



# Apsara Health Care & Spa Rayong

Massage & Spa – Body, Mind & Soul Treatment



VIP Chain Resort  
Hotel & Spa

### Special pre-booking discount for day treatments and packages



Apsara Concept



One-day treatments



Special day Package



2-6 days packages

#### Pre-booking with 25% discount

Any of the treatments listed on our homepage for day treatments, as well as treatment packages from 2 to 6 days can be bought in advance without deciding on a final date for the treatment. Booking a treatment date can later be done by email to [reservation@tropicalcare.info](mailto:reservation@tropicalcare.info)

A deposit of 50% must be paid before the treatment date, and no later than 3 days after the confirmed booking. You obtain a discount of 25% on any treatment valued at minimum 1,500 Baht. You cannot pay with coupons or by debit card.

#### Buy coupons and get up to 50 % discount

It is possible to buy coupons or debit cards where you pre-pay an amount that be used for treatments as you wish. Several persons can use the coupons and the card. The paid amount must be spent within 1 year after payment.

The following discounts can be obtained:

Paid amount	Discount	At disposal
2,000	25%	2,500
5,000	40%	7,000
10,000	50%	15,000

It is not possible to combine the use of coupons and debit cards with other promotions and discounts.

#### Concept

A Brand new and modern center, which doesn't only offer massage and spa, but also 24-hour health care. If you stay in Tropical Beach or Oriental Pool Villa you can contact our Healthcare Center around the clock 7 days a week and get assistance from our professional nurses. (Link to <http://tropicalcare.info>)

For the whole family. If you don't stay in VIP Chain resort you can bring you whole family. While you enjoy a relaxing treatment the rest of the family can relax at Apsara's oriental pool. We serve coffee, tropical cocktails or a relaxing lunch. You can also use the WiFi Internet connection. Alternatively you can have a tennis match, play chess or table tennis or maybe just read the latest news in Bangkok Post. Simply order what you want in Apsara's reception and you will be served from the Oriental Pool Bar.

Real family holiday for soul and body. Organize the next holiday for your family combined with a real holiday stay in VIP Chain Resort (click here for more information link to <http://VIPresort.info>), and a relaxing treatment package in Apsara Healthcare Center.

We are also an educational center (ITC) for foreigners who want professional training within the areas of food reflexology, Thai massage and aromatherapy as well as yoga and meditation. (<http://ilc.123-thai.com>)

Apsara Massage & Healthcare Body, mind & soul treatment is built around the old legends from the Khmer period – an angel dancing with a beautiful lady with the spirit of fortune. Apsara Healthcare & Spa is based on the ancient unique methods of treating your body, mind and soul.

The concern for, and maintenance of, health and wellness has been very much a part of Eastern culture since time immemorial. This has allowed the practice to develop into something of a fine art, and Apsara Healthcare is influenced from various ancient therapies, which have been infused into modern spa therapies. Spa and wellness programs combine traditional methods alongside modern ones in a designer ambience that can offer you a delightful experience.



Thailand, being a country with centuries of traditions, has also a big tradition of Thai massage and spa treatments handed down from generation to generation. Age-old legends about Apsara and beauty and wellness are grounded in a deep understanding of the human body, dispensing herbal recipes for bahts, massage oils, scrubs, reflexology and acupressure practices.

Today, these curative and relaxing treatments are available at Apsara Healthcare & Spa Center in VIP Chain Resort, designed to create peace and tranquility within the soul of the visitor. Set against a lush tropical backdrop, and presented with nutritious and detoxifying fresh food and herbal drinks, most of this luxury is also combined with Jacuzzi, swimming pool and double bahts.

While regular medical check-ups take care of our physical health, some suggest that regular spa sessions not only enhance emotional and mental well-being but also serve as oil would to a well-functioning machine. So, whatever your stress-relief needs might be, the time is now.

Traditional Thai Massage is an ancient system of healing with its roots in Yoga, Ayurvedic medicine and Buddhist spiritual practice. This unique and complete system of Yoga therapy combines rhythmic massage, acupressure, gentle twisting, deep stretching and meditation. Thai Massage releases tension, increases vitality and creates wholeness of mind, body and spirit.

Lay back on the sheets as the very life of your soul is stirred and an holistic and therapeutic Thai massage starts at your pace .... deep, and intensely stimulating, invigorating all parts of the body, or a wonderful form of relaxation with correct application of hands over body

- \* An experience of relaxation throughout the body, and tranquility of the mind. All daily tensions and concerns will evaporate, tight muscles will relax, and sometimes the mind will slip into a trancelike state or even a deep sleep, in which case the receiver will wake up refreshed and alert.

