade coconut cookie for refreshment

2 hours THB 5,600

SATI
SIGNATURE

MAM



SATI SIGNATURE

SATI KALA FOUR-HANDS MASSAGE

Kala Muscle Release | Body Massage | Stone Uplifting Face Massage | Indian Head Massage

The one-eyed coconut shell is believed to provide protection against evil and attract happiness and wealth. At Sati Spa, we use this special coconut shell to massage the main energy pathways of the body in order to provide deep muscle relaxation. Then, two therapists apply warm coconut oil to soothe the body, followed by a stone face-lifting massage with warm oil. An Indian head massage with warm coconut oil completes the treatment.

90 minutes THB 8,900

SATI MINDFULNESS MASSAGE

Integrating Hatha Yoga | Thai Massage | Hermit Posture Bend | Meditation | Crystal Sound Therapy

This treatment is formulated to soothe your mind and loosen your muscles, leaving you more relaxed than ever before. Advised for those dealing with muscle stiffness due to stiff posture, or from sitting or standing for long periods of time.

90 minutes THB 5,300

SATI KHIT PILLOW MASSAGE

Triangle Pillow | Thai Massage

This truly original signature massage from Sati Spa enhances the effects of Thai massage and stretching techniques using a traditional triangle pillow. The pillow is strategically placed to support muscles and reduce tension for a more effective massage experience. Every position is carefully designed to reduce muscle pain, creating a sense of balance and well-being well after the massage is completed.

90 minutes THB 5,300

B O D Y
U N W I N D



BODY UNWIND

TRADITIONAL THAI MASSAGE *(on the floor mattress)*



The traditional Thai massage is different from Western massages as it mainly focuses on circulation and pressure points, which help promote internal health and heal many symptoms caused from cramped muscles. This classic Thai massage is also known as Thai Yoga massage as the recipient will be placed on a mattress on the floor and the practitioner will use his or her whole body from hands, knees, legs to feet to stretch the muscles and release pressure from the body. The recipient will need to be fully dressed on comfortable, loose clothing as no oil or any massage products are used during the session.

60 minutes	THB 2,500
90 minutes	THB 3,300
120 minutes	THB 4,000

AUTHENTIC THAI MASSAGE *(on massage bed)*



Inspired by the ancient healing techniques of old Siam, this dry-massage is performed without oils and involves activating key pressure points combined with meridian line stretches to improve mobility and flexibility, ease stress and strain, and increase blood circulation.

60 minutes	THB 3,000
90 minutes	THB 3,900
120 minutes	THB 4,900

SATI AWAKEN MASSAGE



Natural plant extracts and essential oils are mixed in a bespoke blend to suit your individual goals. From relaxation to stimulation, we create a state of natural self-healing and regeneration by massaging the body with a personalised aromatic blend to balance hormones, cortisol, and adrenaline levels through the sense of smell and touch.

60 minutes	THB 3,500
90 minutes	THB 4,900
120 minutes	THB 5,900

DETOX AWAY MASSAGE



This gentle therapy is designed to encourage lymphatic drainage, carrying toxins and waste away from the tissues, aiding in the body's natural detoxification process.

60 minutes	THB 3,500
90 minutes	THB 4,900
120 minutes	THB 5,900

SPORTS MASSAGE



Ideal for athletes and fitness enthusiasts, this therapy can be customised to relax or stimulate the muscles. It increases blood circulation, encourages lymphatic drainage, and helps repair tissue by removing lactic acid from the body in a natural way.

60 minutes	THB 3,500
90 minutes	THB 4,900
120 minutes	THB 5,900

All prices are in Thai Baht and subject to 10% service charge and applicable taxes.





BODY UNWIND

BALINESE MASSAGE

A traditional therapy that heals through deep ritualistic movements. Our therapists apply ideal pressure with constant, rhythmic, shiatsu-style pressure point techniques, combined with your selection of our specially blended aromatherapy oils.

