



Khao Lak Experience

Taking a holiday is the opportunity to fully disconnect from daily stress, and visiting the spa enhances that relaxation. The Spa Eden provides a peaceful space to unwind, release built-up tension from travel or work, and recharge both physically and mentally. It complements the resort experience by offering treatments that promote wellness, help improve sleep, and leave you feeling refreshed for the rest of your stay.

We have selected treatments to assist you on your journey back to your better self, back to your balance and wellbeing.

If you have an area to concern, please discuss with our team who can assist you with a tailored treatment plan.



OPENING HOURS: 10.00 - 20.00 HRS.

RECOMMENDED TREATMENTS

Unwind Experience

Ideal for those recovering from intense routines, frequent workouts, or long hours at the office, these treatments are designed to release tension and restore inner balance. Let go of stress as your body is gently guided back to comfort and calm. Reconnect with yourself and emerge feeling refreshed, renewed, and ready for a serene new beginning.

Eden Signature Massage (60/90 Minutes)

Surrender to the calming rhythm of our Signature Massage — a harmonious blend of traditional Thai healing and soothing oil therapy. This treatment combines the graceful movements of Thai massage with the therapeutic benefits of warm aromatic oils, creating a deeply relaxing and nourishing experience for both body and mind.

Office Syndrome Release (90 Minutes)

A targeted therapeutic treatment designed to release deep muscle tension caused by prolonged sitting and desk work. Begin with a 60-minute back massage combined with a warm herbal compress and continue with a 30-minute head massage using warm coconut oil, easing stiffness and improving circulation. This restorative therapy leaves you feeling lighter, looser, and instantly refreshed.

Thai Herbal Compress (90 Minutes)

A deeply restorative treatment combining Thai massage techniques with warm herbal compresses. A steamed pouch of healing herbs is pressed along the body, easing muscle tension, improving circulation, and calming the mind.

Hot Stone Massage (90 Minutes)

Selected choice for those seeking stress relief or muscle relaxation without deep pressure. Smooth, heated volcanic stones are placed on key points of the body and used to gently massage the muscles. The warmth penetrates deeply to release tension, improve circulation, and promote profound relaxation.



Classic Massages

A perfect starting point for anyone seeking deep relaxation, gentle relief from daily tension, or a moment of peaceful restoration. Ideal for first-time guests or those looking to maintain balance and well-being in their routine.

Sport Massage (60/90 Minutes)

Recharge your body and unlock your full physical potential with our deeply therapeutic Sports Recovery Massage. Designed for athletes and active individuals, this treatment targets tired, overworked muscles using a combination of deep tissue techniques and trigger point therapy.

Aloe Vera Massage (60/90 Minutes)

A calming and deeply hydrating massage using fresh aloe vera gel to cool, nourish, and revitalize the skin. Perfect for sun-exposed or sensitive skin, this gentle treatment soothes inflammation, relieves tension, and leaves your body feeling refreshed, renewed, and naturally radiant.

Aroma Massage (60/90 Minutes)

A gentle, holistic treatment that soothes the senses and restores inner harmony. Each stroke is designed to calm the nervous system, ease muscle tension, and encourage deep emotional relaxation. The aromatic oils are absorbed through the skin and inhaled through the breath, working in synergy to promote balance, wellness, and a profound sense of peace.

Traditional Thai Massage (60/90 Minutes)

A therapeutic journey that harmonizes body, mind, and spirit. This centuries-old practice blends gentle rocking, deep rhythmic acupressure, and assisted yoga stretches to restore balance and release tension held deep within the muscles.

Back Massage (30/60 Minutes)

A back and shoulder massage is a focused massage technique that targets tension, knots, and tight muscles in the upper body—specifically the upper and lower back, shoulders, and neck. It's ideal for relieving stress, improving circulation, and reducing pain from poor posture or physical strain.

