



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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