



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 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 and lavender used to calm nervousness

## **Jai Yen – Calm Heart**

A blend of mint and 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 cedarwood used to help alleviate stress-related condition

# BODY MASSAGES

## **Royal Oriental Massage**

**60/90 minutes**

A luxurious blend of traditional Thai massage 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**

**60/90 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.

## **Deep Tissue Sports Massage**

**60/90 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 Massage**

**60/90 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.

## **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 compress will soothe and foster balance and serenity.

## **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

## **Back, Shoulder and Neck**

**30/60 minutes**

Add the optional extra to any Massage, Scrub or Body Wrap by opting for 30 or 60 minutes Back, Head and Neck & Shoulder Massage, designed to offer a deeper relief to those who suffer from this commonly troubled area.

# BODY MASSAGES

## **Faa Fairt 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.

## **Cannabis stress-release Massage**

**90 minutes**

This a full body massage combining creates a dynamic duo capable of tackling even the deepest of muscle knots induces deep relaxation, melting away tension along the spine and physical wellbeing. using the healing powers of cannabis-rice milk improve skin elasticity n and improved blood circulation.

## **Cannabis jet-lagged Massage**

**90 minutes**

A luxurious royal oriental massage combining deep tissue massage, this 90-minute wind down treatment begins with a stress releasing, it stimulates muscles. Tired limbs are in a full body massage using either cannabis-lavender oil to calm redness and puffiness, ridding any anxious thoughts and preparing you for a deep and restful night's sleep.

## **Heavenly Head Massage**

**90 minutes**

A combination of methods, this treatment allows you to de-stress and unwind with a head, neck and shoulder massage. This is followed by the gentle pouring of warm oil in a continuous steam over the forehead. The gentle pressure of the oil onto the forehead creates a vibration and its soothing warmth saturates the forehead and scalp and penetrates into the nervous system to give the experience of a deep relaxed state of awareness.

## **De-Stress Head Massage**

**60 minutes**

Head and scalp therapy uses blended warm oils with naturally balanced ingredients and a variety of pressure and techniques that tap into paths of energy for relieving stress and tension; most of which is accumulated in the head, neck and shoulder areas.

## **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.

# ANNE SEMONIN FACIAL TREATMENTS

Encounter this unique collection of elegant French skincare that combines an ingenious blend of aromatic essential oils, trace elements and marine ingredients with results driven, made to measure techniques which transform and re-sculpt your face contour. Anne Semonin treatments are designed to be "tailor made" and will not only revitalize the skin, but energize and balance the mind and spirit, providing total relaxation. Every facial includes an exclusive Anne Semonin lymphatic massage, designed to gently release toxins from the dermal tissues, increasing blood flow and resulting in radiant skin. The unique fusion of this specialist massage, the highest quality classic ingredients and a holistic approach to treating the individual needs, just for you.

## **Oligo Skin Protect**

**60 minutes**

**Suitable for oily skin, combination skin types.**

The ultimate in anti-oxidant defence, this treatment instantly hydrates and balances, boosting oxygenation to the skin cells. Using the exclusive Oligo range of products, and advanced formula combining dynamic ingredients such as algae and chlorella, ensures a clear skin, thoroughly protected from environmental aggressors.

## **Soothing Skin Protect**

**60 minutes**

**Suitable for after-sun and sensitive skin conditions.**

The secret to soothing even the most delicate skin lies in the exquisite blending of minerals and essential essences. Skin is prepared with gentle cleansing and exfoliation before delighting in the application of the luxurious Anne Semonin cream mask. The generous application of the algae and kaolin clay formula smoothies and nourishes skin revealing a perfectly calm and soothed complexion.

## **Age Defend**

**60 minutes**

**Suitable for maturing skin conditions.**

Defy the ageing process with this quintessential regenerating facial therapy. Signs of ageing dissolve as essential oils and minerals are gently massaged into the skin improving tone and elasticity. Maturing skins will appreciate extracts of Mexican Wild Yam and Vitamin A & E which provide ultimate defence against environmental elements and maintain a youthful radiance all the way to a cellular level.

## **Men's Facial**

**60 minutes**

**Suitable for all skin types & conditions.**

The hard-working facial for ageing, dehydrated skin and tired eyes. This unique therapy maximizes cell regeneration. Multi-dynamic facial massage sequences boost circulation.

