



THE INFINITE LUXURY SPA

AT  
KATA ROCKS

Our Infinite Luxury Spa provides a personalized and very individualistic experience combining holistic ila Spa, Sun Spa Esthederm, and SPARITUAL products, where the unique needs of each guest are considered throughout the spa experience.

Guests may choose to have a complete assessment and personalize program with one of our spa therapists, or may simply choose from the type of treatment desired, or the outcomes on offer - as symbolized below:



UNIQUELY THAI - the best in traditional treatments and use of authentic local products



YOUTHFUL AGEING - focusing on rejuvenation of the skin and the health of the nervous system



REST & RECOVERY - time-out to recuperate in a tranquil, serene space with relaxing treatments



DETOX & CLEANSING - to regenerate healthy body-function and emphasize "balance"

## INFINITE LUXURY SPA SIGNATURE RITUAL

Kata Rocks Blessing Ritual

90 minutes

THB5200

“Purified Remedy for Body and Soul”

A signature Infinite Luxury Spa innovation, the Kata Rocks Blessing is an indulging combination of the healing stone blessing and the purifying ritual by sacred signing bowl to uplift the senses. The Chakra Balancing Massage is followed to complement the purifying treat and leave you in a state of deep relaxation. At the end, the blessed healing stone is given to remind you of the Buddha Foot print at Kata Rocks, the place to heal the soul.

## INFINITE LUXURY SPA RECOMMENDS

Full Day Journey

6 Hours

THB16200

“Heavenly Treats”

- Bio Energy Mud Wrap (90 minutes)
- Choice of Thai Massage or Kundalini Massage (90 minutes)
- Healthy Lunch / Dinner (60 minutes)
- Choice of Facial Treatment (60 minutes)
- Choice of Hand Treatment or Foot Treatment (60 minutes)

Half Day Journey

4 Hours

THB10500

“Great Escape”

- Choice of Prana Vitality Massage or Ku Nye Massage (60 minutes)
- Full Body Scrub (60 minutes)
- Choice of Hand Treatment or Foot Treatment (60 minutes)
- Healthy Lunch / Dinner (60 minutes)



## UNIQUELY THAI

### SIAM CLASSIC

THAI 120 MINUTES

THB6000

“Energizing massage”

A perfect remedy of Thai people to recover for tired body and mind. The treatment will start with a classic 90-minute Thai massage blends subtle stretching with rhythmic massaging and compressions to balance energetic bodies and stimulate energy flow. At the end of treatment, the warm herbal pouch to be compressed on problem areas to aid in relieving muscle tension, stimulate blood circulation and energize your body and mind; it is especially noted for its anti-inflammatory and antioxidant properties.

### THAI MASSAGE

60/90/120 MINUTES

THB3600/4800/5800

“For a better flexible body”

Literally translated, this means “the old Thai way of healing with the hands”; with its origins in ancient techniques from Indian and Chinese traditional medicine it is a treatment that is recorded in age-old manuscripts. Dressed in comforting soft cotton-pajamas, you will be taken through a series of movements, which incorporate gentle rocking, rhythmic compression, deep stretching and the use of pressure-points along the meridians (Sen) of the body. Leave feeling emotionally centered and physically refreshed.

### BAMBOO MASSAGE

60/90 MINUTES

THB3600/4800

“A muscle pain reliever”

The bamboo for this treatment comes from a natural bamboo-grove in Phuket. Each piece is kept warm during the treatment, where the bamboo is worked over the muscles with deep, lengthening strokes; the muscles are further kneaded to release tension and work out knots - the cane offering an opportunity for a deeper and smoother treatment.

### SENSE OF THAI AROMA

60/90/120 MINUTES

THB3600/4800/5800

“the local favorite”

This massage uses long smooth, slow strokes to get your circulation and energy flow moving. These calming movements will help relax your mind and release tension, giving you a well-deserved break: your senses will inspired by touch and scent of Thai Aromatherapy Massage Oil, your mind calmed and centered; your body rested and recharged.



