



## Complimentary Preliminary Consultation

Our treatment coordinators and specialists are pleased to offer guidance in selecting the right treatments or programme for you, based on your particular health needs. Discuss with them the benefits you wish to achieve within your available schedule and they will recommend various options, as described within these pages.

### A TREAT FOR ALL THE SENSES

Sample a variety of the natural elements, herbs, aromatic flowers and ingredients used in our treatment wraps and scrubs, which are freshly prepared at Dheva Spa. We highly recommend these gifts of nature as supplements for your chosen massage session to promote a radiant glow to your skin.

#### SCRUBS

Thai safflower scrub  
Oriental body glow  
Poppy scrub  
Ubtan scrub  
Cinnamon and ginger scrub  
Gold skin polish  
Jasmine body polish  
Tamarind body glow  
Lavender salt scrub  
Peppermint salt scrub  
Tanaka scrub

#### WRAPS

Kraw Khrueta wrap  
Banana mango wrap  
Wild forest Honey Wrap  
Neroli Jasmine Body Masque  
Ubtan wrap  
Tropical fruit wrap  
Green tea wrap  
Spicy herbal mud  
Thai Herbal Wrap

In Spa Service 30 minutes 1,800.-  
In Villa Delivery 30 minutes 1,200.-

Note: You may enjoy these herbal and floral remedies in the privacy of your own suite or villa. Please allow us 30 minutes to prepare your choice.

All prices are in Thai Baht, subject to 10% service charge and applicable government tax

## **Comprehensive Ayurvedic Health Assessment**

Guests may make an appointment for a comprehensive health assessment session with an Ayurvedic doctor. Ayurveda and its basic principles are explained prior to determining the possible 'dosha', imbalance through simple diagnosis of eyes, ears, nails, lips, pulse etc. A brief questionnaire, covering aspects of health and current physical and mental state, will guide the doctor in identifying areas for consideration and enable him to make helpful suggestions as to how any problems may be remedied by natural Ayurvedic therapies in a carefully structured programme.

THB 5,000.- per session

### **UNDERSTANDING AYURVEDA**

Ayurveda, the "Science of life", or longevity, is the holistic healthcare science which originated in India. More than 5,000 years old, it is believed to be the oldest healing science in existence, forming the foundation of medical practices found in Buddhist, Taoist, Tibetan and other ancient philosophies. Ayurveda is based on the concept that body, mind and environment are all directly interrelated, representing forces of energy and intelligence which sustain health and well-being in each individual. The practice of Ayurveda seeks to achieve and maintain the proper balance between these forces by utilising the natural energy flows existing within the body's physical and nervous systems.

A consultation starts with an analysis of each person's physiological profile, or 'dosha', a Sanskrit word meaning, literally "That which can go wrong". There are three basic doshas: 'Vata' = Air, 'Pitta' = Fire and 'Kapha' = Water. These elements are present, to varying degrees, in everyone and the balance between them effects physical and mental health.

The role of the Ayurvedic doctor is to establish which type of dosha is predominant in each patient and what balance is ideal for their well-being. Imbalances can be corrected by the application of various natural therapies, which are described in the following pages.

# **Ayurveda Therapie**

## **ABHYANGA**

Abhyanga is a light form of massage that does not involve muscle manipulation. 'Abhyanga' actually means exercise. The combined use of herbs, oils, touch and friction elicits a deeply relaxing response from the nervous system. It has a balancing effect on all three doshas or body types and also helps to purge toxins, promote youthfulness and increase energy.

1 hour 20 minutes THB 4,000.-

## **KATHI BASTI**

Kathi basti follows the harmonious flow of nature to ease away tensions from the spine by pouring specially formulated, warm Ayurvedic oils on the spine area to gently alleviate blockages, without causing stress or pain. This is followed by a gentle back massage and ends with the application of warm herbal compresses, leaving you in a state of lightness and relaxation.

1 hour 20 minutes THB 4,500.-

## **OSHADHI**

Oshadi treatment, appropriate for pitta (fire) dosha types, uses specific Ayurvedic oils and employs persuasive massage techniques focusing on clearing muscle blockages as well as relieving tension. The rhythm and pressure applied during the massage are moderate.

1 hour 20 minutes THB 4,000.-

## **OSHADI WRAP**

Oshadi wrap uses cooling herbs which promote calmness and encourage the elimination of toxins from the body. It is highly recommended for those experiencing excessive heat in the body.

