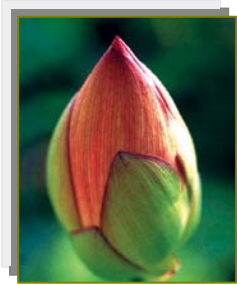


BAAN TALING NGAM  
*Resort & Spa*



BAAN TALING NGAM  
SPA

295 Moo 3, Taling Ngam Beach  
Koh Samui, Suratthani 84140  
Thailand  
Tel (66) 7742 9100  
Fax (66) 7742 3220

BAAN TALING NGAM  
SPA

## Spa Etiquette

### **Punctuality**

Please arrive 15 minutes early to transition from the everyday stresses and unwind with a cup of tea and surrender yourself to the earthly pleasures of Baan Taling Ngam Spa because we have other guests within the spa we are unable to provide any additional time for your treatment, and full value rate will be charged if you are late.

### **Clothing**

Although your personal comfort is of utmost importance, we recommend that for all

### **Courtesy to others**

Because the spa is a place for relaxation we kindly ask that you turn off your mobile phone and refrain from making any loud noises.

### **Cancellation Policy**

Because your spa services are reserved for you, we ask that you notify us at least 3 hours in advance if you need to cancel or reschedule. 50% of the value of your services will be charged for cancellations or rescheduling within 3 hours. For package cancellation or rescheduling we require 6 hours notice or the above policy will apply. All no shows will incur full charge of services booked. We thank you for your cooperation.

### **Special Consideration**

Guests who have any medical complications are advised to consult a doctor before signing up for a treatment. Please make sure our spa receptionists are aware of any medical conditions that could cause complications.

### **Smoking and Alcohol**

Smoking and consumption of alcohol with the spa is prohibited.

### **Payment**

We accept all major credit cards. Your treatment may also be charged on your room account or be settled by cash. All prices are quoted in Thai Baht and are subject to a 10% service charge plus applicable government tax.

## MASSAGE FOR LIFE

### **Swedish Massage**

Based on the therapeutic Swedish technique, this heavenly massage uses shooting hand movements to work into the muscles and soft tissue to induce relief from stress and tension. This massage covers most of the body, with an emphasis on the back. Pressure can be varied as you wish.

*60 minutes Baht 2,200*

### **Sport Massage**

A combination of Thai, Swedish and Deep Tissue techniques to ease aches, pains and strains. Perfect after a day's activities and for those wanting more concentration on the tension areas of their back. This massage will vary according to your particular needs.

*60 minutes Baht 2,200*

### **Asian Blend Massage**

Involves the application of pressure and gentle stretching, this massage truly does blend different styles from the East and the West into one fabulous experience using aromatic oils, this massage is highly recommended for those who prefer a strong massage.

*60 minutes Baht 2,200*

### **Traditional Thai Massage**

A traditional Thai style massage as used in "Old Siam" times. Concentrating mainly on the legs and back, this massage involves prolonged stretching and and deep pressure along the meridians of the body.

*60 minutes Baht 1,490*

*90 minutes Baht 1,990*

(Massage at the Beach Sala available from 10.00 a.m.–16.00 p.m. for 60 minutes)

### **Foot Reflexology Massage**

The specialist's massage involves the systematic stimulation of all the nerve reflexes in the feet, which correspond to the internal organs, and all parts of the body. Far more than a foot massage, this holistic healing includes some wonderfully relaxing head massage and foot massage with soothing mineral cream.

*60 minutes Baht 1,690*

*All prices are subject to 10% service charge and prevailing government tax.*

## MESSAGE FOR LIFE

### Anti-Stress Massage

The perfect introductory massage, or for those who are high on stress, short on time. Focusing on the back, neck and shoulders, this massage uses oil and Swedish massage techniques to relax this particularly tension-filled area.

*30 minutes Baht 1,090*

### Baan Taling Ngam Deluxe

You will be able to float out of the spa after this luxurious massage. Two hours of pure relaxation as warm towels saturated with herbs and nutrients are applied to your back and body before smooth, deep hand movements are used to work out tension using an aromatic Oil, suited to your mood, This exclusive massage will ensure your memories or Baan Taling Ngam will not be forgotten.

