



ZANA SPA

# ZANA SPA



Indulge in a serene and tranquil escape at ZANA Spa, a sanctuary where you can experience pure bliss. Immerse yourself in a sensory journey of rejuvenation with our therapeutic massages, Thai herbal compress Nuad Pra Kob treatments, and calming body rituals. Our personalized therapies are based on the ancient art of Thai massage and rooted in authentic Thai culture, ensuring that you will renew and recharge.

Our expert therapists will help you restore the balance between your body and mind. You can spend the day at our luxurious spa and enjoy everything our wellness center has to offer to keep you healthy and fit. Work out with cardio equipment and free weights or take a refreshing swim in our outdoor pool with stunning sea views. After a workout, unwind by the pool or soothe your muscles in our steam room.

**ZANA Spa by Wyndham Grand Phuket Kalim Bay is open from 10 am to 8 pm, and you can book an appointment by contacting us at 076-562000 ext. 300 or email us at [spa.m@wyndhamgrandphuket.com](mailto:spa.m@wyndhamgrandphuket.com).** Escape to our sanctuary and experience the ultimate relaxation.



# SPA MENU

Signature Packages	1
Spa Package	3
Full Body Massage	8
Massage Focus	12
Body Scrub	13
Body Treatment	18
Hydrotherapy	19
Facial Treatment	21
Manicure & Pedicure	25
Spa Etiquette	28

# ZANA SIGNATURE PACKAGES

Price: THB 9,900 per person  
THB 17,900 per couple

(210 minutes)

Relax and rejuvenate with our romantic hydrotherapy packages, designed to soothe your senses and melt away stress. Perfect for couples or individuals seeking the ultimate spa experience.

For Ladies:

- 30 min Vichy Shower Therapy
- 30 min Himalayan Salt Scrub
- 30 min Dead Sea Mud
- 60 min Body Massage
- 60 min Facial Treatment

For Gentlemen:

- 30 min Vichy Shower Therapy
- 30 min Himalayan Salt Peeling
- 30 min Indian Head Massage
- 60 min Body Massage
- 30 min Foot Massage
- 30 min Express Facial Treatment



# SPA PACKAGE

Customize your own spa experience by choosing the desired duration and combining it with the body treatment of your choice.

## **STRESS RELIEF PACKAGE**

**(120 minutes)**

**Price: THB 4,900 per person**

Find the perfect balance of body and soul with our ultimate stress relief package, designed to relieve tension from head to toe.

- 30 min Body Scrub
- 60 min Body Massage
- 30 min Foot Massage or Neck-Shoulder-Head Massage

