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# COTTARA SPA HOLISTIC BODY THERAPIES

Our holistic therapies are a transformative art, where each touch restores balance and nurtures both body and mind. Each session begins with a grounding energy alignment and includes the effects of our connected lifestyle.





# Massage



## Traditional Thai Massage

Inspired by ancient Thai healing traditions passed down through generations, this treatment harmonizes body and mind through graceful stretches and rhythmic pressure along energy pathway. Performance without oil each movement flows like a dance of compassion - easing tension, awakening circulation, and guiding the body into a deep meditative calm.

60 minutes

THB 1,090.-

## Thai Yoga Massage

Rooted in the ancient art of Thai healing, this therapy unites the body and breath through a graceful sequence of assisted yoga postures and rhythmic pressure. Guided by the therapist's intuitive flow, every stretch and motion invites release - freeing the body from tension while awakening deep energy lines within.

60 minutes

THB 1,090.-



## Thai Foot Massage

A gentle ritual that begins with a warm herbal soak, melting away fatigue from every step you've taken. As smooth, rhythmic pressure traces along your feet and calves, the body begins to exhale - tension dissolves, the mind softens. Warmth seeps deep into tired muscles, leaving you light, grounded and calm, as though walking barefoot on soft earth after gentle rain.

60 minutes

THB 1,090.-

## Head Massage

This calming treatment begins with gentle strokes across the scalp, easing the mind into stillness. Warm oil is softly massaged around the temples and base of the head, melting away pressure. While soothing fingertips trace along the shoulders to lift away lingering stress. As warmth spreads through every touch, you'll feel your head lighter, your thoughts quieter - a tranquil clarity that lingers long after the massage ends.

60 minutes

THB 1,090.-

## Hot Stone Massage

Smooth, heated stones glide over the body in slow, flowing strokes, their warmth sinking deep to ease muscle tension and calm the mind. Placed along key energy points, the stones melt away fatigue while gentle massage techniques stimulate circulation and restore inner balance. A cocoon of warmth surrounds you - soothing, grounding and leaving your body deeply relaxed and renewed.

90 minutes

THB 2,290.-

## Back, Neck and Shoulder Massage

This deeply relaxing treatment focuses on the areas where stress and fatigue often settle. Aromatic oil is gently applied to the back, neck and shoulders, preparing the muscles for release. A combination of long effleurage strokes, gentle kneading, and deep thumb pressure is used to loosen tight knots and stimulate blood flow along the spine and shoulder blades. Circular motions at the base of the neck ease stiffness, while press-and-roll techniques melt away tension across the shoulders. Each movement flows with calm rhythm, encouraging the body to soften and the mind to quiet.

60 minutes

THB 1,090.-





### Thai Herbal Compress Massage

Steamed herbal compresses are gently pressed, rolled and tapped along the body using rhythmic Thai massage techniques. The warm compresses follow the energy lines, easing stiffness, improving circulation and soothing deep muscle tension. Combined with gentle acupressure and stretching movements, this treatment melts away fatigue and leaves the body balanced, warm and deeply relaxed.

90 minutes

THB 2,290.-

### Oil Herbal Compress Massage

Aromatic oil is first glided over the body with long, flowing strokes to soften the muscles and prepare the skin. Heated herbal compresses are then gently pressed and rolled along the energy lines, blending warmth with rhythmic pressure to release deep-seated tension. The combination of smooth oil massage and herbal heat enhances circulation, eases fatigue and leaves the entire body comforted, light and peacefully restored.

90 minutes

THB 2,290.-

### Organic Thai Herbal Body scrub

Experience the essence of traditional Thai wellness with our organic herbal body scrub. A blend of natural herbs and essential oils gently exfoliates and nourishes your skin, leaving it silky smooth, radiant and deeply rejuvenated.

60 minutes

THB 1,190.-

### Candle Aromantic Massage

Warm candle oil is gently poured over the body and massaged with long, flowing effleurage strokes and gentle kneading to ease muscle tension and calm the mind. The combination of soothing heat, rhythmic pressure and flowing movements melts away stress, improves circulation and deeply hydrates the skin. A delicate aroma fills the air, wrapping you in warmth and serenity - leaving your body relaxed, your skin silky and your spirit peacefully renewed.

90 minutes

THB 2,290.-

### Organic Thai Herbal Body mask

Reconnect with nature through this luxurious organic body mask inspired by traditional Thai wellness rituals. The soothing herbal formula deeply nourishes and revitalizes the skin, restoring natural balance and leaving it soft, radiant and refreshed with a lasting sense of tranquility.

