

CHANN

WELLNESS SPA

Wellness & Serenity

Embracing the Eastern wisdom passed down from generation to generation, CHANN Spa offers complete relaxation of the body, mind and soul. CHANN defines a state of total serenity which focuses on restoring the natural balance between body and mind. At CHANN, we take pride in our heritage, the legacy of our ancestors is treasured, and we embrace their wisdom with gratitude.

Inspired by traditional Asian medicine and naturopathy, all of our CHANN treatments are thoughtfully crafted to enrich relaxation as well as invigorate and revitalize the body, mind and soul. Only the finest botanical ingredients are used to create and restore harmony between our guests and Mother Nature.

Nestled amongst a tranquil garden that contributes to a sense of peacefulness, CHANN Spa will leave you feeling refreshed, relaxed and rebalanced.





Massage Therapy

CHANN With Four Elements Therapy

According to Thai traditional medicine, humans are composed of four elements EARTH, WATER, AIR, and FIRE. One's element is determined by date of birth. The characteristics and relationships of each element can be used to restore natural balance to the body and mind.

Aromatherapy blends with a selection of essential oils to match the guest's element.



ธาตุดิน

ผู้ที่เกิดเดือน ตุลาคม พฤศจิกายน ธันวาคม

Dinn (Earth) : October, November, December

Warm & harmony massage oil helps to reduce stress, relax the mind, improve concentration and increase self esteem..



ธาตุน้ำ

ผู้ที่เกิดเดือน กรกฎาคม สิงหาคม กันยายน

Namm (Water) : July, August, September

Refreshing massage oil helps to reduce anxiety, enhance deep relaxation, create tranquility, promote sleep and alleviate stress.



ธาตุลม

ผู้ที่เกิดเดือน เมษายน พฤษภาคม มิถุนายน

Loom (Air) : April, May, June

Relaxing massage oil stimulates blood circulation, relieves joint & muscle pain, aids with headaches and muscle aches, lowers blood pressure and relieves cold symptoms.



ธาตุไฟ

ผู้ที่เกิดเดือน มกราคม กุมภาพันธ์ มีนาคม

Fair (Fire) : January, February, March

Calming and Balancing massage oil helps to relieve stress, stimulate cells, relieve headaches and muscle pain, decrease fatigue, as well as counter depression and bronchitis.



HARNN

CHANN Spa proudly uses HARNN's products, one of the best natural luxury spa product brands in Thailand, in all of our treatments.

Massage Therapy

CHANN Signature Massage

บรรเทาอาการปวดเมื่อยและความตึงเครียด
Aches & Tensions Relief

60 mins
2,700 THB

90 mins
3,700 THB

Warm oil deep tissue massage

Using warm oil with CHANN Signature massage techniques which releases body fatigue and stress, our therapist will personalize vigorous and soothing massage movements to the specific areas of tension. This massage is highly effective in relieving muscle aches and pains, and promotes relaxation.

Ayurvedic Massage

ช่วยให้กล้ามเนื้อผ่อนคลาย
Reduce Muscle Stiffness

60 mins
2,800 THB

90 mins
3,800 THB

Deep tissue massage

Deep and powerful, this treatment works intensely on muscle tissue with a variety of movements which are both invigorating and stimulating through the careful application of pressure-sustained strokes, tapping and stretching the skin and muscles that are warmed while relaxing the body and mind.

Aroma De-stress Massage

ผ่อนคลายร่างกายและจิตใจ
Body & Mind Relaxing

60 mins
2,500 THB

90 mins
3,500 THB

Light to medium pressure

Ease away all your anxiety and tension with a choice of aromatherapy oils specially blended to achieve ultimate relaxation. This light to medium pressure massage is designed to meet your individual needs and bring your body and mind into the perfect equilibrium.

