

ANDARA SPA

ANDARA SPA is luxury redefined. Indulge in the exceptional, where treatments are a celebration of all that life and living is. Andara Spa nestled amongst beautiful surroundings awaits your visit. We invite you to join us for a complete and total immersion of all the senses. Andara Spa assures privacy, seclusion and a quiet escape, whether for a few hours, an entire day, or longer. Specialists are available by appointment for a variety of spa treatments aimed at total relaxation, rejuvenation, and completely luxurious pampering.



ANDARA'S VISITING PRACTITIONER

Experience the healing touch of Sarah Savidge from Moksha Wellness, visiting Andara for an exclusive limited-time series. With a focus on balancing energy and restoring harmony, Sarah's personalized therapies offer a holistic approach that rejuvenates your body, mind and energy. Sarah is a Sound Healing Practitioner, Yoga Instructor and Health Coach. Ten years ago, she completed her first 200 Hour Yoga Teacher Training in Hawaii and began her teaching journey. Her passion for going deeper into self-exploration has led her to complete 840 hours of Yoga Alliance certified training (RYT-500), along with Sound Healing, Reiki and Health Coaching certifications. Sarah is originally from America and has resided in Thailand for the last eight years where her passion for teaching and all things wellness continues to evolve.

CHAKRA BALANCING

60 MINUTES

THB 4,500

This treatment uses Tibetan bowls handmade from Nepal to realign and harmonize the seven main energy centers, known as chakras, within your body. Each chakra governs different aspects of your physical, emotional and spiritual well-being. When our chakras are balanced, energy flows freely throughout the body promoting health, vitality and harmony. Simply lay on a massage table and let the cosmic waves of sound wash over you. This private one to one session will leave you feeling refreshed.

VIBRATIONAL MASSAGE

60 MINUTES

THB 4,500

This one to one private treatment uses a specialty handmade massage therapy bowl from Nepal. During the session, you lay on a massage table and the massage bowl is placed at different points of the body and made to vibrate which creates an energetic healing massage. This treatment is great for detoxification, sore muscles, aches and pains, stagnant energy and grounding. Highly recommended for anyone experiencing jetlag or trouble sleeping.

SOUND BATH

60 MINUTES

THB 5,000 / MAXIMUM UP TO 10 GUESTS

Sound has been revered for centuries as a path to healing. A Sound Bath Session uses a mix of instruments including Tibetan Singing Bowls and Crystal Bowls as tools of transformation. During the session you lay down on a yoga mat and the frequencies of sound will wash over you. You'll find your brain waves syncing up to the frequency of the bowls which creates a shortcut to a meditative state. These sessions are designed to cleanse your energy, reduce stress, and facilitate emotional and physical release. Sound Bath sessions utilize the therapeutic properties of sound vibrations to promote deep relaxation and a state of meditative calm.

PRIVATE YOGA SESSION

60 MINUTES

THB 4,500 / / MAXIMUM UP TO 5 GUESTS

Experience a personalized yoga session curated for your needs and intentions. Sarah specializes in traditional Hatha Yoga, Tantra Yoga (meditation), and Yin Yoga. A session can be any combination of physical yoga postures known as asanas, breathing practices known as pranayama and meditation techniques. Generally, a session will focus on all elements of flexibility, alignment and strength and can be tailored further based on your own goals. Private sessions are a great way to build confidence in safety in beginners or move through a plateau for anyone who is intermediate to advance.



SPA PACKAGES

ANDARA SECRET

180 MINUTES

THB 7,600

Treat the parts of your body so often forgotten. An herbal steam treatment is followed by a salt scrub, detoxifying body wrap, and to finish, a combination massage.

SPA ESCAPE

120 MINUTES

THB 5,500

A combination of our Javanese massage with a revitalizing facial to immerse yourself for 2 hours of complete spa bliss.

ANDARA BALANCE

120 MINUTES

THB 5,200

These two treatments compliment the rejuvenation process, with a Thai massage followed by our Renew Facial for a refreshed and balanced new you.