## **HYDRO TRANQUILITY PACKAGE**

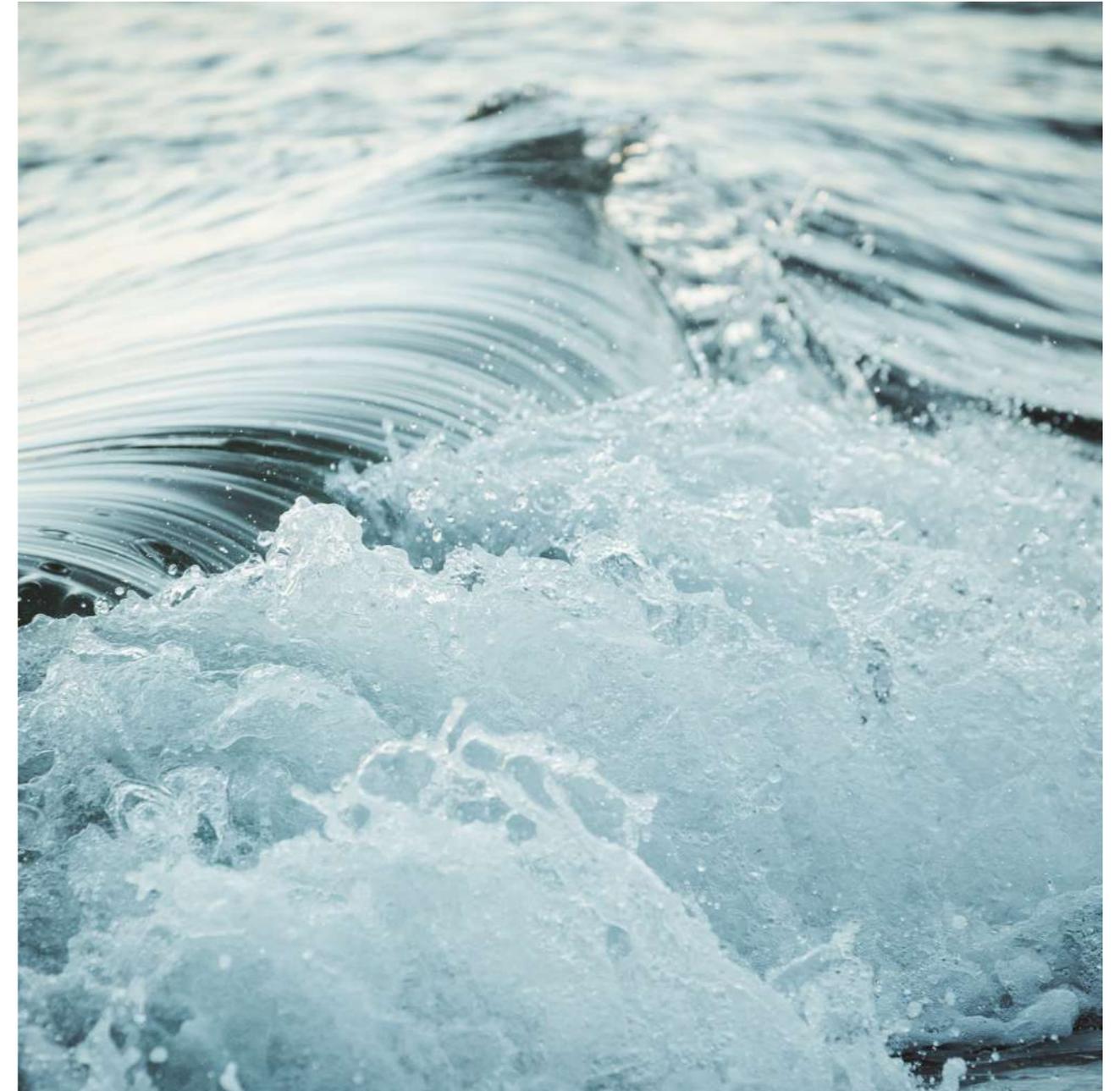
**(150 minutes)**

**Price: THB 7,900 per person**

Refresh your spirit in the tranquility of our rainforest environment. This package gives you the time and space to leave your daily routine behind and recharge your batteries. Nourish your body with our wonderful treatments, including a relaxing hydrotherapy spa.

Hydrotherapy

- 30 min Body Scrub
- 30 min Body Treatment
- 30 min Foot Massage or Neck-Shoulder-Head Massage
- 60 min Body Massage



# SPA PACKAGE

## **ENERGIZING PACKAGE**

**(150 minutes)**

**Price: THB 7,900 per person**

Experience our Energizing Package, a celebration of life that leaves you feeling refreshed, renewed, and rejuvenated. Achieve complete harmony of body, mind, and spirit with this invigorating package.

- 30 min Body Scrub
- 60 min Body Massage
- 30 min Foot Massage
- 30 min Indian Head Massage

## **BLISSFUL PACKAGE**

**(180 minutes)**

**Price: THB 8,900 per person**

Indulge in your very own mini vacation with our Blissful Package, designed to address all the relaxing sensitivities of your body and mind.

- 30 min Body Scrub
- 60 min Body Massage
- 30 min Foot Massage
- 30 min Indian Head Massage
- 60 min Facial Treatment





# FULL BODY MASSAGE

A luxurious and relaxing experience that will leave you feeling rejuvenated and refreshed. Our skilled therapists will use a variety of techniques to relieve tension and soothe sore muscles, leaving you feeling deeply relaxed and at ease. This treatment is perfect for anyone looking to unwind and restore balance to their mind and body.

