

The Cottara Spa Treatment Menu

Health, Relaxing, and Wellbeing of Thai Style

Facial Treatment



Anti-Stress Facial	50 mins	1,750+
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A gentle facial, neck and shoulder massage using pure essential oils. This facial is designed to leaving your skin feeling smooth and invigorated.

Aromatherapy Facial	50 mins	1,750+
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A rejuvenating facial experience of lymphatic drainage using aromatic essential oils to cleansing, hydration, moisturizing, face massage and mask designed to purify and promote beautifully radiant skin.

Diamond Traditional Facial	50 mins	1,750+
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A traditional facial using nature ingredients such as finest honey and fresh cucumber, which will leave your skin glowing soft and healthy.

Diamond Cleansing Facial	50 mins	1,750+
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A refreshing facial treatment providing cleansing, gentle exfoliation and followed by detoxifying facial mask to promoting beautifully radiant skin.

Diamond OPC Tea Tree Facial	50 mins	1,750+
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Diamond Refreshing Facial	50 mins	1,750+
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Diamond Gentle Smart Facial for men	50 mins	1,950+
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Body Treatments



Aromatherapy Salt Glow	45 mins	1,450+
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A cleansing treatment using dead sea salt with aromatic oils to exfoliate, stimulating and cleansing the pores of the skin.

Diamond Exotic Body Scrub	45 mins	1,450+
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A traditional herbal scrub using Clay, Rice, Dried Flower, Magrut and Patchouli Oil, this scrub will remove dead skin cells and encouraging new cell growth to produce healthier skin.

OPC Body Polish	45 mins	1,450+
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An invigorating treatment using an anti-oxidizing body gel to cleanse, stimulate blood circulation and purify the skin.

Traditional Body Polish	45 mins	1,450+
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This full body exfoliation uses a mixture of traditional herbs with honey and sesame seeds to cleanse and remove dead skin cells, promoting a softer and smoother enriched skin.

Sun Burn Treatment	50 mins	1,450+
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This cooling treatment, rejuvenate tired and damaged skin with the purest essential oil compress and aloe vera is applied all over the body to moisturizing new cell growth.

Body Skin Firming Treatment	60 mins	1,750+
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A deluxe treatment to firm the skin, detoxify, removes the dead skin cell, stimulate collagen and elastin and encourage circulation. This specialized treatment features body firmer white clay mask.

Rejuvenating Skin Treatment	60 mins	1,750+
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This treatment has been specifically designed to rejuvenate tired and damage skin with the cooling and toning effect of fresh cucumber body wrap and mask with Aloe Vera.

Marine Mud Treatment	60 mins	2,250+
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Relaxing Body Wrap	60 mins	2,250+
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Body Massage



Traditional Thai Massage	60 mins	700+
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90 mins	900+
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120 mins	1,300+
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An ancient Traditional Thai Massage is a unique blend of deep tissue massage, using pressure point and stretching techniques to reduce stress, improve blood circulation and creating an overall feeling of wellbeing.

Foot & Leg Massage	50 mins	1,450+
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This massage concentrates on the feet and leg help to improve circulation, restores physical and relief of stress and tension.

Aromatherapy Massage	50 mins	1,750+
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Our most aromatic and relaxing massage with a choice of four specially blended oils, Sawasdee, Sabai Jai, Choke Dee and Kob Koon are applied on your skin will relieve stressed muscles, increase circulation, soothe the body, mind, spirit and with a sense of wellbeing.

Swedish Massage	50 mins	1,750+
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A relaxing and invigorating body massage helps to reduce tension, soothe sore muscles and increase circulation.

Sport Massage	50 mins	1,750+
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A deep tissue massage that combines all the other forms massage to relieve tightened muscles.

Diamond Massage	50 mins	1,750+
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This massage using palm pressure to concentrates on the muscles of the whole body, helps to refresh and relaxes the spirit and soothes the mind.

Honey Release Massage	50 mins	1,750+
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Pamper the skin with this massage, using a mixture of finest honey and pure fresh orange juice to release muscle tension, increase circulation and moisturize your skin.