*120 minutes Baht 3,290*

## BEAUTY TREATMENTS FOR PEACE OF MIND

### HAIR DRESSING

Blow Dry and Set	Baht	490
Shampoo and Blow Dry (Short Hair)	Baht	590
Shampoo and Blow Dry (Long Hair)	Baht	790
Shampoo Blow Dry and Curl setting	Baht	1,500
Cut and Curl setting	Baht	2,000
Lady's Hair Cut	Baht	990
Men's Hair Cut	Baht	790
Children's Hair Cut	Baht	390

### WAXING

Eye Brown/ Upper Lips/Sideburns	Baht	250
Chest	Baht	490
Back	Baht	590
Underarms	Baht	390
Half Arms	Baht	490
Full Arms	Baht	590
Bikini	Baht	590
Bikini Lines	Baht	390
Half Legs	Baht	890
Full Legs	Baht	1,090

### NAIL CARE

Manicure	Baht	895
Pedicure	Baht	1,095
Men's Manicure	Baht	590
Men's Pedicure	Baht	790
Changing Nail Color Lacquer	Baht	390
Hands Paraffin Treatment	Baht	1,000
Feet Paraffin Treatment	Baht	1,200

*All prices are subject to 10% service charge and prevailing government tax.*

*All prices are subject to 10% service charge and prevailing government tax.*

## ADDITIONAL SERVICE

### **Floral Luxury**

Soak in a warm bath infused with fresh Thai Herbs and filled with flowers. A luxurious way to relax amidst the tropical fragrances of Thailand.

*30 minutes Baht 1,090*

### **Pampering Milk**

Recline in the luxury of our moisturizing milk bath, perfect for feeding your body from the outside with every mineral it needs resulting in soft, silky skin. Cleopatra, one of the world's most beautiful women, held her beauty secret in the milk baths of the

*30 minutes Baht 1,090*

### **Heavenly Light**

Nothing will beat the stress and tension away faster than soaking in essential oil bath by candlelight whilst absorbing the view of nature and sipping tropical fruit juices.

*30 minutes Baht 1,290*

### **Romantic Fusion**

Complete with sparkling wine, enjoy the hints of romance amidst the scent of rose petals and rose essential oil. This luxurious bath fusion can also be made up in the privacy of your room with candles.

*30 minutes Baht 2,390*

### **Aromatic Herbal Steam**

Enjoy the fragrances of Asia as you indulge in our aromatic steam rooms. Great for cleansing the pores and clearing the mind, herbal steam is not only relaxing but a great way to prepare your body for all other treatments.

*30 minutes Baht 590*

## BODY TREATMENTS

### **Aromatherapy Salt Scrub**

Massaging in finely ground sea salts blended with essential oils. This splendid body treatment removes the layers of dead skin from the body leaving your skin radiant and smooth as silk.

*60 minutes Baht 2,200*

### **Oatmeal Body Polish**

This superb and exclusive treatment uses the natural cleansing and healing properties of oatmeal and pure rosewater. So pure and balancing is it, that in the spa suite, relaxing hand movements are used to apply the product and bring your body, mind and spirit into total harmony. The treatment is finished with moisture body lotion, leaving your skin soft, smooth and radiant.

*60 minutes Bath 1,990*

### **Tea Tree Back Cleansing**

A deep cleaning treatment for the back which helps to restore the balance of the skin and at the same time brings tension relief to the muscles and tissue. Using Tea Tree exfoliating mask, your back will be cleansed and detoxified while citrus oil used to assist in the removing of excess oils on the skin, then prepares the muscles for our spa back and neck massage that will not only leave the skin clear and healthy, but you totally relaxed as well.

*60 minutes Baht 1,990*

### **Hot Oil Indulgence**

Embraced in the warm mineral rich Macadamia Nut Oil, your skin will be fed with vitamins A, E and C. The thermal energy will also relax the muscles and prepare your body for our therapeutic back, neck and shoulder massage. Your skin will be a moisture body lotion.

