



INIALA

SPA,
WELLNESS &
ACTIVITIES





INIALA

SPA

OPEN: 10:00-22:00

Thailand's distinctive and gentle healing arts have evolved over the last 2,500 years and are now revered worldwide. Practical and philosophical elements of traditional Thai healing were brought from India with the spread of Buddhism, while traditional Chinese medicine beliefs were woven throughout to create a new healing framework. Over time, Thailand developed and refined its own unique philosophy and practice based upon herbal remedies, traditional massage, heat therapy and a steadfast belief in the restorative powers of nature.

MASSAGE

INIALA SIGNATURE MASSAGE

90 MINUTES 4,500 THB

Designed to relieve body tension, this unique treatment combines a traditional Thai massage with western aroma massage techniques to stimulate blood circulation, improve muscle tone and sooth away accumulated tension and stress with warm coconut oil and herbal Thai hot compress.

CLASSIC THAI MASSAGE

60 MINUTES 3,600 THB
90 MINUTES 4,200 THB

Exotic, unique and the ultimate subliminal body workout. Passed down through generations, the classic Thai Massage is blend of deep tissue massage using pressure point and palm pressure techniques. It release tension, increases vitality and flexibility and creates wholeness of mind, body and spirit.

THAI FUSION MASSAGE

60 MINUTES 3,600 THB
90 MINUTES 4,200 THB

A tailor-made therapeutic full body treatment including face reflexology. By using long, slow stroking movements combined with oriental and western massage techniques.

VITAL ESSENTIAL OIL MASSAGE

60 MINUTES 3,600 THB
90 MINUTES 4,200 THB

This treatment combines Asian knowledge of energy principles with the science of aromatherapy to create the perfect fusion between East and West for a magical and harmonizing experience. This massage is a simple and effective way to increase your health, balance your emotion, and enhance your life.

All prices are in Thai Baht.

Prices are subject to 10% service charge and 7% government issued tax

MASSAGE

HOT STONE MASSAGE

60 MINUTES	3,800 THB
90 MINUTES	4,400 THB

This exotic treatment involves the application of soothing, smooth basalt stones lifted from heated water and placed at key points on the body to give a deeply penetrating and relaxing massage. The direct heat from stone relaxes the muscles, allowing greater intensity manipulation than the regular massage. Those experiencing a hot stone massage will notice a healing improvement of the following symptom: Muscular aches, pains, sprains, and strains, poor circulation, rheumatic and arthritic condition, back pain, stress, anxiety and tension, insomnia and depression.

DEEP TISSUE MASSAGE

60 MINUTES	3,800 THB
90 MINUTES	4,400 THB

Release deep, muscular soreness and promote joint and muscle flexibility by specifically targeting individual needs. This strong full-body massage combines Swedish-style techniques with relaxing stretches.

THAI HOT HERBAL COMPRESS MASSAGE

60 MINUTES	3,800 THB
90 MINUTES	4,400 THB

This treatment is based on the holistic principles of traditional Chinese medicine and Ayurveda. Thai herbal massages are an ancient tradition that was preserved for over a thousand years in monasteries and temples and is still practiced to this day. In addition to the medicinal benefits, the hot herbal compress provides soothing, uplifting aromas that open the senses and relax the mind whilst stimulating the energy lines within the body. Moist heat radiates down through the tissue, melting away tension and soreness. The steam from the compress then opens the pores and allows the skin to breathe and absorb the rejuvenating and enriching herbal oil blend.

All prices are in Thai Baht.

Prices are subject to 10% service charge and 7% government issued tax

MASSAGE

THERAPEUTIC HEAD MASSAGE

60 MINUTES 3,600 THB

Traditionally known in Ayurveda as “Champissage”. This treatment combines both gentle and stimulating techniques on the upper back, shoulder, neck and scalp to improve blood flow, nourish the scalp and induce a deep sense of calm.

ENERGIZER MASSAGE

60 MINUTES 3,600 THB

Increase energy with a reviving upper body massage focusing on key areas to relieve muscle tension. Ideal for those requiring focused attention on the back whilst enjoying a complete face, scalp and shoulder massage.