Cottara Massage	50 mins	2,500+
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The Cottara massage is the zenith of massage experience. Performed by two therapists who work together in rhythmic harmony, with one at the top and one at the toe. Unique combinations of four massage styles: Aromatherpy, Swedish, Sport, and Thai. ensures that every nerve ending is caressed. This is hypnotic, exotic and euphoric.

Spa Package

Diamond Respite Package	2 hrs	1,900+
<ul style="list-style-type: none"> - Sauna & Jacuzzi - Thai Traditional Massage - Foot Massage 		
Diamond Vitality Package	2 hrs	1,900+
<ul style="list-style-type: none"> - Sauna & Jacuzzi - Thai Traditional Massage - Siam Massage (Back Massage) 		
Diamond Traditional Package	2 hrs 30 mins	2,250+
<ul style="list-style-type: none"> - Sauna and Jacuzzi - Traditional Thai Massage - Diamond Traditional Facial - Tropical Fruit Elixir 		
Diamond Natural Package	2 hrs 30 mins	2,300+
<ul style="list-style-type: none"> - Sauna & Jacuzzi - Diamond Massage - Manicure & hands Paraffin Treatment 		
Diamond Bliss Package	2 hrs	2,400+
<ul style="list-style-type: none"> - Sauna & Jacuzzi - Herbal Body Scrub (Sesame Scrub) - Aromatherapy Body Massage 		
Diamond Serenity Package	2 hrs	2,400+
<ul style="list-style-type: none"> - Sauna & Jacuzzi - Herbal Body Scrub (Tropical fruit Scrub) - Sawasdee Body Massage 		
Diamond Skin Care Package	2 hrs	2,900+
<ul style="list-style-type: none"> - Sauna & Jacuzzi - Diamond Traditional Facial - Body skin Scrub 		



Diamond Relaxation Package	2 hrs	2,900+
<ul style="list-style-type: none"> - Sauna and Jacuzzi - OPC Body Polish - Aromatherapy Massage - Aromatic Elixir 		
Diamond Delight Package	2 hrs 30 mins	3,300+
<ul style="list-style-type: none"> - Sauna and Jacuzzi - Diamond Massage - Diamond Cleansing Facial - Aromatic Elixir 		
Diamond Rejuvenating Package	2 hrs	3,300+
<ul style="list-style-type: none"> - Sauna & Jacuzzi - Diamond Massage - Foot & Leg Massage 		

Diamond Smooth Package	3 hrs	3,500+
<ul style="list-style-type: none"> - Sauna & Jacuzzi - Thai Traditional Massage - Siam Massage - Tropical Fruit Scrub 		
Diamond Romance Package	3 hrs	3,500+
<ul style="list-style-type: none"> - Sauna & Jacuzzi - Thai Traditional Massage - Sawasdee Body Massage - Honey Facial Treatment 		
Diamond Smart Package	2 hrs 30 mins	3,600+
<ul style="list-style-type: none"> - Sauna & Jacuzzi - Facial & Treatment for Men - Sport Massage - Aromatic Elixir 		
Diamond Lovely Package	3 hrs	3,900+
<ul style="list-style-type: none"> - Sauna & Jacuzzi - Herbal Scrub (Salt Glow) - Aromatherapy Body Massage - Facial Treatment (Cereal Mask) 		
Diamond Discovery Package	3 hrs	4,700+
<ul style="list-style-type: none"> - Sauna & Jacuzzi - Traditional Thai Massage - Foot & Leg Massage - Diamond Traditional Facial 		
Diamond Sunrise Package	3 hrs	4,700+
<ul style="list-style-type: none"> - Sauna and Jacuzzi - Aromatherapy Salt Glow - Aromatherapy Massage - Aromatherapy Facial - Yin and Yang Elixir 		
Diamond Indulgence Package	3 hrs	4,700+
<ul style="list-style-type: none"> - Sauna and Jacuzzi - Diamond Exotic Body Scrub - Diamond Massage - Diamond Cleansing Facial - Yin and Yang Elixir 		
Diamond Harmony Package	3 hrs 30 mins	4,900+
<ul style="list-style-type: none"> - Sauna & Jacuzzi - Aromatherapy Body Massage - Marine Mud Treatment - Anti Stress Facial - Yin and Yang Elixir 		
Diamond Heaven Package	3 hrs 30 mins	4,900+
<ul style="list-style-type: none"> - Sauna & Jacuzzi - Diamond Massage - Relaxing Body Wrap Treatment - Diamond Cleansing Facial - Yin and Yang Elixir 		
Diamond Detoxify Package	3 hrs 30 mins	4,900+
<ul style="list-style-type: none"> - Sauna & Jacuzzi - Cottara Massage (2 Therapist) - Body Skin Firming Treatment - Aromatherapy Facial - Yin and Yang Elixir 		

