



# ABOUT COOL SPA

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Extraordinary sensory experiences for your mind, body and soul have been replicated at Baba Beach Club. Leave your stresses at the door because the spa delivers modern treatments infused with ancient local healing rituals right to your room for limitless comfort. Rejuvenation comes with our Full Body Traditional Thai and Aroma massage that is suffused with Thai herbs and the delivery is complemented by the sublime sound of the sea.

# HOW TO SPA

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## **RESERVATIONS:**

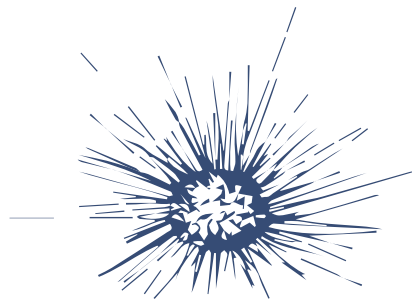
Advanced bookings are recommended to secure your preferred date and time of treatment.

## **MASSAGE THERAPY CANCELLATIONS:**

Should a cancellation or date change be necessary, we request at least 4 hours notice for any single service to avoid a cancellation fee. Appointments canceled within less than 4 hours will be charged 30% of the price of each confirmed appointment and a 100% charge will be imposed for all 'no shows'.

## **WHAT TO WEAR:**

You may wish to wear your own bikini or briefs, however we also provide you with hygienic disposable briefs.





### **SPECIAL CONSIDERATIONS:**

If you have high blood pressure, heart conditions, allergies are pregnant or have any other medical conditions, we recommend to consult your doctors before signing up for any spa services. Please make your spa therapist aware of any medical conditions you may have.

### **WHAT IF I AM PREGNANT?:**

Please inform our receptionists if you are pregnant, so that we may offer advice on the treatments that are safe to enjoy during pregnancy.

# BABA SIGNATURE

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## SWEET SURRENDER PACKAGE

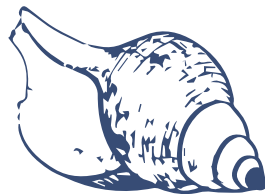
⌚ 90 mins    💰 2,900

Get out of your head, away from your phone and into a relaxed state of mind with the package created from our most popular experiences at Cool Spa.

Start with a pineapple exfoliate to promote radiant skin and then succumb to a signature Sri Panwa Serenity massage—the ultimate escape for a better inner and outer you.

**PINEAPPLE RADIANCE SCRUB**                      ⌚ 30 mins

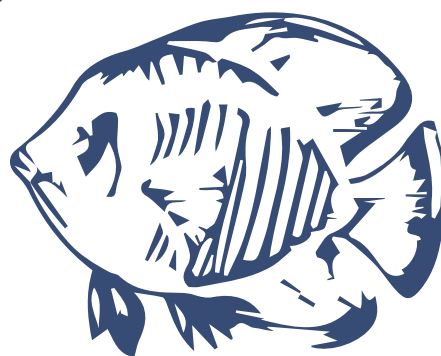
**SRI PANWA SERENITY MASSAGE**                      ⌚ 60 mins

