

OTIUM SPA



SENSUAL
REJUVENATION
AMID PRISTINE
NATURE



Otium Spa takes you away from the stresses of daily life and enwraps you in a secluded retreat where in a private luxury spa suite with a view of the ocean. A selection of massage therapies and natural aromatic treatments ensures that once again all is well and wonderful with your world.

Spend your time alone, or with the special person in your life. We have facilities that include a jacuzzi, steam room, and a relaxation lounge in which you can sit and enjoy a fresh juice or herbal tea after your treatment.

Spa opening hours are from 10.00 am to 9.00 pm

Spa Etiquette

- *Please arrive approximately 10 minutes prior to your schedule to enjoy a leisurely check-in and a floral footbath.*
- *If you are pregnant or have any other conditions of which you feel we should be aware, please inform our spa receptionist or your therapist.*
- *Arriving late can limit the time of your treatment; however, if no guest follows your booking, you can enjoy the full duration of your treatment time.*
- *Please keep noise to a minimum. Cellular phones are discouraged.*
- *To ensure a peaceful, tranquil ambiance in the spa, children cannot accompany adults unless receiving a treatment.*
- *The therapist reserves the right to terminate the treatment if it is felt the client's behaviour is undesirable.*
- *Smoking and consumption of alcohol within the spa is prohibited.*

Cancellation Policy

- *4 hours notice is required to cancel or amend any reserved treatment; if less than 4 hours, a 50% of the full treatment will be charged.*
- *In case of a no show, the full treatment fee will be charged.*



OTIUM SIGNATURE

Styled to ensure your utmost relaxation over the whole massage session with our own signature massage oil.

Aromatherapy Signature Massage

60 min – 1,800
90 min – 2,200

Our skilled massage will promote healing, deep relaxation, and a feeling of wellbeing. To begin with, the inhalation of our Otiium signature essential oil lulls you away from all worries, then the warm aroma massage oil is applied in long strokes that warm the skin and muscles, and prepare the body for deep tissue massage. Rolling the skin and underlying muscles with gentle, firm hands achieves deep relaxation. A warm towel is compressed on your face, followed by a face and head massage to complete your treatment. By the time the massage is over you should be deeply relaxed and feeling a satisfied calm, and maybe you will also have enjoyed a brief sleep during the session.

THERAPEUTIC MASSAGE

Well-selected massage therapies from Thai tradition and those designed for specific modern-day needs.

Anti-Jetlag Massage

60 min – 1,800
90 min – 2,200

This powerful treatment aims to restore the body's natural biorhythms, which are easily imbalanced by travelling. It incorporates gliding strokes of aroma massage with the anti-jetlag massage oil blend and a foot massage, promoting blood circulation to revitalise tired, fatigued and rundown skin cells. The treatment continues with face massage and finishes with a warm oil head massage to induce relaxation, leaving you prepared for a sound night's sleep. This treatment is recommended for the evening.

Traditional Thai Massage

60 min – 1,500 / 90 min – 2,000

Thai massage stimulates the acupressure points in relation to the concept of energy lines in order to stretch and loosen tightened muscles, to release tension and relieve joints discomfort, and increase energy. The session is tailored according to the individual needs and body condition of the receiver. During the session the client remains fully clothed and this massage is done without oil.

Thai Herbal Compress

90 min – 2,200

Promotes deep relaxation, relieves stress and fatigue, boosts both emotional and physical wellbeing, assists alignment and postural integrity of the body, improves circulation of blood and lymph, and stimulates the internal organs. In Thailand herbal compress is called Luk pra kob, which translates as herbal pressing sphere. The herbal compress is steamed and placed directly on the skin in cooperation with Thai massage.

After Sport Massage

60 min – 1,800 / 90 min – 2,200

This firm massage is done with a special oil blend that helps promote muscular recovery and rebuilds muscle resistance. The massage is designed to reach those deeper muscles that can't be accessed by regular aroma massage.

Warm Oil Head Massage

45 min – 1,200

This is achieved through a relaxing technique in which warmed oil is poured gently over your forehead, followed by a head massage.

Healing Hot Stone Therapy

90 min – 2,600

This therapeutic massage revitalises the skin, and relaxes the mind and body. Using the aroma oil of your choice, the heated stones are used to massage your back, shoulders and legs, and are placed on vital energy points to ease the energy blockage whilst increasing circulation.

4-Hand Massage

60 min – 3,200

Let yourself be pampered completely with this extraordinary massage that encourages total relaxation. Two therapists harmoniously synchronise their movements to deliver the most sensual treatment imaginable.

