



KARA
SPA

Menu

Kara is an organic day spa in the heart of Chernohtalay, 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

฿ 1,400.00

30m Thai yoga massage

1.5 hours

60m Aromatherapy oil massage (choice of 22 organic oils)

PRE-NATAL PACKAGE

฿ 2,450.00

60m Aromatherapy oil massage (almond oil)

2.5 hours

30m Indian head massage, or avocado hair treatment

60m Facial cleanse/refresh (choice of 4 treatments)

AYURVEDIC PACKAGE

฿ 3,250.00

90m Ayurvedic massage (sesame or coconut oil)

2.5 hours

30m Indian head massage, or feet & legs massage

30m Shirodhara (head flow) oil therapy

LOMI-LOMI PACKAGE

฿ 3,650.00

30m Body scrub, or body mask (coconut)

2.5 hours

120m Lomi-lomi massage (coconut oil)

CANNABIS PACKAGE

฿ 3,750.00

30m Body scrub (CBD or 8 other treatments)

2.5 hours

30m Body mask (CBD or 8 other treatments)

90m Herbal compress massage with CBD

HOT STONES PACKAGE

฿ 4,400.00

30m Deep tissue massage (choice of 22 organic oils)

3 hours

90m Hot stones massage (coconut oil)

60m Facial cleanse/refresh (choice of 4 treatments)

FOUR HANDS PACKAGE

฿ 4,600.00

90m Four hands massage (choice of 22 organic oils)

2 hours

30m* Feet & legs massage

30m* Indian head massage, or avocado hair treatment

*provided together (four hands)

OTHER RELAXING MASSAGE PACKAGES

฿ 2,450.00

90m Swedish, Javanese, Warm Candle or Kid's massage

2 hours

30m Facial cleanse/refresh, body mask (choice of treatments) or feet & legs massage

The Revive collection

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

DEEP TISSUE PACKAGE

฿ 2,450.00

30m Body mask, body scrub (choice of treatments) or feet & legs massage

2 hours

90m Deep tissue massage (choice of 22 organic oils)

CHAKRA PACKAGE

฿ 3,250.00

90m Chakra massage (choice of 22 organic oils)

2.5 hours

30m Indian head massage, or feet & legs massage

30m Shirodhara (head flow) oil therapy

AFTER-SPORT PACKAGE

฿ 3,650.00

30m Body scrub, or facial cleanse/refresh

3 hours

30m Feet & legs massage

120m After-sport massage (ginger or peppermint oil)

AFTER-SUN PACKAGE

฿ 3,800.00

30m Body mask (aloe vera)

3 hours

90m After-sun massage (aloe vera)

60m Facial cleanse/refresh (aloe vera)

BEFORE / AFTER FLIGHT PACKAGE

฿ 4,350.00

90m Herbal compress massage (lemongrass oil)

2.5 hours

30m* Indian head massage, or facial cleanse/refresh

30m* Feet & legs massage

30m Body mask (detox treatment)

*provided together (four hands)

MEN'S PACKAGE

฿ 5,900.00

30m Foot bath & paraffin foot scrub

3 hours

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)

OTHER REVIVING MASSAGE PACKAGES

฿ 2,450.00

90m Shiatsu, Tuina, Migraine, Insomnia or Lymphatic massage

2 hours

30m Body mask, body scrub (choice of treatments) or feet & legs massage

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

1.5 hours

60m Facial cleanse/refresh (choice of 4 treatments)

BODY CARE PACKAGE

฿ 2,700.00

30m Body mask 1 (Thai white clay)

1.5 hours

30m Body scrub (grains or botanic)

30m* Body mask 2 (choice of 9 treatments)

30m* Beer/eggs or avocado hair treatment

*provided together (four hands)

PREMIUM BODY CARE PACKAGE

฿ 3,950.00

30m Foot bath, foot scrub, and paraffin mask

2.5 hours

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)

*provided together (four hands)

ANTI-AGEING PACKAGE

฿ 3,850.00

60m Facial cleanse/refresh (Harnn anti-ageing)

2.5 hours

60m Javanese massage, or Ayurvedic massage

30m* Body mask (mermaid)

30m* Indian head massage, or avocado hair treatment

*provided together (four hands)

SLIMMING PACKAGE

฿ 4,400.00

30m Body scrub (mandarin orange)

3 hours

30m Body mask (detoxifying)

120m Slimming massage (chilli or ginger oil)

WOMEN'S PACKAGE

฿ 6,450.00

30m Body scrub (choice of 9 treatments)

3.5 hours

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)

*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)



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+66 800 44 55 00

Call-out service ฿ 300.00 per hour

Open every day, 11 am to 10 pm

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