

Sindh spa At Sinae luxury Phuket





Sindh Spa

Our Sindh Spa, forged from wood, brick, and marble by hand, blessed by the spirit of the seas and bestowing good luck to all who experience its charm.

Sindh Spa provides a personalized and very individualistic experience combining holistic **ORGANIC products**, Our Spa menu includes remedies and rituals to soothe the mind soul and nourish the body.



Body Massage

Sindh Touch (Signature Massage)

A signature Sindh spa innovation, The Sindh Touch is an indulging combination of “Thai and Ayurvedic” techniques using warm Coconut poultice and warm coconut oil to detoxify the body and rejuvenate the mind and spirit.

90 Minutes

THB 3,500

Aroma Relax Massage

A classical massage consisting mainly of long strokes over oiled skin and kneading of the outer layers of muscle tissue to reduce stress and soothe sore joints and muscles. A uniquely luxurious blend of essential lymphatic system and remove blockages of the circulatory system.

60 / 90 Minutes

THB 2,250 / 2,950

Stress Relief Massage

A series of long flowing effleurage movement and gentle but effective massage strokes. Combined with our special blend “Stress Relief” massage oil which will help loosen muscle tissue, release toxins, and increase blood and oxygen circulation throughout the entire body. Provide you into a deep state of relaxation, leaving you completely Stress-free.

60 / 90 Minutes

THB 2,250 / 2,950

Oriental Massage

This superb massage acupressure and light stretching to release muscular tension by using Thai healing techniques, elbow pressure on the tense area while stimulating blended oil relieves tension and relax body and mind. It is a unique form of massage, blending both yoga-like focusing on vital energy points for a total experience of the mind and spirit.

60 / 90 Minutes

THB 2,250 / 2,950



Sport Massage

This Deep Tissue massage targets sore muscles and enhances muscle recovery after exercise and from stresses of daily life. Enjoy the soothing strokes of our classic massage combined with medium to firm pressure compression and light stretching to promote circulation. Flexibility and muscle recovery Sport massage can be customized to target problem areas, ease stress and muscle pain and increase circulation.

60 / 90 Minutes

THB 2,250 / 2,950

Thai Herbal Compress Massage

Heat promotes blood circulation and the transport of oxygen which can quickly dissolve muscular aches and pains. This treatment combines Traditional Thai massage with heated herb packs to leave you feeling recharged.

90 / 120 Minutes

THB 2,550 / 2,950

Thai Massage

An ancient Traditional Thai Massage is a fusion of acupressure, energy work and stretching techniques, reduces muscular tension, improves circulation, boost the immune system and balancing both body and mind.

60 / 90 Minutes

THB 1,950 / 2,350

Nuad Pro Kob

This is the classic Thai Traditional massage techniques to release tensions by “**Sen Sib**” or 10 meridian lines of the body, using a combination of warm aromatic oil with heated Thai herbal heat compresses to detoxify, alleviate muscular aches and pains and leave you feeling completely restored. The Thai herbal ingredients are absorbed by the body to help reduce pain and inflammation, including a sense of well-being in both body and mind.

90 minutes

THB 2,950

Pregnancy Massage

This gentle massage is specifically designed for the expectant mother (more than 4 months pregnant) performed on a pear-shaped bean-bag that molds to every bump, mother-to-be are restored to optimum wellness.

60 Minutes

THB 2,250



Massage on Spot

Indian Head Massage

Clear your mind with this massage to relax and remove fatigue caused by mental stress. Using pouring warm oil over the third eye to restore and relax every sense

30 / 60 minutes

THB 1,500 / 2,500

Back, Neck & Shoulder massage

This Thai style massage combines gentle acupressure and kneading to stimulate the flow of energy along the spine and strengthen nervous system and bring back balance to muscles.

30 minutes

THB 1,050

Jet Lag Massage

It will improve blood circulation, prevent varicose veins, remove toxins, alleviate sore muscles and reduce swelling. This luxurious massage assists in the relief of stress, and tension and revives tired feet. Using pressure points in the feet leaving you feeling revived & rejuvenated.

45 minutes

THB 1,750

Relaxing Foot Massage

Relaxing foot massage is highly recommended for those with tired feet.

