



EXHALE
WELLNESS & SPA

Take care of your body.
It's the only place
you have to live.



Body Massage

Be spoilt for choice at our Exhale Spa, as we provide a wide range of Body Massages to cater to your needs for some well - deserved "me time". Our skilled therapists will help you Exhale, Relax and Renew.

Ask our spa team which Body massage is right for you.



Exhale Spa Signature

Oil Massage 60/90 min 2,900 / 3,500

This treatment is a combination of traditional Lomi Lomi and Deep Tissue Massage with the purpose of deep muscle relaxation for the entire body. Forearms are used to address and relieve tight and contracted muscles with pressure from medium to deep. Warm coconut oil used for this massage will nourish and protect your skin from sun damage.

Thai Body Balancing Reflexology 60 min 1,400

This Thai-style reflexology massage uses pressure points on your hands and feet to stimulate the flow of energy lines, similar to acupressure and acupuncture. This treatment helps correct hormonal imbalances and boost the immune system.

Office Syndrome Alleviation 60 min 1,400

This treatment concentrates on the back, neck & shoulder and is perfect for those who spend long hours on a computer. Our therapists will use a mixture of techniques to try to achieve the optimum results.

Relax & Unwind 60 min 1,400

This unique treatment involves 20 blissful minutes of meditative Shirodhara oil therapy, which is an Indian Ayurvedic healing technique that involves pouring of oil onto your forehead in 5 energy lines at a constant tempo. In our treatment our therapists begin with a relaxing neck & shoulder massage to release the tension, and then finished with a head massage which will leave you at euphoria.



Invigorating Swedish Massage 60 min

2,100

Our Swedish massage involves rhythmical cupping and kneading of the muscles, which awakens the muscle and stimulates the blood flow. The treatment will leave your body and mind feel energized and refreshed.

Thai Aroma Zen Therapy 60/90 min

2,300 / 2,700

This treatment is a perfect selection for relaxation and tranquility for your body and mind. Techniques of long strokes gently warms up the muscles and boost your blood circulation. Our choice of oils infused with local Thai herbs will soothe and help you refocus.

Thai Herbal Compress 90 min

2,700

This treatment is administered using deep heated poultices packed with a series of Thai herbs (Plai, Lemongrass, Tamarind, Bergamot). Its tradition dates back to 14th Century Thailand and is still regarded as an integral part of Thai Medicine. These herbs are known to help relax and soothe the sore muscles while they help improve body's natural immune system.

Hot Stone Massage 90 min

3,300

In this treatment, heated volcanic stones are smoothed over your skin to let their heat penetrate deep into the muscle tissues to prepare the body for deep treatment. Manipulation of muscles is followed for deep release of sore muscles. Anyone with pains and stiff muscles are recommended for this heat treatment.

Traditional Thai Massage 60/90 min

1,700 / 2,100

A total body therapy which involves assisted Yoga-like stretches and dry pressure point massages that follows your Sen channels (energy lines) to loosen tension as well as to lubricate joints. This treatment will leave your body revitalized and relaxed at the same time.



Body Treatments

Our Body Treatment products are all-natural and made from local Thai ingredients. Not only are these products good on the skin, but also the texture and scent on your body will indulge you. Each treatment is a trip to heaven.





Mulberry Body Scrub (dry skin) 60 min

1,700

This body scrub is recommended for those with dry, tired skin. Mulberry will nourish and soften the skin, leaving it with a velvety texture.

Blue Lotus Body Scrub (normal skin) 60 min

1,700

Blue Lotus is known to hydrate and replenish your skin. This silky-smooth body scrub will give you a healthy glow and suitable for all skin types.



Ginger Body Scrub (oily skin) 60 min

1,700

Rich in antioxidant, Ginger improves the skin tone and even its texture. This body scrub is recommended for oily skin type.

