



Ocean  
spa

A SUN SIYAM SPA

# MASSAGES

Asia's tradition of traditions, a masterpiece of unique and strong cultural identity of different Ancient massages. All massages can be booked by 60 minutes or 90 minutes and can be individual or combined as a package.

## Sun Signature Massage Relaxing

90 minutes

Full body massage, combination of Shiatsu, Hawaiian lomi-lomi, Balinese and complete with cool stones massage on your face. This massage is designed for deep relaxation, increasing blood circulation and released muscle tensions.

## Seashell Massage Energising

90 minutes

A unique massage that focus on tense muscles with the use of the heat from the lava shell with calcium ions.

## Hot Stone Massage Balancing

90 minutes

Characterized by the Huna's loving and nurturing approach, this massage brings the balance in physical, mental and spiritual dimensions. With long and gentle rhythmic strokes, this sensual massage will awaken your sense of well-being.

## Traditional Thai Massage Flexibility

90 minutes

Combination of firm and rhythmic pressure simultaneous to ones breathing stimulates the flow of energy along the body's pathways. This authentic Thai therapy will surely bring out the flexibility in you.

## Toksen Massage Re-aligning

90 minutes

With origin from Northern Thailand, Tok Sen Massage unblock the "chi" or energy flows with painless technique by tapping wooden hammer made by tamarind tree that has been hit by lightning. The belief is that the lightning bolt gives the wood the ability to remove negative energy from the body from creates vibratory waves to penetrate deep into the tissues.

## Thai Bamboo Massage Relaxing

90 minutes

Similar to deep tissue massage bamboo has the ability to release tension major muscles through deep kneading of the stick. This heated bamboo will roll and knead the tissue to create an extreme sensation of relaxation and well-being. Bamboo massage is used as a powerful preventive therapy against modern-day stress and aids relief from many physical and emotional imbalance.

## Thai Herbal Poultice Detoxifying

90 minutes

This ancient Thai treatment has been used all over the world to alleviate muscle pain and fatigue while conditioning the skin with herbs and oils. Concentrating on major energy meridians this treatment helps to harmonize the body and loosen energy blockages. As the muscles relax to the heat, the poultice and deep tissue massages will open up the pores where the therapeutic herbs are absorbed by your skin. A relaxing experience that regenerates skin, relieves muscle discomfort and promotes a better flow of energy.

## Balinese Massage Relaxing

60 minutes

Employing the principles of acupressure, cross fibre strokes and gentle stretches, and aromatherapy to stimulate the flow of blood and "qi" (energy) around your body, and bring a sense of well-being, calm and deep relaxation.

## Pregnancy Massage Relaxing

60 minutes

During one's pregnancy in a holiday this massage is must try, an essential massage designed to care for pregnant women. As you lie on your side supported by a body pillow, gentle deep-tissue techniques and stretches knead away tension and fatigue. Anyone with difficulty lying face down may also enjoy the benefits of this side-lying massage.

## Anti-Stress Massage Relaxing

60 minutes

When all you need quick dose of tension-relief, this is the remedy. Deep thumb pressure and smooth massage movements on the back will help relieve muscle tension and encourage relaxation.

## Foot Massage Stimulating

60 minutes

This ancient Chinese practice is famous for its beneficial effects. Focusing entirely on your feet, our therapist will identify and stimulate points that correspond to specific parts of the body, helping to relieve stress.

# AYURVEDA TREATMENTS

## **Detox Massage**

**90 minutes**

A highly effective detoxifying treatment with the use of a special herbal powder that thoroughly exfoliates your whole body, particularly areas with cellulite build up. This exfoliating massage encourages break up excess fat. The treatment is effective if continued for 3 sessions.

## **Shirodhara / Head Ache**

**60 minutes**

Awakening your senses and spirit with Shirodhara massage, warm oil is placed over the third eye and hairline. This holistic healing approach harmonizes the body, mind and soul and creates a balancing effect in the deepest blissful state of consciousness.

## **Dosha / Deep Massage**

**90 minutes**

Just as Western medicine believes that there are three body types, so does Ayurvedic practitioners: wind (vata), bile (pitta), and mucus (kapha) that are responsible for regulating the functions in the mind-body system. Dosha massage also known as "Abhyanga" in India, is performed with warm herbal oil infused with Ayurvedic herbs suited to the specific body constitution. This is soothing, gentle massage that reaches the deeper tissues and bones.

## **Marma Massage**

**90 minutes**

An Ayurvedic traditional massage working hands and feet. As a belief that there are 107 energy points on the feet, this massage focus on the Marma points to stimulate and spread over the body. This unique technique will complete the experience and instill the deep senses of calmness.

## **Kativasti Massage**

**90 minutes**

A targeted Ayurvedic massage that focuses on the lumbar spine with the use of warm Ayurvedic oil. This massage increases the oxygen in the blood stream and ease the tension on the joints and will make you feel relieved.





## BODY WORKS

Treatments start with honouring the feet followed by the body treatment of your choice. All natural ingredients are used to support the local business and farms by sourcing the ingredients within the country. Body treatments may be done on their own, or added to any other spa service.

### Rejuvenating Javanese Lulur Scrub

75 minutes

Reveal the secret of Asia's whitening body scrub. Originating from the royal palaces of Java, this exotic scrub contains a blend of turmeric, herbs and spices, and is followed by a soothing yogurt splash.

