



*Cape Spa*   
Cape Parwa, Phuket



# *Awaken* your *Senses*



The ultimate in relaxation, rejuvenation and indulgence. Sitting high on the crest of the cape, with a spectacular view overlooking the Andaman Sea, Cape Spa combines the best in contemporary therapies and treatments with ancient Asian sensibilities and wisdom.



# *Beauty and Beyond*



Our superlative service and highly skilled body technicians employ only the finest products and techniques to ensure that you are pampered to perfection. Cape Spa's stylish suite of treatment rooms - tranquil, light and airy - provides the perfect setting to truly refresh your mind, body and soul. Paradise just got a little better.



# *Restored and Resplendent*



Treatments include everything from an elegantly simple traditional Thai massage through detoxifying skin and enzyme therapies and après sun rejuvenation, to a full-day spa package combining everything from body scrubs and massage to aromatic steaming and facial delicacy treatments.





# CAPE SPA GUIDELINE

## Opening Hours

10.00 am to 9.00 pm

## Reservations

*We highly recommend that all spa treatments are booked in advance to avoid disappointment.*

*Please call our Spa Manager on ext. no 204.*

## Preparing for your treatment

*Please arrive at the Spa at least 10 minutes prior to your scheduled appointment to ensure you receive the maximum treatment time. We regret that if you arrive late for your treatment we may have to reduce your treatment time depending on the bookings following your appointment. For men, we recommend you shave at least 1 hour prior to having a facial treatment.*

## Special considerations

*Guests who are pregnant, or who have any medical problems are advised to consult their doctor before using any of the Spa services.*

## Cancellation policy

*We request a minimum of 6 hours notice if you are unable to keep your appointment; if not a 50% cancellation fee is applicable. Please call us, we will be happy to reschedule.*

## Pricing

*The prices are quoted in Thai Baht and are subject to 10% service charge and applicable government taxes.*

## What to wear

*You may wish to wear your own bikini for bath treatments. Alternatively, treatment may be enjoyed without clothing or we can provide you with hygienic disposable underwear. Our therapist will always use draping techniques to respect your privacy.*

## Valuables

*We request that no jewelry be worn during your visit to the Spa, please leave any valuables in the safe provided in your room. The management of Cape Spa accepts no responsibility for the safety of money and valuables of any kinds brought on to the Spa premises.*

## Speak up

*Although we do our best to anticipate your needs, everyone is different. Please let your therapist know if there is any way that she can improve your treatment or comfort, for example: heavier or lighter massage pressure, an extra towel, no music etc.*



## Massage Therapy

### Siamese Touch

70 minutes

700.-

100 minutes

1,000.-

#### Aroma Foot Soak / Siamese Massage

*The Fountain of Energy, this applied Thai traditional massage aims at providing you the highest levels of relaxation. Using Yoga stretches and pressure point massage techniques, we will help stimulate your blood circulation, relieve tension and help you balance your body, mind and soul, allowing you to achieve inner peace as you are gently caressed by summer breezes.*

### Indian Head Massage

70 minutes

800.-

#### Aroma Foot Soak / Coconut Oil Head and Shoulder Massage / Herbal Steam or Sauna

*Relieves stress and tension where it can affect you the most: your shoulders, arms and neck. Finish with a revitalizing face and scalp massage and charka energy balancing. An excellent alternative to pill - popping for headaches and stress related tension.*

### Reflexology Foot Massage

70 minutes

700.-

#### Aroma Foot Soak / Foot Massage

*Foot reflexology is believed to be the window to good health with sixty three reflexive points of pressure on the feet and legs. This gentle therapy encourages the body to work naturally to restore its own healthy balance.*

### Full Moon Anti-Stress

70 minutes

1,000.-

#### Aroma Foot Soak / Head, Shoulder and Back Massage / Warm Herbal Compress

*An intensive approach designed to quickly rejuvenate your tense muscles and relieve back pain and headaches after a long stressful day, as refreshing as the rain. This massage therapy concentrates on your head, shoulders and is a perfect path back to the peaceful spirit of summer.*