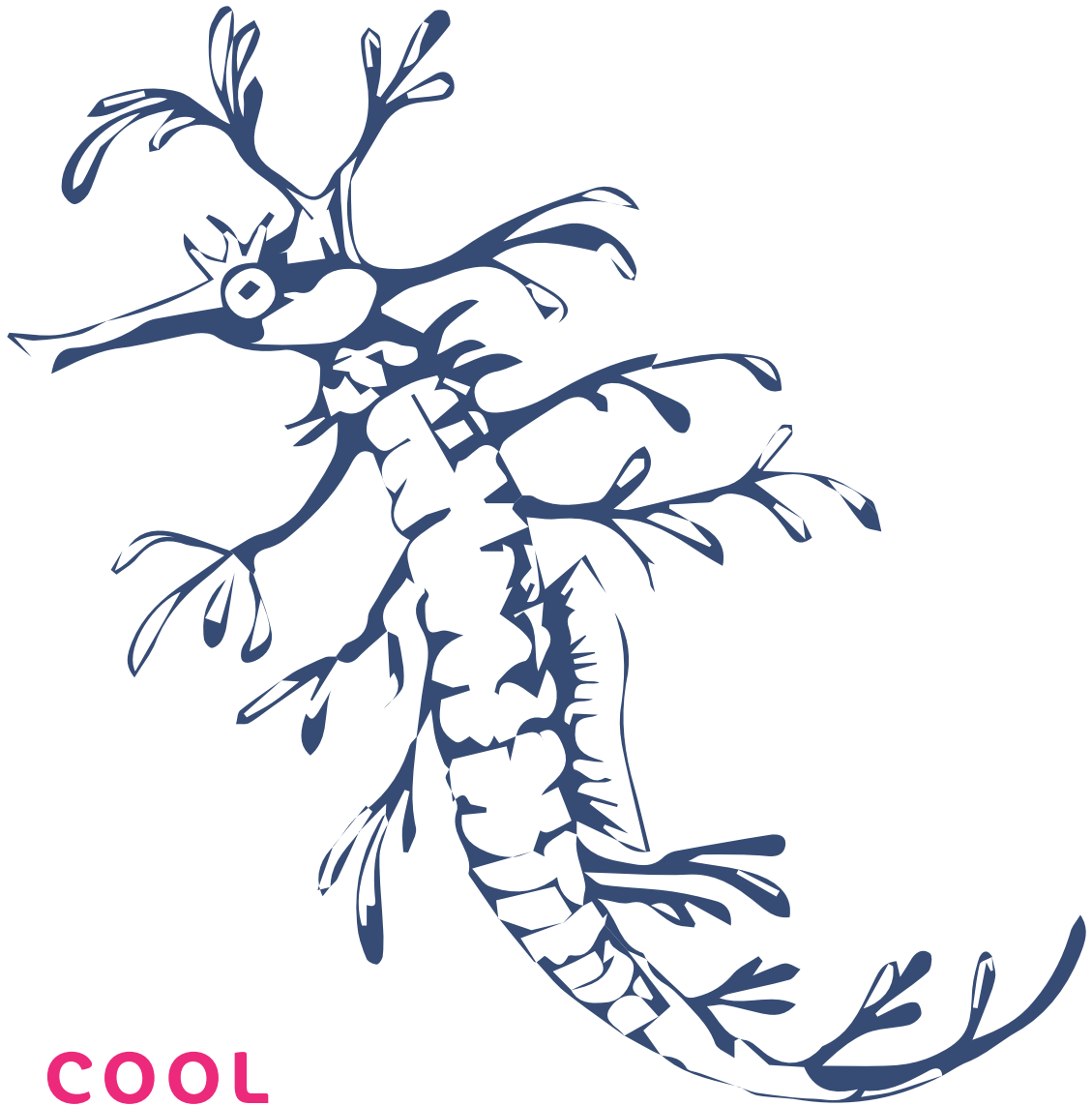




**SPA  
A LA CARTE  
MENU**

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## **COOL FULL BODY MASSAGE**

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Cool Spa presents the The Cool indulgence featuring a holistic selection of healing and energizing massage therapies for a complete refreshing, spiritual and physical renewal.



## SIGNATURE

### Full Body Massage

1	<b>TRADITIONAL THAI</b>
	🕒 60 mins / 90 mins / 120 mins 💰 2,000 / 2,600 / 3,200

A full body massage in traditional Thai style. It is an ancient blend of deep tissue massage using pressure points and stretching techniques to release tension, increase vitality and flexibility, creating wholeness in mind, body and spirit.

2	<b>SRI PANWA SERENITY</b>
	🕒 60 mins / 90 mins / 120 mins 💰 2,500 / 3,200 / 3,900

Our most aromatic and relaxing massage. Using a Combination of short strokes and aromatherapy into one session, this soothing yet gentle massage transcends the body into a blissful state of positive energy and calmness.