60 minutes	THB 3,500
90 minutes	THB 4,900
120 minutes	THB 5,900

PRENATAL MASSAGE

Experience a nurturing and therapeutic journey tailored exclusively for moms-to-be. This specialized treatment is thoughtfully designed to enhance circulation, reduce water retention, and alleviate lower back and hip discomfort. Ideal for expectant mothers in their second trimester (4-6 months), this gentle massage provides a moment of relaxation and care, ensuring both mother and baby feel comforted and cherished.

60 minutes	THB 3,500
90 minutes	THB 4,900

AFTER SUN SOOTHING MASSAGE

This relaxing treatment uses the healing power of fresh Aloe Vera to help regenerate your skin after a sunny day on the beach, while refreshing and moisturising your skin. The therapy includes a combination of massage techniques to bring you into a state of deep relaxation.

60 minutes	THB 3,500
90 minutes	THB 4,900

FOOT MASSAGE

Foot massage is its ability to promote relaxation and reduce stress. The feet contain numerous pressure points that are connected to various parts of the body. By applying pressure to these points, foot massage can help to release tension throughout the body and promote a sense of relaxation and calm.

30 minutes	THB 2,200
60 minutes	THB 3,300

AUTHENTIC THAI FUSION MASSAGE

Ancient Siamese healing therapy uses traditional hot compresses filled with herbs, oils, and natural enzymes to soothe the muscles. The heated compress helps the skin to better absorb the herbs, detoxifying and de-stressing tired muscles and joints for a powerfully soothing experience.

90 minutes	THB 5,300
120 minutes	THB 6,300

WARM STONE OIL MASSAGE

Hot stone massage therapy melts away tension, increases circulation, and speeds up metabolism. Each session promotes deeper muscle relaxation through the placement of smooth, water-heated stones at key points on the body. Our experienced massage therapists also incorporate a customised massage, using hot stones to enhance the effects.

90 minutes	THB 5,300
120 minutes	THB 6,300

All prices are in Thai Baht and subject to 10% service charge and applicable taxes.

AYURVEDIC
TREAT





AYURVEDIC TREAT

Ayurveda is based on the belief that health and wellness depend on a delicate balance between the mind, body, spirit, and environment. The main goal of Ayurvedic medicine is to promote good health and prevent, not fight, disease. But treatments may be geared toward specific health problems

EMOTIONAL RELEASE MASSAGE



Chi Nei Tsang incorporates the Ayurvedic practice of using warm oil in the navel

A detoxifying massage, Chi Nei Tsang literally means ‘working the energy of the internal organs’. The abdomen is systematically warmed with oil using palming massage strokes. This specialised technique works from deep within to reach the emotional causes of deep-rooted disease.

60 minutes THB 3,900

BACK RELIEF MASSAGE



This Ayurvedic practice uses herb-infused warm oil to relieve back pain

This massage begins with a ‘hermit doing body contortion’ posture to relieve lower back pain. Next, the treatment uses an herbal Ayurvedic remedy known as Kativast – warm medicated oil infused with herbs – that is applied along with black gram paste. This is done for an extended period to allow the herb-infused oil to be absorbed into the skin and provide long-lasting relief.

60 minutes THB 3,900

LEGS & FEET TREAT MASSAGE



Marma points are activated to stimulate self-healing

This deeply relaxing and soothing treatment combines massage and the activation of pressure points that correlate with specific body parts and organs to help stimulate the body’s natural healing powers, treatment includes leg scrub, mask and massage.

60 minutes THB 3,900

DEEP SLEEP MASSAGE



This Indian head massage includes the Ayurvedic technique of Shirodhara

This massage focuses on the three higher chakras – mind, body and spirit – and works on your energy epicentre. After the crown massage, the next step is Shirodhara. This Ayurvedic healing technique involves pouring warm oil on the centre of your forehead in a slow, steady stream, leaving you relaxed, serene, ache-free, and clear-headed.