60 minutes

THB 1,190.-

### Organic Facial Treatment

Reawaken your skin's natural vitality with our gentle and holistic organic facial. This treatment combines soothing massage techniques with nutrient-rich organic products to deeply hydrate, purify and rebalance the skin. Designed to calm the mind and rejuvenate the complexion, it helps reduce signs of fatigue and restores a radiant, youthful glow. This luxurious experience leaves your skin feeling soft, luminous and beautifully refreshed.

60 minutes

THB 1,190.-



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ANNE SEMONIN  
PARIS



## COTTARA SPA ANNE SEMONIN HOLISTIC RITUAL

The COTTARA SPA ANNE SEMONIN experience blends the timeless sophistication of French skincare with the restorative power of nature botanicals. Designed to honor the uniqueness of every individual, each treatment focuses on harmonizing the body, revitalizing the skin and soothing the mind. From stress-relieving massages to illuminating body rituals and advanced facials, every moment is crafted to deliver deep, personalized wellness. Our premium ANNE SEMONIN formulations are created with meticulously selected natural ingredients-floral essences, pure essential oils, marine minerals and potent plant extracts. These luxurious textures and delicate aromas not only enhance relaxation but also provide visible and long-lasting benefits from the very first treatment. At the heart of the ANNE SEMONIN philosophy is customized care. Guests are invited to select oils, scents and skincare blends tailored to their skin condition and emotional state, ensuring a wellness experience that is uniquely their own. Calm, privacy and refined elegance come together to create an atmosphere where the body unwinds, the senses awaken and the skin is beautifully renewed. With its commitment to quality, natural purity and French refinement, COTTARA SPA ANNE SEMONIN offers a journey of holistic rejuvenation-one that leaves you balanced, radiant and deeply refreshed.



## Aromatherapy Massage

Immerse yourself in a cocoon of gentle calm, where every stroke is designed to ease tension and nurture your body. Carefully chosen essential oils and therapist's hand move with slow, flowing grace, guiding your body into a state of effortless relaxation. As the comforting aromas wrap around you, the mind softens, the muscles release, and a serene warmth spreads through every fiber of your being.

60 minutes

THB 2,500.-

90 minutes

THB 3,500.-

## Thai oil massage

A modern interpretation of traditional Thai healing, this treatment combines the graceful rhythm of Thai massage with the soothing essence of aromatic oils. Each movement flows in harmony with the breath - slow, mindful and deeply nurturing. More than relaxation, this is a ritual of renewal - where the wisdom of Thai touch meets the fluid grace of oil therapy, restoring harmony, radiance and inner peace.

60 minutes

THB 2,500.-

90 minutes

THB 3,500.-



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## Baliness Massage

Experience the timeless art of Balinese healing, where skilled hands guide you through a harmonious blend of massage techniques. Long, flowing strokes ease tension and promote circulation, while gentle kneading and acupressure release deep-seated stiffness. Subtle joint mobilization and stretching awaken flexibility and restore balance to the body's energy flow.

60 minutes	THB 2,500.-
90 minutes	THB 3,500.-

## Sport Massage

Designed for active bodies, this treatment combines deep, targeted techniques with flowing massage to relieve muscle fatigue, prevent injuries, and enhance performance. Using firm pressure, trigger point therapy, deep kneading, and stretching, the therapist focuses on tight muscles, overworked areas, and tension points, promoting optimal recovery. More than just relief, this massage is a rejuvenating ritual - strengthening body and mind, accelerating recovery, and leaving you energized. Aligned and fully revitalized.

60 minutes	THB 2,500.-
90 minutes	THB 3,500.-





### Swedish Massage

This classic massage combines the fundamental techniques of Swedish therapy - long gliding strokes, Kneading, friction, tapping and gentle vibrations - to soothe muscles, improve circulation, and release tension. Each movement is carefully applied to relax the body, awaken energy, and restore balance to mind and spirit.