*90 minutes Baht 1,990*

### **Sun-Lovers Recovery Wrap**

This is the perfect moisture body mask to accompany holiday sun bathing. This soothing wrap uses the calming and healing properties of aloe to re-hydrate the skin, leaving it fresh and cool. Green tea a rich source of antioxidants provides vital anti-aging benefits and protects the skin against the environment.

*60 minutes Baht 1,690*

*All prices are subject to 10% service charge and prevailing government tax.*

*All prices are subject to 10% service charge and prevailing government tax.*

## BODY TREATMENTS

### Detoxify Marine Wrap

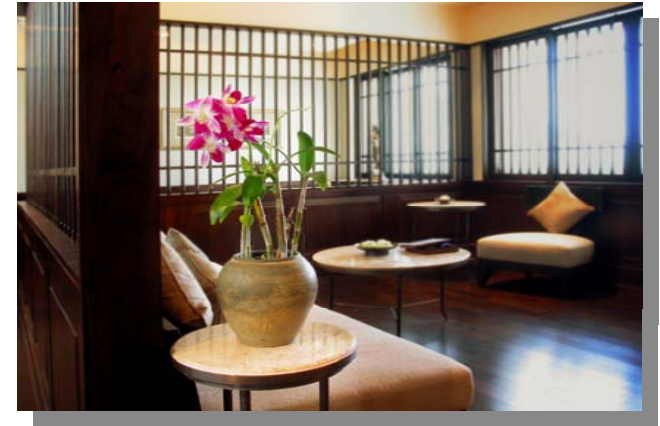
This unique body wrap utilizes trace elements and minerals from the sea to detoxify and stimulate the cellular functions of the skin. Fango marine mud is applied, to purify the skin and eliminate toxins from the body which is then wrapped in thermal blankets to enhance the absorption of the mud's rich minerals. The finale is a soothing massage using moisture body lotion.

*60 minutes Bath 2,990*

### Slimming Body Mask

A specialize treatment for cellulite reduction and general detoxification. This deluxe treatment features lymphatic massage with a slimming gel on problem areas. Your treatment concluder with a body forming lotion massage, leaving your body feeling firm and toned.

*90 minutes Bath 3,290*



*All prices are subject to 10% service charge and prevailing government tax.*

## MEN'S PACKAGE

### Vitality

Revitalize your senses with our popular spa aromatherapy experience. An Aromatic Herbal steam to prepare you body for the refreshing Aromatic Salt Scrub and tension Asian Blend Massage

2 Hours Baht 4,690

### Serenity

Your invitation to total body rejuvenation begins with your own private herbal steam followed by our Hot Macadamia Nut Oil Wrap, Sport massage and finishing with a pampering Skin Toning Intensive Facial.

3 Hours Baht 6,990

### Invigoration

Especially designed to relax every muscle and revitalize the mind, you shall begin with an Aromatic herbal steam and herbal Harmony Bath Followed by a Tea Tree black Cleansing Sport Massage and Men's Facial. To finish this wonderful treat with Foot Reflexology Massage.

4 Hours Baht 8,290

### Inspiration

Indulge with us for the day as we take your body and mind and create a new you. awaken you senses as you relax in your private spa suite with breathtaking views by Aromatic Herbal Steam and Herbal Bath be pampered with a selection of treatments to remove all tension and stress from your memory with Hot Oil Indulgence, Asian Blend Massage and Foot Reflexology Massage. Together with a nourishing spa Cuisine meal, you can ensure that this will be the highlight of your stay. Finishing with Men's Facial, finally and Manicure or Pedicure

5 Hours Baht 9,890

## FACIAL TREATMENT

### Aromatherapy Facial

Suitable for all skin types, this is the perfect introduction to facial treatments the delights of Aromatherapy. Pure botanical products are used in relieving combination with a gentle massage to the face, neck and shoulders. This facial is guaranteed balance, relax and restore a healthy radiant glow to your skin.

