

By going back to the source  
and listening to the earth's secrets  
we can live in serenity, harmony  
and balance.

Lead your body and mind on a journey of inner  
and outer peace at Emerald spa, achieving true  
synergy of the mind, body, and soul.  
We offer an extensive and unusual range of Spa  
services tailored to your personal needs.

Open every day from 09:00 to 21:00

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Spa Facilities

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Couple Massage Rooms

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Ayurvedic Massage Rooms

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Spa Retail Boutique

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Relaxation Area

.....  
Beauty Treatment Room



# Massages

## Emerald Signature Massage

This exclusive massage using a combination of techniques improves blood circulation, releases muscular tensions, and lure you into a state of deep relaxation.

Treatment duration: 1 hr 30 min

## Traditional Thai - Shiatsu Massage

No oil is used in this classic ritual Thai style massage. Pressure is medium to strong concentrating on the body pressure points and body stretchings.

Treatment duration: 1 hr/ 1 hr 30 min

## Hot Stone Massage

This massage is a warmed stone treatment combined with essential oils and manual massage, creating a deep sense of relaxation.

Treatment duration: 75 Min / 1 hr 30 min

## Tension Release Massage

A strong massage technique focusing on the deeper layers of the body tissue, releasing the tensions through long slow strokes.

Treatment duration: 1 hr/ 1 hr 30 min

## Aromatherapy Massage

Wash away your stress with gentle movement's blend with choice of aromatherapy oils that will incorporate into a personalized massage to provide an exquisite inhalation experience.

Treatment duration: 1 hr/ 1 hr 30 min

## Asian Head Massage

Inspired from ancient healing system of Ayurveda, this shoulder, neck, back, arm and scalp massage are designed to relieve symptoms of anxiety and depression, relieve sleeplessness, and renew energy level.

Treatment duration: 1 hr

## Balinese Massage

Centuries of experience has blended massage techniques to stimulate blood flow and increase oxygen level on the body by incorporating gentle stretch, acupressure, and reflexology aromatherapy massage oil to bring sense of wellbeing, calm the mind and profound relaxation.

Treatment duration: 1 hr/ 1 hr 30 min

## Tender Feet Relax

Relaxing and stimulating techniques are used by applying pressure to the feet, resulting in increased blood circulation, and promoting specific body and muscular functions.

Treatment Duration: 1 hr





# Mother To Be Massage

This Massage has been especially tailored to mothers on second and trimester of pregnancy. movements help to prevent insomnia, reduce muscle cramp, and soothe the nervous system.

Treatment duration: 1 hr/ 1 hr 30 min

# Sculpting Massage

Ideal for those who concerned by the appearance cellulite on the body, this stimulating treatment crafted to target fluid retention, stubborn fatty deposit, and uneven skin texture.

Treatment duration: 1 hr/ 1 hr 30 min

# Abhyanga Massage

The medicated herbal oil application, it is a program where the oil is liberally applied using medium & gentle strokes in the downward direction. The mere soaking of the body in the prescribed oil for said duration on a regular basis yield wide ranging benefit such as a good appetite, alertness during the day good sleep at night and reduces stressed level.

Treatment duration: 1 hr

# Shirodhara Massage

Shirodhara is a classic and well established Ayurvedic Procedure. Slowly and steadily dripping medication on the forehead. This procedure induces a released stress awareness that results in a dynamic Psycho-somatic balance and it is combine with abhyanga massage movements.

Treatment duration: 75 min





# Scrubs & Wraps

## Elemis Intensely Body Scrub

Choice of fragrance salt will gently slough away dead skin cell, encouraging the regeneration of new cells and delivering smooth and invigorating skin.

Treatment duration: 45 mins

## Elemis Body Nectar Nourishing Wrap

The velvety texture of the monoi oil offers super hydration, quenching thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and conditioning oils do their works.

Treatment duration: 1 hr

## Sun Soother Body Wrap

To soothe the sun kissed skin, this cooling therapy is the finest way to experience the soothing power of nature. Soothing body compress and nourishing fresh cucumber will help to soothe your skin whilst blissful scalp massage is performed by our professional therapist.

Treatment duration: 45 min

## Nourishing Hair Wrap

Warm and nutritious oil is applied into hair and scalp followed by pressure point on the head will leave your hair nourished and smooth.

Treatment duration: 45 min

## Emerald Hydrating Clay Body Wrap

A hydrating treatment to prepare your skin ready for the sea and sun. Full body exfoliation will be followed by choice of green tea or ginger clay body wrap to improve blood circulation and hydrate your skin.

Treatment duration: 1 hr

# Body Rituals

## Exotic Nectar Body Glow

A blissful body ritual with exotic nectar salt scrub followed by special tailored movements to promote deep relaxation and restore the energy flow.

Treatment Duration: 2 hrs

## Emerald Signature Rituals

Embrace moment with yourself with this beautiful treatment which will leave you relax, revive, and rejuvenate.