SOOTHING HAND MASSAGE

60 MINUTES 3,600 THB

This highly effective treatment opens the energy channels thereby facilitating the release of accumulated emotion stress and old emotion patterns. Profoundly effective for the heart, this treatment helps to facilitate joy, love and bliss leaving you with a deep balancing effect of your psyche.

SOOTHING FOOT MASSAGE

60 MINUTES 3,600 THB

Feet are miniature maps of your entire body and specific points on the feet were found to correspond to all major body parts and organs. This treatment uses specific pressure points to systematically activate the nerve reflexes, thereby stimulating all body organs and tissue which improves overall function and well being.

All prices are in Thai Baht.

Prices are subject to 10% service charge and 7% government issued tax

BODY TREATMENTS

Iniala Spa offers a range of luxurious body cleansing scrubs, wraps and polishes that blend Thai herbs and other natural ingredients to soften, pamper and moisturize your skin giving it a radiant and healthy glow. These treatments are perfect for preparing your skin at the start of your sunny beach holiday here in Thailand.

THAI SUN-KISSED

90 MINUTES 4,600 THB

Prepare your skin for tanning with this exquisite body treatment which begins with a coconut cream scrub to gently polish the skin's surface and exfoliate dead skin cells. A tension-busting massage follows with 100% pure coconut oil to moisturize the skin and boost the skin's natural sun defense system by stimulating melanin production. Wave goodbye to dry skin with this ideal tan base.

SUNBURN SENDOFF

60 MINUTES 3,600 THB

Replenish and soothe your sun-exposed skin with some much needed moisture while prolonging your tan and avoiding peeling. Refresh and revitalize by applying aloe vera & cucumber gel to your face and body

All prices are in Thai Baht.
Prices are subject to 10% service charge and 7% government issued tax

BODY TREATMENTS

SIAM TAMARIND BODY SCRUB

60 MINUTES 3,600 THB

This scrub offers the perfect way to naturally clean and eliminate dead cells that accumulate on the skin's surface. A special blend of fresh Thai tamarind, brown sugar and marine salt leave your skin feeling wonderfully soft and refreshed.

COCONUT BODY SCRUB & WRAP

60 MINUTES 3,600 THB

This treatment will leave you with a wonderfully healthy glow as it nourishes your skin with a mixture charcoal and coconut shell scrub. After exfoliation, your entire body will be enveloped in an invigorating wrap of kaolin white clay blended with coconut oil. To finish, cucumber extract soothes and moisturises to leave your skin refreshed and balanced.

All prices are in Thai Baht.
Prices are subject to 10% service charge and 7% government issued tax

FACIAL TREATMENTS

ASIAN NATURE REPLENISHING & HYDRATING FACIAL

60 MINUTES 4,900 THB

This treatment uses natural ingredients to draw on the cooling and healing effects of aloe vera and cucumber to help restore a youthful glow and luminosity to your skin. Nourish and revitalize facial dryness with Thai wild honey and relax with gentle massage. This is a highly recommended treatment to eliminate signs of redness and sun burn leaving your skin soothed, calmed and soft to touch.

All prices are in Thai Baht.
Prices are subject to 10% service charge and 7% government issued tax



pevonia®
BOTANICA

DISCOVER PEVONIA... THE ORGANIC SKIN CARE EXPERTS

Pevonia Botanica is an elite, organic skin care line offered by the most prestigious spas worldwide. Pevonia provides an extensive selection of in-spa treatments to address your every need and delivers an unsurpassed spa experience, while their retail products help you maintain healthy, youthful-looking skin. Free of parabens, artificial colour and fragrance, Pevonia Botanica is passionately committed to providing effective skincare solutions to teens, women and men of every age and ethnicity.

TREATMENTS

BASIC TREATMENTS LESS OIL MORE GRACE

60 MINUTES 5,200 THB

Designed for all skin types, this treatment is designed to deep-clean and clarify the skin with a kaolin-based lavender application. The exfoliation technique will leave you with perfectly balanced, healed skin.

BASIC TREATMENTS RELAX & DETOXIFICATION

60 MINUTES 5,800 THB

A delightful aromatic blend of pure essential oils. Neroli and lavender essential oils repair and nourish, while regulating your skin's delicate moisture balance through an aromatic massage treatment tailored towards your specific skin types.