### Thai Traditional Compress

100 minutes

1,200.-

#### Aroma Foot Soak / Siamese Massage / Warm Herbal Compress

*The ancient healing powers of traditional and organically homegrown herbs work well with this Siamese delicate massage. A perfect way to increase lymphatic drainage for a rejuvenating and relaxing effect. Experience the secrets of the Thai garden.*

### Oceanic Aroma

70 minutes

1,400.-

130 minutes

2,000.-

#### Aroma Foot Soak / Steam or Sauna / Aromatherapy Body Massage

*Blending well with Cape Panwa's passion for nature, this oil massage is supremely relaxing and helps enhance vitality and firmness whilst invigorating your whole body. Combined with an aromatic steam bath, this treatment will bring you back into synchronization with Mother Nature.*

## Spa Programs

### Sunshine Slimming

80 minutes

1,600.-

#### Aroma Foot Soak / Aromatic Steam or Sauna / Slimming Massage / Warm Herbal Compress

*A unique body workout, this treatment will help renew your skin and combat any uneven or dry appearance. Whilst performing a total body firming process focusing on your hips, thighs and stomach, our hands slimming massage will redefine fat tissue, stimulate blood circulation and contour your body. Time to harvest a perfect figure.*

### Steps to the Sea

80 minutes

2,500.-

#### Aroma Foot Soak / Citrus Salt Foot Scrub / Aloe Vera Rub / Foot Massage

#### / Warm Herbal Compress

*Reflexology involves stimulating the nerve connections in the soles of the feet to balance and restore energy to various organs in the body. A steady pressure is applied to specific points, alleviating blockages in the nervous system and improving energy flow. Step into the body's natural healing process, allow nature to heal your soul and spirit.*



### Deep Blue Sea

120 minutes

2,500.-

Aroma Foot Soak / Body Scrub A La Carte / Aromatherapy Body Massage

*A gentle body scrub, a la carte combining the feet, elbows and knees using Cape Panwa's specially selected natural ingredients which leave your skin as smooth as silk while our healing hands pamper you. Feel the tension seep away.*

### Cape Panwa Blossoming Spa

180 minutes

3,500.-

Aroma Foot Soak / Body Scrub A La Carte / Aromatherapy Body Massage

/ Warm Herbal Compress

*Take care of your senses with this hour-long aromatherapy body massage utilizing the scent of tropical flowers, helping to improve blood circulation and energy flow. Warm herbal compresses will encourage the release of sluggish blood flow. An ideal way to relax sore muscles, liberate your mind and rebalance your senses.*

### Exotic Andaman

150 minutes

3,200.-

Aroma Foot Soak / Aromatic Steam or Sauna / Scrub A La Carte / Body Brush and Carnation Oil Cover / Body and Fresh Body Mud / Aromatherapy Body Massage

*Naturally blended spa techniques that help exfoliate natural enzymes while contouring and firming your body. Finish off with a wonderful massage for total muscle tensions relief. Taste the flavor of cherishing with Cape Panwa's well-being wisdom.*

### Blue Marine

150 minutes

3,000.-

Aroma Foot Soak / Classical Thai Steam Sauna / Energizing Body Scrub / Jacuzzi Milky / Aromatherapy Massage

*Experience the ancient healing power of the Royal Thai Warm Compress, a uniquely designed traditional Thai-Oil massage designed to soothe, refresh and revive a weary spirit. A secret path to the heart of rejuvenation.*

### After the Sunset

140 minutes

3,000.-

Aroma Foot Soak / Aromatic Cold Bath / Cold Compress / Fresh Aloe Vera Wrap /

After the Sun Cover / Facial Treatment for Sunburn

*Beneficial for sunburn with fresh Aloe Vera extract that relieves the pain and starts the healing process, an excellent treatment for skin repair and cellular rejuvenation, which concludes with an application of body lotion.*

## Body Scrubs

### Thai Traditional Herbal Scrub

70 minutes

1,200.-

*The perfect way to naturally clean and eliminate the dead cells that accumulate on the skin's surface. The special blend of fresh Thai herbs used in this scrub leave your skin feeling wonderfully soft and refreshed. Recommend for every type of skin.*

### Body Polish

70 minutes

1,200.-

*Using crushed sesame seeds and sesame oil to exfoliate, soften and moisturize, your skin will be perfectly smooth and glowing with health. Recommend for dry skin.*