60 minutes THB 3,900

BODY TREAT
BY BHAWA

BODY PAMPER
BY BHAWA



BODY TREAT BY BHAWA



From the blends of local herbs and the premium quality fresh honey has brought about uniquely blend of fresh natural skin pampering that can be kept over a year. This recipes have been inherited through generations from local Thai wisdoms. It's 100% natural with satisfaction guaranteed

60 minutes

THB 3,300

- **Black Sesame and Honey** body scrub skin exfoliating / remove dead skin cells
- **Rich Olive** body scrub olive essential oil rich in polyphenol, which lighten and hydrate skin for firmer and smoother, olive powder extract: olive leaf remove dead skin cells gently while penetrate deeply into the skin providing a cleansing effect
- **Fresh Lemongrass** body scrub prevent dry skin and has anti-bacterial properties, detoxify and flush harmful toxin out of body contain 55 species of grasses and it can sterilize your pore as natural toner
- **Golden Shimmer** body scrub exfoliation, Hydration, Radiance, Purification, Nourishment rich in pearl extract and natural amino acid will help to whiten and hydrate the skin with the natural wheat exfoliate will improve skin texture, minimize the skin pores and the great combination of organic natural oil reduce sign of aging and promote skin texture to younger looking
- **Coconut Himalayan** body scrub Delight in the glow of your silky, smooth and polished skin. With Coconut Himalayan Salt Body Polish to reducing skin inflammation, renew and brighten your skin, Sea Salt/Himalayan Pink Salt - stimulate circulation, reducing skin inflammation, help skin retain moisture and provide good hydration, Coconut Oil restore skin elasticity and suppleness, Argan Oil Contain omega fatty acids, vitamin e which help hydrates and soften the skin, improve complexion and skin tone help soothes skin from irritation, get a naturally healthy glowing with this Skin Purifying Body Scrub containing natural extracts: Organic Rose Water, Apricot Seed, Shea Butter and Coenzyme Q10 to help replenish moisture, improve skin condition and promote natural smoothness.

BODY PAMPER BY BHAWA



Experience luxury and indulge yourself with a body wrap designed to nourish and revitalize your body.

60 minutes

THB 3,300

- **Dead Sea – Ocean Body Wrap** skin detoxify / firming honey extract, bentonite clay, kaolin, Olive oil, charcoal powder
- **Dead Sea – Silk Body Wrap** The dead sea silk mask contain chamomile and white tea that great antioxidant combined with honey is designed to improve the texture and appearance of the skin and increase its moisture will leave your skin soft as silk
- **Natural Honey – Honey and Olive Body Wrap** The gentle natural honey and olive body mask take advantage of the wonder rich properties of honey and olive to tone, nourish, protect the skin and also make your skin silky smooth and softer.

FACE
GORGEOUS



FACE GORGEOUS

SILK COCOON FACIAL TREATMENT BY BHAWA



Experience the healing touch of Silk Cocoon Series – radiance, restoration and refiner. Combining the wisdom and benefits of hydrolyzed silk Rich in Sericin protein from silk cocoon has strong penetrating power to repair damage skin, deep whitening, and long lasting moisturizing and improve micro circulation helps anti wrinkles and also revitalize complexion. These rejuvenating facials refine your beauty, inside and out, Natural Silk cocoon protein exfoliator, transform your skin from dull to dazzling, 100% pure Aloe Vera gel combining with marine collagen, this product is a supreme source of moisturizer to your skin. it enhances and restores skin volume while increasing firmness and moisture lock. It's perfect for skin recovery.

60 minutes

THB 3,500

THE CHEVALA FACIAL TREATMENT



Surrender to a haven of tranquility, where stress melts away like desert sand. The CHEVALA

Diamond Ritual awaits, a 60-minute symphony of pampering designed to awaken your most luminous self. Immerse in the gentle caress of fresh coconut oil, fragrant yogurt, and nature's nectar, honey. Fresh cucumber cools and soothes. Expert hands guide the selection of three types of Guasha stones, a precious tool whispered of in ancient legends, to sculpt and revitalize.