3	<b>AROMATIC THAI-OIL</b>
	🕒 60 mins / 90 mins / 120 mins 💰 2,500 / 3,200 / 3,900

This gentle and rhythmic massage uses essential oils on the medians of the body. Joints and muscles are tended to and stretched to unblock Chakra pathways and encourage good energy flow. Deep rolling and stretching movements lead to an experience that surpasses the ultimate state of relaxation and spiritual renewal.





## SOOTHING

### Full Body Massage

<b>4</b>	<b>PRENATAL</b>
	<p>🕒 60 mins / 90 mins / 120 mins</p> <p>💰 2,500 / 3,200 / 3,900</p>

Tailored specifically to the needs of pregnant women and their changing bodies, this gentle therapy relaxes tense muscles, eases sore spots and improves circulation and mobility. Therapists are trained to focus on various sore spots and help expecting mothers cope with discomfort.

<b>5</b>	<b>SWEDISH</b>
	<p>🕒 60 mins / 90 mins / 120 mins</p> <p>💰 2,500 / 3,200 / 3,900</p>

Swedish massage is exceptionally beneficial for relaxing the entire body by increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility. Kneading and gliding strokes helps to ease the body of muscular tension.

# PRESSURE POINT

6	<b>DEEP RELAX</b>
	⌚ 60 mins / 90 mins / 120 mins 💰 ฿ 2,500 / 3,200 / 3,900

A highly invigorating form of deep tissue massages therapy that focuses on realigning deeper layers of the muscles, organs and connective tissues. It is especially helpful for chronically tensed and contracted areas such as a stiff neck, back tightness, sore shoulder and tender pain.

7	<b>INDIAN HEAD</b>
	⌚ 60 mins 💰 ฿ 2,500

Based on the principle of Ayurveda, this soothing yet energizing exotic head massage combines pressure point techniques to relieve tension and awaken vital energy channels. Ideal for neck and shoulder tension, it will revitalize the mind and can help to relieve chronic headaches and sinus problems.

8	<b>STRETCHING</b>
	⌚ 30 mins 💰 ฿ 1,400

To promote flexibility, decrease muscle soreness and reduce stress through the use of active stretching movements

9	<b>PA KOW MA MASSAGE (นวดผ้าทาวม้า)</b>
	⌚ 60 mins 💰 ฿ 2,200

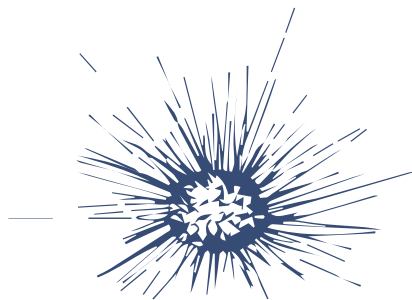
This unique, traditional Thai massage uses loincloth to pull, slide and lift the legs, neck and shoulders. These movements gently stretch and bring the body back into alignment, promoting the balance of circulating life force energy in your body.

## WARMING

### Full Body Massage

10	<b>THAI HERBAL HEALER</b>	
	🕒 90 mins	💰 3,500

An ancient healing form of restorative therapy which helps to sooth, relax and detoxify. Offering two treatments in one; a warm compress of natural Thai herbs is applied to the body to open pores and eliminate toxins whilst saturating the skin with delicious nutrients such as galangal, kefir lime, lemongrass and followed by a relaxing deep tissue massage to ease all muscular tension.



# COOL FOCUS MASSAGE



**30** MINS

<b>1</b>	<b>TENSION RELIEF</b>
	⌚ 30 mins 👤 1,400

A quick relaxing and soothing massage designed to relieve stress and muscle tension. This massage provides instant relief as it increases circulation and is ideal for someone who spends a lot of time at a desk.