## YOUTHFUL AGEING

### SENSO HEALING

120 MINUTES

THB7200

“To awake all your senses”

This treatment combines beauty and wellness together as whole body will be pampered while lying on a waterbed equipped with the boosted Chromo-therapy producing a healing effect from different lighting. To enhance a new experience, prior to the treatment, therapist will adjust the suitable water temperature in order to indulge the deep relaxation before the whole body skin will be cleansed with marine based products and followed by a floating massage, a firming massage is inspired by traditional Hawaiian techniques. The therapist delivers long flowing strokes to restore balance and harmony for a pleasant sensation.

### FEMININE SPIRIT

120 MINUTES

THB6800

“for rejuvenation and emotional support”

This heavenly experience awakens the feminine zest for life and floods the body with energy. The treatment uses flowing lymphatic massage, marma therapy and kidney packs to rejuvenate the energy of the kidneys and adrenal glands – very important in maintaining health in women. Herbs known for supporting women’s emotional wellbeing are infused in essential oils jasmine and ylang ylang, which make for a very nurturing and uplifting experience.

### MASCULINE VITALITY

120 MINUTES

THB6800

“for strengthening and invigorating”

This ritual uses powerful herbs and targeted techniques to recharge and boost men’s vitality. The perfect recharge for men of all ages. Begin your experience with a bespoke scrub to cleanse and release fatigue from the mind and body. This is followed by an invigorating massage with the ancient herb of virility and strength, while cedarwood and vertivert revitalises the body and a liver pack intensifies healing blood flow thereby boosting energy levels.

### RAINFOREST REJUVENATION FACE THERAPY

60 MINUTES

THB4100

“the anti-ageing facial”

This restorative facial draws on intensely healing rainforest extracts to rejuvenate facial skin. Warm herbs, lymphatic drainage techniques and an Amazonian mud mask encourage toxin release and reduce water retention, increase blood supply and boost collagen production at a cellular level. Skin tone is brightened and muscle contraction is inhibited, softening fine lines and wrinkles.

### KU NYE MASSAGE

60 MINUTES

THB3600

“for head-to-toe healing”

This Tibetan body treatment balances the five elements to restore a harmonious flow of energy and vitality. A blend of five essential oils work together to stabilise the five sensory organs, while Tibetan techniques – cupping, kneading, and hot stone/poultice acupressure – help release physical and mental tension, harmonising from the tips of the toes to the crown of the head.

### SCALP AND HEAD REVIVER

30 MINUTES

THB2000

“the restorative treatment”

Combining scrub, mask and acupressure, this invigorating and restorative treatment relieves tension in the head and neck whilst nourishing the hair and hair follicles with vital minerals and oils.



## REST & RECOVERY

**SHIVA SHAKTI FOR COUPLE** 150 MINUTES THB17700  
“for reconnecting couples spiritually and emotionally”

Designed for couples to experience together, this ritual focused on three chakars: heart, water and crown. Exquisite oils of Rose (the oil of love), Orange Blossom (bliss) and Jasmine (for stimulating the flow of love) result in a beautiful connection of mind, body and spirit.

**BESPOKE DREAMTIME EXPERIENCE** 150 MINUTES THB9500  
“another great Jet Lag option”

This soporific treatment draws on pure essential oils, marma massage and chakra healing to relax the nervous system and restore the natural rhythm of sleep. Based on the knowledge that cellular repair is faster during rest, it incorporates a slow rhythmic body renewal, body treatment and soothing facial to promote relaxation, while cellular-rejuvenating ingredients – such as royal jelly and orange blossom – do their work.

**CHAKRA WELLBEING** 120 MINUTES THB8000  
“for bespoke deep relaxation and healing”

As exquisite as it is holistic, this bespoke treatment – tailored to the needs of each individual – works on the muscles, lymph and nervous system as a whole. Based around seven blends of chakra-balancing essential oils, each unique ritual involves deep relaxation of the nervous system, sensuous lymphatic drainage, subtle healing of the chakras and the pouring of warm oil over the third eye to restore and relax every sense. This treatment will be performed chromo therapy chamber.

**ADRENO RESTORE TREATMENT** 120 MINUTES THB6800  
“for strengthening and empowering”

Strong adrenal glands protect us from daily stresses and chronic fatigue. This strengthening therapy uses adaptogenic ingredients in a targeted scrub and wrap to keep adrenal-function at optimum levels. Naturpathic warmed adrenal packs direct the healing benefits of vetivert, pine, cedar wood, ashwagandha and pfaffia where they are needed. Deep rest then follows courtesy of a balancing Ku Nye massage.