## **Sublime Radiance Express**

**30/60 minutes**

**Suitable for everyone, this clever combination of cleanser, exfoliator and mask**

allows even the busiest person to attain a look of instant freshness. The fast effective results leave skin hydrated, soft and radiating health.

# BODY TREATMENTS

Body scrubs help to refine your skin texture by removing dead skin cells and make your body glow, giving you a refreshed look and feeling while increasing your blood circulation. This treatment uses short circular massage strokes with body lotion to moisturize your skin.

## **Coconut Body Scrub**

**60 minutes**

**Suitable for dry skin, combination skin types.**

Leaving your entire body feeling invigorated after exfoliating away all the excess oil and dead cells with the gentle touch, but effective service, of charcoal and coconut shell remnants. This body scrub emits a lightly tropical scent and it leaves the skin feeling revitalized and renewed.

## **Lotus Body Scrub**

**60 minutes**

**Suitable for oily, combination skin types.**

This body scrub uses Charcoal to remove the dead cells from the skin's surface and Lotus Seeds to exfoliate even further. The treatment ultimately purifies the body through the scrub, whilst moisturizing the skin and calming the senses with the scent of jasmine Sambac Absolute.

## **Himalayan Salt Body Scrub**

**60 minutes**

**Suitable for all skin types except sunburn skin.**

Himalayan salt creates a vacuum effect through the tiny electrical impulses it emits which detoxifies and rejuvenates the skin. This scrub also contains Thanaka and Mint herb powders, which absorb toxins and soothe the skin and four types of essential oils create a heavenly scent. This treatment results in purified skin that is silky smooth and radiant.

# BODY TREATMENTS

Imagine being carefully cocooned as your body is engulfed in a moisturizing wrap. Impurities are drawn from the pores of the skin through the process of absorption, resulting in healthy, clean and fresh skin. A body wrap should begin with exfoliation, to allow moisturizing products to better penetrate your skin for smoother and softer results.

## **Coconut Body Wrap**

**60 minutes**

**Suitable for dry skin, combination skin types.**

This highly moisturizing treatment uses essential oils from coconut together with cucumber extract and Kaolin White Clay to sooth and pamper the skin. The wrap leaves the body finely polished and glowing, with an enticing tropical scent.

## **Lotus Body Wrap**

**60 minutes**

**Suitable for oily, combination skin types.**

This treatment has been derived from different parts of the lotus plant. This wrap uses Kaolin White Clay to absorb impurities from the skin and Lotus Seeds to hydrate. Fermented Corn Sugar is a key ingredient, along with water lily oil extract, to moisturize the skin and act as an anti-irritation agent.

## **Aloe Vera Body Wrap**

**60 minutes**

**Suitable for sunburn skin types.**

The gel texture of this body wrap is particularly cool and pleasant after a day in the sun. Due to essential oils used, including lavender and peppermint, it has cooling effect on the skin and relieves the nerves in the affected area. Chamomile tea and aloe vera extract to soothe and clam influence on both body and mind.

## **Phyto Chlorophyll Body Wrap**

**60 minutes**

**Suitable for all skin types.**

Created using chlorophyll, organic green tea and organic black mulberry extracts, with extract of champignon, lingzhi and shitake mushrooms. The natural ingredients with essentials oils of grapefruit, fennel and black pepper, create a body wrap which is deeply cleansing and detoxifying, resulting in better blood circulation and beautiful skin.



# SPA PACKAGES

We have left the treatment choices to you as we feel that each experience should be exquisitely personal. Nobody knows better 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 program just for you.

## Sun Soothers

**120 minutes**

Spend 2 hours in your private tranquil spa pavilion with natural remedies and traditional techniques combine to soothe, nourish and rejuvenate the body from the effects of sun and exercise.

### Sun Soother Body

Aloe Vera Body Wrap  
Herbal Aroma Massage

60 minutes  
60 minutes

### Sun Soother Facial

Aloe Vera Body Wrap  
Soother Facial Treatment

60 minutes  
60 minutes

## 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 Bath  
Coconut Body Scrub  
Royal Oriental Massage

30 minutes  
60 minutes  
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 Bath  
Lotus Body Scrub  
Herbal Aroma Massage  
Facial Treatment

30 minutes  
60 minutes  
60 minutes  
60 minutes

# SPA PACKAGES

## 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 ingredients sources and blended only minutes prior to application. From the coconut and rice body scrub, to the yogurt cleanser, cucumber toner, facial scrub, through to the oatmeal yogurt fresh milk facial mask, all elements are naturally derived. This spa experience also **includes** a healthy spa cuisine set menu and refreshment.