HYDRATING REVITALIZED COMPLEX - ESPECIALLY SENSITIVE, DE-HYDRATE

90 MINUTES 6,300 THB

Visibly enhance your skin's texture and maximize hydration. This refreshing lift off mask combines the hydrating benefit of seaweed with revitalizing propolis - a natural healing and desensitizing substance that soothes, nourishes and calms the skin. Highly effective for sensitive or dehydrated skin.

All prices are in Thai Baht.
Prices are subject to 10% service charge and 7% government issued tax

TREATMENTS

ANTI-AGING LIFT & GLOW

90 MINUTES 6,300 THB

Pevonia Exclusive, Anti-aging Freeze-dried Treatment. The combination of Pevonia Escutox, patented blend of oligosaccharides, pure French seaweed extract and phytoplasma and Elastine Marine Elastin Peptides. This treatment specifically targets lifting and wrinkle. Facial renders your ultra-luminous skin with a firmer, tighter, and more youthfully defined appearance. Ideal for any skin type showing signs of aging. Your skin looks wonderful young.

PEVONIA MINI FACIAL TREATMENT

30 MINUTES 3,500 THB

To deeply cleanses the skin. Eliminate dead skin cells with a gentle enzyme from the fruit. With massage technique to stimulate blood circulation on the face. Make your skin look healthy.

All prices are in Thai Baht.
Prices are subject to 10% service charge and 7% government issued tax

NAIL CARE

DELUXE MANICURE

60 MINUTES 2,000 THB

Your nails will be shaped and your cuticles tided and hydrated, followed by a massage of the hands with a nourishing cream to restore natural moisture and improve the texture of your skin. Nail varnish is applied on request.

DELUXE PEDICURE

60 MINUTES 2,000 THB

Transform your feet with our nail and cuticle care, then relax and enjoy a foot massage to soften and nourish you skin whilst boosting your circulation and relieving tired or swollen feet. Nail varnish is applied on request.

All prices are in Thai Baht.
Prices are subject to 10% service charge and 7% government issued tax

SPA FOR KIDS

UNDER 15 YEAR OLDS

VIRGIN COCONUT BODY MASSAGE

45 MINUTES 2,500 THB

Pamper your kids with relax massage on the busy day of activities to make them calm down, sleep well and refresh when they wake up.

Virgin coconut massage oil is gentle for children. It helps to moisturizer and visibly smooth skin.

HOMEMADE NATURAL FACIAL TREATMENT

45 MINUTES 3,000 THB

Cleansing, rehydrate and rejuvenate the facial with natural ingredient. Honey, Cucumber, Yogurt, Brown Sugar and Aloe Vera are none irritate the skin of a child.

All prices are in Thai Baht.
Prices are subject to 10% service charge and 7% government issued tax

SPA FOR KIDS

COCONUT BODY SCRUB & WRAP

60 MINUTES 2,800 THB

Gentle exfoliate kid's skin with coconut scrub and wrap 10 minutes then take a shower followed by massage with lavender body lotion.

After treatment kids will have the skin clean, soft and smooth.

AFTER SUN BODY WRAP

45 MINUTES 2,500 THB

Protect kid's skin from strong UV rays with power of Aloe Vera that help to moisturize, calm and heal the redness of sensitive or sunburn skin.

Soothing Aloe Vera has excellent properties for dehydrated or irritated skin. The kids will relax and feel great after treatment.

All prices are in Thai Baht.
Prices are subject to 10% service charge and 7% government issued tax

SPA FOR KIDS

MINI MANICURE

30 MINUTES 900 THB

Kid's nails will be shaped and clean followed by a massage of the hands with a nourishing cream. Varnish is applied on request.

MINI PEDICURE

30 MINUTES 900 THB

Foot Bath with warm water then cut and shape nails followed by relax foot massage with lotion. Nail varnish is applied on request.

All prices are in Thai Baht.
Prices are subject to 10% service charge and 7% government issued tax



INIALA

ACTIVITIES

Located adjacent to the entrance lawn, the fitness facilities at Iniala are a sanctuary for physical and mental well-being. Guests can enjoy private training sessions or join one of the three daily group classes that we offer on a complimentary basis. The sessions are all led by our esteemed team of expertly-trained instructors.