**KUNDALINI TREATMENT** 90 MINUTES THB4800  
“for soul nurturing”

Ideal for emotionally exhausted souls, this nurturing treatment has an extraordinarily restorative effect on the sympathetic and parasympathetic nervous systems. Chakra and sound healing activate and channel the Kundalini – the dormant energy at the base of the spine: tension is lifted; negativity is released; and the body is brought back to a state of awareness and balance.

**MEN'S REVITALIZING FACE THERAPY** 60 MINUTES THB4100  
“the invigorating facial”

This men's facial restores vitality to skin weakened by frequent shaving or exposure to the elements. A hydrating blackcurrant, honey and sandalwood exfoliator cleanses, tones and moisturizes prior to a marma point massage with anti-bacterial vetivert and healing damascena rose otto. To end, a Seaweed and Bio-Plasma mask purifies and nourishes, leaving skin supple and strengthened.

**ENERGY POD** 60 MINUTES THB2500  
“for total body relaxation and rebalancing”

Leave the busy world behind and step into a deep relaxation of Energy Pod, a chair-helmet combination allows you to take a quick nap. After being lulled to sleep by "soothing sounds," you are put into a perfect position for a nap while therapist giving a foot zone therapy treatment. Acupressure along the zones of the feet energizes the immune and circulatory systems and helps lower blood pressure. Fluid circulation is increased and water retention and puffiness reduced as the lymphatic system is stimulated.



## DETOX & CLEANSING

**MARINE FLORA IMMERSION** 120 MINUTES THB7500  
“for a complete face and body experience”

This immersion starts with a body scrub, wrap, and a facial. This revitalizing experience draws on mineral-rich marine flora and Himalayan salt crystals to deeply relax, cleanse and re-energise the lymphatic and immune system. The ingredients have a profound healing effect, infusing the skin with nutrients for up to 24 hours after absorption.

**BIO-ENERGY MUD WRAP** 90 MINUTES THB5300  
“for head-to-toe healing”

In this deeply rejuvenating treatment, an energizing and detoxifying scrub is intensified by the addition of a wrap, drawing deeper toxins from the cells. Revitalising the skin and lymphatic system, the wrap physically detoxifies and cleanses the body – removing waste products, and re-energizing and softening skin. On a subtle level, it can also promote profound healing in the energy body.

**MARINE FLORA FACE THERAPY** 90 MINUTES THB5300  
“the detox facial”

This stimulating facial unites nutrient-dense marine elements and nerve point therapy to remove waste build up and encourage rapid repair of damaged or dehydrated skin. Sea lettuce detoxifies and boosts the lymphatic system. Bio-plasma serum and sea lavender mask encourage collagen production. Skin is purified; vitality and tone improved; and tension eased from micro muscles.

**KU NYE FACE THERAPY** 60 MINUTES THB4100  
“the balancing facial”

This facial uses ancient organic Tibetan oil (Sea Buckthorn Seed Oil) – containing a rare Omega 7 – to strengthen cell walls, regenerate skin, improve circulation, and balance core energy. A rosehip and honey scrub prepares skin for the sea buckthorn elixir; deep lymphatic drainage and acupressure with hot poultices maximises penetration, followed by a harmonising lavender and honey mask.

**PRANA VITALITY MASSAGE** 60 MINUTES THB3600  
“for shining life force”

This revitalizing full body massage helps release toxins, reduce fatigue and restore strength and harmony. Specialized massage techniques, marma therapy, and hot poultices blend with energy-enhancing essential oils of juniper berry, geranium, lemongrass, lavender and patchouli to leave mind, body and spirit sparkling with vitality.

**INSTANTLY DETOXIFYING SCRUB** 60 MINUTES THB4100  
“for total stimulation and detoxification”

This energizing full-body scrub targets cellulite, stress and exhaustion. Drawing on the ionizing properties of Himalayan Salt Crystals, it stimulates the circulation and toxin elimination, uplifting mind, body and spirits.

**FOOT ZONE THERAPY** 30 MINUTES THB2000  
“for happy feet”

Acupressure along the zones of the feet re-energise the immune and circulatory systems and helps lower blood pressure. Fluid circulation is increased and water retention and puffiness reduced as the lymphatic system is stimulated.