Traditional Thai Massage

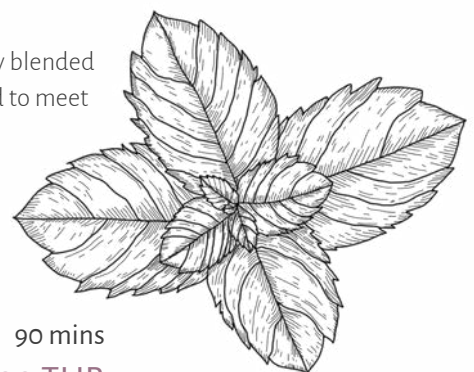
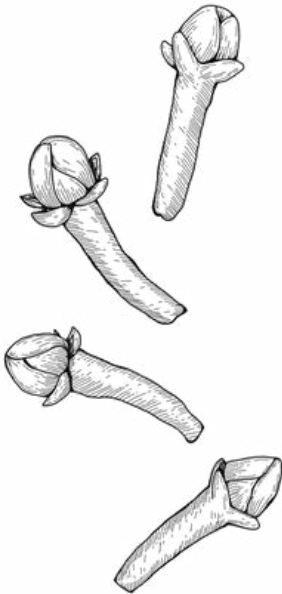
บรรเทาความเครียดหรือความเมื่อยล้า
Relieve Stress or Fatigue

60 mins
2,500 THB

90 mins
3,500 THB

Body workout deep tissue and stretching massage

A unique body treatment passed down through the generations and listed as an UNESCO 'intangible cultural heritage,' this age-old treatments blends deep tissue massage with pressure point and stretching techniques to release tension, increase vitality & flexibility, and create wholeness of body, mind and spirit.



Revitalizing Swedish Massage

นวดกระตุ้นกล้ามเนื้อแบบสวีดิช
Tensions Relief

60 mins
2,500 THB

90 mins
3,500 THB

Medium Pressure

This invigorating full body massage combines classic Swedish techniques to soothe overworked muscles and release tension. Using organic coconut oil with antioxidant properties, this treatment is an ideal introduction to wellness massage.

Warm Stone Tension Release Massage

นวดหินอัคนีบรรเทากล้ามเนื้อที่เมื่อยล้า
Release muscle tension

60 mins
2,900 THB

90 mins
3,900 THB

Medium pressure & Heat treatment

Harnessing the healing power of warm volcanic stone, the deep penetrating heat from the stones are used to massage the body using traditional techniques to release muscular tension and balance the inner spirit.

CHANN Bamboo Massage

ผ่อนคลายและฟื้นฟูร่างกาย
Relaxed & Energized

60 mins
2,900 THB

90 mins
3,900 THB

Combination of utilizing bamboo cane and medium to firm pressure

A holistic treatment which utilizes a variety of warm bamboo canes, helps to alleviate muscle tension, aches and pains, improve joint function, increase circulation and helps to enhance the quality of sleep. This massage is relaxing and invigorating at the same time.

Thai Clay Salt Pot Massage

บรรเทาความเครียดและปรับสมดุล
De-stressing & Balancing

60 mins
2,900 THB

90 mins
3,900 THB

A combination of traditional Thai clay salt pot and medium to firm pressure

This massage combines exclusive techniques with a heated salt clay pot wrapped in herbs. A locally inspired treatment aimed to relieve tired muscles and perfect for de-stressing, balancing and pampering self-care.



Detoxifying Massage

ช่วยปรับสมดุลร่างกาย

Detoxing & Balancing

60 mins

2,700 THB

90 mins

3,700 THB

Body lymphatic drainage massage

Eliminate the toxins from your body with manual lymphatic drainage massage techniques. This massage concentrates on the skin. By relieving congestion in the tissues, this treatment stimulates the natural cleansing process of the body and promotes a sense of deep relaxation.



Herbal Compress Massage

ผ่อนคลายกล้ามเนื้อที่เกร็ง

Relax Tenses Muscle

90 mins

3,500 THB

120 mins

4,500 THB

Combination of utilizing warm herbal compress with firm pressure

A Thai signature herbal therapy, using two steamed herbal bags filled with assorted traditional Thai herbs and other traditional aromatic plants. The warmed herbal bags are used alternately by rolling and pressing on specific areas of the body to relax tensed muscles and stimulate blood circulation, making it an ideal therapy for people with muscular tension.

Indian Head Massage

บรรเทาอาการตึง ปวดหัว ศรีษะ

Stress & Tension Relief

30 mins

1,350 THB

60 mins

2,000 THB

This soothing, energizing massage combines pressure point techniques and coconut oil to relieve tension in the head and neck. It also helps to relieve insomnia, chronic headaches, migraines and sinusitis.