YOGA & PILATES

YOGA

Yoga improves the overall well-being of both body and mind through the introduction of gentle postures that are adapted to suit each guest's physical structure. Ideal for beginners and advanced guests who want to learn how to counteract the physical and mental stresses of daily life.

YOGA FOR BEGINNERS

Gentle introduction to basic yoga postures that will help you feel more flexible, longer, leaner and more relaxed. Poses are done in a longer time to allow a better mind to body connection.

VINYASA FLOW YOGA

This class is known for fluid, intensive movements. It helps expel toxins and reenergizes the body. Mentally, the synchronized breathing relaxes the mind and helps release any blockage of energy flow through the body.

YOGILATES

The 'Yogilates Method' is a comprehensive exercise system that successfully fuses the practices of Yoga and Pilates. The sessions involves attaining specific postures whilst emphasizing correct breathing and meditative mindfulness.

MAT PILATES

Pilates is a floor-based exercise to strengthen and lengthen the muscle, to learn to apply breathing, proper posture and achieve overall wellness. Pilates improves overall flexibility, lowers stress levels, flattens your stomach and trims your waist through a natural girdle of strength.

All prices are in Thai Baht.

Prices are subject to 10% service charge and 7% government issued tax

MIND & BODY

MIND & BODY

Mind and body class will help to improve your mental awareness and reduce your levels of stress as you develop strength, flexibility and balance.

TAI CHI

Tai Chi is the Chinese healing art emphasising slow movements, allowing the mind to focus on physical posture, and promote and harmonise the chi flow in the body. Ideal to achieve a body and mind connection.

BODY BALANCE

Yoga-based class that will improve your mind, body and core. Body Balance aims to improve overall fitness, but focuses more on mind-centring types of exercises. We will use a breathing technique to reduce stress levels. The class will end of with meditation and observation of the mind

WELLNESS DISCOVERY

A harmonious fusion of exercises. Begin with a cardio warm-up, Then follow up a series of yoga poses afterwards the stretching begin. Will work the core with Pilates. These movement intervals develop muscle strength and power while improving cardiovascular health. This will promote active recovery and enhance strength, flexibility, and mental capacity.

STRETCHING

A deliberate act of lengthening of muscles to increase muscle flexibility and/or joint range of motion. Stretching is a natural activity often performed as simply enjoyed.

All prices are in Thai Baht.

Prices are subject to 10% service charge and 7% government issued tax

FITNESS & ACTIVITIES

FIT-BALL

To improve mobility, stability, balance and strength. Can help with circulation, posture control, coordination and reduce muscle tension

X-FIT

A set series of strength or cardio vascular exercises (or both) repeated with little or no rest in between sets. Excellent for weight loss, toning, muscle and heart endurance.

THAI BOXING EXERCISE

A high-energy introduction to the ancient art of Thai Boxing. Learn and perform basic sequences for a great workout.

ABDOMINAL WORKOUT

Exercise your body's core, strengthening abdominal and back muscles to improve posture and balance.

All prices are in Thai Baht.
Prices are subject to 10% service charge and 7% government issued tax

FITNESS & ACTIVITIES

TBB WORKOUT

Thighs, back and bum – using resistance training, this functional workout helps with posture, muscle rehabilitation and flexibility.

BODY WEIGHT

Using your own bodyweight to perform a wide range of exercises, this session delivers a fast, effective total body workout. Benefitting people of all fitness levels, you will leave with a stronger core and increased muscle endurance.

SUPER STRETCH

As we age our muscles tighten and range of motion in the joints can be minimized, this can put a dampener on our lifestyles and even hinder day-to-day activities. This session helps to release tired, sore and stiff muscles, alleviates back pain and increases blood circulation.

CIRCUIT CONDITIONING

An intensive and integrated workout, mixing cardio fitness with body sculpting and strength training

All prices are in Thai Baht.
Prices are subject to 10% service charge and 7% government issued tax

FITNESS & ACTIVITIES

BEACH BOOT CAMP

A combination of cardio and strengthening exercises to give you a full body workout without relying on equipment and instead maximising the use of your surroundings and own bodyweight.