- \* When one feels alert and refreshed after a massage, one should have more courage and energy to cope more effectively with daily work and problems. One will have a

better chance of being successful in whatever one does. Most professional athletes are well aware of the value of being relaxed and alert before competition. They often have a massage before going out onto the field. Tense and anxious competitors are less likely to perform at the peak of their ability.

- \* The recipient will have a better self image resulting from a feeling of well being and "joie de vivre" The mind is stimulated to a mild euphoric state without the sort of adverse side effects that one usually gets from drugs.

- \* With relaxed muscles, the circulation of blood and lymph are improved. The body will receive more oxygen and nutrients and the immune system will be more efficient in fending off disease agents, thus lessening the chances of becoming ill.

- \* A good massage after strenuous exercise or activity will help the muscles to rid themselves of toxic chemicals and will prevent the stiffness and pain, which might otherwise appear the following morning.

- \* Massage will preserve good muscle tone and prevent atrophy, especially in the case of a person who has to stay inactive for long periods of time due to pressed busy daily life.

- \* It relieves symptoms such as back pain and shoulder pain.

- \* Internal organs will be stimulated to function to their best capacity. There will be an improvement in digestion, the absorption of nutrients and the elimination of waste.

- \* It has been claimed that massage, as a result of the improved circulation it induces, can slow down the aging process, especially wrinkling of skin on different parts of the body.

Apsara Healthcare & Spa offers a program for daily wellness and treatments, as well as single treatments. We also offer a variety of treatment packages from 2 to 7 days. The days don't have to be in succession but can be fitted into your other holiday plans. The center is open daily from 9:00 am to 10:00 pm with the latest booking at 7:30 pm.

At your first visit at Apsara Healthcare & Spa you are welcome to discuss your individual needs with our staff of therapists and have an individual treatment program created to match your needs. We also offer treatments by specialized therapists in special cases.

Included in our program you will find the following treatments and treatment packages,

- Massage
- Traditional body treatment
- Spa packages
- Beauty treatment
- Health and healing treatment
- Anti stress treatment
- Mind & Soul treatment
- Other ways to build a healthy body and a relaxed mind:
- Thai & Chinese Herb treatment for your health
- Meditation and yoga
- We are happy to help you design your individual treatment program.

Please note that in some parts of our treatment program we use specialists within various fields and therefore you need to book one or two days in advance. Especially for yoga and meditation practice and learning you need to book 2-4 days in advance. You can also make a booking earlier, and if you book more than 14 days in advance we offer a discount.



General program for one-day treatments

#### Purpose and results

A single treatment can give you a clear feeling of what your body can gain from a more intensive treatment. A single treatment or a few treatments can often cure specific problems if done correctly by specialists.

The other benefit from massage and spa treatments is the relaxed feeling of well-being which is a goal in itself for many people. You can choose between single treatments and a variety of more intense treatments

Thai Massage	60 min.	400 Baht
	120 min.	600 Baht
	180 min.	900 Baht
Thai Massage with Herbal Compression	60 min.	500 Baht
	120 min.	800 Baht
	180 min.	1,200 Baht
Foot Massage	90 min.	500 Baht
Massage For Healthy Foot	120 min.	600 Baht
Body & Infant Massage	60 min.	400 Baht
Special Child Massage	60 min.	450 Baht
Hand Spa	60 min.	600 Baht
Foot Spa	60 min.	800 Baht
Hand Spa & Foot Spa	120 min.	1,200 Baht
Oil Massage	90 min.	900 Baht
Body Scrub	45 min.	600 Baht
Body Mask	45 min.	600 Baht
Herbal Steaming	30 min.	400 Baht
Facial Treatment	60 min.	800 Baht
Anti Cellulite Massage& Herbal Steaming	90 min.	1,600 Baht
Combined with Jacuzzi relaxation	15 min	200 Baht



<b>Anti stress 1 and body treatment</b>	<b>1,200 Baht</b>
Foot Massage	60 min.
Thai Massage	60 min.
Oil massage	60 min.

<b>Body wake-up</b>	<b>1,200 Baht</b>
Thai Herbal Compression	120 min.
Foot Massage	60 min.

<b>Apsara beauty treatment</b>	<b>1,800 Baht</b>
Hand Spa & Foot Spa	120 min.
Facial Treatment	60 min.

<b>Apsara Body Treatment</b>	<b>1,900 Baht</b>
Herbal Steaming	30 min.
Oil Massage	60 min.
Facial Massage	90 min.

<b>The unique Body Treatment</b>	<b>2,000 Baht</b>
Oil Massage	60 min.
Herbal Steaming	30 min.
Body Scrub	45 min.
Body Mask	45 min.