Back & Head Massage

บรรเทาอาการตึง ปวดหัว คอ บ่า ไหล่และศีรษะ

Stress & Tension Relief

30 mins

1,350 THB

60 mins

2,000 THB

Focusing on releasing tension in the back, neck and head area. This special massage restores the balance of energy flow around the body and relaxes the mind. Using special massage techniques, this treatment also promotes health and wellbeing.

Pampering Foot Massage

นวดปรนนิบัติเท้าที่เมื่อยล้า

Relaxing & Pampering

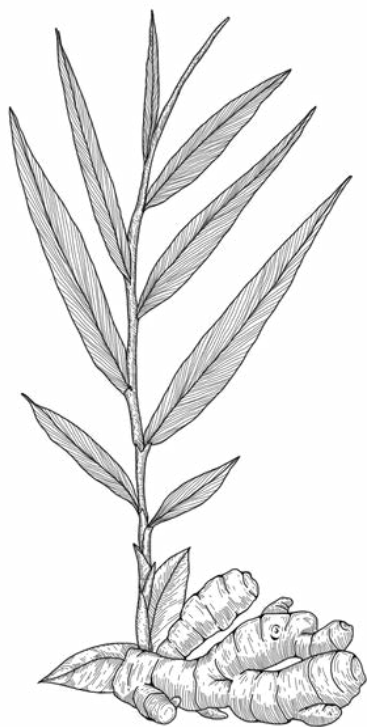
30 mins

1,350 THB

60 mins

2,000 THB

Treat your soles to lavish attention. This traditional massage technique applies gentle pressure to the reflex points of the feet in a deeply relaxing and wonderfully pampering way.





Facial & Body Treatments

Facial Treatment

CHANN Herbal Facial

ให้ผิวชุ่มชื้น และดูสุขภาพดี
Skin Softening & Moisturizing

60 mins
2,000 THB

สำหรับทุกสภาพผิว For All Skin Types

One of the best facial treatments to experience in Thailand using fresh, natural products, our unique techniques, and a blend of organic herbs. After the treatment, you will feel absolutely refreshed and re-energized.

Sensitive Facial by Jurlique

ช่วยปลอบประโลมผิว มอบความชุ่มชื้นให้แก่ผิว
Skin Soothing & Calming

60 mins
2,700 THB

สำหรับผิวที่ละเอียดอ่อน แพ้ง่าย For Sensitive Skin

A treatment that is extra gentle for sensitive skin, suitable for skin with inflammation, fragile capillaries, sunburn or other problems caused by sensitivity. This treatment will soothe your skin and give you a fresh, radiant look.

Hydrating Facial by Jurlique

เพิ่มความชุ่มชื้นให้กับผิว
Skin Moisturizing

60 mins
2,700 THB

สำหรับผิวที่แห้งขาดความชุ่มชื้น For Dry Skin and All Skin Types

The effectiveness of this treatment is based on components obtained from natural plants extract, which are easily absorbed. The treatment improves moisturization and leaves skin good condition.

Oxygenating Facial by Jurlique

ให้ผิวเปล่งปลั่ง กระจ่างใส
Skin Radiant

60 mins
3,200 THB

สำหรับทุกสภาพผิว For All Skin Types

This treatment works on the lymphatic system to relieve congestion within the tissues. It increases muscle tone, tightens the pores, brightens the eyes, and reduces stress. This facial brings out the innate beauty and radiance of each individual.

Jurlique

Organic Skincare Certified by Worldwide Users

All products are compiled with the most potent, bio-dynamic, organic and natural ingredients which are sourced from its own farm and delivered to your skin, for those wanting deep relaxation and glowing skin.

Body Treatments

Body Scrub

ขจัดเซลล์ผิวที่เสื่อมสภาพ
Remove Dead Skin Cells

60 mins

2,000 THB

The perfect way to naturally clean and eliminate dead cells that accumulate on the skin's surface. CHANN offers the choice of four different body scrubs to leaves your skin feeling wonderfully soft and refreshing as well as the feeling of total relaxation. These aromatic skin treatments are suitable for all skin types.