Aromatic Bath	30 minutes
Coconut Body Scrub	30 minutes
Back and shoulder Massage	30 minutes
Herbal Aroma Massage	60 minutes
Facial Treatment	60 minutes
Spa Cuisine	30 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 healthy spa cuisine set menu and refreshments.

Aromatic Bath	30 minutes
Coconut Body Scrub	45 minutes
Coconut Body Wrap	45 minutes
Royal Oriental Massage	90 minutes
Facial Treatment	60 minutes
Issarn Foot Massage	30 minutes
Spa Cuisine	30 minutes

## Mens Adventure Revival

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.

Himalayan Salt Body Scrub	60 minutes
Thai Herbal Compress	60 minutes
Deep Tissue Sport Massage	90 minutes
Facial Treatment	60 minutes
Issarn Foot Massage	30 minutes

# BEAUTY SERVICES

## **Manicure or Pedicure**

**60 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 colour coat.

## **Nail Colour Polish Manicure or Pedicure**

**30 minutes**

Application of nail polish with under and top coats.

## **Gel Colour Removal Manicure or Pedicure**

**30 minutes**

For gel manicures, pedicures. Your nails are perfectly safe in the process, and having your polish professionally removed is the healthiest thing you can do for them. \*Don't ever try and peel gel polish off yourself, as you could take layers off your natural nail. This is a job best left to the experts.

## **Gel Manicure or Gel Pedicure**

**60 minutes**

Again, a focus on the hands or feet, or both if you choose: a gel manicure provides the ultimate gloss finish and hard-wearing coat to beautifully shaped nails.

## **Heel Peel and Foot Polish**

**30 minutes**

A facelift for the feet – 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.

Treatment	Duration	Price/Baht
<b>BODY MASSAGE</b>		
Royal Oriental Massage	60/90 minutes	2,300/3,100
Herbal Aroma Massage	60/90 minutes	2,300/3,100
Deep Tissue Sport Massage	60/90 minutes	2,300/3,100
Traditional Thai Massage	60/90 minutes	2,100/2,700
Traditional Thai Herbal Compress	90 minutes	3,100
Warm Stone Massage	90 minutes	3,700
Faa Fairt Massage	90 minutes	5,200
Cannabis stress-release Massage	90 minutes	3,100
Cannabis jet-lagged	90 minutes	3,100
Heavenly Head Massage	90 minutes	4,100
De-Stress Head Massage	60 minutes	2,700
Issarn Foot Massage	60 minutes	1,900
Back, Neck and shoulder Massage	30/60 minutes	1,000/2,000

### **ANNE SEMONIN FACIAL**

Oligo Skin Protect Facial	60 minutes	3,500
Soothing Skin Savior Facial	60 minutes	3,500
Age Defend Facial	60 minutes	3,500
Men's Facial	60 minutes	3,500
Sublime Radiance Express Facial	30/60 minutes	2,000/3,500

### **BODY TREATMENTS**

Coconut Body Scrub	60 minutes	2,300
Lotus Body Scrub	60 minutes	2,300
Himalayan Salt Body Scrub	60 minutes	2,300
Coconut Body Wrap	60 minutes	2,700
Lotus Body Wrap	60 minutes	2,700
Aloe Vera Body Wrap	60 minutes	2,700
Phyto Chlorophyll Body Wrap	60 minutes	2,700

All prices are subject to 10% service charge and applicable 7% government tax and are subject to change without notice.

Treatment	Duration	Price/Baht
<b>SPA PACKAGES</b>		
Sun Soother Body	120 minutes	4,200
Sun Soother Facial	120 minutes	4,900
Kwarm Sa-ngob / Pure Peace	150 minutes	4,700
Cheewit Mai / Rejuvenation	210 minutes	6,500
Mens Adventure Revival	300 minutes	9,900
Sabai Sabai / Relaxation	330 minutes	10,900
Nature's Midday Haven (for couples)	240 minutes	15,400
<b>BEAUTY SERVICES</b>		
Manicure or Pedicure	60 minutes	950
Nail Colour Manicure or Pedicure	30 minutes	500
Gel Colour Removal Manicure or Pedicure	30 minutes	500
Gel Manicure or Gel Pedicure	60 minutes	1,350
Heel Peel and Foot Polish	30 minutes	900

All prices are subject to 10% service charge and applicable 7% government tax and are subject to change without notice.

# 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.