



THE  
SAROJIN  
THAILAND

PATHWAYS SPA

## 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. 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 made in Thailand 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

# BODY MASSAGES

## **Faa Fairt Massage- Our Signature Massage** **90 minutes**

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 power of aromatherapy and tactile therapy. A unique blend of different massage styles: Thai, Swedish, Balinese, Shiatsu, Hawaiian.

## **Warm Stone Massage** **90 minutes**

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.

## **Shirobhyanga** **60 minutes**

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 warm oils with naturally balanced ingredients and a largely scalp focused therapy.

## **Shirodhara** **60 minutes**

An ancient healing system, Shirodhara has been an important therapy in Ayurveda. Literally translated, "Shiro" means head, "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.

## **Chakra Oil Massage and Foot Reflexology** **120 minutes**

Shirodhara & Shirobhyanga with Foot Reflexology

A truly Ayurvedic experience begins with 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 align your Chakras, the energy centers of your body whilst Foot Reflexology balances the body's major organs.

## **Deep Tissue Sports Massage** **90 minutes**

Encompassing a range of powerful movements, this invigorating massage combines classic 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.

### **Traditional Thai Herbal Compress**

**90 minutes**

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. The combination of oil massage and Thai herbal compressing will soothe and foster balance and serenity.

### **Royal Oriental Massage**

**90 minutes**

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

### **Herbal Aroma Massage**

**90 minutes**

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.

### **Traditional Thai Massage**

**90 minutes**

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.

### **Issarn Foot Massage**

**60 minutes**

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.

### **Pregnancy Massage**

**90 minutes**

An oil-based massage designed specifically to relax, relieve tension and soothe mum to be. The technique allows for comfort and support of both mother and baby and offers a feeling of secure pampering. Massage treatments are recommended only for soon to be mothers that are more than 12 weeks pregnant.

### **Focus Area Optional - Back, Shoulder and Neck**

**30 minutes**

Add the optional extra to any Massage, Scrub or Body Wrap by opting for a 30 minutes Back, Shoulder and Neck Focus oil massage, designed to offer a deeper relief to those who suffer from this common trouble area.

# BODY TREATMENTS

A body scrub will not only cleanse the skin... but will also eliminate and remove dead cells, reduce wrinkles and spots... ensuring a smooth and firm skin all over. Additionally, it will stimulate the senses, help to absorb natural oils... leaving the skin looking firmer, rejuvenated and smooth.

**Sarojin Signature Flower Scrub & Phang-nga Herbal Wrap** 100 minutes

To nourish and rehydrate

**Seaweed Body Scrub & Rejuvenating Wrap** 100 minutes

To rejuvenate and relax

**Young Cucumber Body Scrub & Aloe Vera Wrap** 100 minutes

For skin repair and cellular rejuvenation, especially after a few days in the sun

**Arabica Coffee Body Scrub & Wrap** 100 minutes

To detoxify and deeply cleanse

**Coconut Body Scrub & Wrap** 100 minutes

To keep tanned skin smooth and healthy, reduce peeling

**Chocolate Body Scrub & Wrap** 100 minutes

To revitalize skin and relax muscles

**Salt Glow Body Scrub & Mineral Mud Wrap** 100 minutes

To revive tired skin, heal, and nourish

**Tropical Fruit Scrub & Wrap** 100 minutes

Rich in vitamin C to refresh your skin

**Body Scrub** 60 minutes

Sarojin flower, seaweed, young cucumber, coffee, chocolate, salt glow, tropical fruit

**Body Wrap** 60 minutes

Phang-nga herbal, rejuvenating seaweed, aloe vera, coffee, coconut, chocolate, mineral mud, tropical fruit

# BEAUTY SERVICES

## **Manicure and Pedicure**

**45 minutes**

Focused purely on the hands and feet, or if you so choose – both, filing and shaping of the nails, cuticle cleaning, buffing of the nails to bring out a stunning shine and color coat.

## **Nail Colour Polish**

**30 minutes**

Application of nail polish with under and top coats.

## **Heel Peel and Foot Polish**

**30 minutes**

A facelift for the foot – this treatment provides a deep peel of dead skin from the heel followed by buffing and polishing of the foot to leave even the toughest of feet feeling soft and rejuvenated. This treatment is perfect to choose to combine with a pedicure to give feet an amazing look and feel.

