



RAINFOREST SPA

KOH CHANG











"FEEL THE POWER OF TRADITIONAL THAI HEALING"

Rainforest Spa Koh Chang
inspires and guides you towards a healthier lifestyle through the
promotion of self-discovery. We offer a harmonious blend of
traditional Thai healing, water-based therapy and modern spa
facilities.

We bring you an undiscovered experience set amidst the natural
haven of the Thai jungle.



SIGNATURE JOURNEYS

Experience an authentic Thai therapy specially designed to maintain the balance of your individual Thai core element (thaat jao ruen): earth (din), water (nam), air (lom) and fire (fai). Together with your month of birth, personality traits, physical characteristics and age, your skilled therapist will create personalised journeys that result in the melting away of tensions, and rebalance and re-awaken energy levels in body and soul.

EARTH

120 MINUTES

People with a dominant earth element (thaat din) are typically born in the months of October, November or December. The earth element being out of balance can result in brittle nails and skin, weak tissues and bones, and feelings of being ungrounded and an inability to focus.

- **ENERGISING BODY SCRUB** 30 MINUTES
- **THAI MASSAGE WITH HERBAL COMPRESS** 90 MINUTES

WATER

120 MINUTES

A dominant water element is commonly found in people born in July, August or September. Water dominant people exhibit healthy blood and eyes and well-hydrated skin. An imbalanced water element can be seen in the occurrence of dry skin, dehydration, respiratory conditions and water retention. It also causes strong emotions and depression.

- **PURIFYING BODY MASK** 30 MINUTES
- **HOT STONE MASSAGE** 75 MINUTES
- **FOOT MASSAGE** 15 MINUTES

WIND

120 MINUTES

A dominant wind element (thaat lom) is usually found in people born in April, May or June. They generally display strong intestinal and respiratory health. With wind being in an excited or weakened state, this can cause insomnia, anxiety and other mental disturbances

- **DEEP TISSUE MASSAGE** 60 MINUTES
- **MINI NOURISHING FACIAL** 30 MINUTES
- **FOOT BLISS** 30 MINUTES

FIRE

120 MINUTES

Individuals with a predominant fire element (thaat fai) usually have birthdays in January, February or March. They experience strong circulatory systems and high metabolisms. Poor digestion, a low body temperature and skin rashes are symptoms of an imbalance of the fire element.

- **BALANCING BODY SCRUB** 30 MINUTES
- **AROMATHERAPY MASSAGE** 60 MINUTES
- **FOOT MASSAGE** 30 MINUTES

LUXURY SPA SUITE RITUALS

Experience exclusive pampering for two in the privacy of our stunning spa suite. Half an hour privileged use of our luxury spa suite facilities is followed by 150 minutes of specially crafted treatment rituals. A fragranced steam bath helps your body to gently detoxify, while a rain shower and whirlpool wake up your senses to provide rejuvenation and new energy. We gathered traditional healing herbs from around Thailand and infused them into contemporary spa rituals that provide you and a partner with the ultimate spa experience.

ASIAN ALCHEMY

180 MINUTES

- | | |
|-------------------------------|------------|
| - PRIVATE STEAM AND WHIRLPOOL | 30 MINUTES |
| - PURIFYING BODY MASK | 30 MINUTES |
| - A CHOICE OF BODY MASSAGE | 60 MINUTES |
| - MINI CUSTOMISED FACIAL | 30 MINUTES |
| - FOOT BLISS | 30 MINUTES |

REJUVENATING RETREAT

180 MINUTES

- | | |
|-------------------------------|------------|
| - PRIVATE STEAM AND WHIRLPOOL | 30 MINUTES |
| - REVITALIZING BODY SCRUB | 30 MINUTES |
| - A CHOICE OF BODY MASSAGE | 60 MINUTES |
| - FACIAL TREATMENT | 60 MINUTES |

MASSAGE THERAPIES

Our experienced spa therapists combine healing wisdom from around the world with modern therapies to provide a range of massage techniques that restore inner calm and rejuvenate the body.

ORIENTAL MASSAGE

60/90 MINUTES

During this harmonious combination of eastern and western massage techniques, the therapist performs a pressure point release ritual along your body, coupled with gentle Thai massage stretches. These techniques open the meridians, allowing the release of tension from your body.

DEEP TISSUE MASSAGE

60/90 MINUTES

An intense, restorative treatment specifically designed for tight, stressed and aching muscles. Deep tissue and cross muscle fibre techniques are combined with stretching and drainage movements, actively engaging the deeper layers of your muscular tissue.



AROMATHERAPY MASSAGE

60 / 90 MINUTES

A holistic treatment that draws on the power of essential oils to restore your wellbeing. Pressure points on your face are stimulated, followed by light and extended massage strokes that are used to guide you into a state of deep physical relaxation.