ANDARA RETREAT

90 MINUTES

THB 4,000

Enjoy a revitalizing black sesame scrub to remove dead skin cells, leaving softer, smoother skin. This is followed by our Swedish massage for complete rejuvenation.

MUM AND ME/DAD AND ME (CHILDREN 5-12 YRS. ONLY)

90 MINUTES

THB 6,500

A perfect time for mother and daughter or father and son to reconnect for a 90-minute experience of pampering and relaxation.



BODY MASSAGE

ANDARA SIGNATURE MASSAGE

60 / 90 / 120 MINUTES

THB 3,800 / 4,800 / 5,800

Experience our signature full body massage to relieve stress, muscle tension and leave your skin feeling silky, using warm candle butter of a skin-friendly aromatic candle.

HOT STONE MASSAGE

90 / 120 MINUTES

THB 4,800 / 5,800

This massage combines aromatic oils and penetrating warmth to release stored tension by placing warm basalt stones on key energy centers for total relaxation.

ANDARA DELUXE

60 / 90 / 120 MINUTES

THB 3,800 / 4,800 / 5,800

Thai herbal massage is one of the best in traditional Thai medicine and is not to be missed while in Phuket. A hot herbal compress is applied to pressure points along the body and massage is used to open joints and muscles freeing them of tension stiffness and pain.

WARM BAMBOO MASSAGE

60 / 90 / 120 MINUTES

THB 3,800 / 4,800 / 5,800

The Warm Bamboo Massage combines the soothing warmth of heated bamboo sticks with expert massage techniques to deeply relax and rejuvenate the body, effectively releasing muscle tension, improving blood circulation, and promoting overall relaxation, while providing a calming, therapeutic experience that helps restore balance and relieve stress.

ANDARA SCULPTING

60 / 90 / 120 MINUTES

THB 3,800 / 4,800 / 5,800

Sculpting and shaping techniques using stimulating strokes to increase body heat. Great way to drain and rebuild tissue, while eliminating the build-up of tension and achieving a state of true relaxation.

JAVANESE MASSAGE

60 / 90 / 120 MINUTES

THB 2,800 / 3,800 / 4,800

Inspired by traditional massage techniques, this massage releases tension and restores balance and harmony. Our therapist delivers long and smooth strokes by using the entire arm for this strong massage.

COMBINATION MASSAGE

60 / 90 / 120 MINUTES

THB 2,800 / 3,800 / 4,800

Combining Thai and Western techniques, this body massage reduces tension and soothes sore fatigued muscles.

ANDARA SPA

AROMA MASSAGE

60 / 90 / 120 MINUTES

THB 2,500 / 3,500 / 4,500

A relaxing aromatherapy massage with the sole intention of maximizing comfort through palm pressure to restore agility using plant-based organic essential oils to boost inner radiance, nourishing, and moisturizing your skin.

SWEDISH MASSAGE

60 / 90 / 120 MINUTES

THB 2,500 / 3,500 / 4,500

A full body massage using palms and fingertips to stimulate and improve circulation with a special blended oil suitable for supple skin. Suitable for all skin types.

TRADITIONAL THAI MASSAGE

60 / 90 / 120 MINUTES

THB 2,500 / 3,500 / 4,500

Unblock trapped energy and improve vitality with the healing art of Thai massage. Often referred to as passive yoga, this massage is influenced by both Ayurvedic and traditional Chinese medicine to improve the flow of energy throughout the body. Yoga-like stretches loosen joints and balance major muscle groups. No oil is used during this treatment and Thai pajamas are provided.

BACK, NECK, SHOULDER & HEAD

30 / 60 / 90 MINUTES

THB 1,500 / 2,500 / 3,500

The best way to relieve neck and shoulder tension is using virgin coconut oil, this is an ideal ritual to combat office worker syndrome.

WELL-BEING

REIKI

50 MINUTES

THB 4,200

Reiki is a form of energy soothing from Japan. This gentle touch hands-on therapy focuses energy on specific areas of pain and on the seven energy points on the body. Become energetically balanced for improved sleep, reduction of stress and anxiety, and clarity of the mind.

