



The Sarojin
60 Moo 2, Kukkak, Takuapa
Phang Nga 82190, Thailand

T +66 (0)76 427 900-4
F +66 (0)76 427 906
info@sarojin.com
sarojin.com

Pathways

Pathways blends together the ancient physical and spiritual healing of spa, creating an almost sacred harmony for physical and spiritual nourishment.

Massage in Thailand is described as an act of "*Metta*", this is a Sanskrit Buddhist term used for an act of "loving kindness". Thais believe all acts should be done with this feeling of "*Metta*". The ancient and sacred belief of "*Metta*" gives life to the very heart of Pathways. You can choose to start any of your treatments with a relaxation, meditation and yoga session. The après spa area allows you as much time as you choose to relax quietly after treatments.

For centuries Thai people and monks have used the natural healing properties of local herbs, trees, flowers and fruits to purify and rejuvenate their bodies & minds. The journey to purification of the spirit is achieved by combining these rich earthy ingredients into secret remedies passed down from generation to generation.

Pathways is privileged to have been able to preserve some of these traditions from the Ancient Kingdom of Thailand in a luxurious selection of natural body treatments for your enjoyment.

Treatments are specifically designed to combine the healing properties of natural local ingredients with "*Metta*" to enhance your feeling of wellness.

Aromatic Oils

The essential oils used in treatments at Pathways are all Thai and are 100% natural. We use sesame seed & sunflower oil as a base due to its natural healing properties.

Pathways has a choice of oils for you to experience during your body massage

Kob Koon - Thank You

A blend of plai & ylang ylang - used to calm nervousness

Jai Yen - Calm Heart

A blend of mint & eucalyptus - used to alleviate feelings of bodily sluggishness and to give a feeling of refreshment

Choke Dee - Good Luck

A blend of ylang ylang, bergamot and geranium used to create a romantic feeling

Jai Dee - Kindness

A blend of lemongrass, lavender and sandalwood used to help alleviate stress-related conditions

Treatment Menu

You can choose to begin any of your treatments with a relaxation and meditation session followed by a floral foot bath



The Sarojin
60 Moo 2, Kukkak, Takuapa
Phang Nga 82190, Thailand

T +66 (0)76 427 900-4
F +66 (0)76 427 906
info@sarojin.com
sarojin.com

Body Massage

Traditional Thai Massage

Also called “yoga massage”, a distinct Thai method based on acupressure alternating with gentle stretching positions. It is an excellent massage to loosen muscle tightness, increase mobility around the joints and restore blood flow throughout the body.

90 minute treatment

Herbal Aroma Massage

Herbal Thai aromatherapy oils and techniques are applied through gentle kneading and circular hand movements to create a feeling of complete relaxation for both the body and mind. Each oil has its own specific benefits, choose from four specially made Thai herbal oils.

90 minute treatment

Royal Oriental Massage

A luxurious blend of traditional Thai yoga and herbal aroma massage. This deeply therapeutic treatment is perfect to relax the body and boost the psyche. Designed to rejuvenate the body and the mind, this massage with oils, will send you to another dimension of relaxation.

90 minute treatment

Shirobhyanga

Ayurvedic Head, Neck and Shoulder Therapy

A significant area of Ayurvedic treatments, Shirobhyanga has developed over the years to be one of the foremost and most effective therapies for relieving stress and fatigue, most of which is accumulated in the head, neck and shoulder areas. As a recipient of the therapy, you attain maximum benefit through specific techniques employed by our therapists as well as through the Ayurvedically blended oils with naturally balanced ingredients.

60 minute treatment

Shirodhara

The Eternal Stream

An ancient healing system, Shirodhara has been an important therapy in Ayurveda. Literally translated, “Shiro” means head and “Dhara” means flow. Shirodhara provides that vital connection aligning our energies to the eternal stream of life. The continuous pouring of warm oil on the forehead has a wonderful calming effect especially on the nervous system.

60 minute treatment

Chakra Oil Massage

Shirodhara & Shirobhyanga

A truly Ayurvedic experience begins a relaxing neck & shoulder and head massage. Then warm essential oil is seductively dripped onto your “third eye” a Chakra point as used in Indian therapy.

