




THE LIFE
SPA AND FITNESS



The Life SPA
we: laulau

SPA RECEPTION
☎ 304
The Spa and Wellness
THANA SPA







THE LIFE
SPA AND FITNESS

Welcome to The Life Spa and Fitness by C&N Resort and Spa, where your senses are encouraged to fully awaken and your body and spirit unite for personal renewal. Immerse yourself in a sanctuary of healing energies designed to delight and restore you. In our peaceful and private environment, experience the ultimate in relaxation and rejuvenation.



FACIAL TREATMENT

Collagen Intensive Care Facial Treatment

This luxurious facial mask rejuvenates and nourishes the skin using premium-grade seaweed, which helps tighten and firm the face while protecting against wrinkles. Enriched with rose extracts, it also reduces allergy symptoms, soothes cold marks, and diminishes pigmentation caused by sun damage, leaving the skin refreshed and radiant.

1 hour 1,500 THB

Bio Face Lift Treatment

This facial treatment boosts collagen and marine elastin production, helping to firm the face and reduce wrinkles. It stimulates skin cell turnover, increases oxygen supply to the skin, and provides antioxidant protection, leaving your skin looking youthful and revitalized.

1 hour 1,500 THB

After-Sun Facial Treatment

To soothe a sunburned face, start by using a Health-Care Ice Ball to gently roll across your skin, helping to cool and calm the affected areas. Follow this with a refrigerated face mask to enhance the refreshing effect, soothing irritation, reducing heat, and promoting vasoconstriction. This process helps tone capillaries and diminish redness, providing immediate relief and a rejuvenating effect.

1 hour 1,300 THB

Whitening Facial Treatment

Reduce pigmentation caused by sun damage for a more even and vibrant complexion with this treatment. Enriched with egg yolk, it refreshes the skin, forms a protective barrier against dehydration, and enhances the skin's ability to reflect sunlight. This leaves your skin looking brighter, more refreshed, and protected against wrinkles.

1 hour 1,500 THB

Deep Clean Facial Treatment

This refreshing and cleansing facial exfoliates and removes dead skin cells and impurities, revealing a new, glowing complexion. It leaves your skin feeling revitalized, smooth, and radiant.

1 hour 1,300 THB

Anti-Stress Facial Treatment

This massage focuses on the head area to alleviate nervous tension and relax tired muscles. A special Amethyst Stone is used during the massage, known for its effectiveness in reducing headache pain and providing a soothing, healing effect.

1 hour 1,000 THB

Indian Head Massage

Indian Head Massage is a treatment that focusses on massaging acupressure points along the head, neck, and shoulders, often using circular massage strokes to improve hair and scalp condition after massage you will relief.

1 hour 1,000 THB



BODY TREATMENT

Body Scrub

950 THB
45 minutes

This treatment exfoliates dull skin cells before moisturizing to reveal a new radiance to skin look clean and fresh.

Body Mask

1,000 THB
45 minutes

A recommendation of this treatment after you finish a body scrub by the natural Thai herb treatment to compress your skin to be smooth and fresh.

Sunburn Body Mask

1,500 THB
60 minutes

The cooling properties of the cucumber help to reduce the body temperature moisturize and encourage growth of a new cells.



REJUVENATION MASSAGE

Aromatherapy Massage

60 minutes 850 THB
90 minutes 1,275 THB

Aromatic massage is a gentle, full-body treatment that uses natural essential oils rubbed into the skin. This head-to-toe massage promotes detoxification, boosts the immune system, and fosters a healthy balance of mind, body, and spirit. It also enhances skin complexion and texture, leaving the skin soft, smooth, and radiant.

Swedish Massage

60 minutes 850 THB
90 minutes 1,275 THB

This relaxing and soothing massage is designed to increase circulation, relieve muscle tension, and promote overall relaxation. An invigorating treatment, it's ideal for sports enthusiasts, helping to ease joint pain and soothe sore muscles, making it perfect for post-activity recovery and rejuvenation.

Sport Massage

60 minutes 850 THB
90 minutes 1,275 THB

Skillfully applied massage is one of the most effective therapies for relieving muscle tension and restoring balance to the musculoskeletal system. When received regularly, it can help athletes prevent injuries often caused by overuse. Constant muscle tension from regular physical activity can lead to stress on joints, ligaments, tendons, and the muscles themselves, making massage an essential part of injury prevention and overall muscle maintenance.

Oil Massage

60 minutes 500 THB
90 minutes 750 THB

This treatment is designed to restore balance to the body through a gentle, relaxing approach. It helps align and clear the body's energy centers without the use of force or excessive pressure, promoting a sense of harmony and well-being.