FACE AND HEAD ACUPRESSURE

60 MINUTES

THB 3,500

This head massage works by tapping into the meridian channels on the face and head. Promotes deep relaxation and tension release for a renewed, refreshed, and revitalized you.

SHIROABHYANGA

60 MINUTES

THB 3,500

The classic Indian head massage uses techniques including vital marma points therapy to increase fresh oxygen to the nerves while relieving fatigue and tension.

CHI NEI TSANG

60 MINUTES

THB 3,500

Gentle abdominal massage techniques could get to the root of pain and stress by releasing blockages and energy in the body's core, promoting a healthy digestive system, and improving the flow of energy throughout the body.

MANUAL LYMPHATIC DRAINAGE

60 MINUTES

THB 3,500

The Manual Lymph drainage uses very light pressure and gentle rhythmic strokes in the direction of lymphatic flow, to increase the lymphatic system flow, flush toxins from the body.

BODY GUA-SHA

60 MINUTES

THB 3,500

Gua Sha is a traditional Chinese therapy that revitalizes the body by enhancing circulation, relieving muscle tension, reducing inflammation, and promoting deep relaxation and overall wellness.

FOOT REFLEXOLOGY

30 / 60 / 90 / 120 MINUTES

THB 1,500 / 2,500 / 3,500

Reflexology techniques involve massaging pressure points of the feet, which corresponds to organs and systems of the body. Enjoy a state of deep relaxation, stimulating the body's own healing process.



WELL-BEING PACKAGE

CHAKRA BALANCE

150 MINUTES

THB 6,900

A Chakra Balance Spa Package aligns and harmonizes the body's seven chakras to boost physical, emotional, and spiritual well-being. It includes Reiki, Aroma massage, and Chi Nei Tsang to clear blockages and restore energy flow.

LUXE LIFT & DETOX GUA SHA

120 Minutes

THB 6,500

Is a luxurious spa package that blends the rejuvenating effects of both body and up lifting face Gua Sha, using traditional techniques to sculpt and tone the body, release tension, improve circulation, and promote detoxification, while also lifting, firming, and enhancing the complexion for a radiant, youthful glow.

CHI BALANCE

120 MINUTES

THB 5,500

A Chi Balance spa Package focuses on restoring the flow of vital energy (Chi) throughout the body, using Face and Head Acupressure, Foot Reflexology, and Crystal healing to clear blockages, improve circulation, and promote overall well-being.

Our **Well-Being Package** offers a selection of refreshing, **freshly squeezed fruit, and vegetable juices** to nourish your body, support detoxification, and enhance your post-treatment rejuvenation. Please choose from the menu options below.

SUPPORTING DIGESTIVE SYSTEM

Pineapple, Carrot, Mint Leaves

IMPROVE MEMORIES

Red Apple, Ginger, Beetroot

LOWERING BLOOD PRESSURE

Green Apple, Beetroot, Cucumber, Celery, Ginger

ANDARA SPA

BODY CARE

BLACK SESAME SCRUB

60 MINUTES

THB 2,000

Made from golden honey and black sesame seeds this scrub is ideal for dry to normal skin. The sesame seeds gently exfoliate your skin, while natural honey aids in healing to promote new cell growth.

JASMINE RICE SCRUB

60 MINUTES

THB 2,000

Exfoliate the skin with quality rice beads to gently polish the skin, stimulating blood circulation and removing daily toxins for a brighter and more youthful appearance.

FRANGIPANI SCRUB

60 MINUTES

THB 2,000

Frangipani, also called plumeria, is blended with mineral spa salts to moisturize the skin while removing dead skin cells, resulting in a refreshed and rejuvenated state of mind.

AFTER SUN

60 MINUTES

THB 2,600

Aloe vera, known as the healing plant, has long been recognized for its natural healing qualities, especially to treat burns and wounds. Combining a soothing application of natural aloe vera gel followed by a cooling compress of fresh cucumber reduces redness and irritation to calm the body.