30 minutes THB 2,500.-

## **POTTALI ABHYANGA**

Pottali abhyanga is considered the most important of all Ayurveda procedures. It is a highly rejuvenative therapy in which freshly prepared herbal rice compresses, 'boluses', are dipped in warm fragrant oil and applied to the body using special techniques which help to enhance immunity and circulation, creating deep relaxation of body and mind.

1 hour 50 minutes THB 5,500.-

## **SHIROBHYANGA**

This ancient Indian head massage, using the finest oils, is another typical feature of Ayurvedic healing. Deeply relaxing, Shirobhyanga promotes good vision and is an excellent remedy for insomnia while at the same time improving circulation and concentration. Rhythmic pressure is applied in accordance to the patient's body type. Special emphasis is placed on treating 'marmas', or energy centres, in the head, forehead, eyes, ears, neck and shoulder areas.

50 minutes THB 3,400.

## SHIRODHARA

Perhaps the best known and powerful of all Ayurvedic therapies. The flow of energy essential to Ayurvedic practice is inherent in Shirodhara, which works at the very deepest levels of one's being. 'Shiro' means head and 'dhara' means flow as a continuous fine stream of warm oil is poured on the forehead, transforming, connecting and energizing the various forces which sustain our life, from the circulation of fluids in the body to the subtle current of energies. One radiates with a healthy glow, emerging with a sense of centredness and calm.

60 minutes THB 4,500.-

## SHIRO-NASYA

Shiro-Nasya is a treatment that focuses on 'marma' points in the face, head, neck and shoulder areas. This is followed by massage with freshly prepared herbal rice 'pottalis' which work as compresses to clear congestion from sinuses.

80 minutes THB 4,000.-

## SHEETALA

Sheetala is a dosha-specific head, neck and shoulder massage employing cooling herbs. It concentrates on sensitive areas in this region and provides relief to sensory organs.

50 minutes THB 3,400.-

## VISHESH

Vishesh is a deep-tissue friction massage using warm herbal oil. The treatment has a fast rhythm that helps release tension on a deeper level. It is ideal for easing sluggishness in the body as well as being an excellent remedy for cellulite.

1 hour 20 minutes THB 4,000.-

## VISHESH SCRUB

Vishesh scrub is a herbal powder massage where a mixture of anti-kapha herbs are used. Powders provide roughness and abrasive qualities to massage which helps in reducing oiliness, heaviness and lethargy in the body. It is highly recommended for individuals with oedema, or water retention problems.

30 minutes THB 2,500.-

## MARDANAM

Mardanam means literally 'friction'. This is a uniquely created synchronized deep-tissue massage delivered by two therapists. Detoxifying herbal powders and warm oil are applied using a fast rhythm and strong pressure, thereby promoting an energizing effect.

1 hour 20 minutes THB 6,800.-

All prices are in Thai Baht, subject to 10% service charge and applicable government tax

## **Traditional Therapies**

### **ROYAL THAI MASSAGE**

Royal Thai Massage has been used for centuries in Royal Thai Palaces. It is based on the principles of acupressure and involves working on energy lines that run throughout the body. This helps release existing energy blockages allowing its free flow.

1 hour 20 minutes THB 4,000.-

1 hour 50 minutes THB 5,500.-

### **TRADITIONAL THAI MASSAGE**

Traditional Thai Massage or 'Nuad Phan Boran' dates back 2,500 years. It is recognized as a practical application of the Buddhist concept of 'Metta' or loving kindness. Thai massage concentrates on major energy meridians in the body and combines stretching and pressing techniques.

1 hour 20 minutes THB 4,000.-

1 hour 50 minutes THB 5,500.-

### **LANNA MASSAGE ('TOK SEN')**

Lanna massage is an ancient northern Thai practice that involves the use of a special wooden stick, made from the bark of the tamarind tree, to relax muscles in a rhythmically tapping motion, 'Tok Sen'. This is followed by a deeply relaxing herbal oil massage, using specially prepared warm compresses called 'Luk Prakhob'.

1 hour 20 minutes THB 4,000.-

### **SWEDISH MASSAGE**

Swedish massage is recognized as the first systematic method of modern massage in the western world and remains one of the most popular invigorating treatments available. It combines the use of oil with long strokes using kneading, friction, vibrations and stimulating movements known as tapotement. Therapists effectively use their hands, palms, thumbs and fingertips to relax muscles and improve circulation.