60 minutes

THB 2,500.-

90 minutes

THB 3,500.-

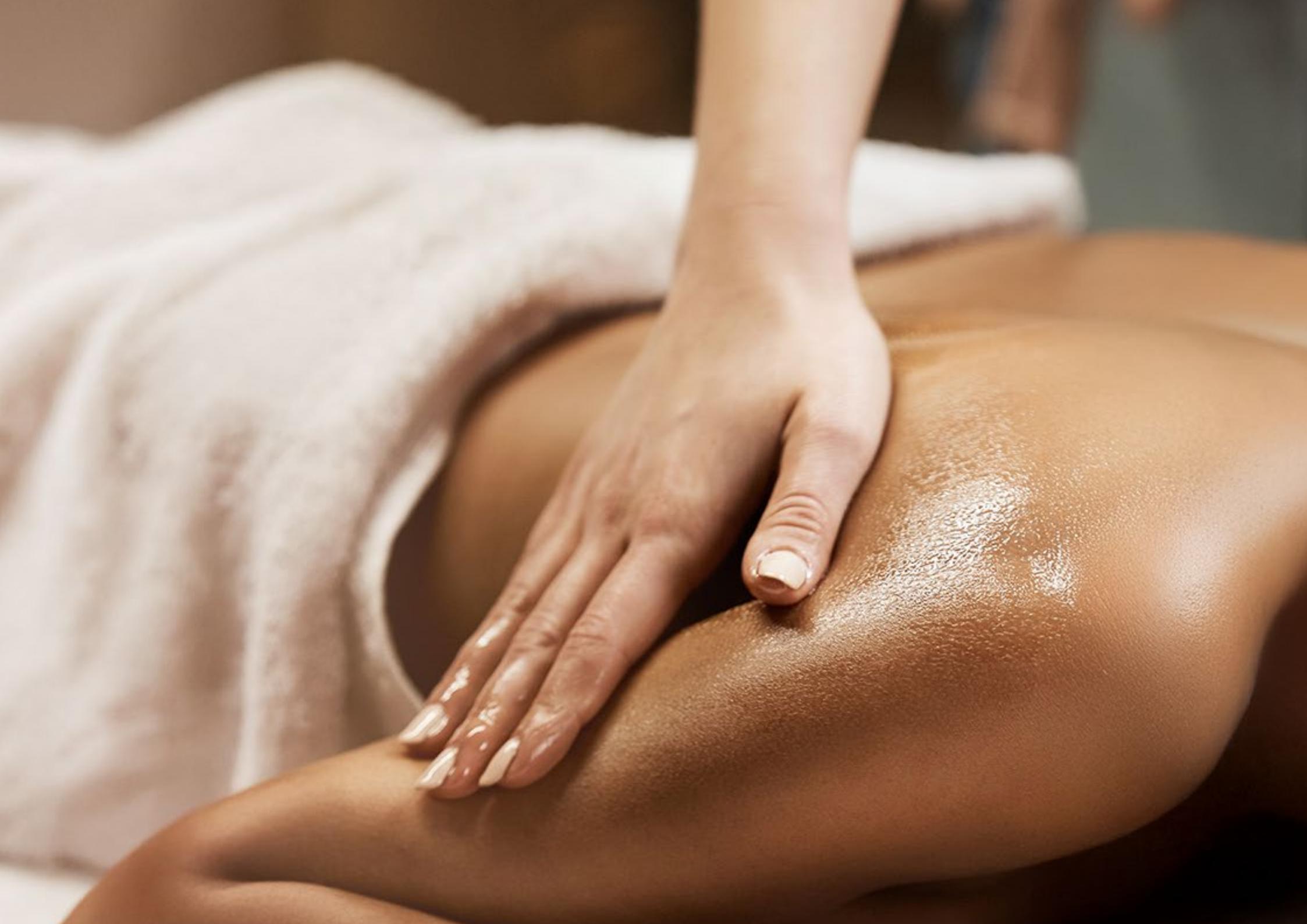
### Cottara Signature Ritual

This signature treatment is more than a massage - it's a journey of complete restoration. Warm aromatic oil glides over your body with long, flowing effleurage strokes, deep kneading and targeted pressure techniques designed to release stubborn tension.

Every movement is synchronized to your body's rhythm, melting away fatigue, calming the mind and awakening a sense of deep vitality. As the warmth penetrates your muscles and the skin absorbs the nourishing oil, you feel weight lift off your shoulders, stress dissolve and a luxurious serenity embrace you. By the end, you're not just relaxed - you're renewed, centered and enveloped in a signature experience that lingers long after you leave.

90 minutes

THB 3,950.-



# COTTARA BODYCARE & FACIAL COLLECTION

A journey to radiance treatments are designed to cleanse, nourish and revitalize , revealing a naturally glowing complexion.



## Body Scrub Collection

### White Sand Body scrub

This treatment treats your skin to deep moisturization, nourishment, and softness. This express exfoliation uses rose quartz and white sand and imparts the kind of hydration you can feel for days. What's more, this efficient scrub not only nourishes your skin but leaves it feeling smooth and velvety soft.

