Retreat to a private oasis
where emotions are nurtured
and senses are celebrated.

Where you experience the soft caress
and deft touch borne of innate wisdom
and practiced skill.

The Spa at Conrad Koh Samui.
Welcome 5
Philosophy 7
Journeys
The Spa Retreats 9
The Spa Programs 10
Holistic and Wellness 12
Facials 14
Body Treatments 16
Body Massages 19
Beauty 20
Before you Arrive 22

This symbol represents a Conrad Koh Samui signature treatment
The Spa at Conrad Koh Samui is situated high above a 270-degree panoramic view of the ocean, offering a dramatic vista of softly-contrasting hues and azure colors. This visual brilliance forms the backdrop of a luxurious experience as you are taken on a voyage of therapeutic transformation and self-discovery.

The Spa is set over two floors and incorporates a mixture of luxurious, spacious and self-contained single and couple treatment rooms. Our stunning treatment suites feature over-sized tubs, steam and a private deck overlooking the Gulf of Thailand, whilst the Royal Suite also contains a private spa plunge pool.

The treatment itself forms only part of your unforgettable experience: luxuriate in rain showers and saunas that feature unrivalled views of the Gulf of Thailand, enjoy innovative and balanced spa cuisine or just lie back, breathe deep and let go in the tranquil relaxation zone. Facilities also include Thai massage rooms, dedicated beauty salon, spa library and a retail boutique. A wide-variety of fitness and wellness activities are offered by our Fitness Centre, including Tai Chi and pilates.
Evocative aromas and fragrant sights. The whisper of a scented touch.

Our philosophy is to create a luxurious and poignant memory of your time at The Spa, whilst still leaving the most important luxury up to you – the Luxury of Being Yourself.

This is achieved through:

**THE POWER OF AROMATHERAPY**

Essential oils have been used for thousands of years for their exquisite aromas and natural healing powers. At The Spa, we incorporate flower essences, distillations and extracts into the entire journey – soft scents permeate each step of the experience. We choose to use world-renowned experts Aromatherapy Associates to soothe and calm the mind, bring the emotions into balance and ease strains, tension and blockages in the body and skin.

**THE ART OF AUTHENTIC SKILL**

Our goal is for you to leave feeling transformed through enjoying treatments of the highest caliber, given by therapists with the highest skill. To ensure an authentic treatment experience, Dr Buathon Thienarrom, a renowned holistic practitioner, provides training for all therapists. The training is very comprehensive and includes Reiki I, ensuring integrity and wisdom in all we do with a sense of fun as well.

**THE INDIVIDUAL YOU**

We recognize that guests are individual and each has unique needs: origins and causes of discomfort vary whilst emotional and physical influences differ. Each journey is a tailor-made experience that begins with a detailed consultation, incorporates a customized treatment and ends with a transformed state of being.

**THE OUTCOME – YOUR PERSONAL JOURNEY**

This combination takes you on a transformative journey, incorporating the healing scent and effect of aromatherapy oils, the therapeutic benefits of intuitive touch by experienced therapists and the soft murmur of tranquil music; all set in luxurious surrounds against a stunning backdrop of azure blue.
We have carefully designed our three-day Spa Retreats so you can achieve your personal goals in wellbeing and relaxation.

All retreats begin with a personalized consultation to ensure your individual requirements are completely addressed.

**ESSENCE OF KOH SAMUI RETREAT**

The perfect way to experience The Spa and get the most from your holiday, this retreat showcases the best of Conrad Koh Samui and ensures you have an experience to remember. The program incorporates many elements, including fitness classes, fun activities, decadent spa treatments and healthy cuisine.

**SPA DETOX RETREAT**

This healthy retreat focuses on treating the whole person and incorporates three elements:
- Spiritual Healing: Heart and Mind
- Traditional Thai Therapies: Energy therapy
- Dietary Regimens and Herbal Treatments: Body therapy

Combining stretching, acupressure, herbal medicine and dietary therapy, at the end you will feel lighter of heart, mind and body.

