



Ultimate Relaxation

Le **MERIDIEN**
KHAO LAK BEACH
& SPA RESORT

PACKAGE MENU

Le Spa Massages

Aromatic Swedish Massage ~ 60 minutes

Great for someone experiencing massage for the first time. Improves blood circulation, reduces stress and soothes tired muscles.

Sports Massage ~ 60 Minutes

An invigorating massage that works deep into the muscle, helping to relieve aches and pains. Perfect after a day of leisure activities or a hard day at the beach!

Asian Blend Massage ~ 60 Minutes

A harmonious fusion of east meets west involving the application of pressure and gentle stretching along with fluent and firm hand motions. Recommended for those who wish to indulge in a deep, strong massage.

Le Spa Facials

Tropical Facial ~ 60 Minutes

Exclusive to Le Spa and a 'must have' during your stay, this superb tropical facial will cleanse, hydrate and leave your face with a radiant glow. Using a Natural Hydrating Fresh Cucumbers Mask and quality "Neroli" Facial Massage to tone and regenerate your cells, this facial is suitable for all skin types and guarantees to relax and rejuvenate.

Nature's Balancing Facial ~ 60 Minutes

Using a natural cleansing gel for deep pore cleansing and softening, this men's facial is accompanied by a cooling mask of lime and camphor especially formulated to make you actually look forward to your next shave.

Le Spa Body Treatments

Crushed Guava Seed Scrub ~ 60 Minutes

Using the benefits of aromatherapy to relax your mind, this exclusive body scrub will restore the natural balance of dehydrated skin through the essential vitamins of A and C. Nourishing yet gentle, this scrub provides your skin with a vital stimulant for cell regeneration.

Advance reservations are required after check in. Where preferred reservation time is not available, Le Spa will offer an alternative appointment time. This menu selection is valid from May to October 2006 inclusive. Le Spa menu options may change without notice. Not available for children. Extra persons are included when paying for rollaway bed. The offer is not transferable toward the value of other products or services nor redeemable for cash under any circumstance whatsoever.



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Aromatic Salt Scrub ~ 60 Minutes

Designed to remove dead, dry skin and restore total balance to your mind and spirit, this rejuvenating scrub uses your choice of aromatic sea salts and is a perfect preparation for other treatments to follow.

Asian Herbal Exfoliation ~ 60 Minutes

Using Tanaka and sandalwood as the main ingredients, this wonderful blend of Thai herbs and plant extracts will exfoliate unwanted skin, improve blood circulation and refresh your skin and muscle tissue. Known to uplift and balance oily skin, this is the perfect treatment for those still adapting to the change in temperature and environment.

Lotus Blossom Milk Wrap ~ 60 Minutes

Pamper yourself with this luxurious combination of Lotus blossom, milk whey and honey to cleanse, detoxify and nourish the skin. Using heated blankets to enhance the absorption into the body and promote a general feeling of relaxation, a specialized lotus blossom face mask will also be applied during the treatment, to leave your entire body invigorated and as soft as velvet.

Spirulina Body Wrap ~ 60 Minutes

Known for its rich source of elements and minerals, this highly beneficial wrap will detoxify and stimulate the cellular functions of the skin. Finishing with a hydrating lavender body lotion, the benefits include relieving fatigue, water retention, muscular pain and in some cases, reducing cellulite.

Aloe Vera Sun Lovers Wrap ~ 60 Minutes

This is the perfect moisture and body masque to accompany a holiday of sunbathing. This soothing wrap uses the calming and healing properties of Aloe Vera to re-hydrate the skin while the anti-oxidant benefits of green tea, leave the skin fresh and cool. This is the perfect treatment for those who have had a long day in the sun.

Sun kiss Treatment ~ 60 Minutes

Provides healing for your burned skin and reduces the heat from the sun's kiss. Use a cold compress of Lavender Hydrating concentrate, combined with a cold facial compress and moisturizer all over your body to leave you feeling completely cool and relaxed.

Le Spa Luxury Baths

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Floral Bath ~ 30 Minutes

Infused with jasmine and filled with Thailand's most beautiful flowers, this bath will be enough to send you into a deep state of relaxation as you sip a tropical fruit juice.

Cleopatra Milk Bath ~ 30 Minutes

Share the secrets of Cleopatra's beauty as you soak in this wonderful milk bath. The cleansing and purifying properties of many flower petals combined with the milk's skin softening benefits, makes this bath one to be highly recommend whilst enjoying ginger Tea.

Thai Herbal Bath ~ 30 Minutes

Clear the head and breathe in the extravagant aromas of Lemongrass, Anise, Wild mint, Plai and many more Thai fragrant herbs. Refreshing, uplifting and perfect preparation to relax your mind and muscles.

Jacuzzi ~ 30 Minutes

Recline in the warmth of our rejuvenating Jacuzzi, sipping a cool ginger tea and let nature's healing power of water saturate your aches and pains away.

Herbal Steam Bath ~ 30 Minutes

Enjoy the natural fragrances of Asia while you are cosseted in our aromatic herbal steam rooms. Great for clearing the pores and mind. Herbals steam also warms the muscle tissue to aid in any treatment that follows.

Aromatic Steam Bath ~ 30 Minutes

A choice of Lavender, Eucalyptus or spearmint, provide you with the ultimate aromatic steam room experience. Great for clearing pores, relaxing mind and soul, Aromatic steam also warms the muscle tissue to aid any treatment that follows.

Le Spa Beauty Salon Treatments

Waxing

Remove unwanted hair quickly and easily using a hygienic roll-on hot wax system.

- Bikini

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-
- Under Arm
 - Full Leg
 - Back
 - Chest
 - Upper Lip