

Saowarot Menu

Body Package : Absolutely Pampering

The Signature of Saowarot : Passion Fruit Paradise : 120 minutes / 3,590 baths

Passion Facial : Timeless Nourishing Vitamin E Treatment : 60 minutes / 1,590 baths

Celebration Blooming : Chocolate Blossom : 150 minutes / 3,590 baths.

Therapies Massage

Aroma Therapy Massage	60 minutes / 590 baths
Swedish Massage	60 minutes / 490 baths
Traditional Thai Massage	90 minutes / 390 baths
Thai Herbal Compress	90 minutes / 590 baths
Krabi Sunrise	60 minutes / 490 baths
Krabi Sunset	90 minutes / 590 baths
Foot Therapy Massage	60 minutes / 390 baths
Foot Shopping Lover	60 minutes / 490 baths
Foot Pampering Deluxe	90 minutes / 590 baths

Body Polish : Price 790 baths / 60 minutes.

Ten exfoliating grains option, choose tree things for you glow and renew your body.

- | | |
|-----------------|---------------|
| 1. Black Sesame | 6. Green Bean |
| 2. Black Rice | 7. Honey |
| 3. Bergomot | 8. Sea Salt |
| 4. Coconut | 9. Tamarind |
| 5. Coffee | 10. Turmeric |

Body Conditioners : Price 790 baths / 60 minutes.

Ten body conditioners rejuvenate your soul. Wraps you from natural.

- | | |
|--------------|-------------|
| 1. Aloe Vera | 6. Papaya |
| 2. Banana | 7. Plai |
| 3. Cucumber | 8. Tamarind |
| 4. Honey | 9. Turmeric |
| 5. Rice Barn | 10. Yogurt |

The simple life @ Saowarot

Feel the warmth of the sand beneath your feet as we tip-toe through some of Krabi Sunset's more secluded retreats, If you could life in paradise. No stressing, phone cells, no emails, nothing just upon yourself. When the sunrise opening, an the goat on the road look like familiar get to you close best friend and one expect hammocks stretched between water cows tilling. An the blazing of sunshine, the greenery of mountain and expanse of rice paddy fields, the powdery dust white sand and The Andaman blue sea is very clear enough to reveal all the aquatic life within it, after living under sunbeam come together sunrise descent, only for remove the night's curtains, bring many stars play music with waxing crescent, this is a few secret ascent to heaven still waiting to be discovered.

Body Package : Absolutely Pampering

The Signature of Saowarot : Passion Fruit Paradise

120 minutes / 3,590 baths

The fine smells of Passion Fruit help you to the deeply reach to paradise, an excellent in combating odor and greasiness and is also uplifting and refreshing. It powerful of ingredient with high Vitamin C (more than lemon), Fruity Acid, Caroteinoyd and Albumin-Hemologous Protein, its rejuvenates and revitalize your skin to deeply in nourishing try following tips to keep your skin look its best in humid temperature.

Passion Facial : Timeless Nourishing Vitamin E Treatment

60 minutes / 1,590 baths

Moisturizing, protecting, all-round skin conditioning; is there anything multi – tasking Vitamin E can't do? Nature's best source of superhero vitamin E is wheat germ oil. So we can crushed whole grains of wheat and extracted the oil, just so we could put it in my spa. We can't imagine life without soothing, calming the best from Vitamin E.

Celebration Blooming : Chocolate Blossom

180 minutes / 3,590 baths

Prepare for this important day and treat yourself to the ultimate in pampering with a whole body experience with you soul mate. Relax as our Honey Moon tea and Passion Fruit Rind before go to the next step in foot bath with pure tropical Rose. An renew our body polishing with Chocolate, Rice Barn, Brown Sugar and White Vanilla to body exfoliation is used to soften your skin and restore natural glow, follow by the signature massage oil it blend from you emotion. An the last one in body cocoon like in you honey's arm with hot chocolate, black vanilla and the secret of nature- blossom honey. Designed to replenish and revitalize the complexion you then experience the indulgent calm and serene, leaving you a whole new person for your special partner to be.

Massage : The Power of Touch

All of us have felt anxious at more points in our lives that we would care to admit. In definition, anxiety is an unpleasant emotional state ranging from mild unease to intense fear. When you are anxious, your body will let you know immediately. Common symptoms include palpitation, sweating, irritability and sleeplessness. An intense feeling of anxiety can result in a panic attack. Depression and chronic fatigue are often associated with anxiety as well. Most physicians estimate that stress and anxiety may be contributing factors in 90 percent of all illness.