## **Jet Lagged Legs**

**45 minutes**

Tired jet lagged over worked...always standing...sore legs? Then this treatment is for you...specially created to indulge after a lengthy flight or if you suffer from the above...allow pathways spa to work their magic to improve blood circulation, prevent varicose veins, remove toxins, alleviate sore muscles and reduce swelling by applying a specially formulated algae mint mask. This will leave you deeply moisturized and stimulates the circulatory system in your legs...leaving you feeling rejuvenated, refreshed and relaxed...

## **Waxing**

**10-45 minutes**

Chin, eye brow, upper lip, under arm, half arm, full arm, half leg, full leg, bikini, back

# ELEMIS FACIAL TREATMENTS

Enjoy secret techniques used for centuries combined with the finest European facial products 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 well as cleansing, exfoliating, toning, and moisturizing with natural flower extracts.

## Elemis Advanced Anti-Ageing Facials

### Elemis Visible Brilliance Facial

**90 minutes**

To combat ageing, stressed and slackened skin.

This anti-ageing facial instantly firms and rejuvenates the skin, whilst reducing dark circles. Specialised micro-circulatory massage techniques are combined with a two-phase amino active mask to help smooth, sculpt and restore skin radiance.

### Elemis Pro-Collagen Quartz Lift Facial

**90 minutes**

See a younger, firmer future, instantly.

The power of Padina Pavonica is accelerated by the electrical energy of precious minerals quartz, tourmaline, rhodochrosite and malachite to re-energize cell communication, whilst aminaria digitata and red coral optimizes cellular respiration and regeneration for a firmer, uplifted, more youthful looking appearance.

## Elemis Advanced Performance Facials

### Elemis S.O.S Purifying Facial

**90 minutes**

Powerful purifying face and eye treatment for oily, problem and congested skins. Purifying massage techniques combined with the unique Japanese sulphur mask, impregnated with vita-c booster serum help to absorb sebum, calm irritation, repair scarring and to rebalance oil-rich pores, leaving a beautiful matte skin.

### Elemis Oxygen Skin Calm Facial

**90 minutes**

Heavenly pure soothing face and eye treatment for sensitive skins.

Gentle massaging techniques are combined with calming actives and a restructuring Japanese silk mask to help rebalance delicate, fragile and sensitive skins. Reduces redness and offers immediate comfort to stressed and irritated skin.



## **Elemis Intelligence for Men**

### **Elemis Skin IQ + Facial**

**90 minutes**

Adapted to boost tired and stressed skin. Helps calm irritation and minimize the signs of ageing. Prescribed to protect and nourish against the harsh ageing effects of shaving and the environment.. This is the ultimate skin overhaul for male skin.

### **Elemis Urban Cleanse Facial**

**90 minutes**

A high performance complexion cleanse for total skincare defense. This super-grooming facial works over time to help eliminate blocked pores, rapidly accelerate skin repair and neutralize impurities. Fast- acting ingredients reduce sensitivity and provide long-lasting defense against the damaging effects of daily pollution, leaving the skin visibly clear and squeaky clean.

# SPA HEALING PACKAGES

As you wish, we are delighted to design a perfect program just for you.

## Sun Soothers

**120 minutes**

Natural remedies and traditional techniques combine to soothe, nourish and rejuvenate the body from the effects of sun and exercise. An aloe vera wrap – nature’s skin repair and cellular rejuvenation; a Gentle Harmony Facial to soothe and calm the most reactive complexion, a gentle Herbal aromatherapy massage to create a feeling of complete relaxation for the body and mind; an invigorating Deep Tissue Sport Massage to reduce soreness.

Sun Soother Facial Aloe Vera Body Wrap / Gentle Harmony Facial  
Sun Soother Sport Deep Tissue Sport Massage / Gentle Harmony Facial  
Sun Soother Body Aloe Vera Body Wrap / Herbal Aroma Massage

## Adventure Revivals

**120 minutes**

Ancient remedies providing sublime relaxation and rejuvenation after exercise and adventure. Choose either: a traditional aromatic steamed Thai herbal compress massage to warm and nurture particularly stiff and sore muscles; or a Thai massage to loosen tired and tight muscles and increase joint mobility; or a rejuvenating traditional Thai herbal body scrub to help soothe and repair broken skin cells leaving a soft body glow; each treatment choice is followed by luxurious foot massage to relieve tired feet, stress and tension.