<b>2</b>	<b>AROMATHERAPY FOOT</b>
	⌚ 30 mins 👤 1,400

Adapted from reflexology that focuses on specific reflex points in the feet that correspond with specific internal organs in order to aid the travel of energy throughout the body.

<b>3</b>	<b>AROMATHERAPY BACK</b>
	⌚ 30 mins 👤 1,400

A highly soothing treatment for promoting general well-being and relaxation. Naturally scented oils are applied to the upper body to relieve muscle tension and stiffness in the back area.

# BABA REMEDIES



1	<b>TRIGGER FINGER SOOTHING</b>
	⌚ 30 mins 👤 1,400

Trigger point massage is a very effective way to address muscle knots. Applying direct, sustained pressure to a muscle knot can help realign muscle fibers and restore blood flow. The overall result is relaxation of the finger, hand and forearm and helps restore hand and finger function.

2	<b>OFFICE SYNDROME RECOVERY</b>
	⌚ 60 mins 👤 2,500

The daily grind of office life can build up tension in the upper back, head, arms and hands. This is remedied by using reflexology to loosen deep muscles, which is the main cause of neck, back and shoulder pain. The treatment is completed with a warm herbal compress to reduce bruising and relieve pain from acupuncture.

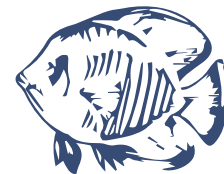


**SPA  
PACKAGES**

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# COUPLES PACKAGES

Share an experience to rest, relax and rejuvenate with someone you love. Cool Spa recommends the following treatments for couples, all of which are delivered in unison by two therapists.



<b>A</b>	<b>ME &amp; MY VALENTINE</b>
	⌚ 2.5 hours      👤👤฿ 9,000

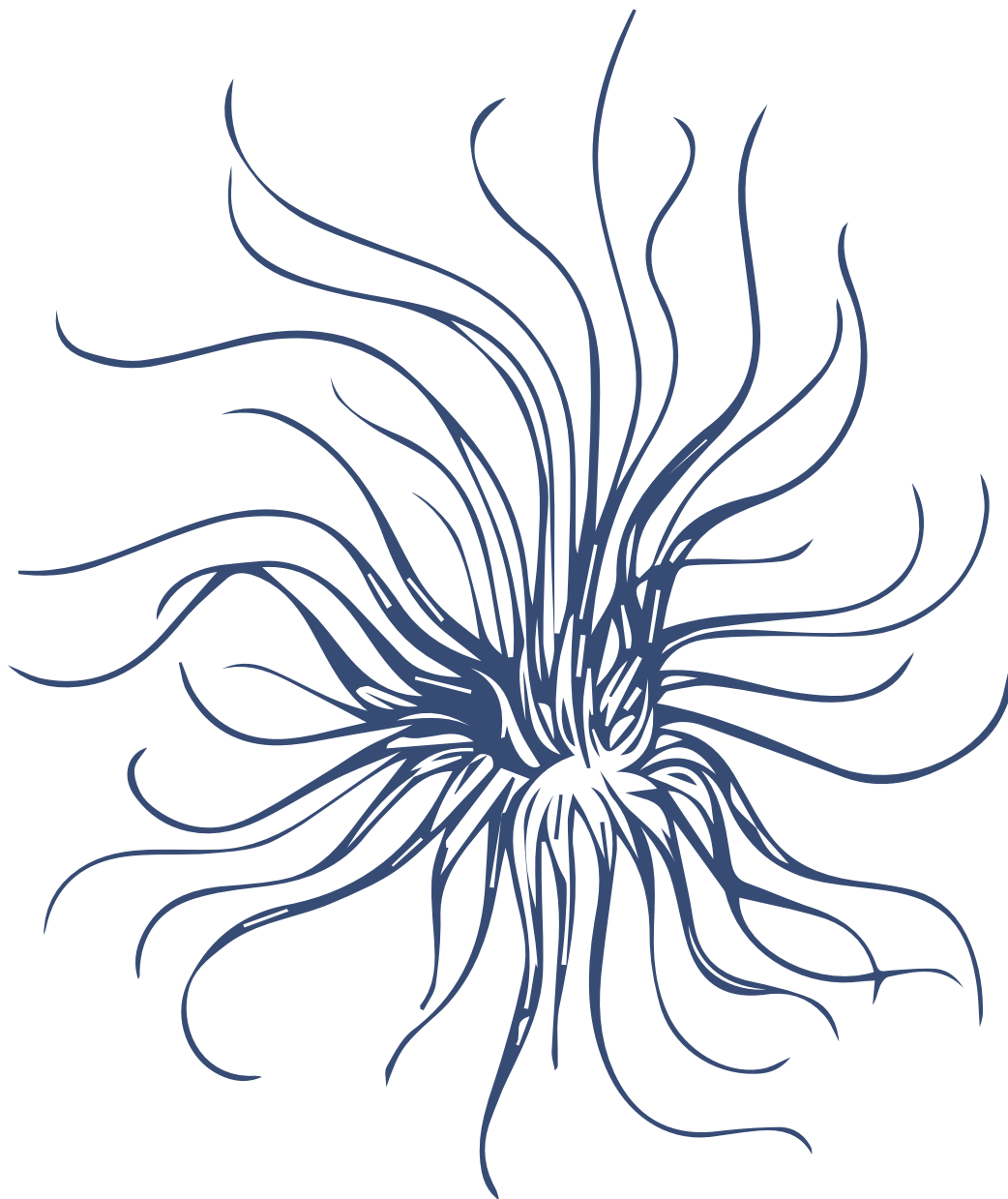
- Floral Foot Bath
- Choice of Body Polish & Glow 30 mins
- Aromatic Thai -Oil massage or Swedish Massage 60 mins
- Choice of Natural Facial Treatment 60 mins
- Refreshment

