

VOUS SPA

@ NOVOTEL BANGKOK
SUARNABHUMI AIRPORT HOTEL

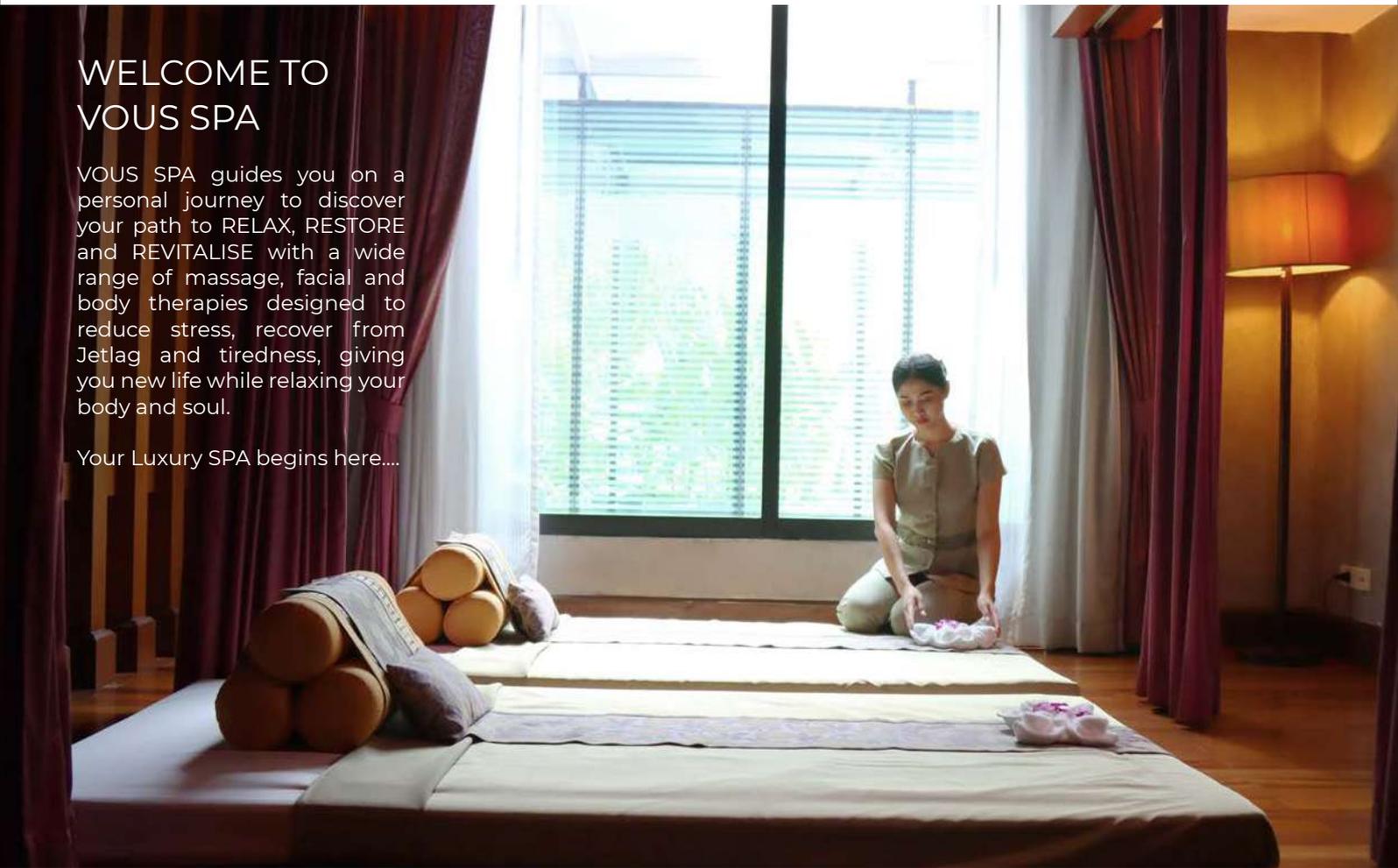


RELAX
RESTORE
REVITALISE

WELCOME TO VOUS SPA

VOUS SPA guides you on a personal journey to discover your path to RELAX, RESTORE and REVITALISE with a wide range of massage, facial and body therapies designed to reduce stress, recover from Jetlag and tiredness, giving you new life while relaxing your body and soul.

Your Luxury SPA begins here....