DETOX MUD BODY WRAP

60 MINUTES

THB 2,600

To aid in the detox of impurities, natural mud is enriched with essential mineral elements and is carefully applied over the entire body. This blissfully healing treatment softens skin, relaxes muscles, revitalizes organs, and helps eliminate toxins.

STEAM ROOM

THB 600

Enjoy our steam facilities prior to your treatment. We recommend arriving 30 minutes before your appointment time, enjoying detoxing steam, and then relax in our waiting area for your treatment.



FACIAL CARE

UP LIFTING FACIAL GUA SHA

60 MINUTES

THB 4,500

Experience a lifted, glowing complexion with our Uplifting Gua Sha Facial, enhancing circulation, reducing puffiness, and smoothing fine lines for a rejuvenated appearance.

REJUVENATE FACIAL

60 MINUTES

THB 4,000

Gold leaf is applied for this rejuvenating facial for natural luster and youthful radiance, helping to conceal blemishes and produce an even color skin tone. This treatment is designed specially to give the skin a satin smooth porcelain finish to minimize the visible signs of aging.

COLLAGEN FACIAL

60 MINUTES

THB 3,800

Collagen is important for its ability to promote glowing, vibrant skin. This essential protein provides elasticity to the skin, to appear more youthful and healthier.

DETOX FACIAL

60 MINUTES

THB 3,500

Charcoal has been proven to reach deep into pores to remove toxins and impurities, offering beneficial exfoliation for a smoother, more refined glow.

RENEW FACIAL

60 MINUTES

THB 3,000

Help is on the way to relieve signs of fatigue with this facial. Revitalize the skin for instant radiance, leaving the skin soft and supple.



SALON

Shampoo Blow-dry Short Hair/ Long Hair THB 1,000 / THB 1,500

Only Set THB 1,000

NAIL CARE

Luxurious grooming treatments for hands and feet include an aromatic soak, scrub, and soothing limb massage.

Essential Manicure THB 1,000

Essential Pedicure THB 1,000



SPA GUIDELINES

Reservations

For Spa reservations, please contact Andara Spa by

- Telephone: +66 (0) 76 338 777 Ext: 6400
- Fax: +66 (0) 76 338 949
- Email: spa@andaraphuket.com

Advance booking your treatment is essential to ensure availability at your preferred time.

Hours of Treatment

All treatments are available from 10 am until 8 pm daily. (Last Treatment at 6:00 pm)

What to wear

You may wish to wear your own bikini / briefs, or we can provide you with hygienic disposable briefs. Alternatively, some treatments may be more enjoyable without clothing. Decide what is more comfortable for you. Our therapists will always use draping techniques to respect your privacy.

Mothers-to-be

We have our very own blend of "mother-to-be" oil massage and modified therapeutic treatments perfect for expecting mums.

Allergies

Our skilled therapists will ask you to fill out a registration form on arrival, please be sure to list any allergies or health-related issues that you feel may prompt a change in our therapies or products for your treatment.

Preparing for your treatment

For ladies, no preparation is necessary. Turn up and enjoy! For men, we recommend shaving prior to having a facial for maximum comfort and benefit to the skin. Other treatments require no preparation.

Your comfort – Do let us know!

Although we do our best to anticipate your needs, we appreciate that a spa is a very individual experience. Please let your therapist know if there is any way that she can improve your treatment or comfort – for example, heavier or lighter massage pressure, an extra towel, sound or lighting levels, etc. We appreciate your feedback and encourage you to kindly fill in a Guest Questionnaire following your treatment.

Cancellation Policy

- Should you need to cancel your treatment, please advise us 4 hours in advance, otherwise 20% of the treatment fee will be applied.
- Should you wish to postpone your treatment to another time/day, this will be subject to availability and by prior arrangement only.
- Should you arrive late for your appointment; the time remaining only will be done by the therapist, with full treatment fees applying.