



WELCOME TO ABHIRATI RETREAT SPA

By entering to our Spa today, you have answered a call of your body and mind. Be it to heal, pamper, rejuvenate or revitalize, rest assured that your inner most desire today will be our utmost quest.

Abhirati Retreat Spa is medical spa that provides activities, signature treatment and medical service approach to your total wellbeing. Bundarika offer clients who wish to optimize their health and appearance, the opportunity to revitalize their body, mind and spirit at optimum functioning. The staffs includes certificate of Physiotherapy, Applied Thai traditional Medicine and other specialists to ensure that clients can achieve their personal goals.

Choose from any of our Spa's wellness treatments program. Created with care, knowledge and most importantly, with you in mind, our treatment aim to foster a sense of balance and serenity. Better yet, escape the limits of time, relinquish to our discretion and allow us to tailor a program or package that unique only to you.

Step into the world of Abhirati, you will have drifted off into a world of dreams.



BUNDARIKA SIGNATURE TREATMENT

WHITE LOTUS BUNDARIKA PACKAGE (240 MINS)

THB 4,500++

Your Journey begin with the Thai Herbal Stream Bath rids the body of toxins, while also improving circulation and stimulating weight loss.

Follow by the bundarika glow is blending of natural herbs and scrub in fresh yogurt. This therapy is famous for the beautifying and softening of skin. Traditional ingredients are all kind of lotus Petals and Thai herbs blended with snow Lotus pollens. All about natural rejuvenating and renewing a true Thai beauty experience.

This western style style massage focuses on the deeper layers of the muscle tissue. It aims to release chronic patterns of tension in the body though slow strokes and very deep strong pressure on the contracted areas.

To finish, a calming aromatherapy facial completes your journey of the senses.

- 30 minute stream
- 60 minute Bundarika Glow
- 90 minute Bundarika Massage
- 60 minute Bundarika Facial

Do not miss our signature!!



BUNDARIKA WELLNESS MASSAGE

Akkee Element Massage (90 MINS)

THB 2,350++

“Akkee” Is Fire element. It is warmth, emotion and body temperate. The belief is that emotion balance benefiting good body, organism. Using a combination of strokes and acupressure techniques this soothing and gentle massage allow the healing properties of natural oils to penetrate into skin leaving your relaxed and with a sense of well being.

Shower - Floral foot bath – Body Massage – Refreshment

Vayu Element Massage (90 MINS)

THB 2,350++

“Vayu” is signal of Wind element. An authentic massage style that has been influenced by ageless the therapist uses palm pressure and stretching technique, this treatment improves blood flow, stimulate and releasing the air in the body. It elevates energy to the body.

Shower - Floral foot bath – Body Massage – Refreshment

Varee Element Massage (90 MINS)

THB 2,350++

“Varee” Is the language of the Water. It is relaxing & gentleness pressure, base on manual Lymphatic draining techniques. A delicate of massage that stimulate the body’s lymphatic system, improving metabolism, toxins and providing a boost to the immune system, Lymphatic draining use very light pressure combined with soft pumping movement in direction of.

Shower - Floral foot bath – Body Massage – Refreshment

Patapee Element Massage (90 MINS)

THB 2,350++

“Patapee” It is Earth Element. The belief is Earth contributed organs of body such muscle, lung and hearth. This special therapeutic massage allowed harder pressure and works deeply into the muscle, stretching muscle fibers and releasing tension in the fascia that may otherwise cause restricted movement and pain. By generating increased blood-flow and thus improving circulation.

Shower - Floral foot bath – Body Massage – Refreshment



Lymphatic Drainage Massage (90 MINS)

THB 2,350++

Lymphatic drainage was first developed in Europe. 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.

Shower - Floral foot bath –Lymphatic Drainage Massage – Refreshment

Ayurvedic Massage (90 MINS)

THB 2,350++

Traditional Ayurvedic massage uses medicated herbal oils specially selected based on the body's dosha. The massage done directly on to the skin, and is aimed at loosening the excess dosha and directing them towards the organs of elimination. It also promotes circulation, increases flexibility and relieves pain and stiffness.