## **NUAD PRA KOB PACKAGE**

**(120 minutes)**

Price: THB 4,900 per person

This package offers the ancient healing technique of Nuad Pra Kob, which can be done with or without oil. This unique treatment uses a selection of medicinal herbs wrapped in a muslin compress, steamed and placed on the body with gentle pressing, circling, and rolling movements. It provides deep relaxation while relieving pain and stress. The pressure level can be moderate to deep.

## **THAI BORAN PACKAGE**

**(60 or 90 minutes)**

Price: THB 2,200 per person (60 min)

THB 2,900 per person (90 min)

This package offers the ancient healing massage of Thai Boran, which combines acupressure, Indian Ayurvedic principles, and supported yoga postures. It includes rhythmic pressing and stretching of the entire body. No oil is used in this massage.

# FULL BODY MASSAGE

## **ANGEL TOUCH PACKAGE**

**(60 or 90 minutes)**

Price: THB 2,200 per person (60 min)  
THB 2,900 per person (90 min)

This package offers a relaxing massage with a special warm aromatic oil of your choice. The scent of natural aromas rebalances your body and mind, putting you in a state of tranquility. The pressure level is light.

## **SWEDISH PACKAGE**

**(60 or 90 minutes)**

Price: THB 2,200 per person (60 min)  
THB 2,900 per person (90 min)

This package offers the classic massage of Swedish, which was developed in the 1700s by Swedish physician Pehr Henrik Ling. This massage promotes strengthening and relaxation and stimulates the muscles. It is an excellent method to relieve the body from tension and creates a feeling of general well-being. The pressure level is moderate.

## **DEEP TENSION RELIEF PACKAGE**

**(60 or 90 minutes)**

Price: THB 2,200 per person (60 min)  
THB 2,900 per person (90 min)

This package offers a deep pressure massage that focuses on realigning deeper layers of muscle and connective tissue. It is especially helpful in releasing tension and relieving stress by applying deep pressure. Slow and long firm strokes are used. The pressure level is deep.





# MASSAGE FOCUS

## **ANTI-STRESS HEAD AND SHOULDER MASSAGE**

**(30 minutes)**

**Price: THB 1,590 per person**

Relax and unwind with our Anti-Stress Head and Shoulder Massage. This 30-minute massage targets the tension in your head and neck, helping to ease stress and leave you feeling refreshed.

## **BACK ENERGY MASSAGE**

**(30 minutes)**

**Price: THB 1,590 per person**

Revitalize your back with our Back Energy Massage. This 30-minute massage uses specialized techniques to release tension and improve circulation, leaving you feeling renewed and energized.

## **SIAM FOOT MASSAGE**

**(30 minutes)**

**Price: THB 1,590 per person**

Pamper your feet with our Siam Foot Massage. This 30-minute massage uses traditional Thai techniques to soothe and revitalize tired feet, leaving you feeling relaxed and rejuvenated.

# BODY SCRUB

## **RICE FOR LIFE BODY SCRUB**

**(30 minutes)**

Price: THB 1,900 per person

Indulge in our Rice for Life Body Scrub, a luxurious 30-minute treatment that uses a cocktail of authentic organic essential oils and bentonite and white clay to increase skin resilience, reverse damage, and eliminate dark spots, leaving your skin glowing and revitalized.

## **TROPICAL FRUIT BODY SCRUB**

**(30 minutes)**

Price: THB 1,900 per person

Treat your skin to our Tropical Fruit Body Scrub, a refreshing 30-minute treatment that uses a unique blend of fruit extracts to brighten your skin without harsh chemicals, while the aroma blend oils complement the richness of the fruit extracts.

## **SOYBEAN COCONUT BODY SCRUB**

**(30 minutes)**

Price: THB 1,900 per person

Experience the nourishing benefits of soybean oil and coconut with our Soybean Coconut Body Scrub. This 30-minute treatment provides silky smooth skin and maintains an emotional connection with your body.



