

# ALEENTA PHUKET ALL SPA INCLUSIVE MENU

## BODY SENTIMENTALITY

### Harmonizing Body & Mind

Achieve clarity of mind and self-confidence with professional body treatments based on rejuvenation balancing and harmonization techniques that syncs body and mind.

### BODY NOURISHMENT

**Asian White:** Phlai & white mud are natural ingredients with excellent skin purifying properties that make this product ideal for whitening treatments. Plant oils of Jojoba, Sweet Almond, and Safflower nourishes and balances the skin giving a brightening and moisturizing effect.

**Contouring :** Formulated with purifying White Clay and anti-inflammatory Aloe Vera Powder (organic) to soothe any irritation, this Body Wrap formula contains Lotus Leaf, Oat and Brown Algae extracts synergistically deliver the anti-aging and contouring actions.

**Dead Sea Minerals :** Boost your skin's mineral content with this treatment that encourages toxin and excess fluid elimination; promotes cell regeneration while invigorating your entire body.

### BODY POLISH

**Ayurah Fleur de Fleur:** A blend of floral extracts including Lotus, Hibiscus, and Frangipani that are rich in alpha hydroxyl acid AHA (citric acid, malic acid, tartaric acid) which are natural skin exfoliators, giving way to softer, firmer, and deeply moisturized skin.

**Himalayan Salt Glow – Body Polish:** Radiant skin is achieved with this refined Himalayan salt scrub, packed with minerals that deeply ex-foliate and improve circulation.

**Phlai – Body Polish:** Natural plant based oils promote deep cleansing & firming, restoring the skin's natural glow, including anti-inflammatory and anesthetic properties. This scrub is ideal for enhancing circulation and warming stressed out muscles after exercise or fatigue.

## BODY BALANCE

### The Four Elements

A Healing Massage therapy formulated and customized to meet the needs of each individual. It will revitalize all the elements of Dinn (Earth), Naam (Water), Lomm (Wind), and Faii (Fire) within the body.

#### Dinn (Earth)

Earth element massage therapy is a deep tissue massage that uses long palm and elbow strokes that flow from one to another seamlessly, releasing tension in the body and mind and creating a deep sense of relaxation and rebalancing of your element.

#### Naam (Water)

Water element massage therapy is a deeply relaxing therapy which harmonizes your body and mind with our unique synergy massage techniques and our exclusively warm aromatherapy oils. Using palm strokes and gentle stretching, pressure is applied to key meridian points of the body to improve flexibility whilst soothing sore and tired muscles.

#### Lomm (Wind)

Lomm therapeutic massage therapy is for wind elements which concentrates on healing the body's imbalances. This massage technique uses the thumb and heels of the palm to soothe aching muscles, aid blood circulation and relieve deep-rooted stress whilst restoring health and a feeling of well-being.

#### Faii (Fire)

Created especially for those of fire elements, to relax the body and mind with this 'scent-sational' massage! Perfect for a sensitive soul, this massage uses firm palm strokes to enable its therapeutic properties to penetrate deep into tired muscles.

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## WELL-BEING MASSAGE THERAPY

### Signature Massage Therapies

Exploring these relaxing, soothing, and deeply healing signature massage therapies to promote a sense of well-being by encouraging blood circulation and lymphatic flow improving muscle tone and skin texture.

#### Ayurah Crown Chakra Massage

Clear your mind and relieve nervous tension with our stress leaving massage. Using relaxing strokes and thumb pressure on various outpoints on the head, neck and shoulders to stimulate and improve energy flow and blood circulation.

#### Back Relief Massage

This massage has been specially created to relieve muscle tension and sooth away stiffness in the back. Using palm strokes loosen knotted muscles, while thumb pressure is applied to the meridian lines on the back, from the base of the skull down to the lower back, to relieve tension.

#### Foot Reflexology

A number of reflex zones on the feet correspond to parts of the body, and by applying pressure to tight areas of the corresponding body part will be stimulated and begin to heal itself. Reflexology is recommended for the improvement of general health, to relieve tension and to aid blood circulation.

#### Lymphatic Drainage Massage

This relaxing massage promotes enhanced lymphatic drainage and detoxification. Expect reduced water retention, reduced cellulite and less of the dreaded orange-peel effect (with regular visits, that is), and a more refined, toned silhouette overall.

#### Senses of Ayurah Massage

Created exclusively for Ayurah Wellness Centre, our signature massage is deeply relaxing. Using slow, warm, palm and thumb strokes, pressure is applied to key body pressure points to relieve tension and aid blood circulation, leaving you feeling content and rejuvenated.

## THAI HEALING TREATMENT

### Traditional Thai Massage

#### Nuad Thai

This traditional Thai massage energizes the body and mind. Using thumb and palm pressure to release muscular tension, and apply pressure to specific trigger points in the body. The technique involves some stretching to relieve stiff muscles and joints. A two-piece outfit is worn and no oil is used.

#### Thai Herbal Compress Massage

Steamed herbal pouches from Thailand (called lookprakop) are pressed along the meridian points of the body providing comfort, relief, and encouraging absorption of energy through the herbs. Using traditional Thai massage techniques, the hot compresses increase circulation and energy flow.

#### Thai Herbal Body Polish

Natural plant based oils promote deep cleansing & firming, restoring the skin's natural glow, plus benefit from its anti-inflammatory and analgesic properties. This scrub is ideal for enhancing circulation and warming stressed out muscles after exercise or fatigue.

#### Thai Herbal Body Nourishment

Treat your skin to this thoroughly natural Thai treatment, using Thai white mud to cleanse and balance the skin, revitalizing skin, correcting blemishes, and tightening the pores. Suitable for normal to oily skin.

#### Thai Natural Facial

Discover the secret of Thailand's ancient beauty rituals that achieve younger-looking skin: natural herbs and vegetables enhance the complexion and re-energize tired skin.

## TOTAL BODY REJUVENATION

### Perfect Body Shape

#### Beauty & Elegance

- Manicure & Pedicure (Regular and Gel Nail Polish)
- Waxing