Traditional Thai Massage

60 minutes 400 THB
90 minutes 600 THB

Traditional Thai Massage is renowned for harmonizing and activating vital life energies through dynamic techniques. It involves rhythmic rocking movements and the application of compressions using thumbs, palms, elbows, and knees, revitalizing the body's energy flow and promoting overall balance and well-being.

Tendon Massage

60 minutes 500 THB
90 minutes 750 THB

Deep Tissue Massage, or Tendon Massage, is a specialized technique that targets the deeper layers of muscles, tendons, and ligaments to release tension and restrictions. By using slow strokes and applying deep pressure or friction across the muscle fibers rather than along them, this massage method first warms the soft tissues before focusing on the deeper muscle groups, effectively alleviating chronic muscle tension and pain.

Thai Herbal Compress

90 minutes 950 THB
120 minutes 1,300 THB

The heat from a pouch filled with a blend of various Thai herbs enhances blood circulation, relieves tension, and soothes aches and pains. The natural herbal fragrance promotes peace of mind and supports calm thinking. This treatment is especially beneficial for sports enthusiasts, as it alleviates joint pain and soothes sore muscles, making it an ideal remedy for physical recovery.

Alovera Massage

60 minutes 800 THB
90 minutes 1,200 THB

This massage uses aloe vera to deeply moisturize rough, dry skin. From the first touch, you'll feel a cooling sensation as it immediately soothes sunburned areas, reducing high temperatures and leaving your skin looking clean, fresh, and rejuvenated.

Foot Reflexology

60 minutes 500 THB
90 minutes 750 THB

Activating the pathways of energy meridians helps improve circulation, enhance relaxation, and promote a sense of well-being, effectively relieving stress and tension. This treatment is particularly beneficial for alleviating fatigue in the feet, providing a refreshing and revitalizing effect.





Siam Wood

Siam Wood



C&N SIGNATURE TREATMENTS

Warm Oil Massage

60 minutes 900 THB
90 minutes 1,350 THB

Warm oil massage combines the use of heated oils and herbs applied along specific energy points to restore balance to the body. This technique not only relaxes muscles but also nourishes the skin and enhances the flow of energy, promoting overall harmony and well-being.

Thai Oil Massage

90 minutes 950 THB
120 minutes 1,300 THB

This treatment blends the traditional techniques of Thai massage with a sensual experience, using smooth, herbal oils massaged onto the body. The combination of deep stretches, rhythmic pressure, and aromatic oils creates a soothing and rejuvenating experience that relaxes both body and mind.

Sabai Stone Massage

90 minutes 1,200 THB
120 minutes 1,600 THB

Exhale and unwind as your therapist delivers an advanced Tri-phase stone massage. This Sabai synchronized therapeutic treatment, enriched with micronized minerals like Malachite and Zincite, deeply de-stresses your mind, body, and spirit.

Candle Massage

90 minutes 950 THB
120 minutes 1,300 THB

The Shea Butter Massage Candle is a unique, hand-poured candle that melts into a luxurious, skin-nourishing massage oil. It hydrates and enhances skin health while being eco-friendly, emitting less soot and toxins than traditional paraffin candles, making it a healthier choice for you and the environment.