# BODY SCRUB

## **COFFEE BODY SCRUB**

**(30 minutes)**

Price: THB 1,900 per person

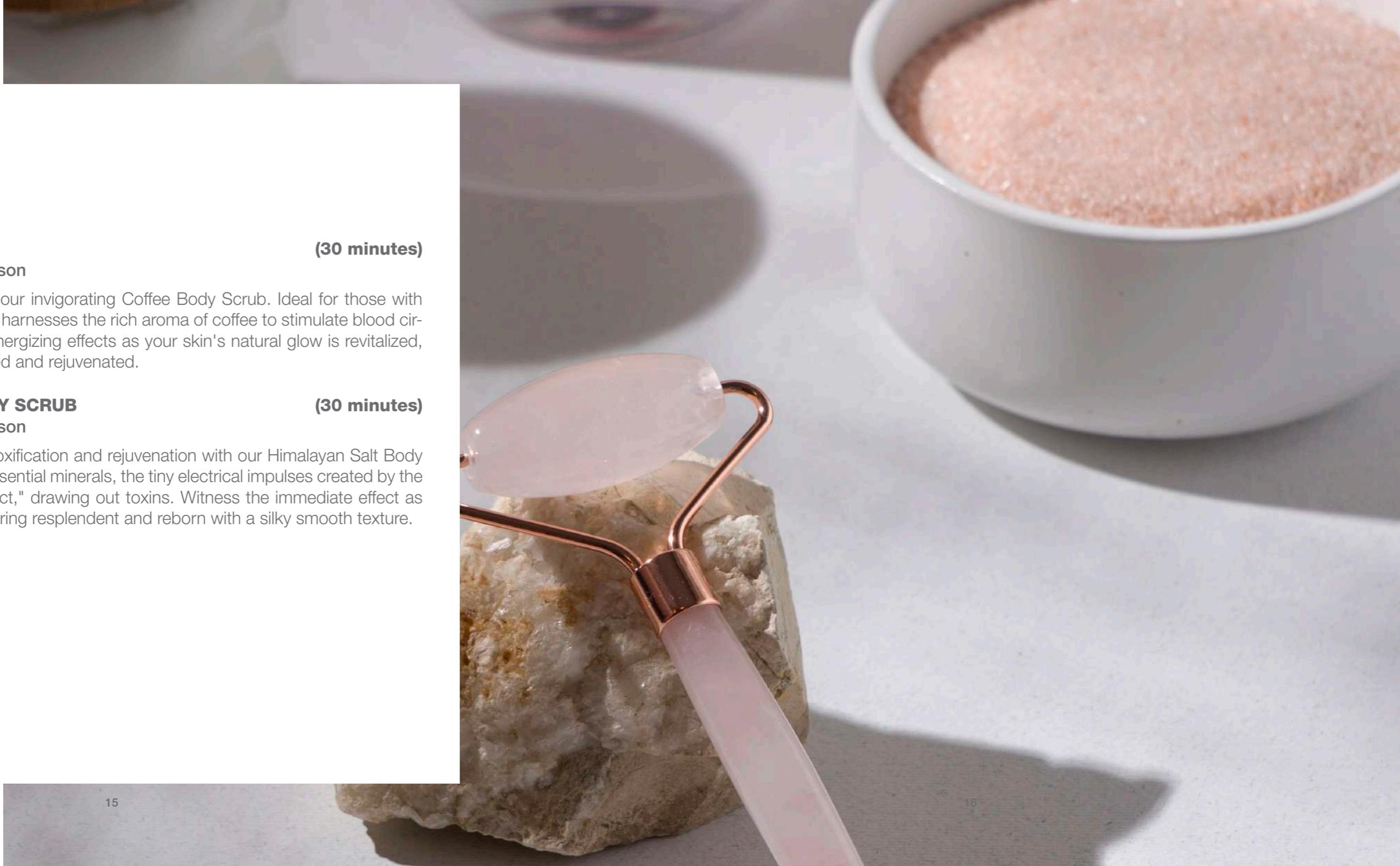
Awaken your senses with our invigorating Coffee Body Scrub. Ideal for those with normal skin, this treatment harnesses the rich aroma of coffee to stimulate blood circulation. Experience the energizing effects as your skin's natural glow is revitalized, leaving you feeling refreshed and rejuvenated.

