



GLOW
SPA

positively

glowing

GLOW SIGNATURE COLLECTION

Our signature treatments at Glow spa are designed for our spa lovers to help maintain flexibility, reduce the chance of injury, improve inner balance and give an outer glow, as well as re-energize your body, mind and soul.

Glow Body Scrub – 60 Minutes

A natural combination of papaya and pineapple extracts, mixed with salt mousse to gently remove dead skin cells. Providing a deep anti-aging bodyline effect, leaving you with softer, smoother and renewed skin **Pevonia line**.

Glow Anti-Aging Body Essences Wrap - 60 Minutes

Your body is enveloped in butter cream with the scent of vanilla, blended with papaya & pineapple extracts. It will deeply nourish your skin and decrease anybody wrinkles and is ideal as an exfoliating treatment for oily skin.

Glow Radiant Facial – 90 Minutes

This opulent anti-aging treatment lavishes your skin with pure Caviar, Asian pearl and revolutionary blend of phyto extracts: Escutox improving wrinkle, elasticity and texture. Featuring a highly concentration formula: collagen polypeptides, Caviar extract and hibiscus esculentus extract for instant benefits. Recommended for all skin type with wrinkles, lack of luster, tendency toward dryness and deep de-hydration.

Pevonia line: Facial Cleanser – Facial lotion – Enzymo-sperides peeling, Escutox with Collagen Face massage and Caviar mask Powder Moisturizer - Collagen Cream

Skin Fit For Men Facial – 90 Minutes

Skin purifying and anti-ageing treatment for men, using caviar and freeze-dried Escutox to repair and replenish your skin.

Pevonia line: Facial Cleanser – Facial lotion – Enzymo-sperides peeling face massage with Escutox Face cream and Myoxy-Caviar Repair Mask, Moisturize with Collagen Cream.

Glow Massage – 120 Minutes

Our own blend of East-meets-west techniques starts by warming muscles with a Traditional Thai massage to stimulate your pressure points using gentle stretching techniques a heated Thai herbal poultice is applied to your body focusing on painful areas to enhance your energy flow after that a relaxing Aromatherapy hot oil massage will relax your muscles.

Glow For Two - 150 Minutes

Rediscover romance with special treatment package designed for two and enjoyed in your private spa. Start by skin pampering treatment, and a massage of your choice. Finally discover renewed harmony with a skin recovery facial by Pevonia.

- Foot bath
- Body polish of your choice 30 minutes
- Full body massage of your choice 60 minutes
- Skin recovery facial 60 minutes by Pevonia

BODY MASSAGE

Massage therapy has multi-level benefits. The first is the significant relief from stress the massage provides. In addition, it helps maintain flexibility, reduces your chance of injury, improves alertness and re-energizes your body and mind.

Hot Stone Massage – 90/120 Minutes

Hot stone massage is a variation on classic massage therapy. Heated smooth, flat lava stones are placed on key points on the body. It restores mobility and reduces muscle aches and pains. Therapist may hold the stones and use them to massage certain areas of your body. Applying hand massage techniques to vital energy centers, while using rosemary essential oil, the effects are both emotional and physical.

Aroma Therapy Massage – 60/90/120 Minutes

Following a personal consultation, aroma therapeutic oils are incorporated with a full body massage designed to uplift, calm or balance the mind and body. It's relaxing Massage.

Deep therapeutic massage – 60/90/120 Minutes

This special massage is designed to relieve sore muscles and joint-pain after heavy exercise or a long hectic day. Carefully designed to treat areas of tightness and stiff muscles, this massage technique uses stretching, elbow and arm techniques with aromatherapy oil.

Thai Herbal Heat Massage – 90/120 Minutes

Inspired by the Thai tradition of natural healing, Enjoy a hot compress of Thai healing herbs which applied all over your body helps drain and clear toxins, improve circulation, relax stiff & tight muscles and improve circulation.

Traditional Thai Massage – 60/90/120 Minutes

Traditional Thai acupressure administered to specific points along the body's meridian lines release muscle tension and clear energy blockages. Traditionally used to promote the free flow of energy throughout the body, this massage contributes to an overall sense of wellbeing. Acupressure technique with stretching and pulling.