Head Massage (30/60 Minutes)

A head massage with warm coconut oil is a soothing experience that calms both the mind and body. As the warm oil gently touches the scalp, it melts away stress and tension, bringing a deep sense of comfort and relaxation. The smooth movements nourish the hair roots, improve circulation, and refresh the senses. This traditional practice restores balance, promotes relaxation, and leaves you feeling calm.

Relaxing Foot Massage (30/60 Minutes)

Experience pure tranquility with our Relaxing Foot Massage. This treatment provides physical and spiritual renewal by applying specific thumb, finger and hand techniques to various reflex points on the feet to ease away stress, rejuvenate tired feet, and awaken your inner serenity.

Body Treatments

Treat your body to a deeply rejuvenating experience that goes beyond the surface. Our skin body treatments are expertly designed to exfoliate, hydrate, and nourish your skin, leaving it noticeably softer, smoother, and glowing with vitality.

Tropical Coconut Scrub

(60 Minutes)

Indulge in a tropical escape with our nourishing coconut scrub, gently exfoliating the skin to reveal a soft, radiant glow—leaving your body refreshed, smooth, and deeply hydrated.

Nourishing Coconut Body Wrap

(60 Minutes)

Immerse yourself in tropical bliss with this deeply hydrating coconut body wrap. Rich in natural oils, replenishing moisture and restoring softness. Ideal for dry or sun-kissed skin, it leaves you feeling renewed and beautifully radiant.

Detox Coffee Scrub

(60 Minutes)

Awaken your senses with this invigorating coffee scrub, designed to stimulate circulation, exfoliate tired skin, and leave your body feeling smooth, toned, and re-energized.

Detox Green Tea Body Wrap

(60 Minutes)

A purifying ritual infused with antioxidant-rich green tea to detoxify the body, soothe the skin, and restore natural vitality—leaving you refreshed, rebalanced, and beautifully renewed.

Radiance Tamarind Scrub

(60 Minutes)

A natural skin-brightening treatment using tamarind's gentle fruit acids to exfoliate dull skin, revealing a smoother, more radiant complexion with a healthy, luminous glow.

Soothing Aloe Vera Body Wrap

(60 Minutes)

A gentle, calming treatment that wraps the body in pure aloe vera to soothe irritated skin, reduce inflammation, and restore deep hydration—perfect for sun-kissed or sensitive skin.

Optional Add-On

Aromantic Bath

(30 Minutes)

Drift into a blissful state with our Aromatic Floral Bath — a luxurious blend of healing essential oils and fresh flower petals designed to relax the body, calm the mind, and nourish the skin. This rejuvenating soak helps ease tension, reduce stress, enhance circulation, and leave your skin delicately scented and beautifully hydrated.



Facial Treatments

Experience the ultimate in skincare and self-care with our customized facial treatments designed to cleanse, balance, and rejuvenate your complexion. Whether you're targeting specific skin concerns or simply indulging in relaxation, our expert estheticians tailor each facial to your unique needs.

Tightening and Firming Facial

(60 Minutes)

The albumin firming facial treatment tightens and firms loose, dry, or dull skin in just one application. Albumin extracted from egg white protein promotes the creation of collagen and elastin in the skin. It tightens the pores and skin to look naturally firm. The natural extracts help hydrate the skin layers so deep wrinkles gradually fade resulting in a younger and firmer-looking face. The lightweight formula is absorbed quickly, keep up to 80% of the moisture in your skin, delivering non-greasy moisture as it restores youthful feeling skin.

Rejuvenating Formula Facial

(60 Minutes)

The stimulating facial massage combined with CO-Enzyme Q10 actives is a powerful energy boost to the cells. This powerful antioxidant prevents premature aging and instantly restores firmness to the skin. The combination of stimulating facial massage techniques rejuvenate the skin and add moisture and elasticity to the skin surface.

Sensitive Skin Facial

(60 Minutes)

This gentle treatment is specially formulated for sensitive and sun damaged skin, helping to reduce irritation and restore comfort. Enriched with soothing aloe vera, it naturally calms redness and supports the skin's healing process.