CHANN Salt Scrub

Fragranced salt gently sloughs away dead skin cells, leaving a smooth and supple canvas that is deeply nourished.

White Coconut Scrub

Rich in vitamins and antioxidants, removes dead cells while coconut oil and shea butter keep skin nourished and smooth.

Detoxing Green Tea Scrub

Nourish and rejuvenate your body with the therapeutic properties of green tea.

Almond Milk Scrub

Gently exfoliates, softens and revitalizes skin, maintains skin's moisture balance.

Body Wrap

ช่วยกระชับ บำรุงผิว คืนความชุ่มชื้น

60 mins

Toning, Moisturizing & Rejuvenating

2,000 THB

Enhance your body's nature abilities to restore itself with an alternative therapy that offers a unique experience.

CHANN Tropical Wrap

A perfect treatment to improve lymphatic flow and melt away cellulite with galangal roots, turmeric and black pepper to stimulate and assist the removal of toxins.

White Coconut Wrap

Rejuvenate the skin and combat the effects of modern life through the healing benefits of coconut.

Detoxing Green Tea Wrap

Immerse yourself in antioxidant green tea that protects your complexion from signs of aging, it is calm, gentle, smooth, supple, and keeps your skin clean.

Rehydration Aloe Wrap

Perfect for sun worshippers, this cooling and soothing wrap uses aloe vera as the main ingredient. It's the ideal choice to pamper skin which has been overexposed to the sun.

Steam, Sauna & Jacuzzi

ช่วยปรับสมดุลร่างกาย

60 mins

Balancing & Detoxing

1,000 THB

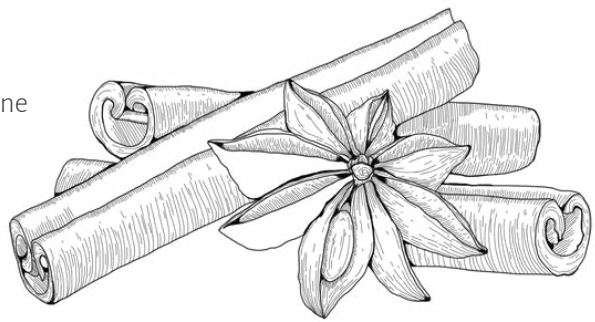
Your body is relaxed and naturally detoxified while your mind and soul are coaxed into peaceful harmony.



Spa Package

Spa Package

At CHANN Spa, our massages and treatments combine and emphasize the body and mind. The package will make you absolutely relaxed, rejuvenated and reinvigorated from head to toe.



CHANN Experience Package

Rhythm of CHANN

Steam & Aromatic Bath		30 mins
Four Elements Body Scrub		45 mins
CHANN Signature Massage		60 mins
CHANN Herbal Facial		45 mins

Single 180 mins
4,950 THB

Couple 180 mins
8,350 THB

An absolute body treatment to deeply relax the body and mind. Choices of four elements, both body scrub and massage oil, will be offered. This precious experience starts with a heat treatment, preparing your skin to be deeply clean after gently exfoliation followed by a massage with our CHANN Signature products to melt muscle tension and stress away. A rewarding experience and an opportunity to drift into blissful serenity.

Discovering Ayurveda Package

Detoxing & Energizing

Detoxing Body Wrap		30 mins
Ayurvedic Massage		60 mins
Indian Head Massage		30 mins
Shampoo Blow Dry		60 mins

Single 180 mins
5,350 THB

Couple 180 mins
8,750 THB

Discovering yourself to a powerful experience of Ayurvedic, which means Science of long life. Start with our extensive detoxing wrap, a deep clean inside and out, and continue with an Ayurvedic massage, an ancient massage technique from India aimed to relieve muscle stiffness by the deep and powerful pressure on muscle tissue. Then relax and enjoy a peaceful Indian Head Massage which relieves insomnia, chronic headaches, migraines and sinusitis by combining pressure point techniques and coconut oil to sooth, and moisturize hair.