**BACK NECK & SHOULDER RECOVERY** 30 MINUTES THB1800  
“Great back energy”

Using a unique blend of jasmine, patchouli and cardamom, this Tibetan style massage combines gentle cupping and kneading to stimulate the flow of energy along the spine and strengthen nervous system.

## TREATMENT ENHANCERS

Add some sparkle to your spa experience; choose one of these enhancers to enrich your massage, facial, body exfoliation or wrap. You may request any of these harmonizing add-ons with your consultant.

### Thai Herbal Compress 30 minutes THB1400

In preparation for this treatment your therapist will make a poultice filled with Thai healing herbs: camphor, lemongrass, eucalyptus, kaffir lime, ginger, galangal, tamarind and turmeric. This healing poultice is then steam-heated and compressed in rhythmic-movements onto designated therapeutic points of body. It will help ease muscle tension, stimulate blood circulation and energize the body and mind; it is especially noted for its anti-inflammatory and antioxidant properties.

### Adreno Exhaustion Wrap 30 minutes THB1200

Targeting the adrenal glands, this specialized wrap combines strengthening vetiver and sandalwood, with warm and cool kidney packs to bring relief from adrenal exhaustion, hormone imbalances, menopause and anxiety.

### Hormone Wrap 30 minutes THB1200

Targeting the kidneys, this specialized wrap combines rose and sandalwood, with warm and cool packs to help regulate fertility hormones and support healthy kidney function.

### Vitality Wrap 30 minutes THB1200

Targeting the liver, this specialized wrap incorporates basil, juniper, sandalwood, cedarwood and rose, affirmed and activated by warm and cool packs to help increase the body's vital energy.

### Sleeping Pod Experience 30 minutes THB500

Another first for Kata Rocks, this sleeping pod is the world's first chair designed uniquely for napping. There is even some research to suggest that [provided you dream in your nap] an hour nap, may be as good as a full nights' sleep. Ideal for those who book wanting to recover from jet-lag or after any spa treatments to extend your recovery.

### Infra-Red Sauna & Herbal Steam 30 minutes THB500

An infrared sauna heats your body directly without warming the air around you; there is some evidence that this sauna is good for you and helps with increasing blood circulation, warming the muscles, making you sweat and excreting some toxins and working the blood-flow in the skin.

### Chromo Therapy Chamber Experience Per treatment THB500

Chromo therapy is a system of treatment, which can benefit people because of its harmony with nature. Everything that exists in the world is a combination of different colors, and the inspirations that happen with these colors can be of benefit to the body, mind and spirit. Certainly, it's an illuminating experience!

### Senso Experience Per treatment THB500

The first in Thailand! This relaxing light-therapy and soothing waterbed from Italy, offers great value to any spa session. Filled with pockets of gently warmed water, it's like floating on a bed of warm gel, while the soft light in the bed helps to boost your mood.



## HAND & FOOT TREATMENTS

### HAND TREATMENTS

**Close Your Eyes Manicure** 60 minutes THB2200

Drift away and Close Your Eyes. Egyptian Geranium Essential Oil calms the mind, soothing body and spirit whole. This cleansing ritual includes a Close Your Eyes Sugar Scrub and hand mask plus intensive cuticle and nail care. This manicure is suitable for normal and sensitive skin.

**Infinitely Loving Manicure** 60 minutes THB2200

Sink into an Infinitely Loving embrace. Chinese Jasmine essential oil settles the mind, restoring body and spirit whole. An anti-aging hand serum used in this manicure removes the signs of time – fine lines and age spots melt away with the benefits of a deeply hydrating Shea butter and Jasmine oil. A perfect remedy for dry and dehydrated skin.

**Impeccably Perfect Hands** 60 minutes THB2200

This manicure releases tension from the hands and restore a noticeably younger, smoother appearance with blissful combination of rose scrub, rose balm marma massage and hydrating mask.

**Express Manicure** Basic/Gel Polish THB1200/1800

This express manicure includes soak, light cuticle care, filing and nail polish.

### FOOT TREATMENTS

**Close Your Eyes Pedicure** 60 minutes THB2200

Drift away and Close Your Eyes. Egyptian Geranium Essential Oil calms the mind, soothing body and spirit whole. This pedicure includes a double exfoliation scrub and cleansing masque to smooth legs and feet and followed by intensive callus buff, cuticle removal and nail care. This pedicure is suitable for normal and sensitive skin.