All of the Special day packets are including 15 min Jacuzzi and special Thai healthy meals and healthy herbal Tea.

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**2-6 days packages**

Treatment programmes from 2 to 6 days.

Spoil yourself and your body with a real body and soul treatment package for up to 7 days. It isn't necessary to go every day. You can extend your treatments over a longer period and fit them into your other holiday plans.

We can always create a personal plan for you.

<b>2-day package:</b>	1,950 Baht	
<b>Day 1</b>		
Jacuzzi	15 min	
Foot reflexology	60 min	
Thai massage	60 min	
Heat massage	15 min	
<b>Day 2</b>		
Jacuzzi	15 min	
Foot reflexology	30 min	
Hot stone massage	45 min	
Aroma therapy	45 min	
<b>3-day package:</b>		2,950 Baht
<b>Day 1</b>		
Jacuzzi	15 min	
Foot reflexology	60 min	
Thai massage	60 min	
Heat massage	15 min	
<b>Day 2</b>		
Jacuzzi	15 min	
Thai hot herbal compression	60 min	
Aroma therapy	60 min	
Foot reflexology	30 min	
<b>Day 3</b>		
Jacuzzi	15 min	
Thai hot herbal compression	60 min	
Thai massage	60 min.	
Face massage	20 min	

<b>3-day package:</b>	3,750 Baht	
<b>Day 1</b>		
Jacuzzi	15 min	
Foot reflexology	60 min	
Thai massage	60 min	
<b>Day 2</b>		
Jacuzzi	15 min	
Aroma therapy	60 min	
Foot reflexology	60 min	
Neck, head and shoulder	30 min	
<b>Day 3</b>		
Jacuzzi	15 min	
Thai hot herbal compression	120 min	
Face massage	20 min	
<b>Day 4</b>		
Jacuzzi	15 min	
Thai massage	60 min	
Hot stone back massage	60 min	
Foot reflexology	20 min	
<b>6-day package:</b>		4,950 Baht
<b>Day 1</b>		
Jacuzzi	15 min	
Foot reflexology	120 min	
<b>Day 2</b>		
Jacuzzi	15 min	
Thai massage	120 min	
<b>Day 3</b>		
Jacuzzi	15 min	
Aroma/oil massage	120 min	
<b>Day 4</b>		
Jacuzzi	15 min	
Thai compression herb massage	120 min	
<b>Day 5</b>		
Jacuzzi	15 min	
Hot stone massage	120 min	
<b>Day 6</b>		
Jacuzzi	15 min	
Foot reflexology	60 min	
Face massage	30 min	
Aroma therapy massage	60 min	

## Spa Etiquette

Apsara Healthcare & Spa Etiquette

### Opening Hours:

All facilities are open daily from 9:00 – 19:00. Members have 24-hour healthcare service.

Services outside opening hours can be offered for an extra 150 Baht per hour and must be booked minimum 4 hours in advance.

### Booking:

It is advised to make a reservation for your treatment. Please visit the reception in Apsara Spa Center located between Tropical beach buildings 1 and 2, or by phone 038 652 539.

### Treatment prices:

Prices are total prices. If a customer has bought coupons or has a club membership card from Oriental Club these cannot be used for short term offers. It is possible to book in advance and obtain a discount. Please refer to separate information below.

### Cancellation

If you wish to cancel a booking then please do so no later than 6 hours before time in order to avoid a 50% cancellation fee. Pre-bookings done by Internet minimum 7 days in advance can be changed at any time up to 48 hours before the time of your treatment.

### Arrival at the Spa & Wellness Center

Please arrive 20 minutes before your treatment to allow time to check in and change clothes. Late arrival will reduce your treatment time because we don't wish to delay the next customer's treatment.

### Health conditions

If you suffer from any specific illness or have any symptoms then please inform us before you book a treatment so we can suggest the best treatment for you. Guests having any form of contagious disease, or any symptoms of such, are kindly asked NOT to book any treatments.

### Age conditions

Treatment is done only for persons from 12 years of age, except for our special child/infant massage treatment.

To maintain the quiet atmosphere required in the center we don't allow children less than 12 years of age stay in the center, unless they are there to see our nurse.

### Valuable belongings

Customers are kindly asked not to bring any valuable belongings to the center. And please remove all jewelry before your treatment to make your treatment as pleasant as possible.

### Clothing

Please wear the specific clothes that are given to you by our staff. Please take a shower immediately before any body treatment and massage, as well as before using the Jacuzzi.

### Insurance

The center does not have any special insurance, so please inform our staff before or during a treatment if you have any specific health problems that might affect the outcome of the treatment.

## Contact & reservation

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