Adventure Body Compress Thai Herbal Compress / Issarn Foot Massage  
Adventure Body Massage Traditional Thai Massage / Issarn Foot Massage  
Adventure Body Treatment Thai Herbal Body Scrub / Issarn Foot Massage

## Kwarm Sa-ngob / Pure Peace

**150 minutes**

Let our highly trained therapists pamper you to the point of no return. Spend 2½ hours in your private tranquil spa pavilion with personal bath. All our herbal & floral treatments have natural healing qualities.

Aromatic Healing Bath	30 minutes
Siamese Herbal Body Scrub	60 minutes
Royal Oriental Massage	60 minutes

## Chee Wit Mai / Rejuvenation

**210 minutes**

Spend 3½ 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.

Aromatic Healing Bath	30 minutes
Siamese Herbal Body Scrub or Wrap	60 minutes
Herbal Aroma Massage	60 minutes
Deep Cleaning Facial	60 minutes

### **Nature's Midday Haven (for couples)**

**240 minutes**

Spend 4 hours in your private tranquil spa pavilion with personal bath. 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, a glass of sparkling wine.

Traditional Thai Massage	60 minutes
Aromatic Healing Bath	30 minutes
Coconut and Rice Body Scrub	30 minutes
Body Moisturizing Massage	45 minutes
Spa Cuisine	30 minutes
Facial and Hair Nourishment Treatment	45 minutes

### **Sabai Sabai / Relaxation**

**330 minutes**

Spend 5½ 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.

Aromatic Healing Bath	30 minutes
Siamese Herbal Body Scrub	40 minutes
Siamese Herbal Body Wrap	40 minutes
Body Massage (Herbal Aroma or Royal Oriental)	90 minutes
Issarn Foot Massage	40 minutes
Spa Cuisine	30 minutes
Elemis Facial Treatments – your choice	60 minutes

### **Mens' Adventure Revival Haven**

**300 minutes**

Embrace a complete head-to-toe feeling of well being and beauty, both internally and externally whilst focusing on the relief of stiff, sore or tight muscles and increased joint mobility.

Foot Acupressure Massage	20 minutes
Body Scrub	45 minutes
Deep Tissue Sports Massage	90 minutes
Thai Herbal Compress	45 minutes
Thai Massage Stretching and Body Moisturizing	35 minutes
Mens' Elemis Facial	65 minutes

# MASSAGE CLASS

## **Back, Neck, Shoulders and Face**

**90 minutes**

The art of massage is a combination of technique, posture and environment, that when added with 'Sai Yai Kwam sampan' – a connection from the heart, elevates the experience for those receiving the massage. In a Pathways private treatment room, begin with a brief review on anatomy and the muscular system before the massage trainer begins the step-by-step techniques that join to create a back, shoulder, neck, and face massage. Various techniques used for this oil-based massage are Hawaiian Lomi Lomi massage, Swedish and sports massage and a Thai herbal compress. Choose as you wish from a couple's class where you both learn the techniques on models or a class for one with either your partner or a therapist as a model.

## Little Treats of Thailand From Pathways Spa

If you have never experienced Thai massage, Pathways offers a special selection of "little treats" allowing you to dip in, share and experience this very special part of Thai culture. A gorgeous way to unwind, relax and experience a very special part of Thailand.

### Little Treats

Soothing Hand, Head, Shoulder Massage	30 minutes	1,100
Calming Head, Facial Massage	30 minutes	1,250
Relaxing Back, Shoulder, Neck Massage	50 minutes	1,800

### If You've Never Been...

Foot Teaser "Thai Delight" Massage	30 minutes	950
Mini "Thai Smile" Facial	25 minutes	1,100
"Forever Thai" Massage	60 minutes	1,850

### Goodbye Jet Lag

Royal Oriental Massage	60 minutes	2,100
Sarojin Garden Herbal Oil Massage	60 minutes	2,100

### Pathways For Men

Deep Tissue Thai Relaxation Massage	60 minutes	2,100
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### Stop The Clock

Traditional "Shirobyanga" Thai Head Massage	30 minutes	1,550
Sensational Thai Oil Drip On The Third Eye	30 minutes	1,750
Combination Bliss Of Both	60 minutes	3,250

