



KARA  
SPA

# Menu

Kara is an organic day spa in the heart of Chergtalay, just a few minutes from Laguna Phuket and Bangtao Beach.



# The Thai collection



Seven authentic and distinctive massage treatments originating in the regions of this ancient Kingdom.

## CLASSIC THAI PACKAGE

30m Feet & legs massage (choice of 22 organic oils)  
60m Thai yoga massage

**฿ 1,250.00**

1.5 hours

## FEET & LEGS PACKAGE

30m Pedicure  
30m Foot bath, sea salt scrub, and paraffin mask  
60m Feet & legs massage (choice of 22 organic oils)

**฿ 1,800.00**

2 hours

## BAMBOO PACKAGE

90m Bamboo massage (choice of 5 organic oils)  
30m Feet & legs massage, or Thai massage

**฿ 2,700.00**

2 hours



## TOKSEN PACKAGE

90m Toksen massage (choice of 5 organic oils)  
30m Feet & legs massage, or Thai massage

**฿ 2,700.00**

2 hours

## HERBAL PACKAGE

60m Thai yoga massage  
90m Herbal compress massage (lemongrass oil)

**฿ 2,950.00**

2.5 hours

## LANGKASUKA PACKAGE

90m Langkasuka massage (hot cumin seed oil)  
60m Herbal compress massage (lemongrass oil)

**฿ 3,700.00**

2.5 hours

## SIAM PACKAGE

30m Thai yoga massage  
90m Herbal compress massage (coconut oil)  
60m Facial cleanse/refresh (Thai fresh organic)

**฿ 4,000.00**

3 hours

# The Relax collection



Our unique range of organic aromatherapy packages help to calm your mind and soothe your body.

## AROMATHERAPY PACKAGE

- 30m Thai yoga massage
- 60m Aromatherapy oil massage (choice of 22 organic oils)

**฿ 1,400.00**

1.5 hours

## PRE-NATAL PACKAGE

- 60m Aromatherapy oil massage (almond oil)
- 30m Indian head massage, or avocado hair treatment
- 60m Facial cleanse/refresh (choice of 4 treatments)

**฿ 2,450.00**

2.5 hours

## AYURVEDIC PACKAGE

- 90m Ayurvedic massage (sesame or coconut oil)
- 30m Indian head massage, or feet & legs massage
- 30m Shirodhara (head flow) oil therapy

**฿ 3,250.00**

2.5 hours



## LOMI-LOMI PACKAGE

- 30m Body scrub, or body mask (coconut)
- 120m Lomi-lomi massage (coconut oil)

**฿ 3,650.00**

2.5 hours

## CANNABIS PACKAGE

- 30m Body scrub (CBD or 8 other treatments)
- 30m Body mask (CBD or 8 other treatments)
- 90m Herbal compress massage with CBD

**฿ 3,750.00**

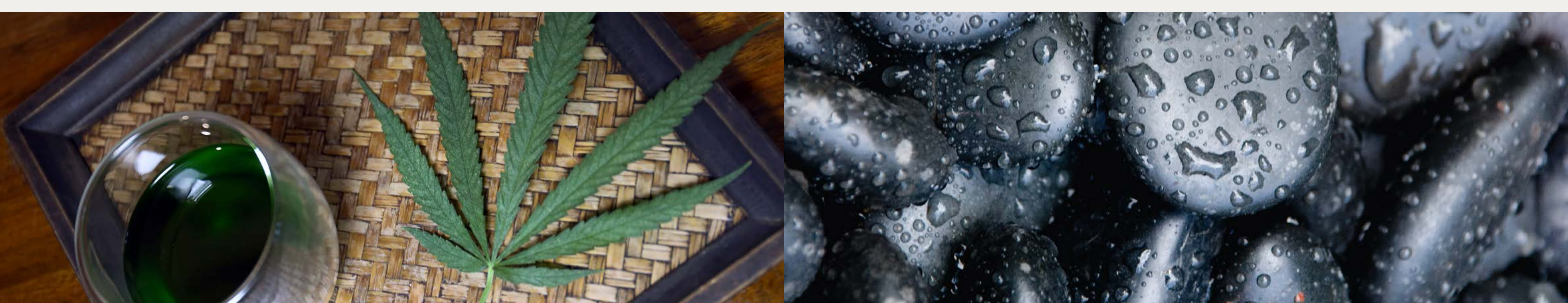
2.5 hours

## HOT STONES PACKAGE

- 30m Deep tissue massage (choice of 22 organic oils)
- 90m Hot stones massage (coconut oil)
- 60m Facial cleanse/refresh (choice of 4 treatments)