## **HIMALAYAN SALT BODY SCRUB**

**(30 minutes)**

Price: THB 1,900 per person

Indulge in the ultimate detoxification and rejuvenation with our Himalayan Salt Body Scrub. Enriched with 48 essential minerals, the tiny electrical impulses created by the salt create a "Vacuum effect," drawing out toxins. Witness the immediate effect as your skin is purified, appearing resplendent and reborn with a silky smooth texture.





# BODY TREATMENT

## **RICE FOR LIFE BODY TREATMENT**

**(30 minutes)**

**Price: THB 1,900 per person**

Transform your skin with our Rice for Life Body Treatment, a 30-minute treatment that uses authentic organic essential oils and bentonite and white clay to increase skin resilience, reverse damage, and eliminate dark spots, leaving your skin glowing and revitalized.

## **SUN KISS BODY TREATMENT**

**(30 minutes)**

**Price: THB 1,900 per person**

Soothe and rejuvenate sun-exposed skin with our Sun Kiss Body Treatment, a 30-minute treatment that uses aloe vera to promote skin rejuvenation and oxygenate cells, leaving your skin soft and supple.

## **MYANMAR THANAKA GLOW TREATMENT**

**(30 minutes)**

**Price: THB 1,900 per person**

Unveil Myanmar's timeless beauty secret with our Thanaka Glow Treatment. Harnessing the power of Thanaka a revered plant, this ritual enhances skin's radiance and diminishes signs of aging. Our skilled therapists apply nourishing Thanaka paste, leaving your skin glowing, rejuvenated, and imbued with an eternal luminosity.

## **DEAD SEA MUD BODY TREATMENT**

**(30 minutes)**

**Price: THB 1,900 per person**

Cleanse and detoxify your skin with our Dead Sea Mud Body Treatment, a 30-minute treatment that uses the detoxifying properties of Dead Sea mud and the nourishing benefits of vitamin E to leave your skin feeling soft and refreshed.

# HYDRO THERAPY

## **VICHY SHOWER THERAPY**

Price: THB 2,900 per person

A session of gentle rain-like water jets that massage and soothe your body, leaving you feeling relaxed and rejuvenated.

**(30 minutes)**

## **HYDRO SWISS SHOWER**

Price: THB 2,900 per person

A session of alternating hot and cold water sprays that stimulate circulation and invigorate your senses.

**(30 minutes)**

## **ENERGISING FOAMING BATH**

Price: THB 1,900 per person

A session of bubbling water jets that release tension and refresh your body and mind.

**(30 minutes)**

## **REFRESHING FOAMING BATH**

Price: THB 1,900 per person

A session of calming bubbles that soothe your muscles and restore your energy levels.

**(30 minutes)**



# FACIAL TREATMENT

## **ANTI-AGING SIGNATURE TREATMENT**

**(60 minutes)**

**Price: THB 3,000 per person**

This nourishing treatment is designed to address nutrient deficiencies, wrinkles, and other signs of aging in the skin. It utilizes potent ingredients such as retinol, DNA, replenishing spheres, collalift, ginkgo biloba extract, hydrocyte, and vitamin 56 to stimulate the formation of new skin cells, reduce wrinkles caused by free radicals, and deeply nourish the skin cells. It is suitable for individuals over 30 years of age.

## **MOISTURIZING SIGNATURE TREATMENT**

**(60 minutes)**

**Price: THB 3,000 per person**

This nourishing treatment is specially formulated to address dry and dehydrated skin. It uses hydro-captors, shea butter, trace elements, and phospholipids to release water to the deep skin cells, soften the skin, form a protective film on the skin, and reduce evaporation of water from the upper skin cells. Additionally, it stimulates and strengthens the skin cells while reducing skin irritation.