SIGNATURE EXPERIENCES

JETLAG THERAPY

150 mins / THB 4,900 net

FEELING TIRED AFTER A LONG FLIGHT? Try our Famous Signature JETLAG THERAPY that provides immediate relief for travelers after a long flight. The benefit of using a natural warm aromatic oil combined with full palm and gliding strokes technique from top to toe particularly on your feet to improve total body functioning and restoring balance to the body. Completed the spa experience with your choice of Hydrotherapy treatment for healing your health conditions and enhance your relaxation.

*Foot Ritual ~ Jetlag Body Massage ~ Relaxing Foot Massage
~ Choice of Hydrotherapy Treatment ~ Body Nourishment ~
Refreshment*

ULTIMATE VOUS SPA RITUAL

180 mins / THB 6,900 net

A traditional beauty ritual Javanese Lulur body scrub is a well-known beauty secret for Asian women, encouraging natural radiant, smooth and eliminate toxins. Followed by a warmed Candle Body Massage to reduce tension and promote overall wellbeing. Complete your spa experience with Rejuvenating Facial treatment help to restore youthful appearance which makes the skin look fresher and bring immediate rejuvenation.

*Foot Ritual ~ Javanese Lulur Body Scrub ~ Shower ~ Candle
Body Massage ~ Rejuvenating Facial Treatment ~ Refreshment*





JOURNEYS FOR TWO

Our Professional Therapists will pamper you with a selection of Journeys For Two spa experiences with a mixture of EAST and WEST treatment therapy.

SENSE OF ROMANCE

120 mins / THB 7,300 net per couple

Take a break and just leave in the unforgettable moment with your loved one. Create your own spa journey with a choice of Body Massage followed by your choice of Hydrotherapy treatments.

Foot Ritual ~ Choice of Body Massage 90 min (Jetlag, Candle, Muscle release, Thai heritage, Thai balm massage) ~ Choice of Hydrotherapy Treatment ~ Body Nourishment ~ Refreshment

COUPLE'S RETREAT

150 mins / THB 10,900 net per couple

Couple's retreat offers a unique experiences designed to amplify all the senses. Combining age-old Thai Heritage Massage, healing practices to activate vital life force energies, followed by Indian Head Massage to restore inner and outer balance. Finished the spa packages with your choice of Hydrotherapy treatments.

Foot Ritual ~ Thai Heritage Massage ~ Indian Head Massage ~ Choice of Hydrotherapy Treatment ~ Body Nourishment ~ Refreshment



MASSAGE THERAPIES



MASSAGE THERAPIES

JETLAG RELAXING MASSAGE

60 mins / 90 mins / 120 mins

THB 2,500 net / THB 3,200 net / THB 3,900 net

Level: **Soft - Medium**

This is VOUS's signature massage. Recommend for Jetlag and insomnia. Using a combination of strokes and classical movement techniques, along with the specially blended signature aromatherapy warm oil focusing on three key areas: back, shoulder and feet that help to promote the proper flow of energy around your body and relief Jetlag after a long flight.

CANDLE MASSAGE

60 mins / 90 mins / 120 mins

THB 2,500 net / THB 3,200 net / THB 3,900 net

Level: **Soft - Medium**

Candle massage is the perfect massage aiming to immediately unwind the body and soul. The candles are warmed then slowly dripped onto the body allowing for a deeply relaxing and therapeutic experience, reducing tension and alleviating stress. It also increases circulation which can help reduce inflammation and speed up healing.

MUSCLE RELEASE MASSAGE

60 mins / 90 mins / 120 mins

THB 2,500 net / THB 3,200 net / THB 3,900 net

Level: **Firm**

A technique using a deep massage movement and triggers points that concentrates on tension areas to release muscle tension. This treatment may create some tenderness in the muscles the following day.

AROMA HERBAL COMPRESS MASSAGE

90 mins / 120 mins

THB 3,200 net / THB 3,900 net

Level: **Soft - Medium**

Perfectly East meets West massage therapy, using steamed Thai Herbal Compress including ginger, turmeric, plai and other natural ingredients applied directly onto the skin during Aroma Massage Session in gentle circular and rolling movements. By opening the pores and bringing the herbs to take effect, it relieves stiff muscles and joints, eases chronic pain and improves the skin condition while stimulating the senses to reduce mental fatigue and stress.

HOT STONE MASSAGE

90 mins / 120 mins

THB 3,200 net / THB 3,900 net

Level: **Soft - Medium**

This exotic treatment involves the application of soothing, smooth Volcanic Stone lifted from heated water to key points of the body with warm oils to give a deeply penetrating and relaxing massage.