1 hour 20 minutes THB 4,000.-

### **LYMPHATIC DRAINAGE**

Lymph drainage was first developed in Europe by Dr. Emil Vodder. It is a profoundly relaxing technique using very light pressure and slow rhythms. Benefits include stimulation of a sluggish immune system, reduction of local puffiness and overall healthy skin.

2 hours THB 4,000.-

### **AROMATHERAPY**

Aromatherapy has been practiced in one form or another since the beginning of civilization. It is the art of using oils extracted from aromatic flowers, herbs, spices, woods and fibers to enhance health and beauty. Apart from physical benefits, aromatherapy has subtle effects on the mind and emotions. The massage is very soothing using light, rhythmic pressure.

1 hour 20 minutes THB 4,000.-

1 hour 50 minutes THB 5,500.-

## INGHAM - STYLE REFLEXOLOGY

An easy, safe and effective way to promote and maintain good health, Ingham-style reflexology was practiced as early as 2300 BC in Egypt. It stimulates reflex areas on the feet that relate to and affect the structure and functions of the human body. Reflexology is an excellent method to restore equilibrium. It is particularly useful to revitalize parts of the body that massage alone cannot achieve.

1 hour 20 minutes THB 4,000.-

## CHINESE FOOT AND HAND REFLEXOLOGY

This method dates back 2,000 years and involves stimulation of acupressure points in the feet which have a direct connection to the various organs and glands in the body. It is based on the Chinese meridian theory of 'energy pathways' in the body that have endings in the extremities. Activating these points can have an overall balancing effect.

1 hour 20 minutes THB 4,000.-

## BACK MASSAGE

Back discomfort is the most common affliction known to humans and adversely affects mood as well as energy flow in the body. This session involves the use of warm blended oils with firm strokes and acupressure techniques on the neck and entire back creating a deeply calming effect.

60 minutes THB 3,400.-

## **Dheva Signature Ceremonies**

Our signature ceremonies have their roots in northern Thai (Lanna), Burmese and Indian cultural traditions. Detailed research into ancient beauty secrets, specialized skills and a passion for guest care are elements which make these ceremonies unique.

### **ROYAL THAI CEREMONY**

The royal foot ritual with which this ceremony commences is symbolic of paying special homage to honored guests. The session continues with a safflower body scrub that not only helps circulation, but also makes skin feel smooth and radiant. This is followed by a Thai floral bath with 'Nam Ob', or scented floral water and fresh jasmine flowers. The ceremony ends with the graceful and tranquillizing Royal Thai and facial acupressure massage.

*Welcome foot ritual and leg massage - Safflower scrub - Steam with jasmine body masque - Thai floral jasmine bath - Royal Thai massage - Facial acupressure massage.*

3 hours 20 minutes THB 9,500.-

### **MANDALAY CEREMONY**

The Mandalay Ceremony demonstrates the ancient Burmese tradition of cleansing and protecting the skin through the use of Burmese herbs. The tanaka body wrap is used mainly for protecting the skin from environmental toxins as well as adding a beautiful glow to it. Another special feature of this ceremony is the Mandalay kaffir lime hair bath, which transports you to a deep meditative state.

*Welcome foot ritual -Floral oil massage-Mandalay head massage-Tanaka wrap-Kaffir lime hair bath-Herbal steam bath-Gold grain application*

3 hours 20 minutes THB 9,500.-

### **LANNA CEREMONY**

The unique feature of this Lanna Ceremony is its invigorating 'Tok Sen' massage, where the body is tapped rhythmically with a special stick made from the bark of the tamarind tree, followed by a warm compress and oil massage. A fragrant steam bath with wild forest honey and body scrub enriched with northern Thai herbs prepares the body for the soothing effects of this treatment.

*Welcome foot ritual - Herbal steam bath with wild honey - Tamarind body glow - Warm herbal compress -Tok- Sen - Warm herbal oil massage - Relaxing head massage.*

3 hours 20 minutes THB 9,500.-

### **INDIAN CEREMONY**

'Shringaar' or beautification has played a significant role in India throughout the ages. Great emphasis is placed on inner beauty, which radiates outwards. Herbs are selected to aid circulation, vigour and promote relaxation. The 'Ubtan' scrub and wrap will leave your skin feeling soft, radiant and impregnated with the scent of flowers. This is followed by 'shirobhyanga' and 'abhyanga' or the Indian head and body massages using warm herbal oils that elicit a deeply relaxing response in mind and body.