<b>B</b>	<b>HOME SWEET TOGETHER</b>
	⌚ 2.5 hours      👤👤฿ 9,000

- Floral Foot Bath
- Choice of Body Wrap 30 mins
- Choice of Sri panwa Serenity Massage or Deep Relax Massage 60 mins
- Choice of Natural Facial Treatment 60 mins
- Refreshment

<b>C</b>	<b>HAPPY TOGETHER PACKAGE</b>
	⌚ 90 mins      👤👤฿ 6,000

- Floral Foot Bath
- Choice of Focus Massage 30 mins
- Choice of Full Body Massage 60 mins
- Refreshment



**FAMILY-KID  
PACKAGES**





## FAMILY-KID

### Packages

1	<b>PARENT &amp; CHILD</b>
	🕒 120 mins 👤👤฿ 6,500

Quality time experience something new together with your little one, relaxing and getting pampered together with a soothing full body massage including an exclusive facial.

- Floral Foot Bath
- Signature Full Body Massage 60 mins
- Junior Sabai Facial 60 mins For Child  
Anti-Ageing Facial 60 mins For Parent
- Refreshment

Serenity together unwind and indulge together after an active day at Baba Beach Club by pampering yourself and child with a 30 minute body scrub, followed by a 90 minutes relaxing full body massage.

- Floral Foot Bath
- Signature Scrub 30 mins
- Signature Full Body Massage 90 mins
- Refreshment

2	<b>JUNIOR MASSAGE</b>
	🕒 60 mins 👤฿ 1,800

For yet another unforgettable experience at Baba Beach Club treat your little one to a relaxing and soothing full body oil massage focused on improving your child's development and improve sleep patterns.



**COOL  
BODY POLISHES**

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# INSTANT PRODUCT

⌚ 30 mins

💰 # 1,200

## **SALT RADIANCE**

For oily skin types/ Deep cleansing

A rock salt cleanser treats the skin to rich minerals such as magnesium & potassium. Soothing the skin leaving it radiant and rejuvenated.