PREGNANCY MASSAGE

60 mins / 90 mins

THB 2,500 net / THB 3,200 net

Pregnancy massage are generally considered safe after the first trimester.

Level: **Soft - Medium**

A gentle movement techniques provide muscle relaxation to the entire body, alleviate swelling of the hands and feet as well as improving sleep. A natural pure massage oil will smooth the skin and help to prevent stretch marks.

MASSAGE THERAPIES

TOUCH OF THAI



THAI HERITAGE MASSAGE (Dry Massage)

60 mins / 90 mins / 120 mins

THB 2,500 net / THB 3,200 net / THB 3,900 net

Level: Medium - Firm

Thai Heritage Massage or Thai Massage is a type of massage in Thai style that has been taught for centuries in Thailand, involves stretching and pressure point techniques without applying oil. It helps to restore energy and increase vitality.

THAI BALM MASSAGE

90 mins / 120 mins

THB 3,200 net / THB 3,900 net

Level: Medium - Firm

Thai Balm is well known for its powerful, thanks to primary ingredients including camphor and menthol, immediately efficient to the relief of muscle, soreness and joint discomfort while providing a cooling sensation during Thai massage session. Perfect for those who need to relieve the muscle pain.

THAI HERBAL COMPRESS MASSAGE

90 mins / 120 mins

THB 3,200 net / THB 3,900 net

Level: Medium - Firm

This treatment has been used for many centuries in Thailand for the relief of pain and inflammation. Herbs including ginger, turmeric, plai and lemongrass are wrapped in a muslin compress, steamed and applied through clothing during the Thai Massage Session in gentle circular and rolling movements. By opening the pores and bringing the herbs to take effect, relieves stiff muscles and joints, eases chronic pain and improves the skin condition while stimulating the senses to reduce mental fatigue and stress.

SPECIFIC AREA MASSAGE

OFFICE SYNDROME MASSAGE

60 mins / 90 mins

THB 2,500 net / THB 3,200 net

Back shoulder neck and head massage

Level: Medium – Firm

Office Syndrome is caused by repetitive use of certain muscles during working with unhealthy posture including pain, chronic stress, anxiety and poor posture. A various types of massage technique movement focusing on painful muscles and joints; back, shoulder, neck and head massage to relieve tension and boosting blood flow.

INDIAN HEAD MASSAGE

60 mins / THB 2,500 net

Level: Soft - Medium

This massage originated from India, focuses on massaging acupressure points along the head, neck and shoulders, often using circular massage strokes to relieve tension. A gentle yet powerful remedy for migraines, chronic headaches and insomnia.

RELAXING FOOT MASSAGE

30 mins / 60 mins

THB 1,500 net / THB 2,000 net

Level: Soft - Medium

Rubbing with full palm techniques by using essential product foot care on the parts of the foot especially to aid circulation and relax the muscles. It helps to relieve stress and tension.

DE-STRESS BACK RELEASE

30 mins / THB 1,500 net

Level: Medium – Firm

Effectively short massage focusing on aching back muscles to instantly release back pain and tension.



ADD - ON TREATMENT

Choose one of the following to combine with your massage to experience new SPA body glow.





DEEP MOISTURE BODY WRAP

45 mins / THB 1,900 net

Foot Ritual ~ Body Wrap ~ Shower ~ Body Nourishment ~ Refreshment

This deep moisture body cocoon will regenerate the skin to its best. Ideally this nourishing naturally anti-oxidant body wrap will enhance body drainage, maximize hydration, plump and smooth the skin to perfection, while nurturing your body in a cloud of well-being.

JAVANESE LULUR BODY SCRUB

60 mins / THB 2,200 net

Foot Ritual ~ Body scrub ~ Shower ~ Body Nourishment ~ Refreshment

A traditional beauty ritual originated in Indonesia since the 17th century. Today, traditional Lulur is offered to brides to prepare the skin for the big wedding night to remove dead skin cells and lighten the skin. Using a powder made of rice flour, Turmeric and traditional spices, then fresh yoghurt is applied and rubbed to the whole body to refresh, soften the skin and balance the PH. With all natural ingredients help to boost circulation and eliminate toxins.

ASIAN TAMARIND BODY SCRUB

45 mins / THB 1,900 net

Foot Ritual ~ Body scrub ~ Shower ~ Body Nourishment ~ Refreshment

It is a secret beauty formula that almost every Southeast Asian woman uses to achieve a flawless skin. Tamarind is rich in antioxidants, which help fight off free radicals that cause aging as well as helps to remove of dead skin cells, reduction of dark spots and skin degeneration.