### Moisturizing Coconut Scrub

75 minutes

Savour the rich, natural goodness of this delightful body scrub as it combines the exfoliating properties of coconut meat with brown sugar to tighten your pores. The extra virgin coconut oil is then applied for its powerful moisturising properties. A healthy dose of lemon rind and citrus oil deeply cleanse the body for luscious looking skin.

### Anti-Cellulite Coffee Scrub

75 minutes

"Coffee is the answer, who cares what the question is." This aromatic and decadent body scrub combines the gentle exfoliation and reduce visibility of cellulite effect of the coffee as well as the rejuvenating of brown sugar. Packed with anti-oxidants, it is sure to leave your body with smooth, healthy skin.

### Revitalizing Marine Wrap

75 minutes

Let nature detoxify and rebalance your body through the magical properties of the sea. Envelop yourself in this therapeutic and beauty-essential body wrap. Our purifying Seaweed absorb damaging toxins and impurities from the body while leaving your natural oils intact. This treatment also contain skin boosting minerals that guarantee moisturised revitalized and firmer skin.

### Sun Healer Aloe Vera Wrap

75 minutes

A welcome relief for skin exposed to sun and sea. The soothing and antibacterial properties of Aloe Vera gel to help your skin recover and replenish naturally.

### Nourishing Clay Mask

75 minutes

This aromatic face & body mask absorbs excess oil and extracts impurities from the skin. The unique blend of Clay has a rejuvenating and deeply cleansing effect on the skin. Brightens and even the skin tone.

## FACIALS

All facials at Ocean Spa begin with a face steaming to cleanse deep into pores. This is followed by an exfoliation ritual to boost blood circulation and allow the skin to desquamate and a relaxing facial massage technique to relieve tense muscles and restore vitality. A mask is applied to nourish with vitamins and minerals, with hydrating moisturiser to finish, giving you a vibrant youthful appearance.

### All Natural Tropical Facial

60 minutes

Pamper your skin with nature's revitalizing and beautifying properties and emerge radiant with an all-natural glow. With the use of natural ingredients and combination of coupled light touches and soft strokes, this facial will help detoxify and improve skin lymph flow as a youthful effect.

### Fragrance Facial

60 minutes

With excellent emollient properties delicately fragrant, this facial uses rose essential oil to soothe the skin, rich in vitamin E as a natural antioxidant. Deeply nourishing and suitable for sensitive skin types, this facial will leave your skin silky smooth and moisturised.

## SPA PACKAGES

Restore harmony and equilibrium by investing in a few precious hours in the cradle of nurturing.

### Chocolate Delight

145 minutes

During this ensuing full-body Enjoy an invigorating Chocolate Scrub, before being wrapped entirely in a delicious blend made of chocolate, ginger and cinnamon.

- Chocolate Almond Scrub 40 minutes
- Chocolate Massage 90 minutes
- Chocolate Bath 15 minutes
- Cold Chocolate Drink

### Romance at Olhuveli

145 minutes

The ultimate experience to share with your most loved one. You will feel completely refreshed and radiant at the end of this pure pampering experience.

- Romantic Couple Seashell Massage 90 minutes
- Body Scrub 40 minutes
- Bubble bath 15 minutes

### Re-alignment Package

150 minutes

Bring the balance back to your life with our Re-alignment Package. Let your blood flow and skin glow with an awakening lazy yoga session. By body-opening with Thai massage, your muscles will be grateful for and finish off with a relaxing foot massage that will benefit your whole body.

- Thai Massage 90 minutes
- Foot Massage 60 minutes



# PRICES

## MASSAGES

Sun Spa Signature Massage <i>Relaxing</i>	90 minutes	\$203
Seashell Massage <i>Energizing</i>	90 minutes	\$203
Hot Stone Massage <i>Balancing</i>	90 minutes	\$203
Traditional Thai Massage <i>Flexibility</i>	90 minutes	\$203
Toksen Massage <i>Re-aligning</i>	90 minutes	\$203
Thai Bamboo Massage <i>Relaxing</i>	90 minutes	\$203
Thai Herbal Poultice <i>Detoxifying</i>	90 minutes	\$203
Balinese Massage <i>Relaxing</i>	60 minutes	\$147
Pregnancy Massage <i>Nurturing</i>	60 minutes	\$147
Anti-Stress Massage <i>Relaxing</i>	60 minutes	\$147
Foot Reflexology <i>Stimulating</i>	60 minutes	\$147

## AYURVEDA SPECIALTIES

Detox Massage	90 minutes	\$203
Shirodhara Massage	90 minutes	\$203
Dosha Massage	90 minutes	\$203
Marma Massage	90 minutes	\$203
Kativasti Massage	90 minutes	\$203

## BODY WORKS

<i>Rejuvenating</i> Javanese Lulur Scrub	75 minutes	\$141
Moisturizing Coconut Scrub	75 minutes	\$141
<i>Anti-Cellulite</i> Coffee Scrub	75 minutes	\$141
<i>Revitalizing</i> Marine Wrap	75 minutes	\$141
<i>Sun Healer</i> Aloe Vera Wrap	75 minutes	\$141
<i>Nourishing</i> Clay Mask	75 minutes	\$141

## FACIALS

All Natural Facial	60 minutes	\$147
Fragrance Facial	60 minutes	\$147

## SPA PACKAGES

Chocolate Delight	145 minutes	\$430
Romance at Olhuveli	145 minutes	\$430
Re-Alignment Package	150 minutes	\$430

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All prices are in US Dollars, includes 10% service charge and applicable taxes.