Natural Mind & Care Treatment

Hand Paraffin Treatment	30 mins	550+
<p>The application of Paraffin creates the effect of a mini- sauna on your hand, trapping moisture and heat while increasing circulation. It opens the pores of the skin to allow moisture penetration more readily and is a special treat for swollen or just tired hands.</p> <ul style="list-style-type: none"> - Peach Paraffin with Aloe Vera - Mango Hand Lotion 		
Beauty Treatment	60 mins	900+
<ul style="list-style-type: none"> - Manicure - Hands Paraffin Treatment * Peach Paraffin with Aloe Vera * Mango Hand Lotion 		
Diamond Healthy	1 hr 30 mins	1,750+
<ul style="list-style-type: none"> - Foot & Leg Massage - Hands Paraffin Treatment * Peach Paraffin with Aloe Vera * Mango Hand Lotion 		

The Cottara Spa Beauty Salon



Nail Care	
Manicure	450.-
Pedicure	550.-
Hair Care	
Shampoo and Blow Dry	450.-
Hair Braid (Short Hair)	1,200.-
Hair Braid (Long Hair)	2,200.-

All prices are in Thai Baht and subject to 10% service charge

The Cottara Spa - Frequently Asked Questions.

❑ What are the opening hours of the Spa?

The Spa is open from 10:00 A.M. to 07:00 P.M.

❑ What should I wear to the Spa?

Wear whatever you feel comfortable in. We will provide you with a bathrobe, pyjamas and slippers.

❑ Should I make a reservation in advance?

Yes, either visit the spa and make a reservation for your treatment with a spa receptionist or phone to Tel: 66 76 286 446-50. Fax : 66 76 286 451.

❑ When should I arrive?

Please arrive 15 minutes before check-in and change. You are welcome to come earlier and use the sauna, Jacuzzi and showers if you wish to relax before your treatment.

❑ Who can help me decide how to choose my treatment?

Our Spa Manager or Spa receptionist will help you plan the perfect spa experience, including the best order for your treatment. Spa packages are specially designed to offer you a selection of our most popular spa treatment.

❑ Where do I change clothes?

You may either change in the spa's locker rooms where we will provide you with a locker key or in your private suite.

❑ What if I have special health consideration?

Please notify our Spa Manager or Spa receptionists when you make your reservation if you are pregnant, have high blood pressure, allergies or any other physical ailments or disabilities. If you are concerned about anything, please let us know.

❑ What do I wear during my treatment?

Most body treatments are enjoyed without clothing. However, wear what you feel is most comfortable for you. We provide special pyjamas for Thai Massage.

❑ What about my comfort?

This is your time in the spa and you should delight in it as much as possible. Whether the room is too hot, the music is too loud, the lights too bright or the pressure of the massage uncomfortable.....just let us know.

❑ What about my valuables?

Please leave them in your room. The spa will not assume any liabilities.

❑ Should men shave before the facial?

Yes, we recommend that men shave a few hours before their facial.

❑ What if I am late for an appointment?

Arriving late will simply limit the time for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so that the next guest is not delayed.

❑ What if I need to make a cancellation?

Please cancel your reservation at least 3 hours in advance. Guest who do not do so will automatically be charge 50 % of the reserved treatment.

❑ What about payment?

We accept all major credit cards and cash. You may also charge your treatments to your room.