Designed for healing purposes, this treatment is as old as it is effective, as it helps to balance your Chakras, the energy centres of your body.

120 minute treatment



The Sarojin
60 Moo 2, Kukkak, Takuapa
Phang Nga 82190, Thailand

T +66 (0)76 427 900-4
F +66 (0)76 427 906
info@sarojin.com
sarojin.com

Deep Tissue Sports Massage

Aimed at performance and encompassing a range of powerful movements, this invigorating massage combines classical Swedish-style massage with compression and trigger point techniques to reduce soreness. Warming to the body, it stimulates muscles in the thighs, shoulders, arms and back. Perfect for sports enthusiasts and sufferers of tension.

90 minute treatment

Warm Stone Massage

A luxurious aromatic massage combined with deep heat therapy that uses soothing, smooth basalt stones lifted from heated water and applied with warm oils in long flowing strokes over the body. The perfect treatment for loosening stiff and sore muscles from over-exercise and stress.

90 minute treatment

Faa Fairt Massage

This full body massage was created with pure pleasure in mind. It is performed by two therapists working together in rhythmic harmony and is the ultimate massage experience. Sensory indulgence is combined with the healing powers of aromatherapy and tactile therapy. A unique blend of different massage styles: Thai, Swedish, Balinese, Shiatsu, Hawaiian.

90 minute treatment

Traditional Thai Herbal Compress

An ancient aromatic treatment, steamed herbal pouches containing five different Thai herbs known for their healing and rejuvenating properties are used to massage the body for healing and pleasure. A warming massage for those suffering with very stiff, sore muscles. Featherweight stroking follows the compress in order to soothe and foster balance and serenity.

90 minute treatment

Issarn Foot Massage

Centuries old Issarn in Eastern Thailand is the home of foot massage balm. This luxurious massage assists in the relief of stress, tension and revives tired feet. Mild reflexology is applied to treat physical ailments by using pressure points in the feet. An ancient technique based on the belief that the body contains constantly flowing energy from the reflex points of the feet.

60 minute treatment

Body Treatments

Siamese Herbal Body Scrubs

Rejuvenating gentle body scrubs help to soothe and repair broken skin cells by using traditional Thai herbal remedies to exfoliate dead skin and to deep cleanse and hydrate the skin pores. Using short circular massage strokes, along with body lotion to moisturize your skin, it leaves a soft glow to your body.

Choices

Salt Glow – recommend for oily skin to exfoliate dead skin.

Asian Thai Herb - suitable for all skin types to improve, stimulate circulation.

Tropical Fruit Scrub – suitable for all skin types, rich in vitamin C to refresh your skin.

60 minute treatment



The Sarojin
60 Moo 2, Kukkak, Takuapa
Phang Nga 82190, Thailand

T +66 (0)76 427 900-4
F +66 (0)76 427 906
info@sarojin.com
sarojin.com

Siamese Herbal Body Wraps

This wrap through the process of absorption, draws impurities from the pores of the skin for your well-being and beauty. A natural treatment using Thai Herbal or you may choose Aloe Vera, or a tropical fruit wrap rich in vitamin C to help detoxify and exfoliate your body, while infusing it with essential nourishment.

Choices

Siamese Herbal – suitable for all skin types, helps the body naturally cleanse and nourish skin.

Aloe Vera Soother – suitable for skin repair and cellular rejuvenation.

Tropical Fruit Wrap – suitable for all skin types, rich in vitamin C.

60 minute treatment

Facials Treatments

Enjoy secret techniques used for centuries by Thai women combined with a choice of two European facial brands – **Elemis** or **Decléor** to maintain a beautiful and radiant skin. A facial is a delightful and uplifting experience that renews the harmony and beauty of the face, restoring youth. As relaxing as a full body massage, our facials include a neck, shoulder and facial massage as well as cleansing, exfoliating, toning, deep cleansing and moisturizing with natural flower extracts.