30 minutes

THB 1,050



Body Polishers

Evening Tea Salt Scrub

Tea salt scrub in natural oil a true spa experience of exfoliating and nourishing evening tea salt scrub.

60 minutes

THB 2,050

Thai Coconut Scrub

This sublime blend of fresh Thai Coconut with their antioxidants and moisturizing oils yields one of our gentlest full body exfoliations, leaving your skin smooth and intensely hydrated.

60 minutes

THB 2,050

Jasmine Oatmeal Scrub

Highly recommend for dry and nature skin as the oatmeal rich in vitamins and honey help moisture your skin.

60 minutes

THB 2,050

Coffee Scrub

Efficient exfoliating scrub grand coffee from Starbucks which invigorates your senses and removes skin impurities. It helps to decrease the formation of cellulite when the fresh coffee is applied to the surface of skin.

60 minutes

THB 2,050



Body conditioners

Aloe Cucumber Mask

Excellent for sun burn or sensitive skin, combining of aloe vera and cucumber will reduce redness and irritation and calm the skin.

60 minutes

THB 2,050

Detoxifying Clay Mask

Experience the beneficial combination of detoxification and eliminating toxins benefits of the white clay and Turmeric, Tamarind that softens and clears the skin as it cleanses and firms encouraging the growth of new skin. Suitable for all skin types.

60 minutes

THB 2,050

Bath Rituals

Exotic Floral Bath

A luxurious mind calming and body soothing experience, soak away tensions and worries in a hot bath filled with tropical flowers milk bath minerals and essential oils to nourish and hydrate. Promotes total relaxation and improves muscle tone.

30 minutes

THB 750 / THB 1,350 (per couple)

Detox Bath Crystal

Perfect way to cleanse your body and mind after a stress full day in a tub of detox bath crystal. Pamper yourself with the sense of juniper, grapefruit and eucalyptus to promote total relaxation. Relieve both body and mind leaving your skin nourish.

30 minutes

THB 750 / THB 1,350 (per couple)



Organic Facial Treatment

Siam Botanicals organic facial skincare formulations are hand blended with carefully chosen ingredients which harness the healing and nourishing properties of plants and herbs found in Thailand ,used for centuries in effective skincare remedies.

Our facial treatments use cold-pressed organic seed oils of ginger, plai root, turmeric, ginger lily and frankincense. Choose the best treatment blended with distillations for your skin type and relax a the natural ingredients care for your skin and lift your mood.

Rejuvenating

Firming & Anti-Aging

A deeply hydrating and nourishing treatment which helps to smooth lines and brighten tired or naturally aging skin. This treatment begins with a cleanse using turmeric and lime, then gentle facial massage with organic Rosehip oil (which naturally contains antioxidants), a clarifying, white clay mask and your session finishes with our nourishing ginger lily & frankincense facial hydration.

60 minutes

THB 2,900

Soothing Facial

For sensitive skin and pregnancy

Our calming and relaxing facial treatment for sensitive skin begins with a light cleanse with aloe juice and a gentle exfoliation with forest berries and honey. A soothing facial oil massage is then followed with a clarifying white clay and rosewater mask. The treatment completes with deep moisturization from our Organic Cranberry and Jojoba Facial oil.

60 minutes

THB 2,900

Mini Cleansing Facial

This treatment is designed to deep clean and clarify the skin. The exfoliation technique will leave you with a perfectly balanced. An ideal treatment is for all skin types.

30 minutes

THB 1,800



Spa Package

Sinae Luxury Charming

Kindling romance. Experience a 60-minute oil massage of your choice and glow from both inside and out with Organic facial and exotic flora milk bath

- Foot Ritual
- Choice of 60 minutes Body Massage
- Choice of 60 minutes Facial
- 30 minutes Exotic floral milk bath
- Refreshment

150 minutes

THB 9,900 (per couple)

Sindh Journey

Experience total rejuvenation with combination of signature treatment, your journey with Body scrub and body massage, Facial and following exotic flora milky bath to nourish your skin and fully pamper body mind and spirit.