Shower - Floral foot bath –Ayurvedic Massage – Refreshment

Harmony four hands Massage (90 MINS)

THB 2,500++

This "Four hands Massage" incorporates the exacting skill of two therapists working together in rhythmic harmony. Gentle and healing of our therapist will help to calm the nervous system, warm and relax muscle tissue and promote the growth of health, ultimately resulting.

Shower - Floral foot bath – Harmony Four Hand Massage – Refreshment

Therapeutic Massage (90 MINS)

THB 2,350++

This massage concentrating on specific areas of tension within the body. Therapist will combine reflexology to achieve balancing within the body is energy center. This treatment aims to develop, maintain, rehabilitate or augment physical functioning, relieve or prevent physical dysfunction and pain as well as enhance the well being, Therapeutic is effect and improve health by directly on the muscle, nervous and circulatory system

Floral Foot Bath – Therapeutic Massage – Refreshment



Acupressure Massage (90 MINS)

THB 2,350++

This massage incorporates acupressure techniques which are well-known for their ability to release muscular tension and promote the circulation of the body's life force to aid healing. Acupressure is an ancient art that uses mild pressure to stimulate the body's natural self-curative abilities.

Floral Foot Bath –Acupressure Massage – Refreshment

Traditional Thai Massage (90 MINS)

THB 2,350++

Exotic, unique and the ultimate sublimely body work out that has been passed down through generations. The traditional Thai massage employs pressure point, stretching techniques to releases tension and increase vitality and flexibility.

Floral Foot Bath – Traditional Thai Massage – Refreshment

The Royal Thai Herbal Ball (90 MINS)

THB 2,500++

A traditional Thai herbal Therapy has been practiced to sooth muscle tension and stiffness on the key areas. This healing session being with the application of the warm Thai Herbal poultice, containing a variety of therapeutic Thai herb and spices then followed by Aromatherapy massage.

Shower - Floral Foot Bath – The Royal Thai Herbal Ball Massage – Refreshment

Shiatsu Therapy (60 MINS)

THB 2,000++

“Shiatsu” is a Japanese word made up of two chiropractors, “Shi” (Finger) and “Atsu” (Pressure). It refers to the gentle form of Japanese massage. Shiatsu is holistic in nature and helps to improve the wellbeing of the entire body instead of only treating specific symptoms. It borrows principles from acupuncture and incorporates technique from osteopathy, physiotherapy and other healing traditions. Designed to boots stamina, and improve digestion and concentration, shiatsu is also well know for relieving stress and calming nerves.

Floral Foot Bath – Shiatsu Therapy – Refreshment



Indian Head Massage (60 MINS)

THB 2,350++

With traditional specific Mama point Massage to alleviate stress and tension, help relieve muscular pain around head, neck, shoulder and upper back. Using massage friction and pressure point to initiate an ultimate relaxation that leaves you feeling refreshed and clear headed.

Floral Foot Bath – Indian Head Massage – Refreshment

Shirodhara Treatment (60 MINS)

THB 3,200++

An ancient Ayurvedic treatment that pouring warm medicated oil on the third eye point of the forehead to unlock any blockages in the energy passages around the face and head. This allows the energy to flow properly and helps relieve headaches, migraine, insomnia and stress. Resting is recommended. After 24 hours you will feel refreshed with clear thoughts and more relax.

Floral Foot Bath – Shirodhara Oil – Refreshment

Oriental Foot Massage (60 MINS)

THB 2,350++

A dynamic treatment it is linking the zones on the feet to organs and systems in the body Pressure is applies to various zones on the feet using thumbs, fingers and palms to induce relief from pain and stress, combined with a spice oil, oriental foot massage is particularly beneficial for the relief of tension, poor circulation and sluggish digestive systems.