*Welcome foot ritual-Ubtan scrub-Abhyanga-Shirobhyanga-Ubtan wrap-Herbal steam*

3 hours 20 minutes THB 9,500.-

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## **Heat Therapies**

### **HAMMAM**

Hamam in Arabic means bath. The Hamam experience in Dheva is truly exceptional. After showering, guests enter a glittering world full of steam, exotic aroma and warm currents. Bath niches are equipped with comfortable, heated ceramic seats.

30 minutes THB 1,800.-

### **KUTI SWEDHANA**

This is a traditional way of cleansing the body using a herbal mud wrap and steam. Heat allows the body to perspire. After 20 minutes the steam chamber releases a flow of warm water onto its ceramic seats, softening the mud as well as coaxing toxins to leave the body.

30 minutes THB 2,600.-

### **CALMING RADIANCE**

Experience the pleasure and benefits of the ancient steam bath in the mosaic splendor of the Dheva Hamam. Select your choice of body scrub and surrender to the relaxing sensual delight of an 80-minute body massage.

2 hours 20 minutes THB 6,800.-



## **Aqua Experiences**

### **VICHY SHOWER**

Originating in France, the Vichy treatment consists of a bath on a special treatment table with a five-head shower system. For a totally invigorating experience select one of our specially created all natural herbal scrubs prior to the Vichy bath. This is highly recommended for relieving lethargy and stress.

45 minutes THB 2,600.-

### **HYDROTHERAPY**

Hydrotherapy is one of the oldest water-based health treatments. Greek physicians used it for centuries all over the ancient world. Hydro treatments help relieve muscular tension. Circulation as well as metabolism is also improved.

30 minutes THB 1,800.-

### **AQUATIC YOGA**

Aquatic yoga combines the therapeutic and buoyant nature of water with the energizing and harmonizing effect of yoga. No previous experience of yoga is necessary to benefit from these exercises.

60 minutes THB 2,500.-

### **INNER FLOW THERAPY**

It is an extremely peaceful and soul-searching experience tuning into all our senses. It takes place in the comfort of our aquatic floatation pool. The body is floated almost weightlessly with the assistance of our certified therapist in a body temperature controlled mineral water environment for 80 minutes. The treatment is practiced above and gradually below the water surface releasing effortlessly unconscious physical and mental tensions. During the course of the treatment, it naturally allows the mind to flow freely into deep relaxation and a state of serenity. For wellness aficionados, it is an experience which should under no circumstances be missed. While providing a deep sense of relaxation and calm, it helps improving the quality of our sleep and can assist persons suffering from hyperactivity or fatigue.

80 minutes THB 4,500.-

### **AQUATIC FLOW MASSAGE**

This technique, inspired in Watsu and other similar water therapies, is a combination of massage with pressure and strokes along the meridian lines, stretches, gentle movement, joint manipulation, all performed while your body is being floated weightlessly in warm water for 80 minutes. The benefits of Aquatic Flow Massage include induced deep relaxation of muscles, nerves, and organs. It helps blood and internal in quid circulation, bowel movement as well as balancing the Chi energy. It improves the quality of sleep and can assist persons suffering from fatigue or hyperactivity. During the course of the treatment, it naturally allows the mind to flow freely into deep relaxation and a unique state of serenity that resembles similar results of a meditation session.

80 minutes THB 4,500.-

# Yoga

Yoga will strengthen and stretch your whole body/mind improving the workings of your circulation, respiration and digestive systems. The nervous system is calmed and invigorated and the brain enters a new dimension of concentration and focus sharpening mental faculties. Yoga is a holistic practice – a philosophy that can be integrated into daily life. This can benefit and alter one’s sense of meaning and purpose answering many of our deepest questions. Yoga can enrich the quality of relationships at home, at work and in all aspects of community life. This is only the beginning of the experience and benefits you will start to feel when you practice this ancient system of self-care and self-development. Yoga may be practiced by anyone - regardless of age, gender, health, religion or race.

## YOGIC BREATHING (PRAYANAMA)

Prana is the vital force in the body and Ayama means to stretch or control. Pranayama is an the art of proper breathing for healthy respiration. This session includes discussion and practice of various breathing techniques and meditative relaxation to enhance a state of peacefulness and awareness in the mind and body.