ORGANIC RICE BODY SCRUB

45 mins / THB 1,900 net

Foot Ritual ~ Body scrub ~ Shower ~ Body Nourishment ~ Refreshment

Rice powder has been used for centuries for beauty purposed by women around the world. Using Rice body scrub leaves the skin silky-soft, sensually scented. Exfoliating particles become soft and glide over the skin.

ANTIOXIDANT BODY SCRUB

45 mins / THB 1,900 net

Foot Ritual ~ Body scrub ~ Shower ~ Body Nourishment ~ Refreshment

This cleansing body scrub, using the mixture of a warm body oil with fruits seeds will eliminate dead cells to leave your skin delightfully soft and smooth. With an anti-oxidant power found in fruits seeds is the ultimate way to achieve a healthy glowing skin.



FACE & EYE TREATMENTS

Because every skin is unique, our treatments are designed to work with each other to offer guests the opportunity to establish, day after day, their own prescription in accordance with the needs of their skin, their lifestyle, their mood and weather conditions.

FACE & EYE TREATMENTS

LIFT & FIRM 90 mins / THB 5,900 net

Alternative to Botox treatment: Matured skin conditions
Defy the aging process with this quintessential regenerating facial therapy. Signs of aging dissolve as the synergy of active ingredients are gently massaged into the skin improving tone and elasticity. Maturing skins will appreciate the natural facial tension relaxing benefits of the Super Active Cream, our natural alternative to Botox. Combined with the new Lift & Firm peel off mask made with pearl powder to lift, tone and radiate skin with a more youthful glow.

RADIANT SKIN RENEW 90 mins / THB 4,900 net

Alternative to laser, peeling treatments: Dark spots, acne scar, open pores, wrinkles

This medically inspired therapy brings together the gentle peeling action of micronized peeling powder with a deeper exfoliation from the magic resurfacing complex. Together the non-irritant formula softens visible imperfections on the skins surface, such as pigmentation and spots and diminishes wrinkles. Luxurious yet powerful, when used regularly, this treatment truly is the ultimate transformation for visibly younger and more radiant skin.

SOOTHING 90 mins / THB 4,900 net

Sensitive skin with allergy, calming, hydrating, restoring
The secret to soothing skin even the most delicate skin lies in the exquisite blending of minerals and essential essences. Skin is prepared with gentle cleansing and exfoliation before delighting in the application of the luxurious Cream Mask. The generous application of the algae and kaolin clay formula smooth and nourishes skin revealing a perfectly calm and soothed complexion.

REJUVENATING 60 mins / THB 2,500 net

All skin types & conditions

A rejuvenating facial treatment based on a specialized massage using an advanced natural ingredients will help to restore youthful appearance which makes the skin look fresher, cleanser and bring immediate rejuvenation.

MIRACLE EYES 45 mins / THB 2,900 net

Anti-puffiness, anti-dark circles

An exquisite treatment specifically designed for the delicate eye area which brings together a unique combination of eye contour mask and a specialized lymphatic massage. Ideal for reducing the signs of aging and melting away stress.

HYDROTHERAPY & BATH TREATMENT

Hydrotherapy, also well-known as water therapy, is a treatment that used water for healing your health conditions including arthritis, joint problems and chronic pain as well as enhance overall wellbeing. It is a great way to relax and feel good about yourself.

Let's choose Hydrotherapy & Bath treatment that best suits your needs.

NOURISHING MILK & HONEY 30 mins / THB 1,200 net

Hydrotherapy treatment ~ Body Nourishment ~ Refreshment

Ancient Romans regularly used milk baths to soften and improve the appearance of their skin. According to legend, Cleopatra obtained her famous complexion by bathing in milk and honey, pamper yourself with Honey Milk Bath while floating in a Jacuzzi of roses or orchid petals to soften, nourish and beautify the skin.

DETOXIFYING THAI HERBS 30 mins / THB 1,200 net

Hydrotherapy treatment ~ Body Nourishment ~ Refreshment

With a powerful of Thai natural recipes including ginger, leaves pandanus, curcuma amada and others is a natural way to open pores, get clear skin, clear congested sinuses, premenstrual syndrome (PMS) and remove toxins.

Remark: This detoxifying Thai Herbs Hydrotherapy Treatment is not suitable for those who are heart diseases, high blood pressure and Epilepsy.