Elemis Facials Treatments

Elemis is the leading luxury British spa and skincare brand and is committed to constantly striving for new discoveries in medicinal skin science. Combining natural active ingredients with cutting-edge technology has enabled Elemis to develop some of the most influential anti-ageing products in the beauty industry today. Treatments are specifically designed to respect the skin and body's complex physiology and offer an unparalleled experience of unique massage sequences and power-boosting facials, combined with the most potent actives available, ensuring dramatic, visible results are achieved.

Elemis Advanced Performance Facials

Oxygen Skin Calm Facial

This face and eye treatment provides pure soothing heaven for sensitive skins. Helping to calm and rebalance delicate and fragile skin, this superior treatment combines soothing actives with a unique Japanese Silk Mask that helps to reduce redness and offer immediate comfort. (For sensitive skin types)

90 minutes treatment

S.O.S Purifying Facial

This powerful purifying face and eyes treatment helps to absorb excess sebum regulate and balance the function of the skin, whilst helping to repair scarring. A unique Japanese Mask combined with Vita-C Booster Serum helps to calm and rebalance oil-rich pores, leaving beautiful matte skin.

(For oil, problem and congested skin)

90 minutes treatment

Elemis Advanced Anti-Ageing Facials

Visible Brilliance Facial

Clinically trialed with revolutionary results, this unique face and eye treatment instantly firms, rejuvenates the skin, whilst smoothing, sculpting and restoring its youthful tone and texture. Miniaturization levels of the skin are proven to increase by up to 38% and elasticity by 28% after just 1 treatment. (For ageing, stressed and slackened skin)



The Sarojin
60 Moo 2, Kukkak, Takuapa
Phang Nga 82190, Thailand

T +66 (0)76 427 900-4
F +66 (0)76 427 906
info@sarojin.com
sarojin.com

90 minutes treatment

Pro-Collagen Marine Facial

Producing immediate results in the fight against time! This exceptional face and eyes treatment helps slow down the signs of premature ageing and reduce the appearance of fine lines and wrinkles. Powerful anti-ageing ingredients, combined with specialized lifting massage techniques help the skin to have a more youthful glow. (For fine lines, wrinkles)

90 minutes treatment

Elemis Skin Intelligence Facials for Men

Skin IQ Facial

An intelligent anti-ageing facial that adapts to super boost the skin.

This high power anti-ageing facial is the ultimate skin overhaul for male skin. Prescribed to combat the demands of a hectic, modern lifestyle and the harsh effects of shaving and everyday environmental damage. Breakthrough technology is used to recharge and energize tired skin, by combining active therapeutic professional products with bespoke massage techniques to minimize the signs of ageing and calm irritation. (For intelligent anti-ageing facial that adapts to super boost the skin)

90 minutes treatment

Urban Cleanse Facial

A high performance complexion cleanse for total skincare grooming.

This super-grooming, deep cleansing facial works overtime to decongest and defend the skin. Active therapeutic-grade products are used to cleanse stressed skin, helping to eliminate blocked pores, neutralize impurities and help rapidly accelerate skin repair. Fast-acting ingredients reduce sensitivity and provide long-lasting defense against the damaging effects of daily pollutants, leaving the skin visibly clear and squeaky clean.

90 minutes treatment

Decl or Facials Treatments

Decl or, is a world-renowned French cosmetics brand, widely recognized as the aroma-skincare specialist. Plant extracts and modern research techniques are combined to create pure essential oils made up of hundreds of molecules that act in synergy providing specific skin care effects. Decl or is renowned for its holistic approach to beauty.

Decl or Deep Cleansing Facial

The ultimate in deep cleansing facials includes cleansing, exfoliation, digital-pressure point massage, and a combination of two facial masks. Especially designed to refresh and nourish your complexion.

Recommended for men and women of all skin types.

60 minute treatment

Decl or Gentle Harmony Facial

Designed for delicate and sensitive skin, this soothing treatment calms the most reactive complexion. It refreshes the skin and helps to reduce redness and irritation. It soothes, restores balance, leaving the face looking smooth and velvety. Suitable for sensitive and sunburned skin.