SPA Journey

Looking for the ultimate escape? Ask about our SPA Journey! Treat yourself to a deeply relaxing and rejuvenating experience. Our thoughtfully designed SPA Package combines multiple treatments into one seamless session – offering total wellness from head to toe.

Eden Signature Journey (180 Minutes)

An all-encompassing ritual designed to nurture your body from head to toe. Your journey begins with a detoxifying body scrub, smoothing away dull and dry skin to reveal a soft. Next, a deeply nourishing body wrap envelops the skin in hydrating care. Continue with our Signature Massage, expertly crafted to release tension and restore balance. The experience concludes with a soothing facial, combining deep relaxation with targeted skincare—leaving you fully rejuvenated, radiant, and restored

▪ Coconut Body Scrub (30 Mins) ▪ Coconut Body Wrap (30 Mins) ▪ Signature Massage (60 Mins) ▪ Facial Treatment (60 Mins)

Siam Journey (150 Minutes)

Embark on a revitalizing Thai wellness experience, beginning with a delicate green tea body wrap that detoxifies and nourishes the skin. Your journey continues with a deeply soothing hot herbal compress massage, designed to melt away muscle tension, improve blood circulation, and restore inner balance.

▪ Green Tea Body Wrap (60 Mins) ▪ Thai Herbal Compress (90 Mins)

Couple's Experience Journey (180 Minutes)

A beautifully curated journey for two, share a serene escape with your loved one in a private spa suite. This blissful journey includes soothing treatments designed to relax the body, calm the mind, and deepen your connection in a tranquil, romantic setting.

▪ Tamarind Scrub (30 Mins) ▪ Romantic Milk Bath (30 Mins) ▪ Relaxing Oil Massage (60 Mins) ▪ Facial Treatment (60 Mins)

One-Day Wellness Package

Relax & Reconnect

Relax your body and reconnect with your soul. A thoughtfully designed day of self-care with energizing yoga, fresh raw juice, a nourishing lunch, and a restorative spa treatment — created to refresh, rebalance, and restore you.

▪ Private Yoga (60 Mins) ▪ 2 Cleansing Raw Juice Drink ▪ Healthy Lunch ▪ Relaxing Oil Massage (90 Mins) ▪ Eden Mini Facial (30 Mins)

Reset & Recharge

This offers a powerful day of wellness featuring an energizing Thai boxing session with refreshing raw juice, nourishing cuisine, and the therapeutic healing of a Thai compress with Head Massage — designed to renew your energy and relax your mind.

▪ Private Muay Thai Boxing (60 Mins) ▪ 2 Cleansing Raw Juice Drink ▪ Healthy Lunch ▪ Thai Herbal Compress (90 Mins) ▪ Relaxing Head Massage (30 Mins)



The One-Day Wellness experience requires a minimum of one day's advance reservation.

SPA ETIQUETTE

- Begin your journey into relaxation by arriving 10–15 minutes early. This allows time to check in, change into your robe, and settle into a state of calm.
- A spa is a sanctuary of peace. Please speak softly and silence electronic devices to maintain a quiet, soothing environment for all.
- Please note that the spa is unsuitable for small children and babies unless receiving treatment, as we try to ensure all our guests benefit from the tranquil surroundings.
- Robes, slippers, and towels are provided for your comfort. Therapists are trained in professional draping techniques to ensure your privacy at all times.
- Your experience is uniquely yours. Feel free to share your preferences—whether it's massage pressure, temperature, or areas of sensitivity.
- For your safety, kindly inform the staff of any medical conditions, allergies, or recent surgeries before your treatment begins.
- We recommend that you leave all jewelry in your room before coming to the spa. Smoking and the use of mobile phone not permitted in the spa.
- Arriving late will decrease the time of your treatment.
- Please give 4 hours' cancellation notice on individual treatments and 24 hours' notice on the package. Otherwise, 50% of the price may be charged to your account.
- After your treatment, drink water or hot tea to support the body's natural healing. Take your time as you return to the outside world, carrying your calm with you.



For more information and reservation, please contact The Spa Eden Ext. 4 or dial 0 for guest service center.



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