There are a number of natural and safe stress-reducing methods available to struggle with anxiety. Massage is something that we are most familiar with and choose to pamper ourselves with from time to time. Massage not only serves to relax but also helps tone the body, stimulate circulation and release tension and discomforts. It addresses the skin, blood, and lymphatic systems as well as the limbic and nervous system.

While the healing power of touch can work wonders on the human body, a massage will only work its magic when done in the right ambience and environment. It is always vital to ensure that the environment is conducive to healing where noise levels are shut out, soft healing music is playing to help ease your state of mind, room temperature is mild and the intentions of the receiver and the therapists are pure.

Aromatherapy Massage

Aromatherapy is a popular method, helping your mind and body relax. Discover our most aromatic and relaxing massage with purity oils. Using a combination of light pressure strokes and acupressure techniques. This soothing and gentle massage uses essential oils from natural sources in an ancient practice of pressure point massage. The inhaled aroma induces relaxation, allows the healing properties of oils to penetrate into the skin and will act to calm your nerves and settle the digestive system, which leaves both body and mind feeling completely relaxed with a choice of oils.

Swedish Massage

Traditional massage technique using 5 different movements of massage resulting in a firm but gentle pressure is soft, a distinctly European, full body massage that stimulates blood circulation and soothes tense muscles. Medium in pressure, it utilizes a combination of three basic strokes, long firm strokes, kneading strokes, and small circular strokes, or five movement massage involving long strokes, tapping, kneading, rolling, and vibration muscles against bones in the same direction as the blood flow.

Traditional Thai Massage

Thai Massage is considered to be one of the most complete experiences for the enhancement of the body and soul. The ancestral art of Thai Massage not only stems from Indian Ayurvedic medicine but also shares many features with Yoga and Shiatsu. This massage is performed on a mat or on the floor to enhance the balancing weight and pressure of the practitioner and to give the massage the most intensity and strength. No oils or lotions are used during the massage and the best option for maximize enjoyment is to wear loose fitting clothing and relax, melt under the pressure of your therapist, try to liberate you mind and let them lead you on the way of enlightenment.

This massage is strong that embodies the grace of a dance and the healing art of touch, works on energy line of the body. Starting at the feet and progressing up to the head, the therapist exerts pressure on the meridians line with uses their hands, forearms, knees and feet to apply pressure to the body points; whilst pulling, twisting, and manipulating the body. The body is manipulated and stretched which a long flowing palm strokes integrated with joint movement and subtle stretched joints. This practice is a deeply relaxing experience helping to prevent the build up of stress in our daily lives. A unique sensory experience that reduces stress while increasing bodily awareness. Used to relax tight limbs and release blockages, to reduce fatigue, while improving blood circulation an overall creating feeling of well being.

Thai Herbal Compress

A traditional herbal recipe of plai root, tamarind leaves, turmeric, bergamot peels, camphor, lemongrass and black herbal seeds are steamed in cotton encased flowing and applies directly to the line body, combined with pressure point massage, the herbal heat penetrates oil to absorbed in to the whole body. Muscle relaxation – heated herbal pouch treatment – not suitable for sun burnt skin person. This massage uniquely designed to improve muscular tone to calming and impart a feeling of total relaxation by soothing away accumulated tension and stress throughly applying warm oil absorbed in the body, and relaxes sore muscle.

Krabi Sunrise

This one is exclusively designed to meet your individual needs and bring your body as you use some part of body and muscles to work on. Thus this massage will be adapted to focus on certain specific problem areas. Back, shoulders, neck and head are targeted with medium to firm pressure massage, back flexibility, ease muscle stiffness. After the course like you back, head, neck and shoulder, bring to help alleviate back suffering, loosen joints, ease away chronic muscle aches and pain. This treatment can rejuvenate your energy, stimulate blood circulation, induce deep relaxation, also promotes healthy hair and scalp. Open your mind and your body into perfect equilibrium for a wonderful next step.