60 minute Baht 2,200

### Herbal Face Mask

Exclusive to Baan Taling Ngam, this wonderful facial pampers and nurtures in the ways from years gone by. Thai Mulberry Tea leaves are combined with Rosemary, and dried milk and honey to provide a gentle yet vital stimulant Koa Lin regeneration whilst softening the skin.

60 minute Baht 1,690

### Rejuvenating Facial

These treatments will combat premature aging by promoting cell renewal. After the skin is thoroughly cleansed and exfoliated a facial massage follows using a special revitalizing cream rich in vitamins C, E and natural anti oxidants. an age repair peel off mask is then applied repairing the skin's elasticity, tone and texture.

60 minute Baht 2,990

### Papaya Enzyme Facial

A rejuvenating facial for all skin types, which includes a luxurious facial massage Papaya Enzyme Mask in combination with Q10 oxygen complex to rejuvenate nourish the skin. This hydrating treatment will restore moisture and greatly diminish fine lines and wrinkles caused by excessive dryness.

60 minutes Baht 2,790

### Replenishing Collagen Mask

This purifying facial is specifically designed for oily, irritated and congested skin. After cleansing, peeling, gently massaging the face to stimulate the lymphatic system and the application of a special AHA toner a soothing Lactic Acid Collagen mask is used to break down and absorb excess sebum that causes pimples and blackheads. Your skin will look and feel radiant without an oily shine and as a finishing touch, your feet and hands will be moisturised with a pampering massage

60 minute Baht 3,190

All prices are subject to 10% service charge and prevailing government tax.

All prices are subject to 10% service charge and prevailing government tax.

## SPA PACKAGE

### Harmony

If total relaxation is what you desire, why not try this fabulous combination of a Swedish Massage plus a n Aromatherapy Facial to spoil you with the perfect treat of mind and body.

2 Hours Baht 4,190

### Radiance

Beginning with your own private Aromatic Herbal Steam, invigorate your entire body and remove dry, dead, unwanted skin by experiencing an Aromatherapy Salt Scrub exquisite Swedish Massage

2 Hours Baht 4,690

### Reviver

perfect treatment to overcome jet lag and relieve your travel weary body of stiffness aches and pains, this combines a fantastically refreshing Foot Reflexology, a White Mud Hot Herbal Wrap and our Anti Stress Back Neck and Shoulder Massage.

2 Hours Baht 4,690

### Elation

Commencing with an Aromatic Herbal Steam, your choice of body scrub to prepare your skin shall then be followed by a Swedish or Asian Blend Massage and Aromatherapy Facial. A perfect package for total body rejuvenation.

3 Hours Baht 6,290

### Elegance

Experience your own touch of Thailand with this traditional form of beatification After your back is prepared with Hot Herbal Compresses, your skin will be treated Treated with a white Mud Herbal Wrap, your muscles treated with Traditional Thai Massage and your face hydrated with our Herbal face Mask. This must do experience Also includes exotic tropical fruit and Hot Herbal Teas served throughout.

3 Hours 30 minutes Baht 8,790

### Elegance

Beginning with a floral luxury bath, feel and look superb after a Herbal Body Polish, Slimming Body Mask, and Papaya Enzyme Facial nurtures your skin and caresses your Body, while a Manicure or Pedicure treatment completes this incredible total body make over that will leave you refreshed and revitalized.

4 Hours Baht 8,790

## SPA PACKAGE

### Purity

Absorb the islands most sensational view from your spa suite whilst you experience an unforgettable range of treatments and spa cuisine that will leave your body, mind and spirit in perfect harmony. This detoxifying combination includes an Aromatic Herbal Steam, Milk bath, Oatmeal Body Wash, Detoxify Marine Wrap, Swedish massage, and intensive Collagen Mask, for an incredibly satisfying escape from every day life. For a perfect finish, even your nails will be refreshed with followed by the relaxation benefits provided in an Manicure or Pedicure.

5 Hours 30 minute Baht 11,090