Tranquility De-stress Package

Well-being & Energizing

Sauna & Aromatic Bath		30 mins
Choice Of Body Scrub		60 mins
Aromatic De-stress Massage		90 mins

Single

180 mins
4,950 THB

Couple

180 mins
8,350 THB

Enjoy a tranquil ambience with high temperature with a steam or sauna before reducing stress by body exfoliation, then activate your energy reflection with a light to medium pressure massage to free the body from all its tensions by working the muscles and skin with agile, graceful strokes, gentle and comforting movements to leave your body feeling calmed and relaxed.

Jet Lag Cure Package

Recharging & Relaxing

Aromatic Bath		30 mins
Aromatic De-stress Massage		60 mins
Pampering Foot Massage		30 mins
Refreshing Tropical Facial		60 mins

Single

180 mins
4,950 THB

Couple

180 mins
8,350 THB

The ideal therapy for those who fly or travel across different time zones frequently. Feel relaxed with an aromatic bath then relieve fatigue and improve blood circulation by the combination of a head to toe massage which intensively focuses on the feet. A refreshing Tropical Facial treatment is offered to deeply hydrate and protect the skin with our unique tropical products, and a head massage which helps relieve dizziness, anxiety and headaches. A calm, magnificent way to drift towards a more relaxed state of mind and to reduce anxiety and renew yourself.

Body & Mind Revival Package

Runaway stiffness

Sauna & Aromatic Bath		30 mins
CHANN Salt Scrub		30 mins
Traditional Thai Massage		60 mins
Hydrating Facial		60 mins

Single

180 mins
4,950 THB

Couple

180 mins
8,350 THB

A relaxing touch of nature with a specially blended aromatic salt scrub that leaves your skin bright and smooth as silk followed by traditional Thai massage strokes, and thumb pressure as well as stretching techniques to stimulate blood circulation and complemented with a facial treatment to soothe your skin's needs.

This energizing package promotes the body and mind to total well-being.

CHANN Wellbeing Retreat Spa Package

Discover a natural way of health prevention that includes a schedule of wellbeing activities such as yoga, steam, sauna, bath, body scrub, a full body massage and a selection of healthy meals to elevate your health and leave you feeling your very best.

CHANN Wellbeing Package

Well-being & Relaxing

Thai Herbal Steam	30 mins	Single	270 mins 7,900THB
Choice Of Four Elements Body Scrub	45 mins		
CHANN Signature Massage	60 mins	Couple	270 mins 12,900THB
CHANN Herbal Facial	45 mins		
CHANN Aromatic Milk Bath	30 mins		
Yoga Session	60 mins		
Refreshment			
Healthy Meal			

This special package is designed with your supreme wellbeing in mind and to achieve wellness goals . Your body begins to relax and naturally detoxify while your mind and soul are coaxed into peaceful harmony. Treat yourself with our 3-course menu of healthy dishes at Marisa Restaurant.

Detoxify Package

Rejuvenating & Energizing

Steam & Sauna	30 mins	Single	270 mins 7,900 THB
Detoxing Green Tea Body Scrub	60 mins		
Detoxifying Massage	60 mins	Couple	270 mins 12,900 THB
Foot Reflexology	30 mins		
CHANN Detox Bath	30 mins		
Yoga Session	60 mins		
Refreshment			
Healthy Meal			

This package stimulates the natural cleansing process of the body through the combined use of heat treatment and body polish. The detoxifying massage specifically relieves congestion in the tissues and boosts the flow of the lymph fluid, flushing out toxins and accumulated fat in the body. Treat yourself with our 3-course selection of healthy dishes at Marisa Restaurant.

CHANN Journey 3 Days Package

CHANN Journey is crafted to uplift 3 important aspects of health physical, mental and spiritual while using the benefits of the Four Elements Theory. We help initiate a healthy diet, metabolic functioning, and routine activities including daily yoga and meditation as well as nurture healthy habits as an on going way of life.