**฿ 4,400.00**

3 hours



## FOUR HANDS PACKAGE

- 90m Four hands massage (choice of 22 organic oils)
  - 30m\* Feet & legs massage
  - 30m\* Indian head massage, or avocado hair treatment
- \*provided together (four hands)

**฿ 4,600.00**

2 hours

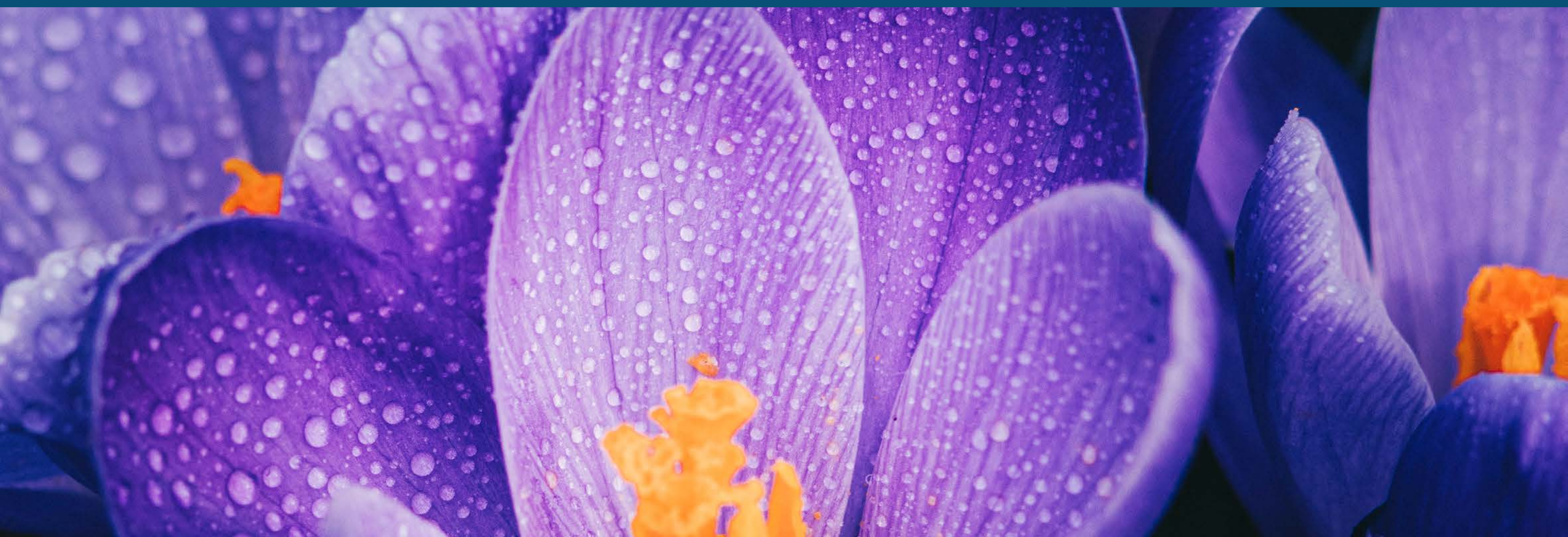
## OTHER RELAXING MASSAGE PACKAGES

- 90m Swedish, Javanese, Warm Candle or Kid's massage
- 30m Facial cleanse/refresh, body mask (choice of treatments) or feet & legs massage

**฿ 2,450.00**

2 hours

# The Revive collection



Kara's restorative treatments provide holistic and focused physical, emotional and spiritual upliftment.

## DEEP TISSUE PACKAGE

- 30m Body mask, body scrub (choice of treatments) or feet & legs massage
- 90m Deep tissue massage (choice of 22 organic oils)