60 minutes

THB 2,500.-

### Very Berry Body scrub

Wave goodbye to dull, uneven skin with an energizing and detoxifying express scrub treatment. Sea salt, acerola extract and pumice stone particles work together to exfoliate the skin and enrich your body with essential vitamins and minerals. The finishing touch, the application of a rich lotion will leave your skin looking brighter, smoother and healthier.

60 minutes

THB 2,500.-

## Body Mask Collection

### Vitamin rich Deep Moisture Body mask

Indulge your skin with a luxurious blend of vitamin-rich botanicals and natural extracts. This deeply hydrating body mask restores moisture, improves skin elasticity and leaves your body feeling soft, supple and beautifully nourished.

60 minutes

THB 2,500.-

### Nourishing Deep Moisture Body mask

Immerse your body in rich hydration with this deeply nourishing mask. Infused with natural oils and botanical extracts, it replenishes moisture, restores softness, and leaves your skin glowing with lasting radiance.

60 minutes

THB 2,500.-



## Facial Treatment Collection

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### Age Defend Facial Treatment

This treatment treats your face to an instant age-defying experience, smoothing fine lines and transforming your skin. A gently massage with essential oils and minerals improves tone and elasticity, while ingredients enriched with vitamins A and E protect against environmental aggressors. An anti-ager like no other, you'll leave with skin looking youthful and radiant.

60 minutes

THB 2,900.-

### Soothing Skin Savior Facial Treatment

This treatment is like a glass of water for thirsty skin cells, calms, restores and hydrates your skin. The treatment begins with a gentle cleanse and exfoliation and is followed by the application of Anne Semonin's velvety Cream Mask. The latter's results-driven blend of algae and mimosa wax will refresh your skin and make you look and feel as if you've had a week of the best sleeps ever.

60 minutes

THB 2,900.-

### Marine Mineral Purifier Facial Treatment

Reap the benefits with this purifying treatment which mixes products that contain marine elements and do wonders for your skin, such as Anne Semonin's Exfoliating Mask. The mask's high concentration of minerals and algae will reveal smooth, calm-looking skin and pores that appear more refined.

60 minutes

THB 2,900.-

### Fantastic Facial Treatment

The treatment treat your face to a little TLC while hands and feet are pampered with a silky-soft massage at the same time.

30 minutes

THB 1,800.-



# COTTARA RITUAL TO BE MOTHER BABY BLISS



A luxurious and nurturing ritual for expectant mothers. Enjoy gentle pampering that relaxes and rejuvenates both body and mind, leaving you glowing, refreshed and beautifully connected with your little one.

## Organic Thai Herbal Body scrub

A relaxing and gentle body treatment specially created for mothers to be. This soothing scrub helps to remove dry skin, improve circulation and promote deep relaxation. The treatment is designed to be safe and comfortable throughout pregnancy, leaving the skin soft, smooth and naturally radiant. Perfect for relieving stress, calming the body and enhancing overall well-being for both mother and baby.

60 minutes

THB 1,190.-

## Organic Thai Herbal Body mask

A calming and deeply nourishing body treatment specially designed for expectant mothers. This gentle body mask helps to hydrate and soothe the skin, promoting relaxation and comfort during pregnancy. The treatment improves skin elasticity, reduces dryness and leaves the body feeling smooth and refreshed. A perfect way for mothers-to-be to relax, release tension and restore natural balance while nurturing both body and mind.

60 minutes

THB 1,190.-

## Vitamin Rich Body Oil Massage

THBA gentle and deeply relaxing massage designed specifically for expectant mothers. This treatment nourishes and hydrates the skin while relieving muscle tension and improving circulation. It promotes a sense of calm, comfort and overall well-being for both mother and baby. After the massage the skin feels soft, smooth and radiant, leaving the mother-to-be refreshed and revitalized.

60 minutes

THB 2,500.-

## Baby Bliss Pregnancy Facial Treatment

If your skin's experiencing increase in dryness, breakouts, dark spots and/or a lackluster complexion, this soothing facial will come to your rescue by hydrating skin cells and reviving your maternal glow. After the application of a nourishing oil to relax your neck and shoulders, a heavenly scalp massage will calm you in such a way. You'll feel totally at peace.

