

Suuko Spa Service

Time-Tested Traditional Treatments

Suuko treatments are based on ancient Thai medical theory. Traditional massages, heat therapies and indigenous herbs are used to bring your physical conditions and spirit back to a state of balance.

Naturally Nourishing Products

Spa products are created under the strict control of certified traditional Thai doctors. Only the most potent herbs, naturally occurring minerals and 100% pure essential oils are carefully selected as ingredients. No petrochemicals, synthetic perfumes and colours are allowed.

500-Hour Trained Staff

All Suuko therapists are trained at Suuko Spa Academy, certified by the Ministry of Education. For a high standard of proficiency, trainees must first successfully complete the mandatory 500-hour course before becoming part of Suuko team.



Body Massage with aromatic oil

All-time popular type of massages performed with a healing touch accompanied by especially blended aromatic massage oils. During the massage, the molecules of essential oils will be absorbed through the skin and into the bloodstream to benefit the vascular, lymphatic, muscular and nervous systems while vitamins and minerals-rich base oils nourish the skin, all enhancing the healing powers of touch. As the massage is performed to benefit the systems of the body, emotional health and well-being are also restored.

❖ Body Massage with botanical oil

● ABE60-01 **Aromatherapy Massage** (aromatic oil of choice) 60 Min THB 1,999

Recommended for:

- Stress
- Insomnia
- Fluid retention (without any contra-indication)

The gentle stroking movements of the massage assists lymphatic and venous return, helping the body to eliminate excess fluid and toxic wastes while deepening the relaxation of both body and mind.

● ABE90-01 **Uplifting Massage** (aromatic oil of choice) 90 Min THB 2,399

Recommended for:

- Pain and stiffness from muscular tension
- After sport activities
- After long car rides or shopping all day
- Fluid retention (without any contra-indication)
- During weight-loss program
- Stress
- Low energy

The massage helps you to 'get-up-and-go'. This invigorating technique effectively revitalizes tired muscles and increases their toning. The movements also help to break up fatty deposits and soften areas of fatty tissue, improving the skin texture.

● ABE120-01 **At Ease Massage** (aromatic oil of choice) 120 Min THB 2,799

Recommended for:

- Stress
- Insomnia
- Fluid retention (without any contra-indication)
- Exhaustion caused by overwork
- Low energy
- Burnout, physically and mentally
- Jet lag

At Ease utilizes mainly gentle stroking massage movements to stimulate the sensory nerve endings and aid circulation. This massage is extremely relaxing and offers comfort, especially during a stressful time.

● ABE120-02 **Suuko Synergy Massage** (aromatic oil of choice) 120 Min THB 2,999

Recommended for:

- Pain and stiffness from muscular tension
- After sport activities
- After long car rides or shopping all day
- Low energy
- Burnout, physically and mentally
- Jet lag
- Stress
- Insomnia
- Fluid retention (without any contra-indication)

The massage is designed so that the acupressure technique synchronizes with the aroma therapy. This synergy is a very effective remedy for the stress and strains of work, travel, or from spending too much time on the computer. After a two-hour session, you will walk out feeling lighter, more peaceful and relaxed.

Traditional Siam Body Massage

Siam massage has a spiritual base, using theories of energy flow and balance. Pressure is applied to key points along the body's energy channels to stimulate proper energy flow. This helps to balance the senses and works deeply to restore the body to normal function for improved health. Siam massage has long been an integral part of everyday life in Thailand. The techniques have been developed and refined over time, with each practitioner adding his own special touches to suit the particular conditions and occasions.

- ATE60-01 **Relaxing Siam Massage** 60 Min THB 1,750

Recommended for:

- Pain and stiffness from muscular tension
- After sport activities
- Low energy

This oil-free traditional massage will gently stretch your body into yoga-like positions. It is the perfect massage treatment for the relief of stress, muscle aches and pains, and to combat fatigue.

- ATE90-01 **Pleasant Siam Massage** 90 Min THB 2,199

Recommended for:

- Pain and stiffness from muscular tension
- After sport activities
- Low energy or burnout, physically and mentally

A longer massage session is the perfect way to experience the benefits of this traditional healing. Energy level is increased, muscle pain is relieved and ease of mind is promoted.

- ATE120-01 **Top to Toe Siam Massage** 120 Min THB 2,499

Recommended for:

- Spends too much time on the electronic devices
- Eye strain, headaches
- Lack of concentration
- Jet lag
- Low energy or burnout, physically and mentally
- Exhaustion caused by overwork
- Stress, Insomnia
- Pain and stiffness from muscular tension
- After sport activities

Top to Toe whole body massage is specially tailored for those with stress and strain caused by overwork, travel or spending too much time on the computer. As the head, neck, shoulder, and upper back are generally areas in which physical and emotional stresses are held, the key pressure points on these areas are emphasized.