## **FIRMING COFFEE**

For all skin types / Detoxifying

Made from locally grown Thai coffee and natural volcanic pumice; this original recipe provides stimulation and refreshment for the whole body.

## **ANTI-OXIDANT GREEN TEA**

For all skin types / Anti-Oxidant

Pure Green Tea polish not only removes dead skin cells and increases circulation, but it also encourages regeneration, leaving skin super smooth and young.





# COOLING WRAPS

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## BODY WRAP

⌚ 45 mins

👥 # 1,300

Body wraps are used to tone, hydrate, contour and detoxify the body. They also help to reduce cellulite and assist with weight loss. Your chosen mask is applied to the entire body which is then wrapped and cocooned to retain heat, allowing the ingredients to infuse completely into the skin.

### SIAM WHITE CLAY

For normal / oily skin types

Thai white clay or Din Sor Porng has long been the natural remedy to skin health passed down from generation to generations. This 'miracle' mud containing gypsum minerals cleanses and balances the skin complexion whilst treating skin disorders and tightens pores. Saturated with Thai herbs to create a therapeutic wrap that works wonders for your skin.

### ALOE VERA & HONEY HYDRATING GEL

For dry skin types / After Sun

Sunkissed tired skin benefits from the healing & cooling agents of Aloe Vera & Honey Hydrating. Gel that reduces dryness and irritation. The result is moisturized & harmonized skin textures, perfect as an after-sun treatment.