Hawaiian Lomi Lomi Massage

60 min – 1,800 / 90 min – 2,200

It is not just physical tension that is released by this massage, for it also releases mental, emotional and spiritual blockages. The therapist's hands are placed gently upon you and remain still for a few moments. You will next be asked to breathe deeply to help you relax. Lomi Lomi is best known for long, flowing, dance-like strokes, using the forearms and generous amounts of oil.

FOOT CARE

Ensure you do not forget about taking care of your feet to create total wellbeing.

Foot Massage

60 min – 1,500

This massage is designed especially to relax your feet and legs after a long day of walking. Your feet and lower legs will be rubbed with aroma massage cream, leaving you relaxed and easing muscular soreness. A foot reflexology technique will be included.

Floral Milk Bath and Foot Scrub

30 min – 900

Eliminate rough skin from your feet by first soaking them in a sensual floral milk bath, followed by a foot scrub using aroma sea salt. A gentle foot massage will nicely end the treatment.



BODY TREATMENT

Our body treatments use scrubs and wraps to create the most beneficial body skin care you have ever enjoyed.

Coconut Body Scrub

60 min - 1,500

Royal Lotus Salt Glow Body Scrub

60 min - 1,500

Thai Herbal Body Scrub

60 min - 1,500

Thai Treat

90 min - 2,200

Treatment begins with a traditional Thai herbal scrub powder being applied to your skin with the light motion of massage to increase the vitality of the body. A white clay body wrap follows, which is rich in vitamin and antioxidant properties to invigorate your skin. This treatment will leave your skin feeling soft, smooth and radiant.

Salt Glow

90 min - 2,200

This luxurious treatment will infuse your body with royal lotus scent. First, your skin will be gently exfoliated using royal lotus scent sea salt blended with aroma oil, followed by a royal lotus body wrap to nourish your skin. After treatment you will feel your skin glowing with the most wonderful natural health.

Paradise Sensation

90 min - 2,200

Refreshing and cooling to the skin after prolonged exposure to the sun. Fresh grated coconut helps to soothe and calm skin redness caused by intensive sunlight. The cooling properties of the aloe vera gel will be applied for anti-inflammation and to ease skin discomfort. This treat is ideal for sun lovers.

FACIAL TREATMENT

Complete your spa day with one of our facial treatments from the well-known Dermalogica brand, or try our fabulous Thai herbal facial.

Dermalogica Facial: Healing Treatment

60 min - 2,500

The treatment is serious relief for sensitised skin that calms, soothes and replenishes the most aggravated, irritated and inflamed skin by targeting the triggers behind redness, itching and stinging. This treatment will help recover skin health for long-term relief from flare-ups.

Dermalogica Facial: Refreshing Treatment

60 min - 2,500

Ideal for dehydrated skin conditions. This treatment focuses on deep hydration. Each step attracts moisture and binds it to skin, leaving it hydrated and supple while preventing moisture loss.

Dermalogica Facial: Anti-Aging Treatment

75 min - 3,000

This is the most powerful treatment for clients who are concerned with the signs of aging. Ideal for prematurely aging, dry, sun-damaged and aging skin that needs nourishment, regeneration and energising.

Dermalogica Facial: After-Sun Treatment

40 min - 1,500

This treatment helps to repair damage from exposure to UV sunlight, helping to cool sunburn and reduce discomfort, and moisturising the skin to help shorten recovery time.

Dermalogica Facial: Men's Skin Treatment

60 min - 2,500

Often, a man's facial skin health concerns stem from shaving. This treatment will help skin recover from current damage while soothing and calming, leaving the skin hydrated and strengthened.

Thai Herbal Facial

60 min - 1,800

This treatment combines Thai herbal skin care with traditional application techniques. Highlights include a traditional face massage and herbal compress to leave skin purified, nourished and toned.

OTIUM SPA JOURNEY

What is better than spending your day in the spa! We would love to have you return for more treatments, and can provide you with a selection of spa journeys to ensure your total relaxation.

Full of Joy

2 hrs - 2,800

Choice of 60 minutes body scrub
Choice of 60 minutes therapeutic massage

Otium Indulgence

2 hrs and 30 mins - 4,000

Herbal steam and Jacuzzi 30 minutes
Otium Aroma Signature Massage 60 minutes
Thai Herbal Facial 60 minutes

Journey of Love – Couple

3 hrs 45 mins - 10,400

Salt Glow treatment	75 minutes
Steam and Jacuzzi	30 minutes
Choice of Massage	60 minutes
Thai Herbal Facial	60 minutes



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