Floral Foot Bath – Oriental Foot Massage – Refreshment

Pregnancy (60 MINS)

THB 2,350++

This massage brings relief to tensed muscles with a combination of strokes and light percussion, and is suitable if you prefer to lie on your sides. A linen pouch filled with rice flour and dipped in warm Vitamin E-enriched oil is glided over the body. This is a favorite among mature guests and ladies who are pregnant.

Shower - Floral foot bath – Rhythmic Massage – Refreshment



Hot Stone Massage (90 MINS)

THB 2,800++

Tibetan Monks and American Indians used stone for their many benefit. This deluxe full body and face massage using Basalt stone will instill a deep level of calmness while relaxing tight muscles, removing blockages and dissolving stress. You will leave the spa feeling renewed and energized through the healing properties of these natural, volcanic stones.

Shower – Floral foot Bath – Warm stone massage - Refreshment



BUNDARIKA FACIAL TREATMENT

Aromatic Facial (60 MINS) THB 2,500++

Designed to promote healing and radiant skin, our deluxe facial offer cleansing, toning, exfoliate and a revitalizing mask for both men and women. In addition, a light relaxing facial massage using aromatic hydrating oil is performed to sooth the skin, eliminating stress and leaving you total relaxation.

Rejuvenating Facial (60 MINS) THB 2,500++

Indulge in this facial which helps to extract impurity while rebalancing and correcting sebum production. A Purifying mask is used to tone and lighten the skin, leaving the face with refreshing and comfortable sensation.

Anti-ageing Facial (60 MINS) THB 2,500++

This outstanding treatment incorporates connective awareness and advanced anti-ageing skincare to naturally firm, lift and tones the facial skin. Lymphatic drainage massage with essential oil to stimulates your skin radiant and more youthful appearance.

Bundarika Facial (60 MINS) THB 2,500++

This Bundarika Facial treatment provides a natural deep cleansing for all skin types. A purifying scrub and soothing mask revitalizes, perfect to bringing up your youthful glow using nature abundant goodness.



BUNDARIKA BODY TREATMENT

Deep seated impurities caused by some of the harmful effects of today's environment often prevent necessary nutrients from reaching the skin for nourishment. Choose from any of our exceptional and purifying body treatments below to replenish the wellness in you.

Aloe poultice (60MINS)

THB 1,880++

This treatment has been specially designed to help relieve the pain and damage caused by over exposure to the sun. Start with gentle full body exfoliating that cleanses and hydrating the skin by ground cucumber and followed by aloe Vera gel wrap leaving your body energized and your skin radiant and effected body pasts to sooth the pain and discomfort of sun burns.

Shower – Floral foot Bath – Cucumber Exfoliating-Aloe Vera Wrap - Refreshment

Tamarind Polished (60 MINS)

THB 1,880++

A treatment specifically designed to deep clean and purify your body, with a total skin exfoliation using natural fruit, acid which removes dead skin cells and whitens your complexion this treatment incorporates a body massage to moisturize your skin.

Shower – Floral foot Bath – Tamarind Polish - Refreshment

Coffee Scrubs (60 MINS)

THB 1,880++

Locally grown Thai coffee beans and natural Thai herbs rich of Vitamins then followed by bamboo charcoal gel wrap help to detoxify, revitalize and harmonize the body.

Shower – Floral foot Bath – Coffee Scrub - Refreshment

Coconut Scrub (60 MINS)

THB 1,880++

A scrub that use freshly-grated coconut ,mixed with sweet almond oil to help on exfoliation of dead skin and to prevent your skin from developing blemishes caused by aging. Finally, to further smooth the texture of the skin.

Shower – Floral foot Bath – Coconut Scrub - Refreshment



THERAPEUTIC STREAM BATH AND FLORAL BATH

Fourth Element Floral Bath (30 MINS)

THB 880++

Choose one of fourth signature assortments of Aromatherapy essential oil , base on your element. And enjoy tea services as the exotic aromas and relaxing floral bath to balance your mind, body and spirit.

