

Cool
Spa

WELLNESS
Experiences

REBALANCE + WELLNESS BOOST

1 DAY | THB 3,800 ++

FEEL FULLY ENERGIZED AND WONDERFULLY RELAXED WITH A WELL-ROUNDED PACKAGE FOR TOTAL WELL-BEING. THIS FULL-DAY TREATMENT PAIRS STRESS RELIEF WITH DYNAMIC MOVEMENTS AND A DEEPLY SOOTHING SPA EXPERIENCE. FINISHING WITH A WHOLESOME, NUTRITIOUS CUISINE WILL LEAVE YOU REJUVENATED, EMPOWERED AND GLOWING WITH VITALITY.

Program includes:

8:30 AM	TRADITIONAL THAI STRETCHING (45 MINS)
11:00 AM	HERBAL STEAM (30 MINS)
11:30 AM	SPA TREATMENT: GREEN TEA SCRUB (30 MINS) & A SELECTION OF MASSAGE (60 MINS)
1:30 PM	HEALTHY THREE-COURSE MEAL*

*ALL PRICES ARE IN THAI BAHT + SUBJECT TO 7% TAX & 10% SERVICE CHARGE.



HOLISTIC SPA WELLNESS RETREAT

3 DAYS | THB 11,000 ++

DEEPLY REVITALIZE YOUR INNER AND OUTER YOU ACROSS THREE DAYS WITH A CUSTOMIZED RETREAT OF LUXURY SPA PAMPERINGS, ENERGIZING FITNESS CLASSES, HEALING HOLISTIC THERAPIES AND DELICIOUS WELLNESS-FOCUSED CUISINE.

THIS RETREAT IS DESIGNED TO GIVE YOURSELF THE SPACE, TIME AND EXPERT CARE YOU DESERVE. WHETHER YOU NEED TO KICK-START TOWARDS A HEALTHIER LIFESTYLE, REBALANCE A FAST PACE WITH A REJUVENATING TIME OUT, OR INSPIRE NEW PATHS TO WELLNESS, THIS CUSTOMIZED THREE-DAY RETREAT IS THE PERFECT PACKAGE.

Program includes:

DAY 1

- 3:30 PM HERBAL STEAM (30 MINS)
- 4:00 PM A SELECTION OF MASSAGES (60 MINS)
- 6:30 PM HEALTHY THREE-COURSE MEAL*

DAY 2

- 8:00 AM EARLY BIRD YOGA CLASS (60 MINS)
- 1:00 PM HEALTHY THREE-COURSE MEAL*
- 3:30 PM HERBAL STEAM (30 MINS)
- 4:00 PM SPA TREATMENT: GREEN TEA SCRUB (30 MINS)
& A SELECTION OF MASSAGES (60 MINS)
- 6:30 PM HEALTHY THREE-COURSE MEAL*

DAY 3

- 8:00 AM WU QIN XI EXERCISE (45 MINS)
- 11:30 PM THAI TRADITIONAL MEDICINE EXPERIENCE, A SELECTION OF TREATMENT (30 MINS)
- 12:00 PM FACIAL TREATMENT (60 MINS)
- 1:30 PM HEALTHY THREE-COURSE MEAL*

**THE THREE-COURSE MEAL IS SERVED WITH A CHOICE OF STARTERS, MAIN DISHES AND DESSERT AS WELL AS JUICE

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DETOX PROGRAM

1 DAY | THB 4,000 ++

REJUVENATE YOUR BODY: THIS ONE-DAY PROGRAM COMBINES THE WISDOM OF ALTERNATIVE MEDICINE WITH MODERN BIOLOGICAL DETOXIFICATION METHODS. EXPERIENCE THERAPEUTIC ABDOMINAL MASSAGE AND CLINICAL COLON HYDROTHERAPY TO ELIMINATE WASTE PRODUCTS. TRADITIONAL HERBAL PREPARATIONS AND MESSAGES STIMULATE BLOOD AND LYMPHATIC CIRCULATION TO FURTHER ENHANCE TOXIN REMOVAL.