HOT STONE MASSAGE

90 MINUTES

A powerful combination of hot stones used on major muscle groups together with a deep tissue massage restores your physical balance and wellbeing. Heat from the stones relaxes sore muscles, allowing the therapist to focus on relieving any deep-seated tension through isolated bodywork.

TRADITIONAL THAI MASSAGE

60/90 MINUTES

An ancient form of healing massage. The therapist applies thumb and finger pressure on the meridians along with stretching techniques to release blocked energy and ease muscular tension. Thai massage improves blood circulation and flexibility while restoring health and vitality.

THAI MASSAGE WITH HERBAL COMPRESS

90 MINUTES

A traditional Thai therapy passed down from one generation to another, it blends Thai massage techniques with the use of classical Thai herbal compresses (luk pra kob), a selection of local herbs wrapped in muslin and steamed. Gently applied on the meridian lines, the herbal compresses deliver the healing benefits of local herbs into the skin, stimulate circulation, relieve aches and pains, reduce inflammation and revitalise the skin.

ALOE VERA AFTER-SUN MASSAGE

60 MINUTES

Experience this gentle healing treatment that grants cooling relief for skin damaged from overexposure to the sun. Long, light massage strokes are used to apply a soothing aloe vera gel promoting cell renewal and skin hydration.

FOOT MASSAGE

60 MINUTES

A Thai foot massage focusing specifically on the feet and lower legs stimulates blood circulation. Acupressure is applied to reflex points on the feet, stimulating a response in the corresponding organ and activating the body's self-healing process. This massage promotes relaxation and reduces muscular stress in the feet and legs.



THAI HERBAL CANDLE MASSAGE

60 MINUTES

The perfect massage to nourish the skin and promote relaxation. Thai herbs (lemongrass, kaffir lime and plai) are blended with soy wax to create an aromatic candle. The therapist will apply melted wax to the body; this warm soy wax will be slowly absorbed into the skin, relaxing both body and mind.

BACK AND SHOULDER MASSAGE

60 MINUTES

The powerful massage designed to alleviate tension and stress. Warm aromatic oils are applied together with long stroke massage techniques to provide an immediate release of muscle tension, increase circulation and flexibility. Whilst, the power of essential oil aids to soothe, recharge and bring back an inner sense of wellbeing

BODY TREATMENTS

REJUVENATING BODY SCRUB

30/60 MINUTES

Discover Thailand's skin therapy secret and pamper yourself with a deeply nourishing body polish. A selection of local Thai herbs blended together with essential oil, gently applied on the skin helps to stimulate circulation also assist in removing dull skin cell and nurturing the skin leaves your skin smooth and reveal your natural healthy glow. Ideal for all skin type.

REVITALIZING BODY SCRUB

30/60 MINUTES

Reveal glowing and refreshing your skin with highly effective skin renewal treatment. Ultra-refining and hydrating specially designed for dry and rough skin, buffing your skin into perfection with amazing healing properties of Thai herbs to restore and give deep hydration and nutrition, leaving it soft and make your skin sparkle with a youthful glow.

ALOE VERA SOOTHING GEL MASK

30/60 MINUTES

Aloe vera works to hydrate and restore the skin's moisture balance, perfect for treating sunburn and helping wounds recover. Soothing aloe vera gel is applied to the entire body, a wrap is formed and the aloe vera is allowed to fully absorb deep into the skin, leaving it nourished and rejuvenated

PURIFYING BODY MASK

30/60 MINUTES

The luxurious treatment to cleanse and purify skin with a unique blend of clay, natural plants oils, and Thai root herbs. The purifying wrap allows nutrients to be absorbed deep into the skin and draws out impurities and dead skin cells, the cause of skin roughness and dullness. Emerge with tighter, smoother skin.

FACIAL TREATMENTS

NOURISHING FACIAL

60 MINUTES

Ultra-rich skin recovery. An intense facial treatment designed to protect your skin against the damaging effects of time. The treatment restores the skin's natural functions to deliver skin radiance and firmness. Revitalise and strengthen your skin's structure to suppress the common signs of ageing.

PURIFYING FACIAL

60 MINUTES

This regenerating and reviving skin treatment removes impurities and provides the skin with a fresh start. The unique combination of aromatic blends delivers intense skin hydration as well as powerful anti-oxidant actions that fortify the skin barrier.

SOOTHING FACIAL

60 MINUTES

Sun exposure, extreme temperatures, pollution and even stress play havoc with the condition of your skin. This aromatic facial offers advanced hydration and skin calming through the application of natural plant extracts. Reclaim strong, healthy skin, reduce irritations and exude radiance.