Royal Lotus Bath (30 MINS)

THB 880++

A beautiful romantic, softly by the candle and gently scented by the lavender essential oil flower in the bath, the room in turns into private sanctuary as you empty your mind and let the stress away the stress and strains.

Herbal Steam Bath (30 MINS)

THB 880++

Experience therapeutic affects of Traditional Thai Herbs as you step into a dreamy, misty heavily scented room, a dreamy place to sooth the body and clear the head.

Cleopatra Milk Bath (30 MINS)

THB 880++

The legendary beauty secret of the milky bath, this bath can help maintain youthful glow the skin. It contain natural organic that will help to heal and restore the balance. This treatment excellent for sensitive and dry skin, and will leave you feel like the finest silk of Asia.

Mud Steam Bath + Fourth Element Bath (90 MINS)

THB 2,800++

A choice of Mud therapy for anti-oxidant and anti-Cellulite to stimulant properties. As it soothes nervousness, increases sensuality, improves circulation and relieves skin irritation

BUNDARIKA SPA JOURNEYS

Escape the limits of time and immerse yourself in one of our perfectly package recipes for relaxation.

Each can be shared with a loved one while you enjoy a side-side relaxing treatment in our twin spa suite. Perfect for couples celebrating their honeymoons or friends relaxing together.

Three days Journey

7,000++

1st day:

- Steam Bath +Body Treatment

2nd day:

- Aromatherapy Massage
- Thai Herbal Facial

3rd day:

- Steam Bath+ Body Treatment
- Thai Massage

Five days Journey

9,800++

1st day:

- Steam Bath +Body Treatment

2nd day:

- Aromatherapy Massage
- Thai Herbal Facial

3rd day:

- Steam Bath+ Body Treatment
- Thai Massage

4th day:

- Element Massage

5th day:

- Fourth Element Bath +Tamarind scrub
- Lymphatic Massage

Seven days Journey

16,000++

1st day:

- Steam Bath +Body Treatment

2nd day:

- Aromatherapy Massage
- Thai Herbal Facial

3rd day:

- Steam Bath+ Body Treatment
- Thai Massage

4th day:

- Element Massage

5th

- Fourth Element Bath +Tamarind scrub
- Anti-ageing Facial

6th day:

- Aromatherapy Massage
- Foot Massage

7th day:

- Fourth Element Bath +Tamarind scrub
- Anti-ageing Facial

JOURNEY DOES NOT INCLUDE HARMONY FOUR HAND MASSAGE AND HOT STONE MASSAGE



THE TOTAL BUNDARIKA WEKKNESS PROGRAMS

The legacy of the Bundarika philosophy is perhaps best experienced through our signature Rituals . Drawing back to the origins of time – honored tradition of well-being, these treatment Were selected and created by your Element.

Relaxing Element Package (180 MINS)

THB 3,800++

This package has been specially designed for “Fire Element” start with aloe poultice to Energize your skin radiant and effected body pasts to sooth the pain and discomfort of Sun burns and then follow by the Akkee massage to balance your emotion and body temperate using a combination of strokes and acupressure techniques, this soothing and gentle massage allow the healing properties of natural of natural oils to penetrate into skin leaving your relaxed and a sense of well being.

Floral foot Bath – Fourth Element Bath – Aloe Poultice – Akkee Massage - Refreshment

Rebalancing Element Package (180 MINS)

THB 3,800++

A tradition Thai herbal beauty treatment made from a blend of powdered spices and sweet wood Followed by cool yoghurt splash. This exotic delight will leave your skin feeling luxuriously conditioned and hydrated. Then stimulate your mind, body and spirit to releasing the air in the Body with Vayu massage. It elevates energy to the body.