### MILK & YOGURT

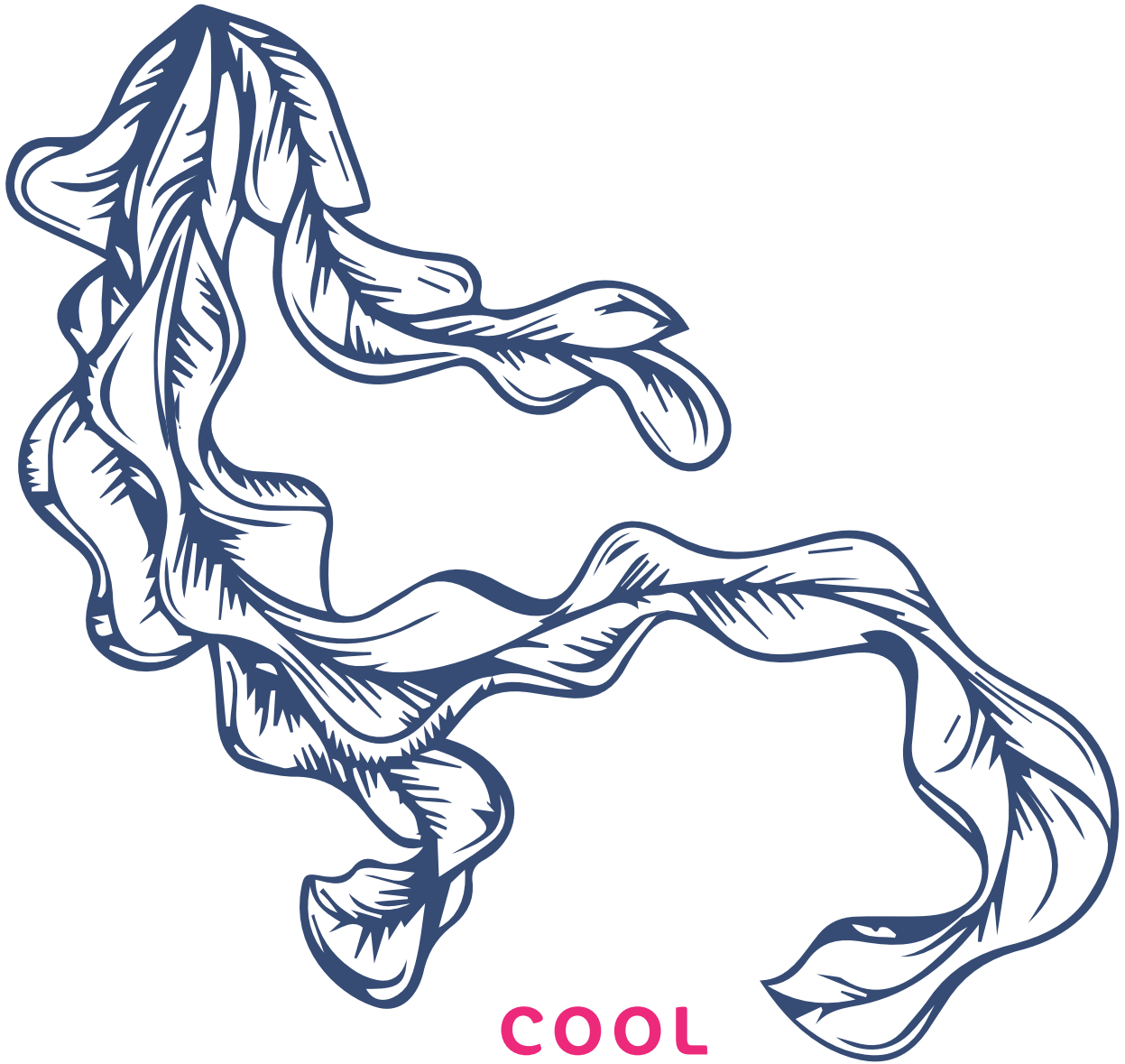
For all skin types / Whitening

A yummy yogurt body wrap with a milk-based body mask rich in lactic acids that moisturizes your skin after a full body exfoliation and will leave the skin very smooth, soft and supple.

### NEEM BLACK CLAY

For all skin types / Detoxifying

A Black Clay body mask containing fruit extracts and vitamin E used to refresh the skin. It acts as an anti-bacterial and moisturizer, removing dirt from the body and prevents free radicals from forming.



**COOL  
FACIAL  
TREATMENTS**

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60  
MINS

## NATURAL REMEDIES



⌚ 60 mins 📍 # 2,000

Freshly made facial products based from handpicked herbs and natural healthy ingredients. Blended just minutes prior to application following traditional recipes to ensure freshness and quality.

### SABAI FACIAL TREATMENT

For normal / all

Designed to purify and promote beautifully radiant skin using vitamins from natural oatmeal, honey, yoghurt and fresh cucumber; Sabai facial offers cleansing, toning, exfoliating, masking and moisturizing benefits to enliven your skin leaving it soft and healthy.

### ANTI-AGEING FACIAL TREATMENT

For normal / all

A facial using the pure anti-oxidant benefits of grapefruit and egg whites. The mask allows core ingredients to deeply penetrate the skin in order to provide protection against the damaging effects of the environment, leaving your face nourished and revitalized to unveil clean, glowing and radiant skin.



## COOL NAIL SPA

Cool Salon's specialty hand & foot cleanses, trims, files and shapes the nails as you like.

1	<b>HAND CARE</b>
	⌚ 45 mins 💰 ฿ 800

2	<b>FOOT CARE</b>
	⌚ 45 mins 💰 ฿ 1,000

3	<b>HAND CARE &amp; FOOT CARE</b>
	⌚ 90 mins 💰 ฿ 1,500

Note: includes a salt radian scrub plus a hand or foot massage with a moisturizing lotion.

**#COOLSPA**  
**#BABABEACHCLUBHUAHIN**  
**#SRIPANWA**

**CONTACT US**

Open daily from 10am - 8pm

(last bookings @ 6.30pm)

Tel: 032-899-130 or dial '0'

Email: [spa.huahin@bababeachclub.com](mailto:spa.huahin@bababeachclub.com)

[www.bababeachclub.com](http://www.bababeachclub.com)

Cool *BaBa* Sripanwa  
spa BEACH CLUB