## HATHA YOGA

Hatha yoga is the basic discipline to practice the Yogic concept for well-being. You are introduced to the philosophy of Asana or various body postures and their benefits gradually over a time.

## CHILDREN’S YOGA

This is a highly creative session with emphasis on improvement of flexibility, coordination and focus. The use of animated poses and basic stretching exercises promote strength and body awareness. Breathing and visualization techniques teach kids how to focus, relax and develop self-control.

## HATHA VINYASA

Our most advanced class, suitable for those who are more familiar with a ‘movement based’ practice and have some yoga experience. ‘Vinyasa’ is a flowing sequence of asanas coordinated with the breath. Tone and strengthen your body and mind with this lively session.

## INTRODUCTION TO GUIDED MEDITATION

Meditation is a healing process that will help you discover an inner oneness and stillness. Meditation can be profoundly uplifting, calming and emotional. It will encourage self-discipline, correct breathing, posture and attitudes.

Spiritual Programmes - 90 minutes THB 3800 per person\*

All prices are in Thai Baht, subject to 10% service charge and applicable government tax

## SPIRITUAL EXERCISE

This session focuses on an ancient mediation techniques. Just as our muscles require exercise to stay in shape, our spiritual muscles also require exercise! Our life force, our spiritual flow will loose its creativity and power should we leave it unattended and under-nourished. This Spiritual Exercise is a wonderful way to release negative feelings and to harness forgiveness and understanding of our repeated behavioral patterns. This will help us develop gratitude within our daily life and guide us with our next step on our spiritual journey.

Spiritual Programmes - 90 minutes THB 3800 per person\*

## **Wellness Retreat Programme**

Our unique Holistic and Ayurvedic Healing programmes cater to individual needs. Natural and preventative in nature, they provide a balanced approach to good health and well-being. All treatments offered have their roots in natural healing sciences. Our knowledgeable practitioners who play the role of a facilitator, counselor and friend, guide you at every step. The specialist helps create personalized life regimes which include diet, exercise, massage and beauty therapies. It is a very individual approach focusing on delivering tangible positive results.

The following features form an integral part of all our programmes:

- \_ Coordinated and facilitated health consultations
- \_ Therapeutic bodyworks
- \_ Wellness education
- \_ Personalized health cuisine
- \_ Physical fitness activities

### **AYURVEDIC DOSHA BALANCING (3 -21 days)**

The objective of this programme, with daily four-hour treatments, is to bring the body's system into alignment by correcting energy flows rather than just treating the obvious outward symptoms. Included are a comprehensive assessment with an Ayurvedic specialist, Ayurvedic kaya (body) and shiro (head) techniques, complemented by other holistic therapies, yoga and spiritual exercises.

### **REJUVENATION (3 -21 days)**

Focusing on deeply relaxing and rejuvenation therapies, the main objective of this programme is to recharge inner batteries, promoting a sense of youthfulness and harmony between the self and surroundings. Following a consultation, our Health Specialist will devise a program that rebalances and rejuvenates your body and spirit. Therapies will combine herbs, oils and massage to elicit a relaxing response from your nervous system and help purge toxins. Combined with diet and regime, the result will be enhanced youthfulness and energy. Our exquisite surroundings will encourage a state of harmony, and the sheer luxury of our resort will provide intense relaxation, both essential to your rejuvenation.

### **STRESS RELIEF (3 – 21 days)**

Anyone dealing with a multitude of tasks, people and emotions each day, will find this program extremely beneficial. Our health specialists will help you achieve a state of balance and awareness, both essential for wise decision making. The focus is on detoxifying and calming therapies. Ayurvedic compresses, oils and persuasive massage techniques will clear muscle blockages and relieve tension. Our recommended life style adaptations and diets will help to decrease stress. Above all, the serene surroundings and deep luxury of our resort will leave your mind free to reap the benefits of our program.

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### **OPTIMA HEALTH – WEIGHT CONTROL (7 - 21 days)**

Our dedicated health specialists will develop a program to help you work towards your optimal health. The objective is to tone and stimulate your system using ayurvedic and naturopathic therapies, including herb compresses, oils and massage. Combined with diet and regime, your body will detoxify naturally and when you leave us you will be slimmer and healthier. Our five star resort provides a deeply serene atmosphere that will encourage you in your regime, yet you will always enjoy the finest luxury in our rooms, our cuisine and off course our fabulous spa

### **YOGA RETREAT (7 - 21 days)**

Features in this wellness programme include pranayama, shuddhi kriya, mantra chanting, yogasana, yogayama and poorna yoga along with holistic therapies designed to create inner peace and outer tranquility.