**฿ 2,450.00**

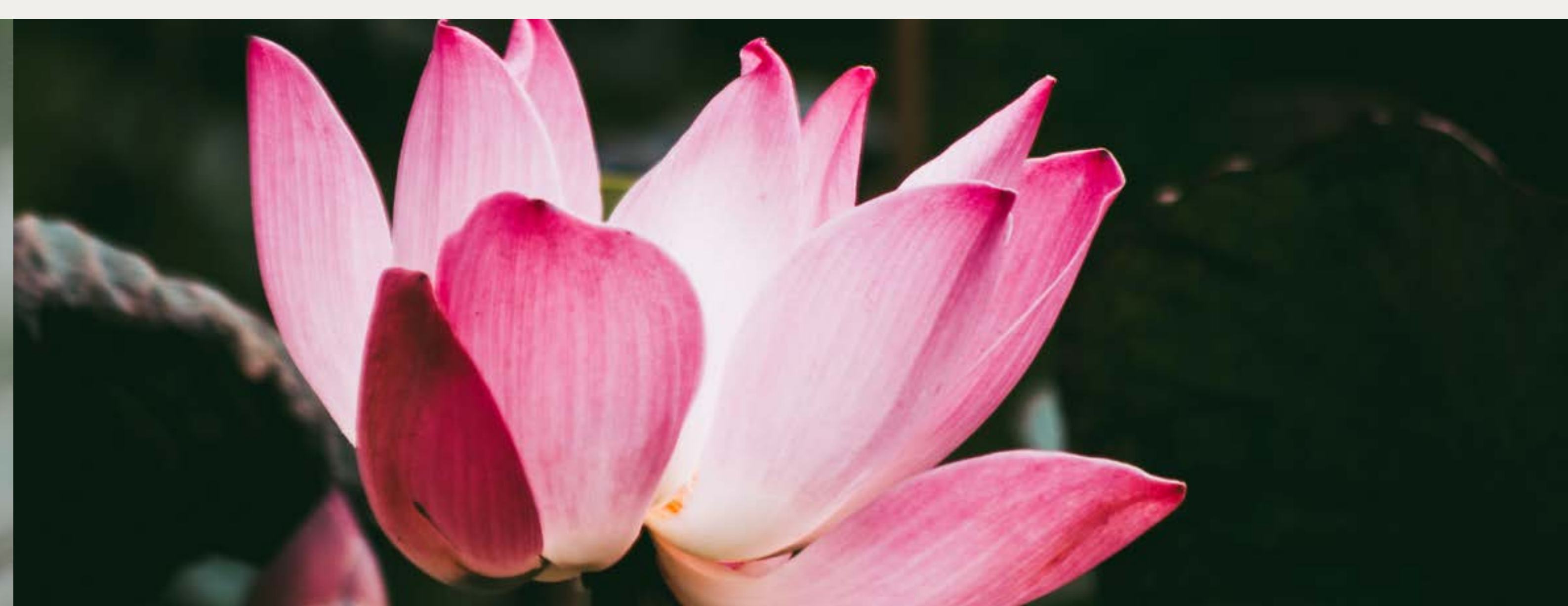
2 hours

## CHAKRA PACKAGE

- 90m Chakra massage (choice of 22 organic oils)
- 30m Indian head massage, or feet & legs massage
- 30m Shirodhara (head flow) oil therapy

**฿ 3,250.00**

2.5 hours



## AFTER-SPORT PACKAGE

- 30m Body scrub, or facial cleanse/refresh
- 30m Feet & legs massage
- 120m After-sport massage (ginger or peppermint oil)

**฿ 3,650.00**

3 hours

## AFTER-SUN PACKAGE

- 30m Body mask (aloe vera)
- 90m After-sun massage (aloe vera)
- 60m Facial cleanse/refresh (aloe vera)

**฿ 3,800.00**

3 hours



## BEFORE / AFTER FLIGHT PACKAGE

- 90m Herbal compress massage (lemongrass oil)
  - 30m\* Indian head massage, or facial cleanse/refresh
  - 30m\* Feet & legs massage
  - 30m Body mask (detox treatment)
- \*provided together (four hands)

**฿ 4,350.00**

2.5 hours

## MEN'S PACKAGE

- 30m Foot bath & paraffin foot scrub
  - 120m Four hands massage (choice of 22 organic oils)
  - 30m\* Lymphatic massage, or Indian head massage
  - 30m\* Feet & legs massage (choice of 5 organic oils)
- \*provided together (four hands)

**฿ 5,900.00**

3 hours

## OTHER REVIVING MASSAGE PACKAGES

- 90m Shiatsu, Tuina, Migraine, Insomnia or Lymphatic massage
- 30m Body mask, body scrub (choice of treatments) or feet & legs massage

**฿ 2,450.00**

2 hours

# The Beauty collection



Our body rubbing, scrubbing and facial deep cleansing treatments leave you looking and feeling your best.