Treatment Duration: 2 hrs

## Emerald Detoxifying Rituals

Detox and rejuvenate the body and mind with this treatment which specially designed to improve the texture and appearance of the skin, boosting the lymphatic system and metabolism, body contouring and skin softening. The treatment begins with full body exfoliation continue with choice of green tea or ginger clay wrap and experience a blissful head and scalp massage while your body is cocooned. The treatment ended by detoxifying massage.

Treatment Duration: 2 hrs

## Emerald Balancing Rituals

Restore and balance your skin elasticity with this blissful treatment. The journey begins with dry body brush and application of nourishing clay wrap followed by choice of relaxing full body oil massage and completed with face pressure point and head and scalp massage with warm coconut oil.

Treatment Duration: 2 hrs

## Skin Nourishing Rituals

Nourishing yet relaxing, this treatment is specially tailored to increase moisture in the skin, improved blood circulation and relieve muscle tension. It is starts with fragrance salt exfoliation followed by nourishing clay body wrap and finished with relaxing back Massage.

Treatment Duration: 1 hr 30 min







# Facial Treatments

## Elemis Age Defy Facial

Treat fine lines and wrinkles with the age-defying benefits of marine charged Padina Pavonica and red coral. Targeted massage encourages optimum cellular function of nourished, younger looking skin.

Treatment Duration: 1 hr 30 min

## Elemis Superfood Pro-Radiance

A nutritional boost rich in superfood and essential minerals designed to pack stressed, dull skin with energizing, detoxifying actives to leave skin plumper, radiance and lit up with good health.

Treatment Duration: 1 hr

## Elemis Sensitive Skin Soother

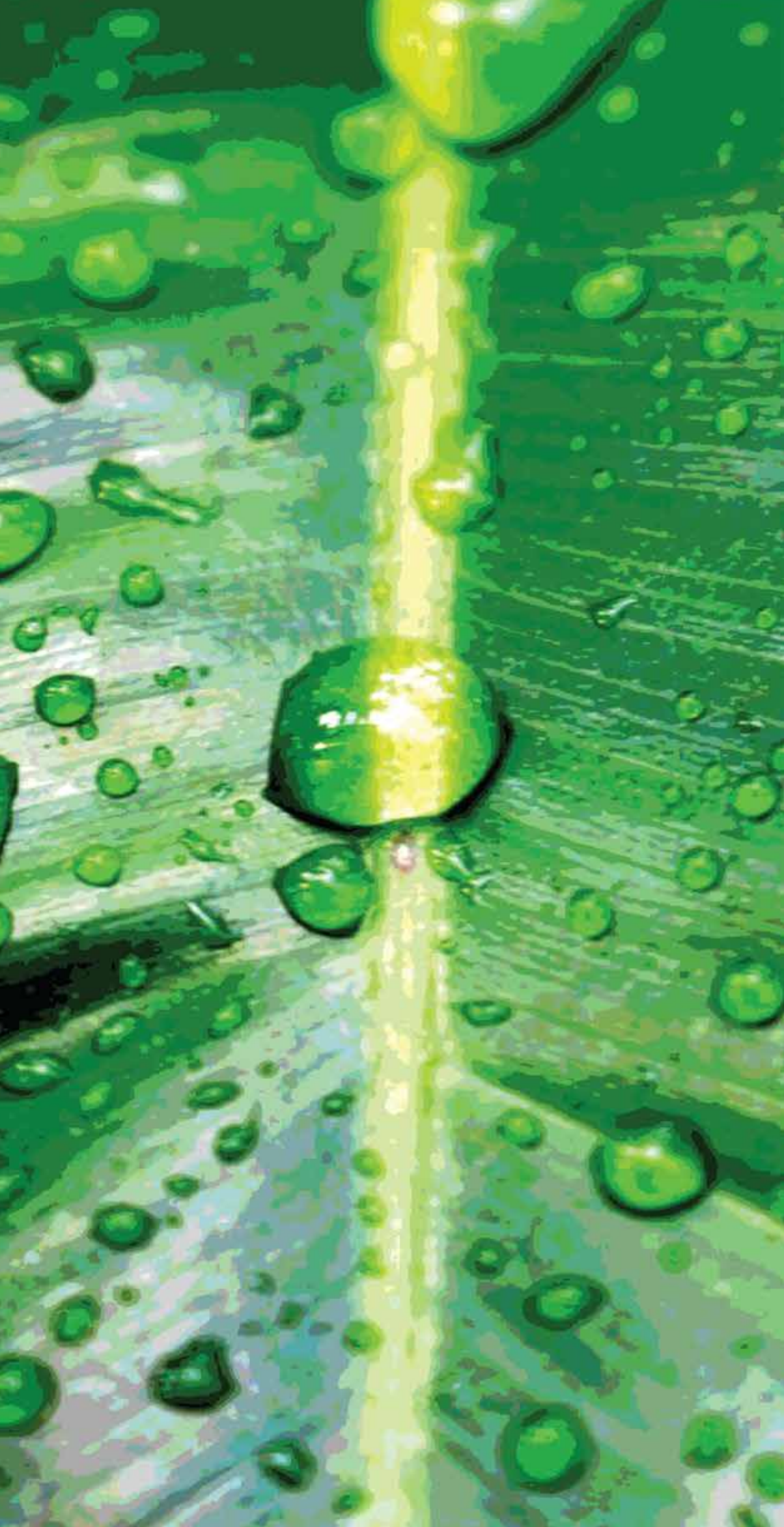
Fragile skin needs special attention. A soothing massage technique help reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable, and calm.