Remarks: The therapies recommended in these programmes are subject to adaptation, if advised by the specialist. The purpose is to select the best possible treatment to suit individual needs. For full information on all these alternatives, please contact Spa Reception.

### **WOMEN' S HEALTHCARE (3 – 21 days)**

Young, adult or menopausal women can take this wonderful opportunity to balance themselves and learn the best natural ways to maintain their state of equilibrium by enrolling in our special program for women. The consultation with our Ayurvedic health specialist helps you to know your body's constitution and how to address specific hormonal issues. This healthcare program encompasses a wide range of Ayurvedic, traditional and holistic treatments which are equally calming, soothing, detoxifying and rejuvenating. Amidst the splendor of our resort's natural beauty and the grandeur of our Dheva spa, women can return to a sense of serenity and vitality.

### **VEDIC JOURNEY (7 - 14 days)**

Each of us must overcome our everyday challenges at work and home, and with our relations. We are challenged by behavior issues. All of these occupy our time both mentally and physically. We often spare no time to look inwards and discover our real potential or our optimum creativity. Mandarin Oriental, Dhara Dhevi invites those with a preference for elegance and luxury and the desire for Wellness to immerse yourself in our Vedic Journey, a time to explore the infinite you. Resting in nature's arms and the peaceful surroundings of Dhara Dhevi, learn ancient Ayurvedic techniques to Find the balance and harmony in your life, handle everyday challenges, overcome behavioral challenges and emotional traps and align yourself to nature's rhythm of its highest consciousness.

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### **FOR THE LOVE OF WATER (3 – 21 days)**

Especially designed for those who have a passion for water and its benefits in the body, mind and spirit, for the love of Water program is a set of treatments done in or related to water as well as few treatments on land to balance the time one spends in the water. Submerge yourself in the flowing waters of life letting your body relax in the way only water can provide to the human body and mind. Our Specialists will guide you through personalized water treatments and therapies to envelope you in the healing nature of water. In our custom designed watsu pool you will connect to your inner rhythms as your body's energy comes alive. The exotic and lush surroundings of Dhara Dhevi and the luxurious elements of the Dheva Spa will take you to unimaginable heights as you soak, sweat, steam and swim towards Nirvana.

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## **Face and Body Treatments**

By Aromatherapy Associates

Aromatherapy Associates, with their 28 years of experience in the field of aromatherapy, have designed this programme of treatments specifically for Mandarin Oriental, employing the finest quality products.

### **RENEW ROSE INDULGENCE**

This facial softens, moisturizes and nourishes, using natural Damask Rose Water to enhance circulation and purify the skin. A rejuvenating facial and application of an hydrating mask are combined with a relaxing back, scalp, and pampering hand and arm massage.

1 hour 20 minutes THB 4,500.-

### **REVITALIZING ROSE RENEWAL (FOR EXTRA SENSITIVE SKIN)**

This facial treatment is specially designed for mature, dry and devitalized skin. The use of rose and frankincense helps smooth and revitalize skin texture, encouraging renewal. Hydrating and rejuvenating gel and mud masks are interspersed with a relaxing yet firming facial massage.

1 hour 20 minutes THB 4,500.-

### **DEEP CLEANSING FACIAL**

The objective here is to restore the balance of natural oils in the skin by a thorough cleansing. Use of steam to extract impurities is followed by facial massage and mud mask. All help to draw out impurities and re-mineralise the complexion. Lavender and tea tree are key ingredients.

1 hour 20 minutes THB 4,500.-

### **FACIAL FOR MEN**

Specially developed to cleanse and invigorate the skin. The selected ingredients of lavender, tea tree and ylang ylang help in combating oiliness as well as shaving irritation, creating a healthy and well balanced complexion. Hot towel compress, scalp and foot massage are included as part of the treatment.