● ATE120-02 **Down to Earth Siam Massage** 120 Min

THB 2,799

Recommended for:

- After long car rides or shopping all day
- After sport activities
- Foot, leg, and ankle swelling (without any contra-indication)
- Insomnia, Stress
- Low energy or burnout, physically and mentally
- Pain and stiffness from muscular tension

In this whole body ritual, specific reflex points on the feet are fully emphasized, resulting in organs associated with these points being energized. As the feet hold thousands of tiny sensory nerve endings, this massage is also very relaxing.



Thai Head Massage

Recommended for:

- Spends too much time on the electronic devices
- Eye strain, headaches
- Lack of concentration
- Exhaustion caused by overwork
- Burnout, physically and mentally
- Insomnia
- Stress or often under stressful circumstances
- Jet lag

The massage is given without oils and guests are advised to wear comfortable clothing. It is performed by applying appropriate pressure on muscles of the head, neck, shoulder, upper back and arms. “Crown of Suuko” is highly recommended for guests with stress and exhaustion caused by overwork, travel or spending too much time on the computer. After the session, the circulation to the brain, scalp, face and neck are improved. Alertness, concentration and creativity are improved. A feeling of vitality is the result.

- AHE60-01 **Crown of Suuko Head, Neck and Shoulder Massage** 60 Min THB 1,499



Thai Foot Massage

Thai foot massage is a wonderful way of saying “Thank you” to your feet for all the relentless work they do. It helps to refresh tired feet, get rid of aches, keep the joints flexible, boost blood circulation and improve their appearance.

Regular care brings far-reaching benefits for physical and emotional health and well-being.

Recommended for:

- After long car rides or shopping all day
- Before or after sport activities
- Foot, leg, and ankle swelling (without any contra-indication)
- Low energy
- Exhaustion caused by overwork
- Burnout, physically and mentally
- Insomnia
- Stress or often under stressful circumstances
- Pain and stiffness from muscular tension

The principles of this traditional foot massage are that feet are mirrors of the body. Different points on the feet correspond to different organs, glands and parts of the body. By stimulating these reflex points, the body’s energy will flow properly and help to correct the imbalance in those parts of the body. The treatment will strengthen you from within. Stress and fatigue can be addressed, leaving behind relaxation and rejuvenation.

• AFE60-01 **Invigorating Foot Massage** 60 Min THB 1,699



The Body Scrub

❖ Perfectly Polished

Recommended for:

- Dull or dehydrated skin
- Skin preparation for other spa treatments

Body scrub -the process of scrubbing the dull dead cells off is a wonderful procedure to increase the circulation, remove impurities and encourage healthy new skin growth, leaving softer and smoother skin. It is the perfect way to prepare your skin for most other spa treatments.

- APE60-01 **Jasmine Rice with sugar & rose perfectly polished** 60 Min THB 1,799

Rich in natural polysaccharides which become gelatinous in water, Jasmine rice has long been used for its soothing properties. The gentle recipe will cleanse, soothe, and nourish the skin.

- APE60-02 **Turmeric with sugar & rose perfectly polished** 60 Min THB 1,799

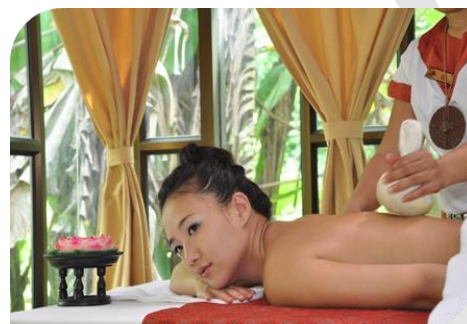
This original traditional scrub is abundant in the Thai healing herbs and spices which have used for generations. It is the ultimate in exfoliating, softening and warming the skin.

- APE60-03 **Boran Coffee with sugar & rose perfectly polished** 60 Min THB 1,799

Ground coffee beans, combined with traditional herbs create a refreshing scrub to effectively exfoliate and smooth the skin. It also imparts a bright morning scent to invigorate the senses.

- APE60-04 **Herbal salt with sugar & rose perfectly polished** 60 Min THB 1,850

Sea salt, added to calming and mood-enchanting scented oil, will remove dead surface cells and stimulate the circulation as well as replenish the skin. Herbal salt is an invigorating scrub due to its abrasive nature.