Program includes:

8:30 AM	COLON HYDROTHERAPY & STOMACH MASSAGE (60 MINS)
10:30 AM	THAI TRADITIONAL STRETCHING (INDOOR, 30 MINS)
11:30 AM	HERBAL STEAM (30 MINS) WITH WELLNESS SHOT REFRESHMENT
12:00 PM	LYMPHATIC DRAINAGE MASSAGE (90 MINS) WITH TEA SET
1:30 PM	HEALTHY THREE-COURSE MEAL



**THE THREE-COURSE MEAL IS SERVED WITH A CHOICE OF STARTERS, MAIN DISHES AND DESSERT AS WELL AS JUICE

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THREE-DAY DETOX JOURNEY

3 DAYS | THB 11,000 ++

DEEP DETOXIFICATION EXPERIENCE: THIS COMPREHENSIVE PROGRAM PROVIDES A DEEPER CLEANSE OVER THREE DAYS

Program includes:

DAY 1

2:00 PM THAI TRADITIONAL STRETCHING (INDOOR, 30 MINS)
2:30 PM HERBAL STEAM (30 MINS) WITH WELLNESS SHOT REFRESHMENT
3:00 PM LYMPHATIC DRAINAGE MASSAGE (90 MINS)
6:30 PM HEALTHY THREE-COURSE MEAL

DAY 2

8:30 AM COLON HYDROTHERAPY & STOMACH MASSAGE (60 MINS)
10:30 AM DETOX SCRUB (45 MINS) & DETOX BODY WRAP (30 MINS)
12:00 PM INDIAN HEAD MASSAGE (60 MINS)
1:00 PM HEALTHY LUNCH
4:30 PM YOGA FOR OFFICE SYNDROME (60 MIN)
6:30 PM HEALTHY THREE-COURSE MEAL

DAY 3

8:30 AM COLON HYDROTHERAPY & STOMACH MASSAGE (60 MINS)
10:30 AM HERBAL BATH (30 MINS) WITH WELLNESS SHOT REFRESHMENT
11:00 AM LYMPHATIC DRAINAGE MASSAGE (60 MINS)
12:15 PM HEALTHY THREE-COURSE MEAL

**THE THREE-COURSE MEAL IS SERVED WITH A CHOICE OF STARTERS, MAIN DISHES AND DESSERT AS WELL AS JUICE

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A JOURNEY THROUGH THAI TRADITIONAL MEDICINE 1 DAY | THB 4,100 ++

EMBRACE INNER HARMONY: IMMERSE YOURSELF IN THE ANCIENT HEALING TRADITIONS OF THAILAND. THIS PROGRAM COMBINES HERBAL REMEDIES, THERAPEUTIC MASSAGE, AND UNIQUE TREATMENTS TO PROMOTE PHYSICAL AND SPIRITUAL WELL-BEING.

Program includes:

8:30 AM	THAI TRADITIONAL STRETCHING (INDOOR, 30 MINS)
10:30 AM	HERBAL STEAM (30 MINS) WITH WELLNESS SHOT REFRESHMENT
11:00 AM	THERAPEUTIC MASSAGE (60 MINS) & HERBAL CLAY MASK (60 MINS) WITH TEA SET
1:30 PM	HEALTHY THREE-COURSE MEAL

**THE THREE-COURSE MEAL IS SERVED WITH A CHOICE OF STARTERS, MAIN DISHES AND DESSERT AS WELL AS JUICE

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JOURNEY OF THAI WELLNESS

3 DAYS | THB 11,500 ++

Program includes:

DAY 1

- 2:00 PM STRETCHING (30 MINS)
- 2:30 PM HERBAL STEAM (30 MINS) WITH WELLNESS SHOT REFRESHMENT
- 3:00 PM THERAPEUTIC MASSAGE (90 MINS)
- 6:30 PM HEALTHY THREE-COURSE MEAL

DAY 2

- 8:30 AM YOGA FOUNDATION (60 MINS)
- 10:00 AM CUPPING THERAPY (60 MINS) & HERBAL CLAY MASK (30 MINS)
- 12:00 PM HEALTHY LUNCH
- 4:30 PM FOOT & HAND MASSAGE (60 MINS)
- 6:30 PM HEALTHY THREE-COURSE MEAL