- Rose Quartz: The stone of love, whispers promises of renewed self-care.
 - Jade: A symbol of well-being, glides over your skin, fostering inner balance.
 - Amethyst: Nature's stress antidote, washes away tension, leaving you serenely calm.
- A cool cucumber mask quenches your skin's thirst, followed by a touch of CHEVALA's exquisite moisturizer, a diamond in a bottle, for a complexion that gleams.

60 minutes

THB 2,900



FACE GORGEOUS

PHYTOMER FACIAL TREATMENT

The key steps of the PHYTOMER facial treatments include exfoliation, deep skin cleansing, customized serum, facial massage and targeted mask. The products used for facial treatments in salons and spas feature professional-quality performance, with special textures and concentrations optimized by marine active ingredients from France.

PHYTOMER ANTI-WRINKLE FACIAL TREATMENT

PHYTOMER Classical Anti-Wrinkle Facial Treatment is designed for aging skin. This treatment helps skins for wrinkles, tiredness and lack of radiance with the power of marine criste, visibly smooth away wrinkles. After the treatment, the skin looks smoother, less tired and more plumped. The complexion's glow is restored, wrinkles and lines are visibly reduced and the skin appears plumped and perfectly relaxed with red vegetal coral and brown algae extract.

60 minutes THB 4,000

PHYTOMER DETOXIFYING FACIAL TREATMENT

PHYTOMER Detoxifying Facial Treatment is designed for city dwellers or dull skin, combines 100% natural white and red clay mask step with a trio of marine sugars to renew a healthy skin. Immediately, the skin appears less tired and the complexion more luminous. The pores are visibly tightened and the complexion recovers its radiance. This facial helps for protection and repairs skin from damage caused by urban pollution. It re-oxygenates tired skin by a powerful cocktail of marine ingredients.

60 minutes THB 4,000

PHYTOMER BRIGHTENING FACIAL TREATMENT

PHYTOMER Classical Brightening Facial treatment is formulated to meet the specific needs of dull skin with quick, simple, effective steps that ensure visible results. Ideal for a more radiant and even complexion, this treatment has had spectacular results in clinical tests in terms of reducing the appearance and number of dark spots, revealing a healthier, brighter glow.

60 minutes THB 4,000

PHYTOMER SOOTHING FACIAL TREATMENT

PHYTOMER Classical Soothing Facial Treatment is designed for sensitive skin or young skin.

Their natural active ingredients work in harmony with the skin for less visible redness and excellent tolerance. This treatment provides intense comfort and moisture for sensitive skin. Its rich formula of calming and nourishing marine-based ingredients will reduce redness and soothe hot, flushed skin. It strengthens the skin's natural defenses against environmental aggression with marine prebiotic complex with marine spring water. Skin becomes less sensitive and more beautiful.

60 minutes THB 4,000

BEAUTY ME



BEAUTY ME

HAND SPA



A delightful treatment that includes a soak and moisturising exfoliation, shaping and quenching of cuticles and nails, and a renewing mask. A brief massage later, your nails are buffed and ready for the nail paint. A choice of gel polish or traditional nail polish is available.

75 minutes

THB 2,500

FOOT SPA



A luxurious treatment that refreshes your feet with a soak and moisturising exfoliation, and cuticle work. Nails are clipped and filed, hard skin removed, and a renewing mask applied. A brief massage later, your nails are buffed and ready to paint. A choice of gel polish or traditional nail polish is available.

75 minutes

THB 2,500



Normal nail colour remover	THB 700
Gel nail colour remover	THB 1,500
Normal manicure with colour	THB 1,500
Normal pedicure with colour	THB 1,300
Gel manicure	THB 3,000
Gel pedicure	THB 3,000
Man manicure	THB 1,300
Man pedicure	THB 1,300





CHILDREN CARE

RELAXING MASSAGE

Teens get to be pampered and nurtured just like mum and dad with a classic massage treatment.

60 minutes

THB 2,900

HAND AND ARM MASSAGE

This relaxing treatment releases tension, soothes tired muscles, and is ideal for kids who spend a lot of time on their smartphones and other devices.