Water Lily After-Sun Soothing Massage - 60 Minutes

Experience the cooling body Lily, a soothing water lily, Green Tea and chamomile. A massage technique stress-related tenderness is immediately relieved and alleviated. This treatment heals, desensitizing, calms, decrease skin temperature and promotes relaxation.

Relaxing Foot Massage - 60 Minutes

An invigorating foot massage to improve overall energy balance and enhance well-being.

Chi Nei Tsang Massage - 60 Minutes

Using deep pressure points with oil to stimulate your internal organs to work more efficiently and help to correct postural problems resulting from imbalance in your abdominal area.

Back Balance Massage - 45 Minutes

Specifically eases muscle tension by concentrating back massage with aromatherapy oil on the tight and stressed muscles on your back. A massage recommended for anyone with a buildup of tension in any part of your back, scalp and/or neck muscles.

Indian Head Massage - 30 Minutes

A relaxing head massage with warm oil to clear your mind, relax and remove fatigue caused by mental stress.

Techniques involving work on upper back, shoulder, neck. A variety of massage movements are used to relieve accumulated.



BODY TREATMENTS

Achieve inner tranquility with a Glow spa body treatment. Sumptuous ingredients coalesce with a healing touch to create a selection of body treatments sure to unleash the satin in your skin. Glow Spa body treatments provide the ultimate in total relaxation.

Detoxifying Body Scrub - 60 Minutes

Indulge the senses as you are polished to perfection. Fine granules with potent antibacterial and Detoxifying qualities deep cleanse skin to be healthier, smoother and softer to the touch, treating your entire body to an instant renewal and vibrant glow.

Moisturizing Body Scrub - 60 Minutes

Smoothing scrub with gentle exfoliates dead cells and removes impurities from your skin, promoting skin and applying our anti-stress body lotion your skin is left feeling velvety soft and rejuvenated.

Brightening Body Scrub - 60 Minutes

This daily scrub helps improve skin tone, texture and clarity gently exfoliate while you cleanse, leaving your skin looking luminous. It's also use even on sensitive skin.

Water Lily After-Sun Soothing Wrap - 60 Minutes

Perfect treatment after getting too much sun on their face & body. The cooling, hydrating, skin nourishing properties of pure Water Lily will repair and calm sensitive skin.

Detoxifying Body Ritual Wrap - 60 Minutes

Revitalize the metabolism and allow toxins, impurities dissolve into the surrounding crystal infused waters. Encourage impurities to be released as your skin's texture is revitalized and smoothed. Your body experience overall detoxification and powerful diuretic benefit.

Moisturizing Body Wrap - 60 Minutes

A rich and luxurious treatment to instantly hydrate and soften dry skin with moisturizing wrap, and leaves your skin looking radiant, feeling refreshed and beautifully fragrant.

Brightening Body Wrap - 60 Minutes

Ability to lighten and brighten skin tone reduces the glow of the skin the tonality decreases and ultimately your skin looks keep your skin health and supple with an inspiring therapeutic session of skin.



GLOW SKIN

Glowing skin is the key to maintaining a youthful complexion and a facial at Glow Spa will give your face with a lucent brilliance. We have carefully selected **Pevonia** as our brand of choice, to ensure our products are of the highest standards.

Eye Treatment – 30 Minutes

First cleansing with cleansing milk after this a soothing eye massage to your pressure points to promote circulation around your eyes. Then an eye mask, containing botanical extracts, to treat bags under your eyes.

Pevonia Line: Cleansing milk – Facial lotion – Eye massage – Eye Mask – Eye moisturizer

Natural Thai Herbal Facial – 60 Minutes

Experience the magic of Thai beauty secrets: this pure and fresh facial treatment is designed using the purest Thai herbs to give you a healthier look and smoother touch.

Yoghurt cleansing – Cucumber toning – Scrub – Honey face massage – Thanaka Face mask – Aloe Vera moisturizer

Skin Recovery Facial – 60 Minutes

This treatment moisturizes your skin and is good to treat sunburns. The skin quenches its thirst until saturated and retains the beneficial cream at the heart of its cells. It leaves your face smooth, supple and hydrated.