For more information, and retreat inclusions, please speak to our Spa Consultants.
EDEN FOR COUPLES
Recreate the original earthly paradise with this program designed specifically for couples, performed in our Royal Treatment Suite.

FOR HER
• Real Aromatherapy Body Massage
• Candelit Frangipani Bathology
• Essential Face

FOR HIM
• De-stress Muscle Release Body Massage
• Candelit Frangipani Bathology
• Deep Cleansing Facial

THE SPA DREAMING
Float away on Cloud Nine as this program takes you on a voyage to dreamland. Perfect for jetlag.

• Bathology
• Citrus Detox Reviver
• Jet Lag Treatment
• Spa Cuisine Lunch
• Deep Cleansing Facial
• Foot Revival

BODY HERBAL RENEWAL
Relax with the healing power of infused herbs and intuitive touch.

• Aromatic Herbal Steam Bath
• Herbal Touch
• Meridian Massage
• Spa Cuisine Lunch
• Fresh Food Facial
• Foot Massage

BODY SYMPHONY
A concerto for the senses, this program incorporates different therapies that form a masterpiece.

• Scrub Enhancer
• Real Aromatherapy Body Massage
• Prescription Facial
• Nourishing Hair and Scalp Treatment

TRADITIONAL THAI TREAT
Experience the best of Thai Medicinal knowledge and healing touch.

• Tamarind Body Blast
• Traditional Thai Massage
• Rejuvenating Facial
• Foot massage

BUILD YOUR OWN
Half day / Full day
Customise your spa experience by designing your own program. Choose between our selection of treatments, signature treatments and single massages, and combine them in a unique and personalised journey. Alternatively, let our experienced team create a bespoke spa experience to suit your needs.
ZEN NATAI
Developed in consultation with specialists in Traditional Chinese Medicine, this therapeutic massage works through the abdominal area – the centre of Chi, or energy flow in the body – and the chest area, to improve digestion and breathing. Including a head and scalp massage to release cranial tension and improve concentration, this treatment stimulates the lymphatic flow, helping to detoxify the body by getting rid of toxins and negativity and induce a deeper state of relaxation and enjoy a peaceful mind.

MERIDIAN MASSAGE
Life (or ‘Chi’) energy is said to flow via meridian lines in the body – this ancient treatment works with the body’s innate energy to release chi blockages. By tracing meridian (or energy) lines with various degrees of pressure, your therapist will be able to release stagnation and stimulate the body’s natural ability to heal itself. Pressing on acupressure points relieves muscle tension, leaving you in a state of inner stillness and calm.

FOOT REFLEXOLOGY
An ancient therapy known to promote the body’s own healing powers, By applying pressure to specific points on the feet, relaxation and healing can be felt elsewhere in the body. Through the stimulation of these points, reflexology can awaken your body’s internal systems and promote an overall sense of equilibrium and well being. With long lasting benefits, this natural healing therapy is effective for an endless array of health ailments.

HERBAL TOUCH
Dating back 5,000 years, this traditional, sensory experience using herbal compresses on the body’s energy channels to promote circulation and energy flow. Relieve muscle tension and toxins with healing herbs and gentle massage. Combined with a meridian massage or on its own, this experience is highly recommended as a simple and effective jet lag treatment.

SKIN FOOD
Experience the touch of natural skin food as essential oils and herbs are applied to the body to nourish and revitalise tired and dry skin, and restore a natural state of equilibrium. A fresh Aloe Vera body scrub is followed by a warm coconut oil massage to energize the body. Emerge with fresh, fragrant skin and a blissful state of mind.
Facials

AGE REPAIR FACIAL
A natural, highly effective facial to reduce the signs of ageing without using harsh chemicals. A double layering of masks is applied in succession, with particular attention to eyes, forehead, mouth, neck and décolleté. Exotic ingredients of Inci Inci and larch extract are used to stimulate collagen production and tighten the skin, while apple seed extract and raspberry seed oil act as antioxidants. The entire treatment delivers visibly tightened, plumped and radiant skin.

