



## WELCOME TO BUNDARIKA 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.

**Bundarika 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 Bundarika,  
You will have drifted off into a world of dreams.”

## BUNDARIKA SIGNATURE TREATMENT

### THE ROYAL WHITE LOTUS PACKAGE (4 Hrs) 9,300++

Your Journey begin with the Thai Herbal Steam 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 the 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 massage focuses on the deeper layers of the muscle tissue. It aims to release chronic patterns of tension in the body through slow strokes and very deep strong pressure on the contracted areas.

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

“DO NOT MISS OUR SIGNATURE”

## BUNDARIKA SPA JOURNEYS

Escape the limits of time and immerse yourself in one of our perfectly packaged recipes for relaxation. Each can be shared with a loved one while you enjoy a side-by-side relaxing treatment in our twin spa suite. Perfect for couples celebrating their honeymoons or friends relaxing together.

### *Three days Journey*     **9,180++**

1<sup>st</sup> day:

- Steam Bath or Floral Bath
- A choice of body treatments

2<sup>nd</sup> day:

- Aromatherapy Massage
- Thai Herbal Facial

3<sup>rd</sup>

- Steam Bath
- Sport Massage

### *Five days Journey*     **14,400++**

1<sup>st</sup> day:

- Steam Bath
- A choice of body treatments

2<sup>nd</sup> day:

- Element Massage

3<sup>rd</sup> day:

- Ayurvedic Massage

4<sup>th</sup> day:

- Milky Floral Bath
- Tamarind body polish
- Shiatu Massage

5<sup>th</sup> day:

- A choice of facial

### *7-day Journey*     **29,500++**

1<sup>st</sup> day:

- A choice of Steam Bath or Floral Bath
- A choice of Element package

2<sup>nd</sup> day:

- Traditional Thai Massage

3<sup>rd</sup> day:

- Thai herbal facial

4<sup>th</sup> day:

- Indian Head Massage
- Shirodhara

5<sup>th</sup> day:

- Shiatsu

6<sup>th</sup> day:

- Aromatic Floral Bath
- Aromatherapy Massage
- Aromatic facial

7<sup>th</sup> day:

- Aloe Poultice
- A choice of Massage

JOURNEY DOES NOT INCLUDE HARMONY FOUR HAND  
MASSAGE AND WARM STONE MASSAGE.

## THE CHOSEN ONES

### **Harmonies four hands Massage (90 MINS) 3,280++**

This “Four Hand Massage” incorporates the exacting skill of two therapists working together in rhythmic harmony. Gentle and healing of our therapists 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) 2,880++**

This massages 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 acing directly on the muscle, nervous and circulatory system.

Floral Foot Bath – Therapeutic Massage – Refreshment

### **Stress Relaxing Package (120 MINS) 4,280++**

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 Shirodhara treatment that pouring warm medicated oil ion the third eye point of the forehead to unblock any blockages in the energy passage around the face and head. Help to relieve headaches, migraine, insomnia and stress.

Shower – Floral foot bath – Indian Head massage – Shirodhara oil – Refreshment.

### **Jet-lag recovery Package (180 MINS) 5,280++**

Combat jet-lag, fatigue and mental exhaustion. Sink deep into our Aromatic milky 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 tired legs. Jet-Lag Recovery is complete with the absolute facial to replenish and nourish the face leaving it refreshed and alive.

Floral foot bath – Shower – Aromatic milky bath – Jet-lag Massage – Facial - Refreshment

## WELLNESS MASSAGE

### **Akkee Element Massage (90 MINS) 3,280++**

“Akkee” Is Fire element. It is warmness, 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) 3,280++**

“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 – Element massage – Refreshment

### **Varee Element Massage (90 MINS) 3,280++**

“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 drainage use very light pressure combined with soft pumping movement in direction of

Shower – Floral foot bath – Element Massage – Refreshment

### **Patapee Element Massage (90 MINS) 3,280++**

“Patapee” It is Earth element. The belief is Earth contributed organs of body such muscle, lung and heart. 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 – Element Massage – Refreshment

### **Lymphatic Drainage Massage (90 MINS) 3,280++**

Lymph 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) 3,280++**

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 doshas 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

**Indian Head Massage (60 MINS) 2,680++**

With traditional specific Mama Point massage to alleviate stress and tension, help relieve muscular pain around head, neck, shoulders 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 – Head and shoulder Massage - Refreshment

**Shirodhara Treatment (60 MINS) 3,880++**

An ancient Ayurvedic treatment that pouring warm medicated oil on the third eye point of the forehead to unblock 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

**Therapeutic Massage (90 MINS) 2,880++**

This massages 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 acing directly on the muscle, nervous and circulatory system.