EXPRESS TREATMENTS

HEAD MASSAGE

30 MINUTES

This massage involves pressure point stimulation on the scalp and face. It helps to relieve headaches, improve facial tone and promote a deep sense of wellbeing and relaxation.

MINI CUSTOMISED FACIAL

30 MINUTES

An express facial treatment to cleanse, exfoliate and provide personalised care according to the condition of your skin.

BACK & SHOULDER MASSAGE

30 MINUTES

Dissolve aches and strains. Medium-to-gentle pressing movements allied with the properties of our selected oils release all tensions in back and shoulders.

FOOT BLISS

30 MINUTES

Relax tired feet. Focusing on the feet, this treatment involves the manipulation of specific reflex points, which stimulates the body's self-healing process while promoting relaxation and reducing muscular stress.

RAINFOREST VIBES

Welcome to our Rainforest Vibes Circuit. Revive your spirits in a tropical forest setting and be our guest on a journey to complete rejuvenation.

Relax in our aromatherapy steam room or detoxify in our Finnish sauna. Boost your circulation with our hot and cold bathing circuit and discover our self-serve scrub bar where your skin is nourished with the essences of natural fruits, vegetables and roots.

Or simply submerge yourself in our garden vitality pool while enjoying the stunning vistas of the rainforest.

Experience either as part of a treatment journey or as a treatment in itself.

RAINFOREST VIBES ACCESS

180 MINUTES



RAINFOREST SPA

SIGNATURE JOURNEYS

	DURATION IN MINUTES	PRICE
Earth	120	2,360
Water	120	2,360
Wind	120	2,360
Fire	120	2,360

LUXURY SPA SUITE RITUALS (FOR TWO PERSONS)

Asian Alchemy	180	6,900
Rejuvenating Retreat	180	6,900

MASSAGE THERAPIES

Oriental Massage	60/90	1,400/2,000
Deep Tissue Massage	60/90	1,400/2,000
Aromatherapy Massage	60/90	1,400/2,000
Hot Stone Massage	90	2,200
Traditional Thai Massage	60/90	1,400/2,000
Thai Massage with Herbal Compress	90	2,200
Aloe Vera After-Sun Massage	60	1,400
Foot Massage	60	1,000
Thai Herbal Candle Massage	60	1,600
Back and Shoulder Massage	60	1,400

BODY TREATMENTS

Rejuvenating Body Scrub	30/60	750/1,400
Revitalizing Body Scrub	30/60	750/1,400
Aloe Vera Soothing Gel Mask	30/60	750/1,400
Purifying Body Mask	30/60	750/1,400

FACIAL TREATMENTS

Nourishing Facial	60	1,600
Purifying Facial	60	1,600
Soothing Facial	60	1,600

EXPRESS TREATMENT

Head Massage	30	750
Mini Customised Facial	30	800
Back & Shoulder Massage	30	750
Foot Bliss	30	750

RAINFOREST VIBES

Rainforest Vibes Access	180	700
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SPA ETIQUETTE

SPA RESERVATIONS

To make a reservation at the spa, please email: spa@sylvankohchang.com or call: +66 039 552 815. For external guests, please note that a valid credit card is required to guarantee reservation. Prices are subject to change without prior notification.

SPA ARRIVAL

We recommend arriving 30 minutes prior to your appointment to take full advantage of our Rainforest Vibes Circuit. We would kindly advise you to wear your swimwear when using our vitality pool. Out of respect to others, guests arriving late will not receive an extension to their scheduled treatment.

HEALTH CONDITIONS

When making your spa reservation and at the beginning of your treatment, please advise us of any health conditions, allergies or injuries that could affect your experience.

PREGNANCY

Please allow our team to guide you in selecting which treatments are most suitable during this special time.

AGE REQUIREMENT

The minimum age requirement for access to Rainforest Spa Koh Chang is 16 years.

CANCELLATION

Cancellations and changes of scheduled treatments are accepted up to four hours prior to the appointment without incurring a charge. For cancellations within four hours or no shows, you will be charged 100% of the treatment price.

LOSS OR DAMAGE

We regret that we cannot be held responsible for any loss or damage to personal articles. Please keep all valuables secure in your locker or in the hotel room safe.

ACCIDENT OR INJURIES

Rainforest Spa Koh Chang will not be liable for any accident or injury suffered by any guest.

GIFT CARDS

An ideal gift for spa enthusiasts or a delightful way to introduce someone to the benefits of treatments - gift certificates are available for purchase at our Spa reception.



RAINFOREST SPA Koh Chang, 63 Moo 4, Kai Bae Beach, Koh Chang, Trat 23170

For reservations or further information, please contact RAINFOREST SPA KOH CHANG:

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