60 minutes

THB 2,900.-



## Baby Bliss Pregnancy Package Mind and Body

A luxurious and nurturing experience designed exclusively for expectant mothers. This ultimate pampering package combines a gentle body scrub, a soothing body mask and a calming body massage. Each step helps hydrate, revitalize and relax the body, while easing tension and promoting a sense of well-being. Indulge yourself in this serene journey and feel your body and mind completely refreshed. Perfect for nurturing both yourself and your little one, leaving you glowing, relaxed and filled with pure bliss.

120 minutes

THB 4,900.-

## Baby Bliss Pregnancy Package 2

A luxurious and nurturing experience designed exclusively for expectant mothers. This ultimate pampering package combines a gentle body scrub, a soothing body mask and a revitalizing facial treatment. From the moment the treatment begins, you are enveloped in a sense of calm and serenity. Each step leaves the skin soft, hydrated and radiant, while the gentle touch and soothing environment ease tension and melt away stress. You will feel completely relaxed, refreshed and connected with your body, enjoying a peaceful moment of self-care while nurturing your little one.

120 minutes

THB 5,900.-

## Kids Holistic Therapies

### Vitamin Rich Body Oil Massage

A gentle and nourishing massage designed especially for children. This calming treatment helps hydrate and soften the skin while promoting relaxation and a sense of comfort. The gentle massage movements relieve tension, improve circulation and encourage overall-well-being.

60 minutes

THB 1,500.-



## COTTARA SPA PACKAGE

Immerse yourself in a luxurious spa escape designed to soothe, rejuvenate and restore your body and mind. Let every gentle touch and calming aroma melt away stress, leaving you feeling blissfully relaxed, radiant and utterly pampered. Experience the ultimate indulgence in comfort, serenity and elegance.





### **White Sand Ritual Package**

This treatment starts with a soothing scrub which sweeps away dead skin cells and leaves silky, detoxified, glowing skin as a result. Then personalized aromatic oils are applied all over your body which makes your skin feel as soft as a baby's. A full body massage to give you lots of get-up and-go.

90 minutes

THB 4,500.-

### **Vitamin Sea Ritual Package**

This treatment starts with a soothing scrub which sweeps away dead skin cells and leaves silky, detoxified, glowing skin as a result. Then personalized aromatic oils are applied all over your body which makes your skin feel as soft as a baby's. A full body massage to give you lots of get-up and-go.

90 minutes

THB 4,500.-

### **Journey To Inner Balance Package**

After a long day or a journey that leaves you feeling drained, immerse yourself in a serene spa experience designed to restore harmony and vitality. The experience begins with a relaxing foot bath, followed by a soothing back massage, a nourishing body oil massage and a calming head massage. Every touch melts away tension, rejuvenates your body and eases your mind, leaving you deeply relaxed, balanced and radiantly refreshed. This is the perfect escape for anyone seeking ultimate comfort and inner renewal.

120 minutes

THB 5,500.-

## Hydrating After Sun Recovery Package

Indulge in a luxurious and deeply relaxing aloe vera experience after sun exposure. This package features a soothing aloe vera mask, a revitalizing facial and a nurturing body massage using gentle gliding and circular techniques to deeply hydrate, calm irritated skin and replenish essential nutrients. Aloe vera's natural soothing and healing properties help restore moisture, reduce redness and leave your skin radiant and supple. Let the calming touch, gentle rhythms and serene ambiance carry you into a state of ultimate relaxation, leaving both body and mind refreshed, balanced and luxuriously pampered.