❖ Body Cocoon with relaxing head massage

- ACE60-01 THB 2,250
Seaweed Detoxify Body Cocoon with relaxing head massage 60 Min
- ACE60-02 THB 2,250
Aloe & Spirulina Revival Body Cocoon with relaxing head massage 60 Min
- ACE60-03 THB 1,999
Kwao Krua Glow Body Cocoon with relaxing head massage 60 Min

❖ Body Scrub

- ASE30-01 **Rice Body Scrub** 30 Min THB 1,599
- ASE30-02 **Turmeric Body Scrub** 30 Min THB 1,599
- ASE30-03 **Boran Coffee Body Scrub** 30 Min THB 1,599
- ASE30-04 **Herbal salt Body Scrub** 30 Min THB 1,599

❖ Body Mask with relaxing head massage

- AME30-01 THB 1,599
Aloe Rejuvenation Body Mask with relaxing head massage 30 Min
- AME30-02 THB 1,699
Aloe & Spirulina Revival Body Wrap with relaxing head massage 30 Min
- AME30-03 THB 1,699
Seaweed Detoxify Body Wrap with relaxing head massage 30 Min
- AME30-04 THB 1,499
Kwao Krua Glow Body Wrap with relaxing head massage 30 Min

Aloe Facial Bliss

Aloe Facial is beneficial for all skin types. Combined with body massage, the result is healthy, silky smooth complexion with relaxing body and mind.

Recommended for:

- After sun treatment
- Phuket outdoor activities
- Sunburned skin
- Regularly exposed to sunlight
- Dry skin
- Dull, dehydrated skin
- Lacklustre skin
- Stress or often under stressful circumstances

Facial treatment is the extra treatment added to your basic daily routine (cleansing, toning and moisturizing) on a weekly or biweekly basis for maintaining healthy, problem-free skin. Magnifique Aloe Facial Treatment is the great way to revive and rejuvenate after spending a time in the sun. Aloe vera gel and soothing essential oils are the perfect combination to hydrate, soothe inflammation and irritation, and nourish the skin.

The beauty steps of Magnifique Aloe Facial Treatment:

- Cleanse with Velvety Facial Cleansing Oil
- Tone and re-balance with Floral Water
- Cool compress with Silky Sense Essential Oil
- Nourish with Neroli aromatic serum
- Mask with Classic aloe facial mask
- Tone and re-balance with Floral Water
- Re-hydrate the skin with Aloe Facial Moisturizer
- Grace Mineral Face Powder is applied to brighten up the skin.

❖ Facial

- ALE30-01 **Magnifique Aloe Facial Treatment** 30 Min THB 1,250
- ALE30-02 **Thai Herb Purifying Facial Treatment** 30 Min THB 1,250
- ALE30-03 **Silk Sanctuary Rejuvenating Facial Treatment** 30 Min THB 1,699
- ALE60-01 **Thai Herb Purifying Facial Spa** 60 Min THB 2,299
- ALE60-02 **Passage of Silk Royal Facial Spa** 60 Min THB 2,799



Body Glow

It is a perfect combination of body scrub and body massage which is beneficial to skin, systems and soul.

The Body Scrub

Recommended for:

- Dull or dehydrated skin
- Skin preparation for other spa treatments

Body scrub -the process of scrubbing the dull dead cells off is a wonderful procedure to increase the circulation, remove impurities and encourage healthy new skin growth, leaving softer and smoother skin. It is the perfect way to prepare your skin for most other spa treatments.



❖ All-Time Favourite

- PTE90-01 **Relax and Glow** 90 Min THB 2,499

Body Scrub of choice, Aromatherapy Massage (aromatic oil of choice)

- PTE120-01 **Uplift and Glow** 120 Min THB 2,999
- Body Scrub of choice, Uplifting Massage (aromatic oil of choice)

- PTE120-02 **Time to Relax** 120 Min THB 3,499

Body Scrub of choice, Aromatherapy Massage (aromatic oil of choice), Thai Herb Purifying Facial Treatment

- PTE150-01 **Rejuvenate and Glow** 150 Min THB 3,499

Body Scrub of choice, Suuko Synergy Massage (aromatic oil of choice)

- PTE150-02 **Totally Re-Balanced** 150 Min THB 3,499

Body Scrub of choice, Relaxing Siam Massage, Invigoration Foot Massage

❖ After Sun Spa

- PAE90-01 **Aloe Body Bliss** 90 Min THB 2,599

Aloe Rejuvenation Body Mask with relaxing head massage, Aromatherapy Massage (aromatic oil of choice)

- PAE120-01 **Ray of Sunshine** 120 Min THB 3,299

Aloe Rejuvenation Body Mask with relaxing head massage, Aromatherapy Massage (Aromatic oil of choice), Magnifique Aloe Facial Treatment

- PAE150-01 **After Sun Soother** 150 Min THB 3,799

Aloe Rejuvenation Body Mask with relaxing head massage, aromatherapy Massage (Aromatic oil of choice), Invigorating Foot Massage



❖ Silk of Siam

- PSE150-01 **Glow of Silk** 150 Min THB 3,999

Body Scrub of choice, Aromatherapy Massage (aromatic oil of choice), Passage of Silk Facial Spa

- PSE180-01 **Sense of Silk** 180 Min THB 5,499

Body Scrub of choice, Aloe & Spirulina Revival Body Wrap with relaxing head massage, Aromatherapy Massage (aromatic oil of choice), Passage of Silk Facial Spa