CHANN Exotic Package

Refreshing & Recharging

Accommodation

Private Airport Transfer

Full board Healthy Food (All meals)

Healthy Juice or Drink | Daily

Private Yoga | Daily

Meditation Session | Daily

Thai Herbal Steam & Suana | Daily

Aroma De-stress Massage | 60 mins

Relaxing Foot Massage | 60 mins

Hydrating Facial | 60 mins

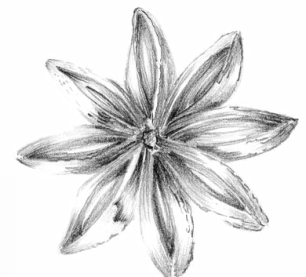
Aromatic Milk Bath | 60 mins

Single

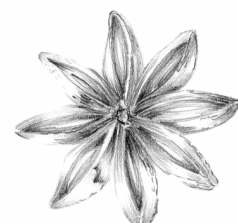
27,900THB

Couple

50,900THB



Experience the 3-Day CHANN Exotic Package and recharge and energize with activities, treatments and healthy meals. Increase blood circulation with exotic massage techniques to relieve muscular tension and focus on the present with meditation and daily private yoga.



CHANN Journey 7 Days Package

Treat yourself with a time-honored holistic approach to rebalance 3 important aspects of health - mental, physical and spiritual by embracing natural herbs, a healthy diet, meditation, yoga, massage and cleansing rituals to minimize stress, and ensure your energy flows smoothly. Enjoy curated activities such as a Sunset Tour or basic Free Diving course while rejuvenating your body, mind and soul.

CHANN Ayurveda Rebalance Package

Well-being & Balancing

Accommodation

Private Airport Transfer

Single

67,900THB

Full board Healthy Food (All meals)

Healthy Juice or Drink | Daily

Couple

115,000THB

Private Yoga Session | Daily

Meditation Session | Daily

Thai Herbal Steam & Suana | Daily

Ayurvedic Massage | 120 mins

Detoxify Massage | 120 mins

Indian Head Massage | 60 mins

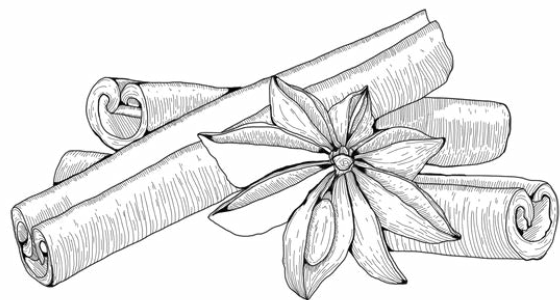
CHANN Herbal Facial | 60 mins

CHANN Detox Bath | 60 mins

Body Scrub & Body Wrap | 60 mins

Basic Freediver

Sunset Tour



Indulge in a week of the Ayurvedic way of life, a truly holistic system that revitalizes 3 important aspects of health - mental, physical and spiritual. Ayurvedic treatments help to release blockages and tensions while the detox treatments rid the body of accumulated toxins. Relax and focus your thoughts with yoga, meditation, a premium Sunset Tour and a great Discover Scuba Diving experience. This outstanding 7-day package is recommended for relaxing, easing stress, muscle pain, fatigue and headaches.

Kids Spa

Kids Spa Retreat

Let your kids discover the joy and relaxed feeling of a professional massage.
For kids and tweens between 6 to 10 year old.

Kids Aromatic Massage

Soft and Gentle Massage

Gentle aromatic massage with sweet almond oil.
This full body massage will calm you from head to toe.

60 mins

1,250 THB

Kids Sugar Body Scrub

Refreshing Skin

Choice of Strawberry, Chocolate, Orange, Sugar Candy and Mixed Berry scrubs.
A gentle full body exfoliation to shrink pores and moisturize skin.

60 mins

1,050 THB

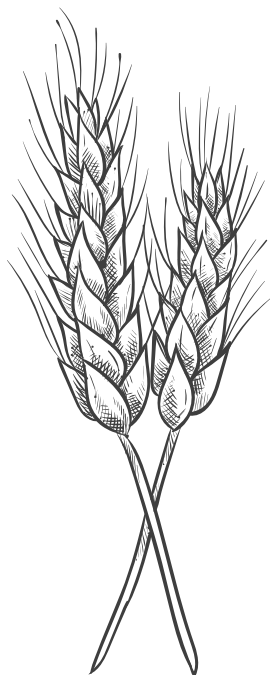
Kids Body Mask

Moisturizing Skin

The perfect body mask with a natural products for sensitive skin
which leave your skin smooth and intensely hydrated.