PRESCRIPTION FACIAL
A personalised prescription that treats your individual skincare needs. Your therapist will tailor-make the treatment utilizing different therapeutic essential oils and natural plant extracts to detoxify and provide vital nourishment. Incorporating soothing eastern and western massage techniques, this treatment is as relaxing as it is beautifying and leaves you feeling refreshed and revitalized.

DEEP CLEANSING FACIAL
A purifying treatment for oily and combination skin. Cleansing and exfoliation is followed by steaming, extraction and a hot towel compress to refine the pores. A freshwater mud mask is then applied to draw out harmful impurities. As relaxing as it is cleansing, this treatment also includes a scalp massage, facial pressure point massage and hand and arm massage for complete care.

FRESH FOOD FACIAL
Using fresh ingredients sourced from the local area, this edible facial contains no preservatives or additives – just nature’s goodness. It features watermelon, honey, orange and cucumber with a sprinkling of brown sugar and turmeric to leave your skin bright, smooth and plump. A digestif scalp massage and neck and shoulder massage will leave you wanting more.

REVITALISING EYE TREATMENT
Refresh and brighten your eyes with this revitalizing eye treatment, the perfect addition to any facial. This treatment uses specialised massage techniques to improve micro-circulation and drainage, helping reduce puffiness. Herbal extracts of toning black tea, cranberry and strawberry delicately firm the skin while working on dark circles and fine lines.

ESSENTIAL FACE
Restore and revitalize a stressed body with this head to toe indulgence. Relax with a nurturing massage of the back and neck as tension is released and toxins are cleared. This is followed by a facial tailor-made to suit your skin’s particular requirements. The ritual concludes with a ‘skin-saving smoothie’ full of antioxidants and nutrients for the skin, and an acupressure scalp massage to induce deep relaxation.

PRESCRIPTION FACIAL
A personalised prescription that treats your individual skincare needs. Your therapist will tailor-make the treatment utilizing different therapeutic essential oils and natural plant extracts to detoxify and provide vital nourishment. Incorporating soothing eastern and western massage techniques, this treatment is as relaxing as it is beautifying and leaves you feeling refreshed and revitalized.

DEEP CLEANSING FACIAL
A purifying treatment for oily and combination skin. Cleansing and exfoliation is followed by steaming, extraction and a hot towel compress to refine the pores. A freshwater mud mask is then applied to draw out harmful impurities. As relaxing as it is cleansing, this treatment also includes a scalp massage, facial pressure point massage and hand and arm massage for complete care.

FRESH FOOD FACIAL
Using fresh ingredients sourced from the local area, this edible facial contains no preservatives or additives – just nature’s goodness. It features watermelon, honey, orange and cucumber with a sprinkling of brown sugar and turmeric to leave your skin bright, smooth and plump. A digestif scalp massage and neck and shoulder massage will leave you wanting more.

REVITALISING EYE TREATMENT
Refresh and brighten your eyes with this revitalizing eye treatment, the perfect addition to any facial. This treatment uses specialised massage techniques to improve micro-circulation and drainage, helping reduce puffiness. Herbal extracts of toning black tea, cranberry and strawberry delicately firm the skin while working on dark circles and fine lines.

ESSENTIAL FACE
Restore and revitalize a stressed body with this head to toe indulgence. Relax with a nurturing massage of the back and neck as tension is released and toxins are cleared. This is followed by a facial tailor-made to suit your skin’s particular requirements. The ritual concludes with a ‘skin-saving smoothie’ full of antioxidants and nutrients for the skin, and an acupressure scalp massage to induce deep relaxation.
Body Treatments

ESSENTIAL BODY
Transcend into a deep state of relaxation with this signature body indulgence, designed to release tension from both body and mind. A gentle exfoliation of natural grain and olive pip smooths your skin before soaking in a deep tub of warm aroma infused water to completely de-stress a tired body. A full body massage including an ayurvedic scalp massage completes this total body overhaul and will leave your mind with a deep sense of calm and your body silky smooth.