90 minute treatment



The Sarojin
60 Moo 2, Kukkak, Takuapa
Phang Nga 82190, Thailand

T +66 (0)76 427 900-4
F +66 (0)76 427 906
info@sarojin.com
sarojin.com

Decléor Nourishing & Hydrating Facial

Formulated for dry and dehydrated skins, this dual action treatment nourishes and hydrates the driest of skin. Using the purest active ingredients and essential oils from plants, this facial smoothes fine lines and diminishes wrinkles. Its long-term effectiveness reinforces the epidermis to be better equipped to combat aggressive climactic conditions.

90 minute treatment

Spa Healing Packages

We have left the treatment choices to you as we feel that each experience should be exquisitely personal. Nobody knows better than you what you prefer. However, if you would like us to choose for you or suggest any combinations that are suited to your skin type or mood, let us know and we will be happy to help design the perfect programme just for you.

Kwarm Sa-ngob / Pure Peace

(Package / 2 ½ hours).

Let our highly trained therapists pamper you to the point of no return. Spend 2 ½ hours in your private tranquil spa pavilion with personal bath; choose *3 of your favourite treatments* from a selection of our finest on offer. All our herbal & floral treatments have natural healing qualities and you may choose whichever ones suit your taste.

Choices

Siamese Herbal Body Scrub / Aromatic Healing Bath / Royal Oriental Massage.

150 minute treatment

Chee Wit Mai / Rejuvenation

(Half day / 3 ½ hours).

Spend 3 1/2 hours in your private tranquil spa pavilion with personal bath; choose *4 of your favourite treatments* from a selection of our finest on offer. All our herbal & floral treatments have natural healing qualities and you may choose whichever ones suit your taste.

Choices

Siamese Herbal Body Scrub or Wrap / Aromatic Healing Bath / Herbal Aroma Massage 60 minutes. / Deep Cleansing Facial. (*Choice of Body Scrub or Body Wrap*)

210 minute treatment

Sabai Sabai / Relaxation

(Full day / 5 ½ hours).

Spend 5 1/2 hours in your private, tranquil spa pavilion with personal bath. All our herbal & floral treatments have natural healing qualities and you may choose whichever ones suit your taste. This package includes a light spa cuisine lunch and refreshments. Choose *5 of your favourite treatments* from a selection of our finest on offer.



The Sarojin
60 Moo 2, Kukkak, Takuapa
Phang Nga 82190, Thailand

T +66 (0)76 427 900-4
F +66 (0)76 427 906
info@sarojin.com
sarojin.com

Choices

Issarn Foot massage/ Choice of Body Treatment/ Aromatic Healing Bath/ Body Massage /Facial Treatment / **Spa Cuisine Lunch**

*Choices are from any of the above treatments in any order.
330 minute treatment*

Nature's Midday Haven

(Half day / 4 hours including spa cuisine lunch)

Spend 4 hours in your private tranquil spa pavilion with personal bath. Enjoy body scrub, body wrap with acupressure massage, natural cleansing facial with hair nourishment treatment, aromatic bath and body moisturizing massage. All treatments are specifically derived from 100% natural fruit and vegetable sources and blended only minutes prior to application. From the coconut and rice scrub, to the papaya and lime cleanser through to the avocado and banana leaf moisturizing facial steam, all elements are naturally derived. This spa experience also includes a spa cuisine lunch and the choice of a detoxification juice or to be totally decadent (or naughty) a glass of sparkling wine served during the rose milk aromatic bath.

Choices

Body Scrub/ Body Wrap/ Facial Treatment/ Hair Nourishment Treatment Aromatic Healing Bath/ Body Massage/ Spa Cuisine Lunch

*Choices are from any of the above treatments in any order.
210 minute treatment plus spa cuisine lunch (240 minutes)*

Sun Soothers

(Package / 2 hours).

Natural remedies and traditional techniques combine to soothe, nourish and rejuvenate the whole body from the effects of sun and exercise. Spend 2 hours in your private tranquil spa pavilion and choose from 3 "sun soothing" combinations. An aloe vera body wrap carefully applied with gentle massaging strokes nurtures skin repair and cellular rejuvenation; a Gentle Harmony Facial soothes and calms the most reactive complexion, refreshing and balancing the skin after the effect of sun, reducing redness and irritation and leaving the face looking smooth and velvety; a gentle Herbal Thai aromatherapy massage applied with traditional techniques of gentle kneading and circular hand movements creates a feeling of complete and harmonious relaxation for the body and mind; an invigorating Deep Tissue Sport Massage combines classical Swedish-style massage with compression and trigger point techniques to reduce soreness.