Floral foot Bath – Fourth Element Bath – Spice Scrub – Wind Massage – Refreshment

Spa Purification Element Package (180 MINS)

THB 3,800++

An age-old Thai beauty treatment using a blend of Thailand fruite,yoghurt and honey to exfoliate Nourish and polish the skin then follow by the Varee massage to complete your treatment.

Floral foot Bath – Fourth Element Bath – Tamarind Scrub – Water Massage – Refreshment

Energizing Element Package (180 MINS)

THB 3,800++

Let the element awaken you with Thai herbal scrub and enjoy and enjoy a stress relieving Patapee element massage to releasing to releasing tension in the fascia that may otherwise cause Restricted movement and pain. By generating increased blood-flow and thus improving circulatin.

Floral foot Bath – Fourth Element Bath – Herbal Scrub – Patapee Massage – Refreshment



Total Bundarika wellness Programs

Vitality Package (120 MINS)

THB 3,800++

Through the application of deep tissue massage and manipulation techniques, this package will establish a more harmonious flow through the stimulation of meridians, and follow by the Rejuvenating facial to leaving the face with a refreshing and comfortable sensation.

Shower – Floral foot bath – Sport Massage - Rejuvenating Facial – Refreshment.

Stress Relaxing Package (120 MINS)

THB 3,800++

This Package start with the massage to alleviate stress and tension, help to relieve muscle pain around shoulder, upper back , head and neck. Using pressure point to initiate an ultimate relaxation and followed by the Traditional Ayurvedic Massage uses medicated herbal oils specially selected based on the body'dosha. The massage done directly on to the skin, and is aimed at loosening the excess doshas and directing the towards the organs of elimination.

Shower – Floral foot bath –Indian Head Massage - Ayurvedic Massage – Refreshment.

Jet-lag Recovery Package (240 MINS)

THB 4,500++

Combat jet- lag, fatigue and mental exhaustion. Sink deep into our Fourth Element bath follow by Jet-lag massage to stimulate circulation and aid the release of fluid retention.

Unwind as your stress and tension float away with this invigorating treatment to relieve heavy and tires legs. Jet- lag Recovery is complete with the absolute facial to replenish and nourish the face leaving it refreshed and alive.

Shower – Floral foot bath – Fourth Element Milk Bath – Jet – Lag Massage - Anti-aging Facial - Refreshment.



ONE DAY SPA RITUALS

Sometime only a combination of the Treatment will do. Here are simply exquisite daily rituals that will nurture you inside and out.

Stress Relief Package (210 MINS)

THB 4,200++

For one day, spend a day of indulgence start the session commences with a Tamarind Polish that you prefer to have, and follow by the relaxing Fourth Element bath, and then energy for the body is provided with Aromatherapy massage and finished the day in style with Aromatic Facial treatment . All of treatment will send you into a state of total relaxation.

Floral foot bath – Tamarind Polish – Fourth Element Bath - Aromatherapy Massage – Aromatic Facial – Refreshment

Bundarika Oriental Package (180 MINS)

THB 4,200++

Turn back time to a place when Siamese treaded secrets amongst the elite of Siam society. this program begins with a Traditional Thai Massage to increase blood circulation. And this outstanding treatment incorporates connective awareness and advance anti- aging skin care to naturally firm, lift and tones the facial skin. And follow by the Oriental foot massage is a heavenly health treatment to be experienced at least once in a lifetime.

Floral foot bath –Traditional Thai Massage – Anti-aging Facial – Foot Massage – Refreshment

Tropical Retreat Package (180 MINS)

THB 4,200++

Your journey begins with our Cleopatra milk bath.Next, the ultimate Thai Coffee scrub, follow by the serenity is completed with an Aromatherapy massage. This total body indulgence will transport you to a dreamy state of relaxation, nourishing the skin, soothing the soul and calming the mind.