Krabi Sunset

A unique massage that helps to a calm and endless to relax by gentle touch therapist. This massage is a medium to strong massage that blends between, Thai massage, Shiatsu massage and Indonesian massage, by body stretching, body flexibility. It works the body deep tissue using firm strokes and thump pressure as well as stretching techniques. By concentrating on the meridian line of the body. The purity coconut oil is used for these therapies, the base turns into milk to provide extra suppleness, an excellent skin moisture and used to hydrate the skin emollient during massage as well as to perfume and purity lover. This treatment restores flexibility and energy flow and alleviates chronic pain in the muscle and joint. The complete relaxation and absolute healing help you to deep sleep.

Foot Therapy Massage

An ancient Chinese art therapies restoring a natural energy flow around the body by using finger – point pressure focus is on locating principal that the foot is a map of the body so reflex points on the feet correspond with the organs and glands correctly on feet. That use diagnostic the inner organs problem together which stimulating the system and body, reduce foot fatigue, nerve reflex points stimulation, foot relaxation. Experience the foot indulgence starting with a soothing foot bath combined with the art of reflexology applying medium massage pressure to specific points on the feet. This technique corrects imbalances and promotes your body's natural self-healing mechanisms by boosting the immune system and alleviates pain.

Foot Shopping Lover

In regularly, the pedicures are perfect for keeping feet in excellent condition. Go for cleansing foot bath with the aroma oil and sea salt foot soak, and the next best thing for trimming and shaping for all twenty nails, followed by a scrub them with the herbal blend for leaving the dead cells to renew the new cover good skin and massage for feeling good by pure coconut oil or the sesame oil for you one choose. After all, you foot so completely relax, amblanced hydrating and velvety smooth from the hard walks all day and give you feet the attention that they deserved with this foot care routine ,get prepared for the next tomorrow.

Pampering Deluxe

The face may get noticed but it's the foot that get the maximum exposure as they are in direct contact with drying elements such as detergents, hot water, sun, sand and wind. Feet tend to be hidden and therefore neglected, but with the widespread popularity of open shoes, get prepared. Take care you foot with the royal Thai herbs and nourish them with the secret blend from nature. This treatment includes an application of a delightful tropical plants, its to scrub you foot for rinse of the callous and dead cells skin thickening can result in distressing feet. Wrap with the powerful ingredients in warm sheet to allow the absorb of replenishing anti-aging vitamin, then cool to brighten the color to the new skin.

Body polish and Body conditioner

Body polish

Dull and flaky skin? This invigorating treatment is the answer. Simply wash daily with some sort of loofah or natural sponge to ensure a small amount of exfoliation. But if you need better exfoliation and moisturizer, body polishing is a great way to bring about deep-down cleaning you're looking for. The perfect way to naturally clean and eliminate dead skin cells that accumulate on the skin veneer for repair the daily damage to allowed for better penetration of products such as oils or lotions. A special mingle of Thai herbs used in the polishing, is one of the primary key to a healthy skin, there are several options for body polishing depending on your skin type and preference. A body polishing is a 30 – 60 minute body exfoliating treatment which is best performed before a body massage, body conditioners or other treatments. The treatment for the exfoliation removal of dead skin cells from the surface of the skin, allowing renewal cells to grow, by various combination natural ingredients in the virgin oil or pure water. A variety of techniques can be used on to the skin rubbed in to remove the outermost layer of skin cells. Means after which a shower

or bath to rinse off the residue product. With deep cleaning treatment for producing healthier looking soft skin silky, advance to improves the circulation by stimulating blood flow for bright and smooth. The oriental renew skin beauty tips for you ;

- ❖ Coconut + honey + Tamarind
- ❖ Black sesame + Black rice + Coffee
- ❖ Turmaric + Plai + Sea salt

Body conditioners

Our body conditioners harness the good for Mother nature and envelope you in a cocoon of natural emollients that nourish, sooth and soften, restoring luster to your skin. A wrap is the application of a therapeutic product, this type of treatment usually involves strips of cloths soaked in rich, nutrient substances, cocooned around the body. Heat and humidity make the skin particularly absorptive to active substances and this is often enhanced by the wrapping of the body. Hot sheets soaked in herbs wrapped you from natural around the body, then covered with banana leafs blanket for 20 – 30 minute to keep the body warm and allow the skin to fully absorb its therapeutic benefit. After all help to soften the skin, used to relax muscle, stimulate circulation, detoxifying to stimulate the metabolic system and draw out impurities to speeding its ability to carry away waste products. The secret of legendary body conditioners.

- ❖ Honey + Cucumber + Yogurt
- ❖ Turmaric +Plai + Honey
- ❖ Banana + Cucumber +Turmaric