Treatment	Duration	Price/Baht
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## SPA HEALING PACKAGES

### Sun Soothers

Sun Soother Facial	120 minutes	4,900
Sun Soother Sport	120 minutes	4,400
Sun Soother Body	120 minutes	4,200

### Adventure Revivals

Adventure Body Compress	120 minutes	3,900
Adventure Body Massage	120 minutes	3,900
Adventure Body Treatment	120 minutes	3,900
Kwarm Sa-ngob / Pure Peace	150 minutes	4,700
Chee Wit Mai / Rejuvenation	210 minutes	6,500
Nature's Midday Haven	240 minutes	15,400
Sabai Sabai / Relaxation	330 minutes	10,900
Mens' Adventure Revival Haven	300 minutes	9,900

## MASSAGE CLASS

Back, Neck, Shoulder and Face Massage	90 minutes	3,400
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## BEAUTY SERVICES

Available 10:30 am - 03:00 pm

Manicure or Pedicure	45 minutes	800
Manicure & Pedicure	90 minutes	1,500
Nail color only	30 minutes	400
Heel Peel and Foot Polish	30 minutes	900
Jet Lagged Legs	45 minutes	1,800
Wax - Chin or Upper Lip or Eyebrows	10 minutes	550
Wax - Under Arm	10 minutes	900
Wax - Half Arm	30 minutes	900
Wax - Full Arm, back or chest	40 minutes	1,800
Wax - Half Leg	30 minutes	1,300
Wax - Three Quarter Leg	45 minutes	1,700
Wax - Full Leg	60 minutes	1,900
Wax - Bikini Line		

Treatment	Duration	Price/Baht
<b>BODY MASSAGES</b>		
Faa Fairt Massage	90 minutes	5,200
Warm Stone Massage	90 minutes	3,700
Shirobhyanga	60 minutes	2,700
Shirodhara	60 minutes	3,100
Chakra Oil Massage and Foot Reflexology	120 minutes	4,500
Deep Tissue Sport Massage	90 minutes	2,900
Traditional Thai Herbal Compress	90 minutes	2,900
Royal Oriental Massage	90 minutes	2,900
Herbal Aroma Massage		90
minutes	2,900	
Traditional Thai Massage	90 minutes	2,500
Pregnancy Massage	90 minutes	2,900
Issarn Foot Massage	60 minutes	1,800
Focus Area Optional - Back, Shoulder and Neck	30 minutes	1,000
<b>BODY TREATMENTS</b>		
Sarojin Signature Flower Scrub & Phang-nga Herbal Wrap	100 minutes	4,500
Seaweed Body Scrub & Rejuvenating Wrap	100 minutes	4,500
Young Cucumber Body Scrub & Aloe Vera Wrap	100 minutes	4,500
Arabica Coffee Body Scrub & Wrap	100 minutes	4,500
Coconut Body Scrub & Wrap	100 minutes	4,500
Chocolate Body Scrub & Wrap	100 minutes	4,500
Body Scrub	60 minutes	2,300
Body Wrap	60 minutes	2,700
<b>ELEMIS FACIAL TREATMENTS</b>		
<b>Elemis Advanced Anti-Ageing Facials</b>		
Elemis Visible Brilliance Facial	90 minutes	5,800
Elemis Pro-Collagen Quartz Lift Facial	90 minutes	5,800
<b>Elemis Advanced Performance Facials</b>		
Elemis S.O.S Purifying Facial	90 minutes	4,900
Elemis Oxygen Skin Calm Facial	90 minutes	4,900
<b>Elemis Intelligence for Men</b>		
Elemis Skin IQ + Facial	90 minutes	5,800
Elemis Urban Cleanse Facial	90 minutes	5,800

# HOW TO SPA

## **What should I wear to the spa?**

Wear whatever you feel comfortable in. Bathrobes and slippers are provided in your private spa pavilion. During the treatment you may wish to wear your own underwear or we can provide you with hygienic disposable briefs.. Our therapists will always use draping techniques to respect your privacy.

## **When should I arrive for my treatment?**

Please arrive 15 minutes before to check in and relax with a welcoming drink.

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

Our Spa hosts are always available to assist you

## **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 consideration?**

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.

## **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 jewellery 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's 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 phone within the vicinity of Pathways.

Thank you.