SAMUI ENRICHED
Melt away stress with a completely unique experience. This treatment begins with a full body scrub featuring organic coffee and essential oils of vanilla and jasmine. Sip on lemongrass tea whilst soaking in a bath sprinkled with local frangipani petals. Thirsty skin is treated to a layer of aloe vera and fragrant tuberose and your body is massaged using traditional Thai stretching techniques. A soothing hot oil scalp massage is performed and finished with a hair wrap. An application of body butter with tonka beans and scents of sweet jasmine completes the experience.

CITRUS DETOX REVIVER
Awaken your body and mind with a cleansing, purifying and energising treatment that combines zesty pink grapefruit, fresh green rosemary and woody juniper berry. Exfoliation with finely ground olive grains refines the pores and reveals fresh, new skin. An aloe vera wrap featuring sweet orange and mandarin is combined with a sternum and foot reflexology massage to stimulate the elimination of toxins, leaving you feeling fresh and alive.

LAVENDER AND PEPPERMINT COOLER
Cool over-heated skin with this refreshing and soothing body wrap that combines the healing properties of lavender with cooling peppermint and regenerative rose. Gentile exfoliation (optional if skin is sunburnt) prepares the body for an intensive layering of hydrating gel, soothing lavender oil and nourishing body cream rich in shea butter. An Ayurvedic scalp massage leaves you feeling relaxed and restored.

SCRUB ENHANCERS
The perfect add-on to any treatment, choose from two very different scrub enhancers. The first will polish and brighten, using a combination of olive seed, essential oil and aloe vera. The second invigorate your body when you choose from two very specific body scrubs – a polishing and brightening scrub with olive seed, essential oil and aloe vera, or a re-mineralising scrub of sea salt, almond oil, pink grapefruit, coffee and frankincense. A gentle application of gels and oils is combined with a relaxing scalp massage to provide the perfect balance of refreshment and relaxation.

DEEP CLEANSING BACK TREATMENT
Prepare to show off your back with this skin-refining treatment. Orange Flower water calms inflamed or irritated skin, while gently toning and regulating the production of natural oils. The renowned healing properties of lavender promote healthy cell renewal, and tea tree has an anti-bacterial effect.
REAL AROMATHERAPY

East meets West with this fusion of traditional massage styles including Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation. Oil selection is personalised to your mental and physical needs after a consultation with one of our trained therapists. Chakra balancing, muscle release and spinal pressure techniques are combined with lymphatic drainage and foot reflexes to soothe your mind and soul.

JET-LAG

Travel can be physically and mentally exhausting, and this treatment works on both levels to help you adjust. Pink grapefruit and juniper berry stimulate and cleanse the body, while vetiver, chamomile and ylang ylang calm and relax the mind. The experience combines stretching and body brushing with a scalp massage and sinus drainage to leave you feeling rested, refreshed and ready to enjoy all that our resort has to offer.

DE-STRESS MUSCLES RELEASE

This deeply restorative treatment is specifically designed for tight, stressed and aching muscles. Swedish and cross muscle fiber massage techniques, with stretching and draining, are combined with essential oils known for their beneficial effects on the circulation. Black pepper, rosemary and ginger warm the muscles and help disperse the build up of lactic acid that causes stiffness and pain. Calming lavender soothes and is anti-inflammatory.

TRADITIONAL THAI

Passed down through generations, this unique and entire body workout is perfect for returning balance, while relaxing and stimulating at the same time. Often described as passive yoga, your therapist employs pressure points and uses choreographed movements to stretch and relieve tension from the body and mind to increase vitality and flexibility.
Beauty

MANICURE
A lavish tropical manicure Koh Samui style, including sculpting of your cuticles, nail shaping, a relaxing hand and arm massage, exfoliation and a moisture mask, finishing off with a buff and polish.

PEDICURE
Treat your feet to a break – this nourishing foot treatment is just what they need. Your tired feet are soothed and soaked, nails and cuticles are tidied and massaged, and it’s all finished off with a shiny buff and polish.