FITNESS EVALUATION

A fitness assessment is a series of measurements that help determine physical fitness. There are several standard tests in a fitness assessment. Depending upon the assessor, other tests may be added to achieve a greater picture of fitness or lack thereof.

PERSONAL FITNESS TRAINING PROGRAMME

Our qualified fitness instructor will work with you to motivate and assist you to achieve your personal health and fitness goals, whether it is cardiovascular fitness, advanced strength, flexibility and/or weight loss.

All prices are in Thai Baht.
Prices are subject to 10% service charge and 7% government issued tax

OTHER ACTIVITIES

BEACH VOLLEYBALL

Please ask your Villa Manager and we will be very happy to setup the Beach Volleyball court at your convenience. Please also check the activities calendar for scheduled group / team games.

BEACH SOCCER

Please ask your Villa Manager and we will be very happy to setup the Beach Soccer pitch at your convenience. Please also check the activities calendar for scheduled group / team games.

POOL TABLE

Located in the 'Gallery' adjacent to the entrance lawn, our custom-made Swarovski crystal pool table is available at all times to guests of Iniala Beach House.

All prices are in Thai Baht.
Prices are subject to 10% service charge and 7% government issued tax

OTHER ACTIVITIES

TABLE TENNIS

Please ask your Villa Manager and we will be very happy to setup the table tennis court at your convenience. Please also check the activities calendar for scheduled group / team games.

TENNIS

There's nothing better than a game of tennis to work off those holiday indulgences. Partner for a game on world-class indoor and outdoor Plexicushion courts, or beginners and children can brush up on their skills with expert instruction at the Tennis Academy. Whilst we don't currently have tennis courts on site, we would be very happy to arrange a booking for you at Thanyapura Health Club - voted best tennis club in Asia and located approximately 30 minutes drive from Iniala.

BIKE TOURS

We have 8 carbon frame mountain bikes available at all times for guests of Iniala Beach House and Iniala Shores. Please contact your Villa Manager about booking one or alternatively, speak with our Activities team about a guide tour to visit some unique local attractions.

All prices are in Thai Baht.
Prices are subject to 10% service charge and 7% government issued tax

PRICES

YOGA

Scheduled group class	Included
Private session - Individual or couple	3,000 THB
Private group session - 3-6 people (per person)	1,300 THB

FITNESS CLASSES

Scheduled group class	Included
Private session - Individual or couple	3,000 THB
Private group session - 3-6 people (per person)	1,200 THB

TENNIS AT THANYAPURA HEALTH CLUB

Indoor court - one hour	On Request
Outdoor court - one hour	On Request
Adult tennis clinic - Fundamental Training (group class)	On Request
Kids tennis academy - Fundamental Training (group class)	On Request
Hitting partner (per tennis pro)	On Request

RECREATION

Mountain Bikes	Included
Guided Mountain Bike Tour	See Iniala Explorer
Paddleboards	Included
Kayaks	Included
Body-boards	Included
Table Tennis	Included
Pool Table	Included

PRICE

All prices are in Thai Baht. Prices are subject to 10% service charge and 7% government issued tax.

REMINDERS

PREPARATIONS

Please do not eat heavy meals at 90 minutes prior to spa treatment or fitness class. We recommend being ready 10 minutes prior to your booking time.

SPECIAL CONSULTATIONS

Most treatments, classes or sessions can be adapted to accommodate illness, injury or pregnancy. Please contact us with any queries or concerns.

POST-TREATMENT

Following your treatment, we invite you to enjoy a premium herbal tea and allow you body sufficient time to relax before undertaking any further vigorous exercise.

PACKAGES

Treatments included in your package allocation can be extended for longer periods and will be charged at full menu price for the additional service.

RETAIL PRODUCTS

The Iniala Spa has a unique range of natural facial and body products available for purchase as well as offering Pevonia's award-winning range of facial care treatments.

OPENING HOURS

Spa treatments are available 10:00am – 10:00pm
Fitness Classes are available 7:00am – 9:00pm
Gym is open 24 hours a day



INIALA

iniala.com