120 minutes

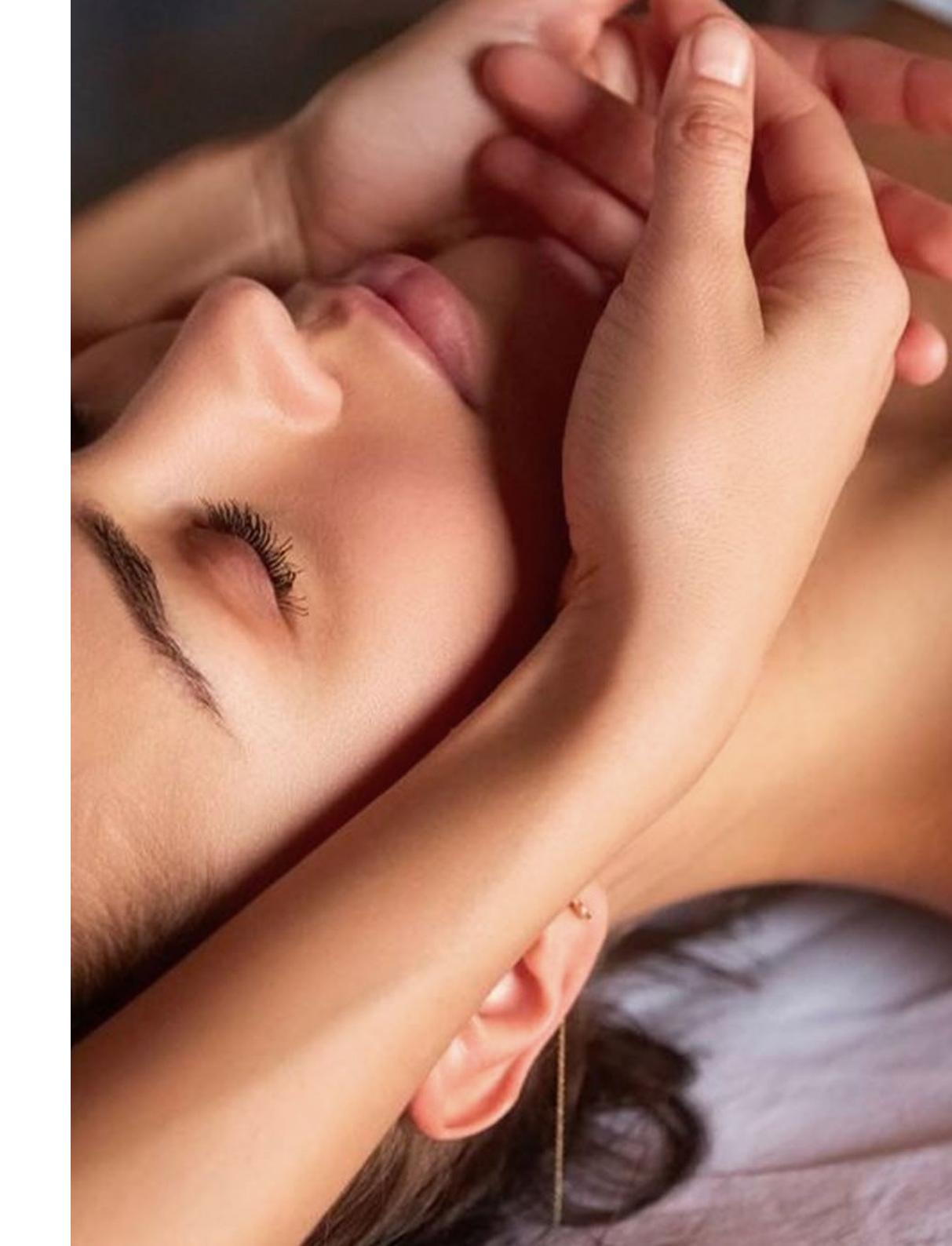
THB 5,500.-

## Deep moisture Cocooning Package

Immerse yourself in a luxurious cocoon of hydration and relaxation. This indulgent package begins with a gentle full-body scrub, leaving your skin refreshed and softly scented. A nourishing body mask follows, enveloping you in soothing aromas while deeply hydrating and revitalizing your skin. The experience concludes with a soothing body oil massage using gentle gliding and circular techniques, allowing every touch to melt away tension and restore balance. Let the calming scents, silky textures and serene atmosphere carry you into a state of ultimate relaxation, leaving your skin radiant, supple and luxuriously Pampered.

120 minutes

THB 5,900.-





### **Radiant Glow Ritual Package**

Experience a luxurious journey to luminous, radiant skin. This indulgent package begins with a gentle full-body scrub to exfoliate and renew, removing dead skin cells and revealing smoother, brighter skin. A nourishing body mask follows deeply hydrating and replenishing essential nutrients, leaving the skin soft, supple and revitalized. The ritual concludes with a revitalizing facial treatment to restore glow, balance and clarity to your complexion. Let every touch, texture, and soothing aroma melt away tension, calm the mind and leave you feeling refreshed, rejuvenated and completely pampered. Your skin will radiate with natural brilliance, and your body and spirit will feel deeply relaxed, balanced and revitalized.

120 minutes

THB 5,900.-

### **Cottara Signature Ritual Package**

Indulge in the ultimate spa experience with our signature ritual, crafted to provide an unparalleled journey of relaxation and rejuvenation. Beginning with a gentle full-body scrub to exfoliate and refresh the skin, followed by a nourishing body mask that deeply hydrates and revitalizes. The experience culminates in the luxurious Cottara signature massage using expert techniques to melt away tension, restore balance and envelop you in warmth and serenity.

180 minutes

THB 6,500.-