120 minute treatment

Sun Soother Facial - for total facial and body after sun care
Aloe Vera Body Wrap/ Gentle Harmony Facial

Sun Soother Sport - combination facial after sun and after sport care
Gentle Harmony Facial / Deep Tissue Sport Massage

Sun Soother Body - for body after sun care and relaxation
Aloe Vera Body Wrap/ Herbal Aroma Massage



The Sarojin
60 Moo 2, Kukkak, Takuapa
Phang Nga 82190, Thailand

T +66 (0)76 427 900-4
F +66 (0)76 427 906
info@sarojin.com
sarojin.com

Adventure Revival
(Package / 2 hours).

A choice of ancient remedies combined to provide sublime relaxation and rejuvenation after exercise and adventure. Spend 2 hours in your private tranquil spa pavilion; chose either: a traditional aromatic steamed Thai herbal compress massage to warm and nurture particularly stiff and sore muscles; or a Thai Yoga massage, based on acupressure with gentle stretching to loosen tired and tight muscles, increasing mobility around joints restoring blood flow throughout the body; or a rejuvenating traditional Thai herbal body scrub with gentle massage techniques to help sooth and repair broken skin cells leaving a soft body glow, (choices include Salt Glow, Asian Thai Herb, Tropical Fruit Scrub); each treatment choice is followed by luxurious foot massage to relieve tired feet, stress and tension.

120 minute treatment

Choice of Thai Herbal Compress;
Thai Yoga Body Massage or Natural Thai Herbal Body Scrub / Issarn Foot Massage

Reminder

*"How to Spa" is on the back of this brochure.
Please take the time to familiarize yourself with this as it will enhance your spa experience.*



The Sarojin
60 Moo 2, Kukkak, Takuapa
Phang Nga 82190, Thailand

T +66 (0)76 427 900-4
F +66 (0)76 427 906
info@sarojin.com
sarojin.com

Pathways - Spa Basics

What should I wear to the spa?

Wear whatever you feel comfortable in. Bathrobes and slippers are provided in your private spa pavilion.

When should I arrive for my treatment?

Please arrive 15 minutes before your scheduled time to check in and change.

Is there someone to help decide the best treatments for me?

Our Spa hosts will be able to assist you to plan the best spa programme to suits your needs.

Is there a limit to the number of spa treatments I could have in a day?

You can have as many as you like.

What if I have special health considerations?

Please notify our Spa hosts before booking your treatments if you have high or low blood pressure, allergies, physical ailments, disabilities, or if you are pregnant.

What do I wear during my treatment?

You may wish to wear your own underwear or we can provide you with hygienic disposable briefs. Alternatively, treatment may be enjoyed without clothes. Choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

Can I ask the therapist to adjust the room to my comfort levels?

Definitely - this is your time and you should enjoy the experience to the fullest. Be it the massage pressure or the selection and volume of the music, please do not hesitate to ask our therapists to adjust them to your comfort levels.

Please feel free to bring your own music selection if you wish.

What about my jewelry and valuables?

It's best to leave these personal valuables in your room safe, but if you happen to be wearing them when you get to the spa, a safe deposit box is provided in your dressing room.

What if I am late for my appointment?

Arriving late will limit the time of your treatment. Your treatment will end on time so that the next guest is not delayed. However, if no guest follows your booking, you can enjoy the full duration of your treatment time.

What if I need to cancel my spa treatment?

If appointments are not cancelled at least two hours in advance we reserve the right to reschedule for another time or to make an appropriate charge.

PATHWAYS' SPA ENVIRONMENT IS ONE OF TRANQUILITY AND RELAXATION. PLEASE RESPECT THE PEACEFULNESS AND PRIVACY OF OTHER SPA GUESTS. KINDLY DEFER FROM SMOKING AND FROM USING YOUR MOBILE PHONES WITHIN THE VICINITY OF PATHWAYS. THANK YOU.