50 minutes THB 3,000.-

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## ANTI-CELLULITE & SKIN REVIVER TREATMENT

Tone up with this invigorating body treatment specifically designed to target areas of cellulite. A combination of gel and oil containing pink grapefruit, sweet orange and mandarin with juniper berry and rosemary is used to add zest and positive energy. The traditional aromatherapy body massage with carefully applied pressures rebalances the nervous system. Additionally, special stimulating techniques are applied to buttocks, thighs and stomach followed by a mud wrap on these areas.

2 hours THB 8,400.-

## DE-STRESS MUSCLE RELEASE

Relax with a full body exfoliation and a massage focusing on stiff, tense and tired muscles. Involves intensive deep tissue and stretching techniques to warm, manipulate and ease the body to release tension. A scalp massage helps to relax the mind.

2 hours THB 8,400.-

## NATURAL REVITALIZER

An enlivening and rejuvenating treatment that combines physical manipulation with natural essences to revive the body and mind – an ideal remedy for jet lag. Essential oils of rosemary and pink grapefruit are used for a vigorous massage after body exfoliation. Special emphasis is placed on sinuses and other congested areas of the face.

2 hours THB 8,400.-

## ESSENCE OF ROSE

This is a rare treat combining body and facial treatment. Natural olive grains are used for body exfoliation followed by nurturing with essential oils and creams. The facial massage includes a hydrating mask and use of damask rose water to enhance circulation.

2 hours THB 8,400.-



## Beauty Treatments

### HAIR CARE

Hair bath with blow dry	60 minutes THB 1,000.-
Hair crème bath with blow dry	75 minutes THB 1,400.-
Hair cut & set - gentleman	45 minutes THB 1,600.-
Hair cut & set - lady	60 minutes THB 1,800.-

Varieties of therapeutic crème treatments are available to balance the following different hair and scalp problems.

### NAIL CARE

Manicure	50 minutes THB 1,400.-
Pedicure	1 hour 20 minutes THB 1,600.-
French manicure	60 minutes THB 1,800.-
French pedicure	1 hour 30 minutes THB 2,000.-

Note: Hair depilatory service is available. Kindly contact Dheva Reception at ext. 8985 for advance reservation.

## Dheva Etiquette

Opening hours: Daily 09:00 am – 09:00 pm

### ARRIVAL

We recommend that you check in at the Dheva reception at least 30 minutes prior to your first scheduled appointment. This allows us to have a discussion with you about your treatment expectations. Please understand that late arrivals will not receive an extension of scheduled treatments.

### ADVANCED BOOKINGS

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available.

### AGE REQUIREMENT

The minimum age requirement for access to the Spa and Fitness Center is 18. All ages are welcome in the hotel pool. Children under 18 must be accompanied by a responsible adult when in the pool area.

### CANCELLATIONS

Please allow four hours notice of cancellation to avoid a 50% charge. Cancellations or no shows within two hours will incur a 100% charge. A credit card number is required at the time of booking.

### CELLULAR TELEPHONE

Noise pollution adds to our everyday stress. In order to ensure tranquility and relaxation we request you to kindly turn off your cell phone.

### CLEANLINESS

Sterilization and sanitization of our equipment takes place after every service and treatment.

### GIFT CERTIFICATES

An ideal gift for everyone, gift certificates are available at Dheva Reception.

### GRATUITY

For your convenience, a 10% service charge and 7% Government Tax will be added to your final bill of each treatment session. Personal gratuities are at your discretion.

### GROUP ARRANGEMENTS

Services including holistic activity classes and a variety of wellness programmes may be organized.

### HEALTH CONDITIONS

Please advise us of any health conditions, allergies, or injuries, which could affect your treatment when making your spa reservation.

#### LOSS OR DAMAGLOSS DAMAGE

We regret that we cannot be responsible for any loss or damage of personal articles. Please keep all valuables locked in your locker during your visit. For the protection of your clothing, we also ask that you wear the robe provided.

#### NO SMOKING

We offer a healthful, smoke-free environment for all of our guests. Kindly refrain from smoking within the grounds of the Dheva.

#### PREGNANCY

We have specially designed treatments for expectant mothers. Please allow our reception to guide you in selecting which treatments are most suitable for you during this special time.

#### PACKAGES

Information on customized packages or group programmes is available at our reception.

#### SPA BOUTIQUE

To continue your spa regimen at home, all products used in the treatments and services are available in our Spa Boutique.

#### SCENT- FREE

For the comfort of all our spa guests, please refrain from wearing products scented with perfume or cologne.