Pevonia line: Cleansing milk – Facial lotion – Enzyo peeling scrub Face massage – Face cream mask – Moisturizer

Lift & Glow – 75 Minutes

Redefining radiance and facial contouring, it's exclusively formulated treatment feature the latest freeze-dried technology to deliver instant result and cumulative skincare benefits. The Pevonia Lumafirm Lift & Glow facial renders your skin ultra-luminous with a firmer, tighter and more youthfully defined appearance. Ideal for any skin type.

Pevonia line: Cleansing milk – Facial lotion – Enzymo-sperides peeling scrub, Face massage – Lumafirm Freeze dried And Lumafirm Repair mask – Moisturize with Lumafirm Cream/Collagen Cream



GLOW HANDS AND FEET

More than just the tool by which we work and play, our hands and feet are an important form of self-expression and presentation. Treat yourself to a luxurious manicure or pedicure at our Glow spa.

Nail Package Manicure & Pedicure - 120 Minutes

Pamper and refresh the tired hands or feet while giving them all the attention by soaking, scrub, moisturize then absolute finished by file and paint.

Thai Organic Manicure or Pedicure - 60 Minutes

A traditional Thai manicure or pedicure, were your nails are soaked in coconut milk and given a gentle thai kaffir lime scrub. Then a lotion is applied, followed by your choice of a natural shine buff or nail polish.

Express Nail - 45 Minutes

Shorter nail treatment, where your nails are cut, filed and completed with your choice of a natural buff or polish.



better

TOGETHER

GLOW JOURNEY

Male To Glow - 120 Minutes

An essential treatment ideal for the busy business traveler. A deep relaxing massage

Targets the deeper layers of your muscles and connective tissue while the Skin Solution

Skin recovery facial leaves you looking clean and feeling great.

- Foot bath
- Deep therapeutic massage 60 minutes
- Skin recovery facial 60 minutes by Pevonia

Glow Touch - 120 Minutes

The ultimate experience combining detoxifying start by a detoxifying body scrub followed with a soothing detox body wrap and finish with Back balance Massage.

- Foot bath
- Detoxifying body polish 30 minutes
- Detoxifying body ritual wrap 45 minutes
- Back balance 45 minutes

Time to Glow - 105 Minutes

Treat your skin to pampering. Infuse your skin with Moisturizing body polish to remove excessive dead skin cells and strengthen new skin tissue enzymes to address dryness. Your skin will be glowing leaving you feeling completely refreshed and follow with Aroma therapy massage.

- Foot bath
- Moisturizing body polish 45 minutes
- Aroma therapy massage 60 minutes



HOW TO RECEIVE THE MOST OUT OF YOUR GLOW SPA VISIT

Reservations

Glow Spa operating hours 10:00 – 19:00 daily. Please schedule your appointment in advance to ensure your preferred treatment or therapist is available. Bookings made on day of treatment and walk-in appointments are always welcome, based upon availability.

All reservations by guests, who are not staying at the hotel, must be secured with a major credit card and telephone number.

Take time

We suggest arriving 15 minutes prior to your treatment time. Respect yourself and others by turning off communication devices prior to entering the spa, relaxing area, changing room and treatment area.

Arriving late for a treatment may require us to shorten the length of your treatment while full charges apply to avoid the following guest disappointment.

Cancellation policy

4 hours notice is required for changes or cancellations to avoid full charges.

Treatment attire

It is customary to change into a robe prior to your treatment. You will be given the opportunity to disrobe and cover yourself in private.

Throughout your treatment(s), your body will be covered with linen and at no time during your treatment will you be fully exposed

Communication

Prior to the start of your treatment, please tell your therapist which areas you would like her to focus on and which areas to avoid.

During your treatment, let your therapist know if you feel any discomfort.

Communication is the key to getting full benefit from your Glow Spa experience.

Glow

Close your eyes. Allow your mind to be free. Breathe deeply.

Remember, this time is yours.

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