Office Syndrome Massage

60 minutes 900 THB
90 minutes 1,350 THB

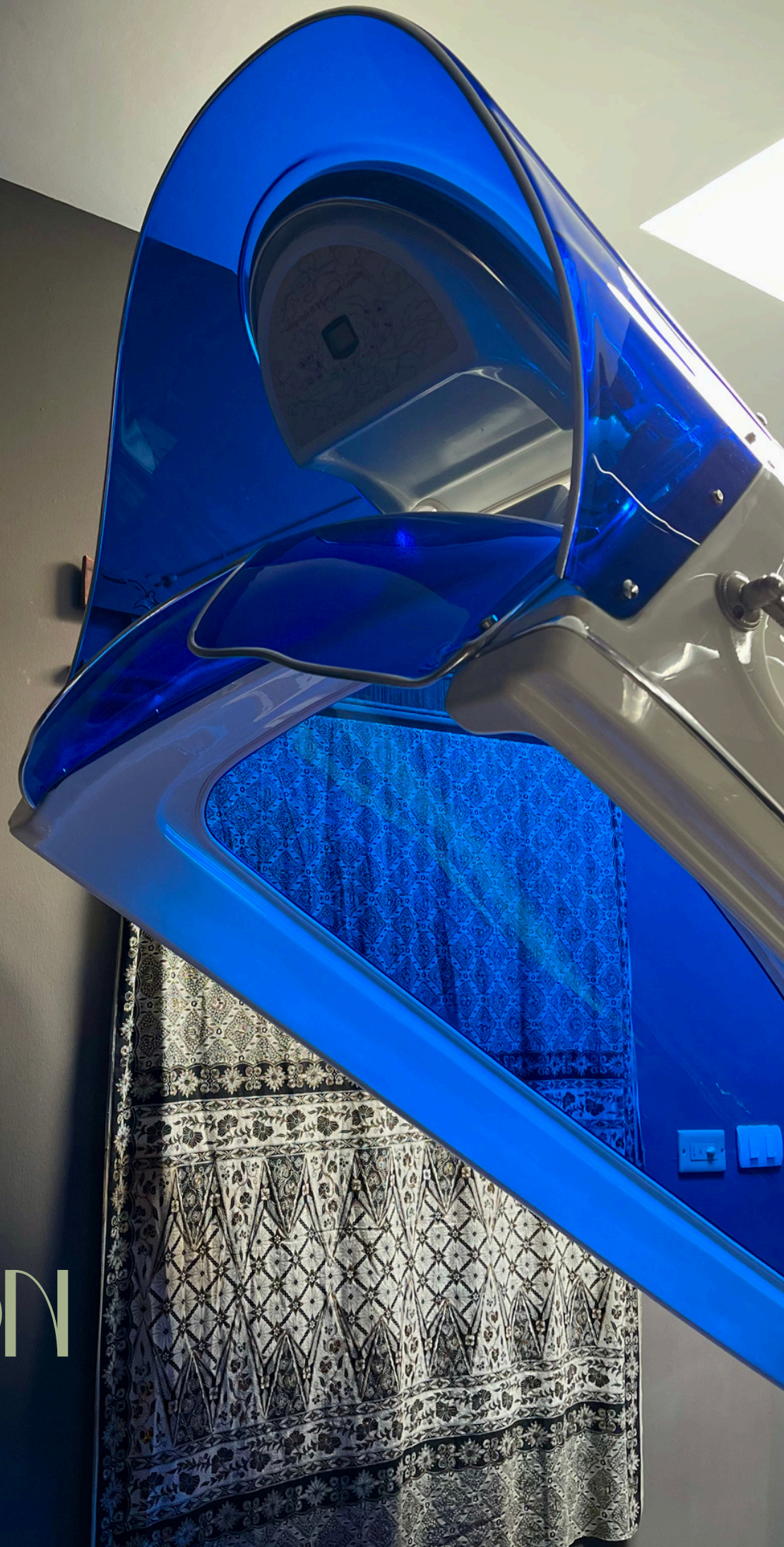
Office Syndrome Massage is designed to relax and ease the tension around the areas of the back neck and shoulder muscles by our special therapist to make you feel relaxed, comfortable, and ready for a new day.

Head Neck and Shoulder

30 minutes 250 THB

Head, Neck and Shoulder massage will stimulates blood circulation and relax the muscles to feel light and comfortable ready to take on the day in no time.

DETOXIFICATION AND SLIMMING





Therapy Spa Capsule

30 minutes 600 THB

Unlike a traditional sauna, this treatment uses steam or infrared heat absorbed by the skin to enhance metabolism and blood circulation, promoting energy release. It helps eliminate toxins, aids in weight reduction, cleanses the internal organs, and boosts vitality, contributing to a more youthful and rejuvenated appearance.

Body Slimming

90 minutes 2,500 THB

The slimming body course uses brown seaweed, including Laminaria and Fucus, which directly targets and breaks down deep cellulite. Enriched with ivy and caffeine, this treatment helps dissolve fat, alleviates nerve pain caused by cellulite, stimulates blood flow, and boosts the body's metabolic processes. The minerals, particularly calcium and magnesium, aid in further reducing deep cellulite. For the best results, a series of three treatments per week is recommended.

Cellulite Deduction

60 minutes 1,500 THB

If you're looking to reduce specific areas of your body, such as the upper arms, forelegs, thighs, or abdomen, this treatment is highly recommended for targeted slimming and toning.

Body Detoxify

90 minutes 2,500 THB

Organic iodine and mineral salts help contour body lines, while Laminaria digitata enhances circulation, eliminates excess fluid, and restores metabolic balance. A cold mask further stimulates blood circulation and aids in removing waste through the lymphatic system, promoting a toned and revitalized appearance.

Sauna and Spa

30 minutes 250 THB

60 minutes 450 THB

Sharing

30 minutes 350 THB

60 minutes 600 THB

Private

Enhance your spa experience with our hot and cool jacuzzis, sauna, and steam room, all carefully balanced for optimal temperature ranges. Our trained staff ensure your safety and comfort, providing proper care during your time in the sauna and spa. Not only do we offer private sessions, but our sauna also delivers health benefits, promoting relaxation and cleansing, leaving you looking healthier and more youthful.