### Coconut Scrub

70 minutes

1,200.-

*Using fresh coconut and mixed Thai herbs this body scrub will stimulate your senses as well as leaving you refreshed with smooth skin and improved blood circulation.*

### Marine Salt Scrub

70 minutes

1,200.-

*Your skin needs to maintain its moisture balance in order to perform its important functions. This treatment is essential for people with dry skin who want it to be suppler, cleaner, smoother and softer.*



## Body Wraps

### Mud Wrap

70 minutes 1,200.-

*Trace elements, vitamins and minerals are essential substances needed by your body to revitalize the skin and maintain its overall health.*

*This pampering program feeds your skin and melts away stress and muscle tension.*

### Tanaka Wrap

70 minutes 1,200.-

*Beautiful skin is Burmese skin! Tanaka powder will soothe your body whilst*

*essential oils and patchouli relax you. Your skin will be left feeling soft and delicately fragrances.*

### Thai Herbal Wrap

70 minutes 1,200.-

*Wrap your body in a mixture of natural Thai herbs that melt away your fatigue while other*

*spices draw out impurities from the skin's outer layer. Recommend after doing Thai herbal scrub.*

### Re-hydration Body Wrap

70 minutes 1,200.-

*Perfect for sun worshippers! This cooling and soothing wrap, that uses Aloe Vera as the main ingredient, is the ideal choice to pamper a skin that has had too much exposure to the sun.*

## Facial Delicacy Treatment

### Masculine Anti - Stress

70 minutes 2,000.-

Deep Cleansing / Natural Facial Scrub / Aroma Facial Massage / O2 Serum / Anti-Stress Masque / Skin Smoothing Cream / Full Spectrum Block

*Face cleansing, combined with rose-lavender oil to exfoliate, cleanse and moisturize your skin.*

*The treatment includes a pressure point massage that works on the face and head as well as the neck and shoulders to help release stress and tension.*

### Sensitive Facial

70 minutes 2,000.-

Deep Cleansing / Natural Facial Scrub / Aroma Facial Massage / Environmental Control Serum / Multivitamin Facial Masque / Skin Smoothing Cream / Full Spectrum Block

*Specially designed for those who suffer from pimples, skin irritations and sensitive skin.*

*Begins with a double deep cleansing process using Citric and Chamomile extracts followed by Anti-Ozone and Bio peeling to enhance the skin's radiance. Cool down with an Anti-Bacterial Mask.*

### Facial Detoxify

70 minutes 2,500.-

Deep Cleansing / Natural Skin Exfoliate / Aroma Lymphatic Drainage Facial Massage / Plankton Masque / Active Facial Moist / Full Spectrum Block

*This deep cleansing scrub and soothing mask revitalize the skin. A mineral rich mud will help draw out impurities and act as a natural healing remedy for rashes and irritated skin. You'll feel like smiling both inside and out. Ideal for mature skin.*

## Signature Treatments

### Peace of the Ocean

240 minutes 6,500.-

Aroma Foot Soak / Body Brush and Carnation Oil Cover / Aromatic Steam

/ Body Scrub A La Carte and Fresh Body Mud / Aromatherapy Body Massage / Facial Treatment

/ Warm Milky Bath / Daily Fresh Light Meal

*Indulge yourself in this invigorating treatment designed for extreme relaxation. Start with a pepper berries foot soak, body brush and carnation oil cover to prepare your skin for an aromatic steam bath. A natural body scrub and mud are then applied. Finish off with an aromatherapy massage and warm milky bath to restore the body's natural balance and radiance.*

### Timeless Andaman

300 minutes 7,500.-

Aroma Foot Soak / Body Brush and Carnation Oil Cover / Aromatic Steam / Body Scrub A La Carte and Fresh Body Mud / Relaxing Foot Massage / Aromatherapy Body Massage / Daily Fresh Light Meal / Facial Delicacy Treatment / Floral Milky Bath

*The ultimate pampering experience designed to recharge your total soul from the inside out.*

*Enjoy this pampering ritual in our splendid spa and choose your accompaniments such as a rose petals scrub or a la carte aroma oils. This treatment will lead you to total peace and ultimate life force rejuvenation.*





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