60 mins

1,050 THB



Kids Mini Facial

Refreshing Skin

Using only natural products to leave your skin smooth
and intensely hydrated.

60 mins

1,050 THB

Kids Nail Spa

Balancing hands and feet

Includes exfoliation of hands and feet, a massage and the nails
shaped and buffed with one coat of quick dry, non-toxic polish.

60 mins

1,250 THB

Kids Hair Salon

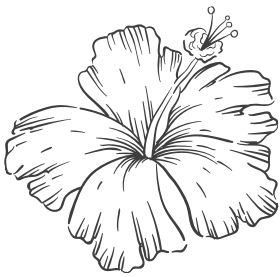
Precious hair care

Let your gorgeous him or her experience a moisturizing
hair bath including a shoulder and scalp massage,
conditioning and blow dry.

60 mins

1,250 THB

Nail Spa & Hair Spa



Essential Care For The Hands And Feet

Pamper yourself with a specialty manicure and pedicure including cleanse, trim, and sand file.

CHANN Spa Manicure

Starting from nail shaping, nail buffing, cuticle work, hand exfoliation and hand massage.

60 mins

950 THB

CHANN Spa Pedicure

Make your feet sandals-ready with an indulgent foot soak followed by nail shaping, buffing, cuticle work, scrub and foot massage.

60 mins

1,250 THB

Combo-Manicure & Pedicure

The ultimate deluxe treatment for dry and chapped hands. Starting from nail shaping, buffing, exfoliating and massage for your hands and feet, you will find yourself recharged.

120 mins

1,900 THB

Combo-Manicure & Pedicure Gel

The ultimate deluxe treatment for dry and chapped hands. Starting from nail shaping, buffing, exfoliating and massage for your hands and feet, then applying the gel color of your choice.

120 mins

2,300 THB

Hair Spa

Let us spoil you with our exclusive pampering and relaxing hair spa

Relaxing Shampoo & Blow Dry

Deep clean the hair and scalp while a relaxing gentle and pressure point head massage is applied during shampooing and moisturizing to ensure you are at ease after the blow dry.

Short

60 mins

850 THB

Long

60 mins

1,050 THB

Hair Style

Design your own gorgeous hair style.
Shampoo and blow dry are included.

Short

60 mins

1,350 THB

Long

60 mins

1,550 THB

Hair Steam Treatment

Hair steaming allows toxins from the scalp to be released for purification while increasing the collagen production and blood flow to the scalp. Shampoo and blow dry are included.

Short

90 mins

1,750 THB

Long

90 mins

1,950 THB



General Spa Guidelines

Experience

The following information is provided to assist you in creating the perfect CHANN Spa experience. CHANN Spa is a non-smoking environment.

We request that all valuables are stored in your room or the locker provided for you at the time of your treatment. We are not responsible for lost, stolen or misplaced items.

For the courtesy of our guests, mobile phone use is prohibited within the spa promise. We kindly request that all mobile phones are turned off.

Reservations

To ensure your preferred treatment or therapist is available, we encourage our guests to schedule their appointments in advance. For any inquiries or information regarding the spa, simply dial extension 602 on the telephone in your room.

Arrival

Please arrive 15 minutes prior to your treatment in order to complete your health assessment form, and take time to relax in our tranquil surroundings before treatment. Arriving late will decrease the time of your treatment.

Gift Certificates

Treat a friend or loved one to an indulgent experience. Gift certificates are available for purchase. Please contact our spa receptionist for more details

Cancellation Policy

Please give a 4-hour cancellation notice on individual treatments, and a 24-hour notice on packages, otherwise, 50% of the price may be charged to your account.

Please keep in mind that arriving late for a service may require us to shorten the length of the treatment, with full charge applied in order to not inconvenience other guests. We regret that late arrivals may not receive extensions of scheduled appointments.

Hours of Operation

Open daily from 10:00 a.m. - 09:00 p.m.

CHANN

WELLNESS SPA

6/2 Moo 6 Kamala, Kathu, Phuket 83150 Thailand,
Tel : +66 (0)76 618 217 | Hot Line : +66 (0)98 016 2144 | E-mail : info@channspaphuket.com