# FACIAL TREATMENT

## **BALANCE SIGNATURE TREATMENT**

**(60 minutes)**

**Price: THB 3,000 net per person**

This treatment is designed to nourish and condition oily and combination skin. It helps to reduce oiliness on the face and prevent acne with ingredients such as Seboregulator, Cholohecidine digluconate, Zinc, Keratolite, and Enteline 2, which control the function of the sebaceous glands and prevent overproduction of sebum. It also inhibits and resists the appearance of bacteria and blackheads, reduces inflammation, and minimizes skin irritation. The treatment leaves the skin balanced, clean, fresh, and helps to shrink pores.

## **SOOTHING SIGNATURE TREATMENT**

**(60 minutes)**

**Price: THB 3,000 net per person**

This treatment is specially designed to nourish and regulate delicate and sensitive skin with hypoallergenic ingredients such as chamomile, corn, and oak root that reduce or suppress irritation. It helps protect the skin from pollution and uses kaolin to nourish and feed the deep skin cells, leaving the skin soft, hydrated, vibrant, and radiant.

# MANICURE & PEDICURE

## MANICURE

Price: THB 1,000 per person

Treat your hands and nails to a pampering sequence of soaking, filing, polishing, and gentle massage. This treatment will leave your hands feeling soft, smooth, and beautifully cared for, and will finish with a flawless polish.

## PEDICURE

Price: THB 1,200 per person

Relax and rejuvenate your feet with an aromatic foot bath, followed by perfectly trimmed, filed, and polished toes. A soothing massage will leave your feet feeling refreshed and revitalized, and your nails perfectly polished.

## MANICURE & PEDICURE

Price: THB 1,600 person

Indulge in the ultimate hand and foot pampering experience with our luxurious combination of manicure and pedicure treatments. This package will leave your hands and feet feeling nourished, refreshed, and beautifully polished.

## NAIL POLISH

Price: THB 400 person

Complete your manicure or pedicure with a perfect, long-lasting polish in your favorite shade. Our high-quality nail polish provides a flawless finish that will last for weeks.



# SPA ETIQUETTE:

To maintain a tranquil atmosphere for all guests at Zana spa, we kindly request that visitors keep noise levels to a minimum. Please note that children are not permitted in the spa unless accompanied by an adult for a treatment. Mobile phones and electronic devices must be set to silent and are not allowed in the spa.

## **Attire:**

Please arrive at the spa dressed in comfortable and lightweight clothing or a dressing gown. During spa treatments, disposable underwear is available and must be worn.

## **Reservations:**

We highly recommend making a reservation in advance to secure your preferred date and time for treatment. Foreexternal guests, a credit card number is required at the time of booking to confirm an appointment.

## **Check-In:**

To avoid a reduction in treatment time, please arrive at least 15 minutes prior to your scheduled treatment. Late arrivals will result in a shortened treatment to accommodate other guests.

## **Spa Treatment Times:**

Our spa is open daily from 10 am to 8pm, and the last treatment ends at 8pm.

# SPA ETIQUETTE:

## **Special Consideration:**

Guests with high blood pressure, heart problems, pregnant, or any other medical complications should consult their doctor before booking a spa treatment. Please inform your spa therapist of any medical conditions you may have.

## **Cancellation Policy:**

We require a 24-hour cancellation notice to reschedule your appointment based on availability. Cancellations with less than 4 hours notice will be subject to a 50% cancellation fee. No-shows will be charged a full fee.

## **Valuables:**

A locker is provided for valuables in the treatment rooms. However, we recommend that you refrain from wearing jewelry in the spa. The management and staff are not responsible for any loss of money or valuables brought into the spa premises.

## **Refund Policy:**

Treatment packages are non-refundable, and unused portions are not transferable or exchangeable.

## **Payment:**

We accept cash and all major credit cards. Payment can also be charged to the room. All prices are quoted in Thai Baht and are subject to change without prior notice.