Treatment Duration: 1 hr

## Elemis Peptide 24/7 Skin Sync

Target tired skin with this radiance –restoring Peptide 24/7 facial. Powerful botanical formulations are combined with specialist massage techniques to replenish skin with a well- rested glow.

Treatment Duration: 1 hr





# Care for Hands & Feet

## Manicure

The hands or nails are cleaned, trimmed, and shaped to your preference.  
A relaxing hand massage completes the treatment before the application of nail polish or nail buff.

Treatment Duration: 1 hr

## Pedicure

The feet first given a footbath, nail trimmed, nail scrubbed, and shaped according to your preference.  
The treatment completed with a relaxing feet massage before the application of nail polish or nail buff.

Treatment Duration: 1 hr

# Waxing

## Bikini Line

## Under Arm

## Full legs

## Half Legs

## Back / Chest

Treatment Duration: 1 hr

# Spa Etiquette

## Etiquette

To Maintain a relaxing environment so guests can enjoy the peaceful sanctuary of Emerald Spa, we request that visitors keep noise to the minimum. Children are not allowed at the spa unless they are having treatment and accompanied by an adult. Cellular phones and electronic devices are discouraged.

## Attire

Please arrive at the spa wearing comfortable, light clothing or bathrobe. Disposable undergarments are available and must be worn during spa treatment.

## Reservation

Advance bookings prior to your arrival are recommended to secure your preferred date and time of treatment. Please dial extension 585 to make reservation or visit Emerald Spa.

## Check-in

Please arrive at least 15 minutes prior to your scheduled treatment to avoid reduced treatment times. A late arrival will result in shortened treatment in order not to affect other guests.

## Spa Treatment Hours

The Spa is open from 09:00 am to 21:000 pm daily. Last treatment finished at 20:30 pm.

## Special Consideration

Guest who has high blood pressure, heart conditions, are pregnant or have any other medical complications are advised to consult their doctors before signing up for any spa services. Please make your spa therapist aware of any medical conditions

## Cancellation Policy

6-hours cancellation notice is required to help us re-schedule your appointment subject to space availability. With fewer than 6 hours' notice or no show, you will be charge full.

## Valuables

Lockers for valuable are provided in the spa changing rooms, but we recommended that no jewelry to be worn at the spa. Management and staff accept no responsibility for the loss off money or valuables or any kind brought into the spa premises.

## Refund Policy

Treatment packages are non-exchangeable.

## Payment

Hotel guests may charge the treatments to the room account



# Price List

Massages	Minutes	USD
Emerald Signature Massage	90	195
Traditional Thai-shiatsu Massage	60/ 90	145/190
Hot Stone Massage	75/ 90	155/190
Tension Release Massage	60/ 90	145/190
Aromatherapy Massage	60/ 90	145/190
Asian Head Massage	60	145
Balinese Massage	60/ 90	145/190
Tender Feet Relax	60	145
Mother to be Massage	60/ 90	145/190
Sculpting Massage	60	155
Abhyanga Massage	60	145
Shirodhara Massage	75	159

Scrubs & Wraps	Minutes	USD
Elemis Intensely Body Scrub	45	118
Elemis Body Nectar Nourishing Wrap	60	155
Sun Soother Body Wrap	45	118
Emerald Nourishing Hair Wrap	45	109
Emerald Hydrating Clay Body Wrap	60	149

Body Rituals	Minutes	USD
Emerald Exotic Nectar Body glow	120	295
Emerald Signature Rituals	120	255
Emerald Detoxifying Rituals	120	279
Emerald Balancing Rituals	120	255
Skin Nourishing Rituals	90	215

Facial Treatments	Minutes	USD
Elemis Age defy Facial	90	219
Elemis Superfood Pro-Radiance	60	169
Elemis Sensitive Skin Soother	60	169
Elemis Peptide 24/7 Skin Sync	60	169

Care for Hands & Feet	Minutes	USD
Manicure	60	85
Pedicure	60	95
Polish only	30	45

Waxing	Minutes	USD
Bikini Line	60	45
Under Arm	30	35
Fulllegs	60	85
Half legs	60	45
Back/Chest	60	85

All prices are quoted in USD and is subjected to 10% Service Charge and 12% Tourism Goods and Service Tax