DAY 3

- 8:30 AM THAI TRADITIONAL STRETCHING (INDOOR, 30 MINS)
- 10:00 AM CANNABIS MASSAGE (90 MINS) & HERBAL BURNING (30 MINS)
- 12:15 PM HEALTHY THREE-COURSE MEAL



**THE THREE-COURSE MEAL IS SERVED WITH A CHOICE OF STARTERS, MAIN DISHES AND DESSERT AS WELL AS JUICE

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HEALTHY THREE-COURSE MEAL MENU

CHOOSE ONE DISH FROM EACH SELECTION

Appetizer

TODDY PALM GRILLED SHRIMP SALAD

สลัดลูกตาลกุ้งย่าง

CUCUMBER & SALMON ROLLS WITH AVOCADO

ปลาแซลมอนรมควัน รัดซอสอโวคาโด

MANGO SEA BASS SALAD WITH LIME VINAIGRETTE

สลัดปลากระพงขาว ยำมะม่วงสุก

AVOCADO SHRIMP SALAD WITH ITALIAN DRESSING

สลัดกุ้ง อโวคาโด

CHIMICHURRI CHICKEN & AVOCADO SALAD

สลัดสะโพกไก่ย่าง ซอสซิมิซูริ

Main Course

PAN FRIED TIGER PRAWNS, FENNEL LEAVES, GARLIC, CHILI

WITH QUINOA RICE, GRILLED BROCCOLI & ASPARAGUS

กุ้งลายเสือทอดใบยี่หระ

STEAMED SALMON WITH SOY SAUCE, MIXED GREEN SALAD & QUINOA RICE

ปลาแซลมอนนึ่งซีอิ๊ว

SLOW COOKED CHICKEN BREAST WITH GRILLED CAULIFLOWER,

ASPARAGUS & SMASHED POTATOES

อกไก่อบ & มันบด

ROASTED SPICY CHICKEN THIGH WITH AROMATIZED RICE,

BROCCOLI & CAULIFLOWER OYSTER SAUCE

สะโพกไก่อบสมุนไพร

MISO BUTTER SNAPPER WITH BROCCOLI & QUINOA RICE

ปลากระพงย่างซอสเต้าเจี้ยวญี่ปุ่น



Dessert

YOGURT PANNA COTTA WITH APPLE CRUMBLE

พื้นนาคอหตำรลโยเกิร์ต & แอปเปิ้ลครัมเบิ้ล

YOGURT AVOCADO CHEESECAKE

ชีสเค้กอโวคาโด & โยเกิร์ตธรรมชาติ

BANANA OATS & SESAME CAKE

เค้กกล้วยหอมงาดำ

HEALTHY PUMPKIN SPICE CAKE

เค้กฟักทองเครื่องเทศ

TODDY PALM CARROT CAKE

เค้กลูกตาลแครอท





Juice

DETOX GREEN JUICE

GREEN COS, CUCUMBER, LEMONS, GREEN APPLE & KIWI

ช่วยล้างสารพิษในร่างกาย, ป้องกันโรคมะเร็ง

CLEANSE JUICE

CARROT, CORIANDER & LIME

ต้านอนุมูลอิสระ, ช่วยบำรุงหัวใจ, ลดคอเลสเตอรอล

ENERGY JUICE

CELERY, CUCUMBER, CARROT, GREEN APPLE & PINEAPPLE JUICE

ช่วยกระตุ้นระบบเผาผลาญ, บำรุงผิว, ลดความดันโลหิต

VITALITY JUICE

BEETROOT, GINGER, GREEN APPLE & MINT

ช่วยกระตุ้นระบบการย่อย, ต้านอนุมูลอิสระ, บำรุงสมอง

#COOLSPA
#COOLSPA HUAHIN
#BABABEACHCLUB HUAHIN

CONTACT US

Open daily from 10am - 7pm

(last bookings @ 6.30pm)

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