Floral foot bath – Therapeutic massage – Refreshment

**Acupressure Massage (90 MINS) 3,280++**

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

**Shiatsu Therapy (60 MINS) 2,580++**

“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 massage – Refreshment

**Traditional Thai Massage (90 MINS) 3,280++**

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 release tension and increase vitality and flexibility.

Floral foot Bath – Traditional Thai Massage- Refreshment

**Warm Stone Massage (90 MINS)****4,280++**

Tibetan Monks and American Indian used stones for their many benefits. This deluxe full body and face massage using Basalt stones 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

**Harmony four hand Massage (90 MINS)****4,280++**

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

Shower – Floral foot bath – Four hand massage – Refreshment

**The Royal Thai Herbal Ball (90 MINS)****3,280++**

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 – Thai herbal ball Massage – Refreshment

**Oriental Foot Massage (60 MINS)****1,980++**

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 Massage (60 MINS)****2,680++**

Be healthy from inner simply belong, this particular massage technique personally combines with the secure strokes and Aromatherapy to release the stress and balance emotional condition as well as to ease body tension and stimulate body systems.

Shower – Floral foot bath – Massage – Refreshment

## 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 (60 MINS) 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) 1,880++**

An age-old Thai beauty treatment using a bland of tamarind fruit mixed with fresh yogurt and essential oil to exfoliate, nourish and polished the skin. All about natural rejuvenating and renewing a true Thai beauty experience.

Floral foot bath – Tamarind polish – shower – Refreshment

### **Coffee Scrubs (60 MINS) 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.

Floral foot bath – Coffee scrub – Charcoal wrap – Refreshment

### **Coconut Scrub (60 MINS) 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.

Floral foot bath – Coconut Scrub – Refreshment

## BUNDARIKA FACIAL

### **Aromatic Facial (60 MINS) 2,280++**

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) 2,280++**

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 a refreshing and comfortable sensation.

### **Anti-ageing Facial (60 MINS) 2,280++**

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.

### **Natural Bundarika Facial (60 MINS) 1,980++**

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.

### **Thai Herbal Facial (60 MINS) 1,980++**

Discover the secret of Thailand's ancient beauty rituals with this traditional Thai facial. An ancient recipe incorporating a blend of nourishing plant extracts and other elements of nature's abundant goodness is gently applied to the face to nourish and hydrate the skin bringing your inner glow to the surface. Discover the secret to looking younger and more radiant with any of these delicately fragranced, purifying and irresistibly indulgent facials.

## 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)**

**3,280++**

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.

Shower – Floral foot bath – Sport massage – Refreshment

### **Man's Perfect Rejuvenating (90 MINS)**

**3,280++**

This treatment commences with a back exfoliation to help cleanse and replenish the skin leaving it revived 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.

Shower – Floral foot bath – Back Scrub – Back and Shoulder massage – Refreshment

### **Man Refreshment (90 MINS)**

**3,280++**

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 used 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 with essential oil – Salt scrub – Head and should massage - Refreshment

### **Urbanism Facial (60 MINS)**

**2,880++**

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.

## THERAPEUTIC STEAM BATH AND FLORAL BATH

### **Fourth Element Floral Bath (30 MINS) 880++**

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

### **Royal Lotus Bath (30 MINS) 880++**

A beautiful romantic, softly by the candle light and gently scented by the Lavender Essential oil with lotus flower in the bath, the room turns into private sanctuary as you empty your mind and let the oils sooth away the stress and strains.

### **Cleopatra Milk Bath (30 MINS) 1,180++**

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.

### **Herbal Steam Bath (30 MINS) 880++**

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

### **Mud Steam Bath (60 MINS) 2,280++**

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 INFORMATION

### Opening Hours

Bundarika Spa opens daily from 9:00am. To 9:00pm. Last booking start at 7:30pm

### 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 benefits of your spa experience please kindly arrive for your appointment at least 15 minutes prior to your treatment times.

### Spa recommendation

Our Spa Receptionist and Spa consultation will gladly advice you on which treatment may best suit your needs. In order for us to make an appropriate recommendation, we will ask that you complete our spa consultation form.

### 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 you 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 to the treatment in order to avoid a 50% penalty charge and without notice.

### Payment Policy

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

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