WAX

Bikini Line	800 THB
Bikini Full	1,200 THB
Abdomen	1,000 THB
Shank	600 THB
Full Shank	1,500 THB





HEAD TO TOE PACKAGE

Package 1 : Warm Musculature Package

2.15 hrs. nett 1,100 THB

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|-------------------------------------|------------|---------|
| 1. Sauna and Spa | 45 minutes | 450 THB |
| 2. Thai oil or Thai herbal Compress | 90 minutes | 950 THB |

Package 2 : Release Strain Package

1.45 hrs. nett 1,100 THB

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| 1. Sauna and Spa | 45 minutes | 450 THB |
| 2. Office Syndrome Massage | 60 minutes | 900 THB |

Package 3 : Emotional Discharge Package

3.15 hrs. nett 3,150 THB

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|---------------------|------------|-----------|
| 1. Body Scrub | 45 minutes | 950 THB |
| 2. Candle Massage | 90 minutes | 900 THB |
| 3. Facial treatment | 60 minutes | 1,500 THB |

Package 4 : Nourishing Package

2.15 hrs. nett 2,150 THB

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| 1. Sauna and Spa | 45 minutes | 450 THB |
| 2. Body Scrub | 45 minutes | 950 THB |
| 3. Body Mask | 45 minutes | 1,000 THB |



Package 5 : Be Bright Package

2.45 hours nett 3,100 THB

1. Body Scrub or Body Mask	45 minutes	1,000 THB
2. Massage Therapy (Aromatherapy, Swedish, or Sport Massage)	60 minutes	850 THB
3. Facial Treatment (Collagen Intensive care or Whitening Facial)	60 minutes	1,500 THB

Package 6 : Rush Relax Package

2 hours nett 2,100 THB

1. Aromatherapy Massage Therapy	60 minutes	850 THB
2. Facial Treatment	60 minutes	1,500 THB

Package 7 : Perfect Care Program

3.30 hours nett 3,150 THB

1. Sauna and Spa	30 minutes	300 THB
2. Body Scrub	30 minutes	475 THB
3. Body Mask	30 minutes	500 THB
4. Aromatherapy Massage	60 minutes	850 THB
5. Facial Treatment (Collagen Intensive care, Whitening, or Bio Face Lift Facial)	60 minutes	1,500 THB

Package 8 : Bye Bye Cellulite Package

2.30 hours nett 1,900 THB

1. Therapy Spa Capsule	30 minutes	600 THB
2. Body Scrub	30 minutes	475 THB
3. Body Mask	30 minutes	500 THB
4. Slimming Massage	60 minutes	850 THB

Package 9 : The Life Signature Package

3 hours nett 2,150 THB

1. Therapy Spa Capsule	30 minutes	600 THB
2. Body Scrub	30 minutes	475 THB
3. Body Mask	30 minutes	500 THB
4. Warm Oil Massage	90 minutes	1,350 THB





PACKAGE

FITNESS ONLY

FITNESS & SAUNA

LUXURIOUS FITNESS & SAUNA & SWIMMING

Day pass

200 THB

450 THB

600 THB

Weekly pass

1050 THB

2800 THB

3850 THB

Monthly pass

2950 THB



SPECIAL LONG TERM PROMOTION

3 monthly pass

9,030 THB

- Sauna and Steam **30 mins. 3 times**
- Complimentary use swimming pool at C&N Resort and Spa
- Complimentary one Thai Massage **1hr.**
- **15 % discount** for spa package at The Life Spa

6 monthly pass

19,200 THB

- Sauna and Steam **30 mins. 6 times**
- Complimentary use swimming pool at C&N Resort and Spa
- Complimentary one Thai Massage **1hr. 6 times**
- **20 % discount** for spa package at The Life Spa

1 yearly pass

20,400 THB

- Sauna and Steam **30 mins. 24 times**
- Complimentary use swimming pool at C&N Resort and Spa
- Complimentary one Thai Massage **1hr. 6 times**
- **25 % discount** for spa package at The Life Spa

Conditions :

- Can not be converted into cash service not used.
- Conditions can change without notice.
- Non-transferable

THE LIFE SPA







The Life Spa and Fitness Phuket

Operational Hours

Every Day : 08:00 - 24:00 hrs.

The Life Spa Reservations

Please dial **304** on your in-room telephone to make an appointment or visit The Life Spa reception.

The Life Spa

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