## PREMIUM FACIAL CARE PACKAGE

**฿ 1,750.00**

- 30m Indian head massage, or avocado hair treatment
- 60m Facial cleanse/refresh (choice of 4 treatments)

1.5 hours

## BODY CARE PACKAGE

**฿ 2,700.00**

- 30m Body mask 1 (Thai white clay)
- 30m Body scrub (grains or botanic)
- 30m\* Body mask 2 (choice of 9 treatments)
- 30m\* Beer/eggs or avocado hair treatment

1.5 hours

\*provided together (four hands)

## PREMIUM BODY CARE PACKAGE

**฿ 3,950.00**

- 30m Foot bath, foot scrub, and paraffin mask
- 30m Body scrub (choice of 9 treatments)
- 30m\* Body mask (choice of 9 treatments)
- 30m\* Beer/eggs or avocado hair treatment
- 60m Warm candle massage (soy candle oil)

2.5 hours

\*provided together (four hands)



## ANTI-AGEING PACKAGE

**฿ 3,850.00**

- 60m Facial cleanse/refresh (Harnn anti-ageing)
- 60m Javanese massage, or Ayurvedic massage
- 30m\* Body mask (mermaid)
- 30m\* Indian head massage, or avocado hair treatment

2.5 hours

\*provided together (four hands)

## SLIMMING PACKAGE

**฿ 4,400.00**

- 30m Body scrub (mandarin orange)
- 30m Body mask (detoxifying)
- 120m Slimming massage (chilli or ginger oil)

3 hours

## WOMEN'S PACKAGE

**฿ 6,450.00**

- 30m Body scrub (choice of 9 treatments)
- 120m Any two-hands massage of your choice
- 30m Lymphatic massage, or Indian head massage
- 30m\* Body mask (choice of 9 treatments)
- 30m\* Facial cleanse/refresh (choice of 4 treatments)

3.5 hours

\*provided together (four hands)

# Kara's selection of 22 organic oils

## **COCONUT**

Smooths, softens and moisturises the skin while reducing stress.

## **LEMONGRASS**

Tones muscles and eases pain, with a distinctly Thai fragrance.

## **JASMIN**

Natural antiseptic qualities, aphrodisiac and sedative.

## **LAVENDER**

Soft and feminine, traditionally used to treat allergies and cramps.

## **ALMOND**

Counters free radical damage and moisturises your skin and hair.

## **ARGAN** ®

This luxurious and nourishing oil is gentle and light, with anti-inflammatory properties.

## **CANNABIS CBD** ®

Well-known for easing chronic pain and the symptoms of many common health conditions.

## **CHILLI** ®

Supports weight loss, relieves sinus congestion, and strengthens the immune system.

## **CUMIN SEED**

Soothes aching joints, fights allergies, and promotes healthy skin.

## **EVENING PRIMROSE**

Often used for anti-ageing due to its astringent effect on the skin.

## **GERANIUM** ®

Centuries-old reputation for anti-bacterial, anti-oxidant, and anti-inflammatory properties.

## **GINGER** ®

Stimulating and warming effects enhance concentration and ease fatigue and lethargy.

## **GRAPE SEED**

Restores healthy cells and protects the skin from inflammation.

## **JOJOBA**

Loaded with minerals and vitamins E and B that nourish your skin.

## **OLIVE**

Improves blood circulation and eases aches and muscle spasms.

## **PEPPERMINT**

Cool and freshening relief from fatigue, fever, and dyspepsia.

## **ROSE FRAGRANCE**

Mesmerising aroma and gentle touch stimulate aphrodisiac appeal.

## **ROSEHIP**

Boosts collagen formation and reduces unsightly scars and spots.

## **ROSEMARY**

Distinctive fresh fragrance relieves headaches and cold symptoms.

## **SESAME**

Natural sun-screen and moisturiser, rich in anti-ageing properties.

## **SOY CANDLE**

Protects against UV rays and inflammation caused by free radicals.

## **TEA TREE** ®

Disinfects and detoxifies the body, relieving the pain of minor burns, sores, bites, and cuts.

® = premium oil (extra ₪ 500.00)

# Laguna Area



Call or WhatsApp to book now  
**+66 800 44 55 00**

Call-out service ฿ 300.00 per hour

Open every day, 11 am to 10 pm

Opposite Porto de Phuket,  
108 Bandon-Cherngtalay Road,  
Thalang, Phuket  
hello@karaspa.co

[www.karaspa.co](http://www.karaspa.co)

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