Soothing Aloe Cucumber Body Wrap 60 min

1,700

Emergency rescue for sun damage; synergy of the cucumber and aloe vera extract will instantly cool and soothe the skin. It is highly recommended that you receive this treatment within 24 hours of the sunburn to prevent a prolonged burn condition and discomfort.



Detoxifying Green Tea Body Wrap 60 min

1,700

This body wrap contains natural clay, which would eliminate impurities while its minerals would penetrate and feed into the skin for nutritional supply. Green tea and tamarind extracts heal the skin, eliminate free radicals and detox the body.



Facial Treatment

Our Facial treatments are offered in 6 luxurious steps: gentle cleansing, scrubbing, face and décolleté massage, potent mask, toning, and moisturising. Our products are formulated with Swiss edelweiss, which is highly antioxidant and has even greater potency than Vitamin C. It helps brighten and protect the skin from UV rays.



*A healthy outside
starts with a
healthy inside*

Calming Facial Treatment 60 min

2,000

Experience soft and plumped skin with this calming facial treatment specifically designed to help soothe the tired skin from the sun. With the special mask rich in Centella extract, this facial treatment menu will brighten your skin tone, giving you a radiant look.

Hydrating Facial Treatment 60 min

2,000

The perfect way to completely hydrate the skin. This special nanofiber mask is formulated with various natural extracts, including ALPAFLOR® Edelweiss EP, Natural White-ACT, and Sodium Hyaluronate, which will help revive a dark complexion and improve your skin's moisture-holding capacity.

Moisturizing Facial Treatment 60 min

2,300

Enriched with Pueraria Mirifica Root, its origin from traditional Thai medicine, the cream used in this facial treatment will tighten the skin and reduce the appearance of wrinkles. This is powerfully combined with the Swiss edelweiss which is proven to hold moisture and NMF (Natural Moisturizing Factor) in the upper layer of the skin, this menu will promote youthfulness and keep your skin feeling supple all day long.



Spa Package

At Exhale Spa, we offer special packages to transform your body and mind.

Whether you are after some much-needed indulgence, to treat specific muscular and skin conditions, to help detox, and to prepare for the next big event. You will be renewed and refreshed.



Thai Oil Therapy 120 min

2,800

Highly recommended for those with chronic back, neck, and shoulder stiffness, as the Luxury Steam Bath will open the pores and warm the muscles. A 90 min traditional Thai oil massage, characterised by its stretching and deep tissue techniques, will relieve your entire body.

Stress Relief 150 min

3,500

This package is for those who wish to break off from the daily stress routine and unhealthy eating habits. The combination of steaming and body scrub will first cleanse, detox and loosen up the body, and then our Aroma Zen massage will reset your body and mind. Recommended especially at the beginning of the stay.

Rejuvenating 180 min

5,500

This unique spa package is combined to energize and uplift your entire body for a new day as a series of treatments work to relax (Body scrub of choice) and calm (Soothing Aloe Cucumber Body Wrap) the body. An Invigorating Swedish massage will awaken your muscles and boost your immune system. Recommended especially during or towards the end of the stay.

Ultimate Thai Vacation* 240 min

4,800 / 7,400

This Spa package combines the best of what Thailand offers: Body scrub of choice cleanses the underlying stress; Detoxifying Green Tea Body wrap extracts the toxins; Flower essence bath warms the body to prepare you for the next 2 treatments, which are therapeutic Thai massage followed by Reflexology, which corrects the unbalanced body fluid flow according to the remedial lines. This spa journey will completely reset and restore your body and mind, available for individuals or couples pricing.

Be the best version of you.

Exhale Custom Day Spa* 240 min

6,300 / 9,800

Total Day Spa package for full customisation. Let our highly skilled therapists know what your needs are, and we will tailor-make the menu for you. The series of treatments can also be selected to be experienced in one day or over the course of 2 to 3 days, available for individuals or couples pricing.

Luxury body scrub of choice + body wrap of choice + flower essence bath + oil massage of choice express facial

* Package available for individual or couple guests

All prices are in Thai Baht, net, inclusive of 7% tax and 10% service charge



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