FRENCH MANICURE – PEDICURE
Nails are finished off with a natural pink base and white tips.

NOURISHING HAIR AND SCALP TREATMENT
Restore health and shine to dull, lifeless hair. This enriching treatment is based on pure essential oils of rosemary, geranium, ylang ylang and patchouli combined with coconut oil. Known for their beneficial effect on the scalp and hair, these richly scented oils encourage circulation and balance sebaceous activity, helping to promote healthy, conditioned hair.

DE-STRESS HAND
The perfect way to de-stress in a short amount of time. This treatment begins with a fragrant hand bath of fresh ginger and black peppercorns to improve circulation, while rosemary, fresh ginger and lavender reinvigorate the hands. Concentrated soaking, scrub, massage and masking complete the de-stress experience.

GINGER AND BLACK PEPPER FOOT SMOOTHER
Spicy, rich black pepper and fresh, green rosemary stimulates circulation while warming ginger lends an energising effect. Feet and lower legs are brushed, soaked, exfoliated and refreshed with hot towels before gels are massaged into the skin. Cuticles and heels are deeply nourished with natural plant oils.

FOOT REVIVAL
Transform tired feet with this soothing and rejuvenating treatment featuring a zesty mix of citrus oils. Includes drainage massage and foot reflex point stimulation to relieve discomfort or swollen ankles. Including soak, scrub, wrap and massage, the session is finished with a body brush of the feet and lower legs.
MAKING RESERVATIONS

How do I make a Spa Reservation?
The Spa at Conrad Koh Samui is immensely popular with guests and as such we strongly recommend that you book your Spa treatments well in advance. Reservations can be made in person or by dialing Conrad Service.

I am pregnant – what treatments do you recommend?
As always, our number one priority is the safety and well-being of our guests. And as such, we do not recommend any Spa treatments for women in their first trimester and no full body treatments throughout the term of pregnancy. To assist with your choice of available treatments, please contact one of our Spa Consultants.

What happens if I need to cancel my treatment?
If you would like to reschedule or cancel your booking, you can do so at any time subject to providing a minimum of 12 hours notice. If a cancellation is made less than 12 hours prior to your appointment time, a 50% charge will apply. If there is no notice provided, a full charge will be made for the services reserved.

THE TREATMENT ITSELF

How should I prepare for my Spa treatment?
Please shower off any oils and suntan creams prior to your treatment to allow better absorption of the products applied.

I am male – should I shave before my Spa treatment?
For men, we recommend shaving prior to having a facial for maximum comfort and benefit to the skin.

WHAT TO WEAR

There is no need to bring or wear any special clothing, as Spa wear is provided. Disposable underwear is provided for body treatments.

What time should I arrive for my treatment?
Please arrive at the Spa a minimum of 15 minutes before your scheduled appointment time – this allows you time to fill out your consultation form, enjoy the ambience and start the relaxation process before your treatment begins.

What happens if I am late for my appointment?
As a courtesy to all our guests, a prompt appointment schedule is adhered to. Late appointments may not be honoured if there is a treatment booked immediately after and will be charged the cancellation fee.

What medical or physical concerns do I need to tell the therapist?
All first-timers need to fill out a consultation form prior to their treatment – this is to provide you with the best possible experience and to assure your maximum safety and comfort.

WHAT TO WEAR

There is no need to bring or wear any special clothing, as Spa wear is provided. Disposable underwear is provided for body treatments.

What time should I arrive for my treatment?
Please arrive at the Spa a minimum of 15 minutes before your scheduled appointment time – this allows you time to fill out your consultation form, enjoy the ambience and start the relaxation process before your treatment begins.

What happens if I am late for my appointment?
As a courtesy to all our guests, a prompt appointment schedule is adhered to. Late appointments may not be honoured if there is a treatment booked immediately after and will be charged the cancellation fee.

What medical or physical concerns do I need to tell the therapist?
All first-timers need to fill out a consultation form prior to their treatment – this is to provide you with the best possible experience and to assure your maximum safety and comfort.