Floral foot bath –Cleopatra milk Bath – Coffee Scrub - Aromatherapy Massage -Refreshment

The Coconut Indulgence Package (240 MINS)

THB 4,500++

This package desinged to stimulate meridian harmony, this unique mind, body and soul experience combines with the coconut scrub, next to get relaxing with various relaxation massage techniques to induce a deep sense of calm. This full body oil massage stimulates a sense of wellbeing and relaxation, the last thing is you will enjoy with anti- aging facial.

Floral foot bath –Coconut Scrub - Fourth Element Milk Bath – Coconut Massage –Anti-aging Facial - Refreshment



SPA FOR MEN

It's a fact that men's skin is thicker than women's, 30% thicker it produces more sebum and has more hair follicles; it has higher levels of collagen these intrinsic differences coupled with increasingly pressured lifestyles and a natural desire for simplicity has led us to develop Spa menu for man effective and beneficial skin care essentials that will prepare nourish and balance your body, mind and spirit.

Sport Massage (90 MINS)

THB 2,350++

Sport massage is the foundation of the majority of all Western massage techniques. A firm and invigorating massage, especially present to sport man, this massage technique individually combines with the unique strokes, using aromatic oils on the entire body to ease tension and relieve muscles pain as well as those fatigues from jet lag or activity

Floral foot Bath – Sport Massage – Refreshment

Man's Perfect rejuvenating (90 MINS)

THB 2,800++

This treatment commences with a back exfoliation to help cleanse and replenish the skin leaving And re-energized. We follow this with a therapeutic massage to release muscular tension and relax the body. The treatment specifically designed for a man's complexion.

Floral foot Bath – Back Scrub-Back and Shoulder Massage – Refreshment

Man Refreshment (90 MINS)

THB 2,800++

Relax as your feet soak in warm water infused with essential oils, followed by an exfoliation to soften the soles of the feet and rejuvenate. Acupressure massage techniques are then on the feet to release tension and stress before the head and shoulder massage. This extremity indulgence is designed to relax whilst bringing balance to your body.

Floral foot Bath – Salt Scrub-Head and Shoulder Massage – Refreshment

Urbanism Facial (60 MINS)

THB 2,500++

This executive treatment is essential for skin fitness. Hot towels with essential oil are applied to the face, followed by a thorough cleansing and exfoliating treatment designed specifically for the special skin care needs of men. This facial helps counteract the effects of shaving and signs of aging.



BUNDARIKA SPA INFORMATION

Opening Hours

Bundarika Spa opens daily from 10.00 am To 7.00 pm last booking at 5.00 pm

Reservation

To avoid disappointment kindly book all spa treatment and services in advance. Treatment may be purchased individually or as a spa package.

Appointment Time

In order maximize the benefit of your spa experience please kindly arrive for your appointment at least 15 minutes prior to your treatment time

Spa Recommendation

Our Spa Receptionist and Spa consultation will gladly advance you on which treatment may best suit your need. In order for us to make an appropriate recommendation. We will ask that you complete our spa consultation from.

Arrive Late

While every effort be to provide you with your full treatment time reserved, should you arrive late for your appointment, the time may have to be reduced depending on availability. We appreciate your understanding.

Belongings

For personal belonging, the management of Bundarika Spa accepts no responsibility for the safety of money and valuables that are kept on the spa premises.

Cancellation Policy

If you would like to cancel your appointment. Please kindly do so at least 4 hours prior the treatment in order to avoid at 50% penalty charge and without notice.

Payment Policy

All treatment and service will be charge directly to your villa. Price are list ed in Thai Baht and are subject to 10% service charge and applicable government tax. We accept cash and all major credit cards.

“THE SPA ENVIRONMENT IS ONE TRANQUILITY AND RELAXATION. PLEASE RESPECT THE PEACEFULNESS AND PRIVACY THE PEACEFULNESS AND PRIVANCY OF OTHER SPA GUESTS.KINDLY DEFER FROM SOMOKING AND FROM USING YOU MOBILE PHONES WITHIN THE SPA VICINITIES. THANK YOU.”