IMPROVING SLEEP 30 mins / THB 1,200 net

Hydrotherapy treatment ~ Body Nourishment ~ Refreshment

Sleeping well directly affects your mental and physical health. Insomnia can take a serious toll on your daytime energy and emotional balance. A mineral sea salt with the gentle scents of Chamomile and Lavender will calm your mind, good for an anxiety reliever to increase relaxation and improving your sleep.

INVIGORATING SEAWATER THALASSOTHERAPY 30 mins / THB 1,500 net

Hydrotherapy treatment ~ Body Nourishment ~ Refreshment

The art of modern thalassotherapy with marine ingredients, delivers and ideal supply of all trace elements, strengthens the skin, reduces the sensation of tiredness and relax muscles. After a treatment, your muscle and nervous tension is relieved.

Remark: This Invigorating Seawater Hydrotherapy Treatment is not suitable for those who are allergies to Seafood.



COLD THERAPY TREATMENT

ICE BATH

20 mins / THB 600 net

Shower ~ Cold Therapy ~ Refreshment

Please book at least one day in advance

Cold therapy (Ice Bath), the practice of taking a 5-10 minute submerge in a very cold water to speed up recovery after an intense exercise. It is believed to help reduce inflammation, reduce swelling in muscles, reduce muscle pain and improving blood circulation.

Remark: This Cold Therapy is not suitable for those who have high blood pressure and heart condition.



ADD - ON WELLNESS HEALTHY DRINKS

Enjoy your favourite healthy drinks in the private Jacuzzi during Hydrotherapy & Bath Treatment will enhance your spa experience and boost of nutrition.

REFRESH *Pure Watermelon Juice*

THB 150 net

Watermelon is 92% water and low calorie. This makes it an excellent hydrator, promote fullness and reduce appetite as well as refresh your body and mind.

RESTORE *Pure Honey and Fresh Lemon*

THB 150 net

Remedy for a sore throat, cough, preventing cystitis and stimulate bowel movement naturally.

RELIEVE *Hot Ginger tea*

THB 150 net

Relieve constipation naturally, stimulate effective functioning of digestive system, and reduces inflammation.

ANTI AGING *Hot Butterfly Pea+Lemon+Honey*

THB 150 net

Contains antioxidants, anti-aging, strengthen immune system and detox toxins from the body.



JUNIOR SPA EXPERIENCES



A parent or guardian must accompany children for any massage or body treatment. All junior spa experiences reserved for kids aged 8-14. Treatments can be customised for even younger guest.

GENTLE TOUCH BODY MASSAGE

30 mins / 60 mins

THB 1,000 net / THB 2,000 net

RELAXING FOOT MASSAGE

30 mins / 60 mins

THB 1,000 net / THB 1,600 net

COCONUT HOT OIL SCALP MASSAGE

30 mins / 60 mins

THB 1,000 net / THB 2,000 net

IN-ROOM MASSAGES

Feeling tired or lazy to get out of bed? Let's get a massage in your room, our professional therapist will be at your door.

JETLAG RELAXING MASSAGE

60 mins / 90 mins / 120 mins

THB 2,800 net / THB 3,500 net / THB 4,200 net

Level: Soft - Medium

THAI HERITAGE MASSAGE

(Dry Massage)