30 minutes

THB 1,900

FOOT AND LEG MASSAGE

This relaxing and therapeutic treatment improves blood circulation, relieves any aches and pains, and has the best results in combination with a hand massage, for double the bliss and benefits.

30 minutes

THB 1,900

KIDS MANICURE AND NAIL COLOUR

Perfect for your young ones – a neat nail trim followed by hand exfoliation and hand massage. We offer a selection of designs for the nail painting.

30 minutes

THB 1,000

KIDS PEDICURE AND NAIL COLOUR

The full pampering pedicure starts with a nail trim, foot soak and exfoliation, and finishes with a relaxing massage. The nails are then ready for a nice paint job.

30 minutes

THB 1,000

ADD ON SERVICE

HERBAL STEAM

Herbal steams are a wonderful way to incorporate the benefits of plants into your skincare and wellness routines. Creating your own herbal steams can support relaxation, deep breathing, and glowing skin

30 minutes

THB 600

MILKY BATH - YOUNG LAVENDER

Let yourself be charmed by romantic aromas of young lavender, relaxing and calming, blended perfectly to revitalize your lust for life.

30 minutes

THB 1,200

AROMA HIMALAYAN BATH BOMB

Immerse yourself in a luxurious bath experience, melt away the stress and fatigue from the hectic days with all BHAWÁ natural and pure essential oil aroma Himalayan salt bath bomb, indulge the benefits of the truth of aromatherapy in a calming moment. Formulated with a blended of pure essential oils that will leave you feeling refreshed and softening skin. Calm and uplift your mood, the aroma of bath bomb can have positive effect on your mood option:

- ROSE MARGARITA - wild rose, cherry blossom
- GO LAVENDER - lavender, bergamot
- OLIVE GODDESS - olive, tea rose

30 minutes

THB 1,200

SPA ETIQUETTE

SPA HOURS

Daily, 10:00 hrs. to 22:00 hrs.

SPA RESERVATIONS

Please contact the spa reception directly or dial extension number 8330. Advance bookings are recommended to secure your preferred treatment time.

PRIOR TO ARRIVAL

We recommend that you leave all jewellery and valuables in your room before coming to the spa. Male guests are advised to shave prior to all facial treatments to ensure maximum results, and we recommend using the steam room before any treatment to stimulate your circulatory and lymphatic systems to enhance the benefits of your treatment.

ON ARRIVAL

Please arrive 15 minutes prior to your treatment in order to complete your health assessment form and take time to relax in the spa's tranquil surroundings to set the mood for your treatment.

CONSULTATION

Personal consultations are offered to determine your specific needs and allow us to design your treatment experience or a more comprehensive spa schedule.

LATE ARRIVALS

Out of respect for other guest reservations, please be aware that we may not be able to extend your treatment time in the event of late arrival.

CANCELLATIONS

Please provide a 5-hour notice for individual treatments and 24-hour notice for spa packages to avoid being charged 50% of the treatment price. Failure to keep your appointment without cancellation will result in a 100% charge of the treatment price.

AT THE SPA

In consideration of other guests, smoking and active mobile phones are not permitted in the spa. Sati Spa is a sanctuary of peace and harmony, so we kindly ask that you please speak at a low volume so as not to disturb other guests.

AFTER YOUR TREATMENT

We recommend that you do not sunbathe for at least six hours after any massage, body treatment, or depilatory waxing. To extend your spa experience at home, a variety of spa products are available for purchase at the Spa Gallery.

PAYMENT

For hotel guests, all treatments can be charged to your guest room folio and will appear on your account at the time of departure from the hotel. Otherwise, major debit and credit cards are accepted.

PRICING

All prices are in Thai baht and subject to 7% government tax, 10% service charge

OUTSIDE CUSTOMER

Outside customers are welcome with 50% deposit required on guarantee booking

CHILDREN

Please refrain from bringing children under 12 years old to the spa. However, younger guests aged 12 and height not exceeding 120 centimeters are welcome to enjoy a selection of special treatments under the supervision of a guardian.