- Foot Ritual
- 30 minutes Thai Coconut Scrub
- 90 minutes Sindh Touch (Signature massage)
- 30 minutes Mini facial
- 30 minutes Exotic floral milky bath
- Refreshment

180 minutes

THB 6,500

Siam Package

Recover Thai ancient remedies with and exquisite treatment. Pamper your skin with Jasmine Oatmeal scrub and detoxify clay mask then completely your experience with Thai massage herbal compress.

- Foot Ritual
- 30 minutes Jasmine Oatmeal scrub
- 30 minutes White clay mask
- 90 minutes Thai massage herbal compress
- Refreshment

150 minutes

THB 5,600

All the prices are in Thai Baht and are subject to 17.7% service charge and applicable government taxes

Look great

After a long journey, get into your holiday mood with your choice of anti-Stress massage, following by 30mins relaxing foot massage and 30mins Indian head massage. You will then enjoy a restful night sleep and restore your energy.

- Foot Ritual
- 60 minutes Stress Relief massage
- 30 minutes Relaxing Foot massage
- 30 minutes Indian head massage
- Refreshment

120 minutes

THB 4,300

Expectant mother package

This gentle treatments, included body scrub and head shoulder and specifically designed for the pregnancy massage (more than 4 months pregnant) An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing body.

- Foot Ritual
- 30 minutes Body Scrub
- 60 minutes Pregnancy massage
- 30 minutes Head & Shoulder massage
- Refreshment

120 minutes

THB 4,500



Nail treatment

Sindh specialty Manicure & Pedicure cleaners, trims, files and shapes the nail as your like sit back and relax while our manicurist your nails with a glowing nail polish. Nail always complete look nice.

FOR LADIES

Sindh Normal Manicure	60 minutes	THB 1,500
Sindh Normal Pedicure	60 minutes	THB 1,500
Sindh Gel Manicure	60 minutes	THB 2,200
Sindh Gel Pedicure	60 minutes	THB 2,200

FOR MEN'S

Sindh Men's Manicure	45 minutes	THB 1,000
Sindh Men's Pedicure	45 minutes	THB 1,200



Balance The Body & Mind

Yoga

This yoga is your own perfect and personalized yoga. It's an excellent chance to explore and deepen your yoga practice and is individually customized to cater for both beginners and advanced yoga practitioners.

- Private yoga session by Sunset

60 minutes

THB 3,500

- Group yoga session by Sunset

60 minutes

THB 1,500 / Person



Spa Etiquette

Etiquette : To maintain a relaxing environment so guests can enjoy the peaceful sanctuary of Sindh Spa, we request that visitors keep noise to a minimum. Children are not allowed at the Spa unless they are having a treatment, accompanied by an adult. Cellular phones and electronic devices are discouraged.

Attire : Please arrive at the Spa wearing comfortable, light clothing or a bathrobe. Disposable undergarments are available and must be worn during spa treatments.

Reservations : Advanced bookings prior to your arrival are recommended to secure your preferred date and time of treatment. A credit card number is required at the time of booking for a confirmed appointment.

Check – in : Please arrive at least 15 minutes prior to your scheduled treatment to avoid reduced treatment times. Late arrival will result in a shortened treatment to accommodate other guests.

Spa Treatment Hours : Sindh Spa is open from 10am – 8pm daily. last treatment at 6.30pm

Special Consideration : Guests who have high blood pressure, heart conditions, are pregnant, or have any other medical complications are advised to consult their doctors before signing up for any spa services. Please make your spa therapist aware of any medical conditions

Cancellation Policy : A 24-hour cancellation notice is required to help us re-schedule your appointment, subject to space availability. Any cancellation with less than 4 hours' notice will incur a 50% cancellation fee. A full fee will be imposed for a "no-show"

Valuables : A box for valuables is provided in the treatment rooms, but we recommend that no jewelry be worn at the spa. The management and staff accept no responsibility for the loss of money or valuables of any kind brought into the spa premises.

Refund Policy : Treatments packages are non-refundable. The unused portion of the packages is nontransferable or non-exchangeable.

Payment : We accept cash and all major credit cards. Payment may also be charged to the room. All prices are quoted in Thai Baht and are subject to service charges and applicable government tax. Prices are subject to change without prior notice