60 mins / 90 mins / 120 mins

THB 2,800 net / THB 3,500 net / THB 4,200 net

Level: Medium - Firm

OFFICE SYNDROME MASSAGE

60 mins / 90 mins / 120 mins

THB 2,800 net / THB 3,500 net / THB 4,200 net

Back shoulder neck and head massage

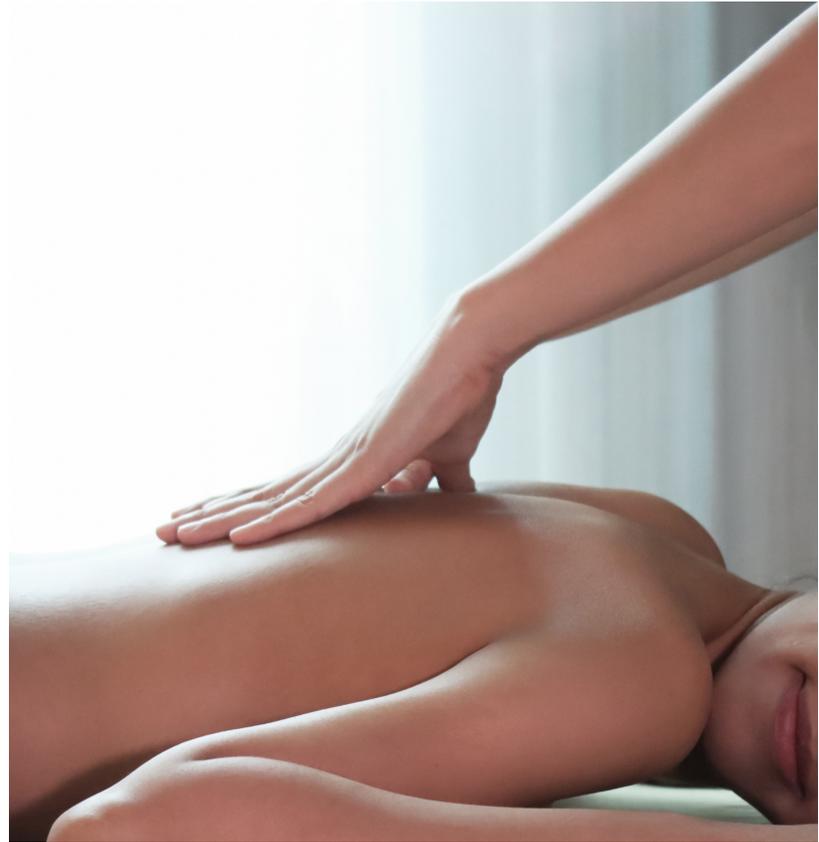
Level: Medium – Firm

RELAXING FOOT MASSAGE

30 mins / 60 mins

THB 1,800 net / THB 2,300 net

Level: Soft - Medium



DE-STRESS BACK RELEASE

30 mins / THB 1,800 net

Level: Medium – Firm

SPA ETIQUETTE



Our Spa environment is one of relaxation and tranquility. Please respect all spa guests right to privacy and serenity. The use of mobile phones is not permitted as we encourage disconnecting from technology to rest your mind and to reconnect with yourself.

RESERVATION

Advance reservations are highly recommended. Call directly at VOUS SPA +66 (0) 2 131 1111 ext. SPA or Email: spa@novotelairportbkk.com

Walk-in guest are welcome and are subject to availability. A credit card number is required to secure the booking for non-resident guests.

SPA ARRIVAL

Please check in at the Spa at least 10 minutes prior to your appointment in order to complete your health assessment form and take time to enjoy our welcome tea.

Please understand that late arrival will shorten your treatment time in respect of another guests.

CANCELLATION

As a courtesy to our therapists, please give at least 4 hours notice of cancellation to avoid a 100% penalty charge.

RESERVATION

The use of alcohol and tobacco is strictly prohibited before and during treatments.

The spa services provided in our VOUS SPA are strictly professional. You will be asked to wear a disposable underwear during your treatment. Any indecent behavior will automatically result in ending the treatment and hotel management will be informed. Full payment of the treatment will automatically be due.

HEALTH CONDITIONS

Please advise us of any health conditions, allergies or injuries concerns which could affect your choice of treatment when making your spa reservation.

PREGNANCY

Pregnancy massage are generally considered safe after the first trimester. Please consult a doctor before reserving any treatments.

AGE REQUIREMENT

VOUS SPA is unsuitable for young children unless receiving spa treatments which allow kids aged between 8-14 and must be accompanied by a parent or guardian.

WHAT TO WEAR

There is no need to bring or wear any special clothing. The spa will provide towels, robes, slippers and amenities required for use during your spa visit.

CONTACT LENSES

We recommend you to remove your contact lensed before your facial treatment. Please bring your own case and solution for lenses.



VALUABLES

We recommend that all your valuables and personal belongings be locked in the wardrobe provided in your treatment room; however we recommend that no jewelry be worn in the spa. The spa accepts no responsibility for loss of valuables and jewelry at any time on the spa premises.

GIFT CERTIFICATES

Gift Certificates for spa treatments are available for purchase.



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Novotel Bangkok Suvarnabhumi Airport Hotel
999 Suvarnabhumi Airport Hotel Bldg., Moo 1, Nongprue, Bang Phli, Samutprakarn 10540, Thailand
Tel: (66) 2 131 1111 ext.1569 Fax: (66) 2 131 1188 email: spa@novotelairportbkk.com
www.novotelairportbkk.com

The management reserves the right to amend these rates without prior notice.

VOUS SPA is open from 10.00 - 22.00 hrs.

ALL PRICES QUOTED ARE IN NET.