**Infinitely Loving Pedicure** 60 minutes THB2200

Sink into an Infinitely Loving embrace. Chinese Jasmine essential oil settles the mind, restoring body and spirit whole. This is a gentle and anti-aging pedicure combining Jasmine Oil and Shea butter with an ant-aging serum and masque to moisturize, followed by a relaxing foot massage to induce deep relaxation. This pedicure is suitable for dry and dehydrated skin.

**Flawless Feet Treat** 60 Minutes THB2200

A relaxing and energizing pedicure for flawless feet, using lemongrass and vetiver scrub to smooth, marma massage and foot mask to stimulate ,and vital energy cream to soften.

**Express Pedicure** Basic/Gel Polish THB1200/1800

This express pedicure includes soak, light cuticle care, filing and nail polish.

### ADD-ON NAIL SERVICES

**Gel Nail Remover (Hand or Feet)** THB600

## PEBBLE SPA

Create a memorable day at the spa for you and your kids. Infinite Luxury Spa treatments for kid are designed to pamper and enchant kids between who age between 5 to 12 years old. Treat your beloved prince or princess and yourself for a day of pampering, beauty and splendor. From luxurious manicure & pedicure to relaxing massages, Infinite Luxury Spa offers it all!

### Mommy and Me

60 minutes

THB6500

Spend time together with your daughter and she will remember this experience for a long time. Treatment starts with couples massages 30 minutes and followed by SPARITUAL hand and feet care.

### Daddy and Me

60 minutes

THB6500

This couple treatment starts with a body massage 30 minutes to relax the tense muscles from stress and hard work. Then both legs will be exfoliated with certified organic sugar-crystals to loose and lift dead and ends with relaxing leg massage with CLOSE YOUR EYES body oil extracted from to certified organic plants rich in vitamins to help moisturize, condition and soften the skin.

### Top to Toe

60 minutes

THB3000

This treatment starts with gentle head massage to relax their mind from studies and stresses. Then both feet will be exfoliated with certified organic sugar-crystals to loose and lift dead and followed by relaxing foot massage with Chinese Jasmine butter to moisturize, condition and soften the skin. At the end of treatment, hand and feet nails will be trimmed and polished with their favorite color.

### Glamour

30 minutes

THB1800

Get ready for party tonight with a mini manicure and pedicure that includes an invigorating hand and foot massage. A perfect treat to be ready for red carpet experience.

### Relax

30 minutes

THB1800

A full body massage with an organic oil will help easing tense muscle from studies and activities. A scent of essential oils will also help kids to calm themselves and be better able to manage stress and reduces an anxiety.

## HOW TO SPA

### Arrival

We encourage you to arrive at the spa 15 minutes before your scheduled treatment in order to enjoy steam & infrared sauna. You will be supplied with our bathrobe, towel, slippers and personal locker. Arriving late for your spa service will result in a decrease in your treatment time.

### Cancellation policy

Cancellation to be made at least 4 hours prior to your appointment time to avoid 50% fee. For no show, a 100% fee will be applied.

### Gift certificates

Gift certificates for Spa services are available for purchase at the Spa Reception.

### Opening hours

Spa Treatment 10:00 - 20:00 hrs.

### Packages

All Full-day Retreats and Half-day Escapes include the use of the sauna, steam and changing room. Lunch or Dinner at the Club House Restaurant includes a spa meal and a non-alcoholic beverage of your choice. The use of the Life Style Gym will also be extended to full-day Retreat packages.

### Prices

All prices are subject to change without notice.

### Spa reservations

It is highly recommended that you reserve your treatments in advance to secure a time that best suits your schedule. Our Spa Receptionist will ask for your credit card details or villa number to secure your reservation.

### Spa time

To ensure the comfort of others, smoking and using of digital devices are not allowed.

### Valuables

The management accepts no responsibilities for the loss of money or valuables of any kind brought onto the hotel premises.

For further spa requires, please call +66 (0)76 370 777 or 6 from your villa  
or email [spa@katarocks.com](mailto:spa@katarocks.com).



To the mind that is still the whole universe surrenders  
LAO TZU

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