Discover the new spa destination, Cool Spa at Sri panwa Hotel, Phuket. Immerse your mind, body and spirit in an extraordinary sensory experience totally secluded within the rainforest high above the Andaman Sea overlooking Phuket’s Archipelago.

Reflecting its ocean location, the azure blue Cool spa draws creative inspiration from traditional Sino-Portuguese design, bringing the sights and sounds of the sea indoors.

Cool Spa offers six extremely spacious waterfall treatment rooms, a private salon, a floating yoga deck and a juice bar set within the water gardens serving a light nutritional spa cuisine. Enjoy complimentary use of our nature inspired facilities including the plunge pools, vitality pools, Asian rainforest pavilions, and the steam room cove.

Step into your own slice of heaven with our spacious and utterly private treatment rooms, each with a Jacuzzi, private waterfall, iPod playlist, courtyard and a luxurious shower room. Cool Spa’s treatment rooms are a soul-soothing and sympathetic blend of modern and luxurious minimalist interior décor built on one of the globe’s most beautiful coastlines.

From the Traditional to the Exotic, Cool Spa’s treatments are the essential fusion between local ancient healing rituals and modern treatments. Relax and rejuvenate with our full body traditional Thai, Balinese, Indian and Swedish massages, refreshing herbal exfoliations and soul soothing full body wraps. Our ingredients are based on fresh, local and natural products including mango, coconut, yoghurt and tamarind. Take pleasure in soothing your skin with our scrubs created naturally from fruits, yoghurt, honey, teas and oils.

Selections of our products are freshly handpicked from Sri panwa’s Herb & Vegetable Garden. Treatments can be enjoyed at Cool Spa’s treatment rooms or in the privacy of your own Pool Villa.

ABOUT COOL SPA
ETIQUETTE  To ensure that guests can enjoy the peaceful sanctuary of the Spa, we request all visitors to keep noise to a minimum. Cellular phones and electronic devices are discouraged. RESERVATIONS  Advanced bookings are recommended to secure your preferred date and time of treatment. ARRIVAL TIME  We recommend arriving 15 minutes prior to your scheduled time to ensure enough time for your consultation, complimentary foot bath and changing / shower time. LATE ARRIVALS  Scheduled treatments must end on time so that other guests are not delayed. We regret that arriving late may decrease the time of your treatment - Your treatment will last the full duration if no other booking is scheduled after your appointment. MASSAGE THERAPY & SALON CANCELLATIONS: Should a cancellation or date change be necessary, we request at least 4 hours notice for any single service to avoid a cancellation fee. Appointments canceled within less than 4 hours will be charged 30% of the price of each confirmed appointment and a 100% charge will be imposed for all ‘no shows’. WHAT TO WEAR  You may wish to wear your own bikini or briefs, however we also provide you with hygienic disposable briefs. Alternatively, treatments may be enjoyed without clothing - our therapists always use draping techniques to respect your privacy. PERSONAL PREFERENCES  We definitely encourage a personal touch. It is your time and you should enjoy the experience to the fullest. Whether it is the room temperature, music volume or massage pressure, your therapist will be happy to adjust to suit your needs. SPECIAL CONSIDERATIONS  If you have high blood pressure, heart conditions, allergies, are pregnant or have any other medical conditions, we recommend to consult your doctors before signing up for any spa services. Please make your spa therapist aware of any medical conditions you may have.
WHAT IF I AM PREGNANT? Please inform our receptionists if you are pregnant, so that we may offer advice on the treatments that are safe to enjoy during pregnancy. SHOULD MEN SHAVE BEFORE THEIR FACIAL TREATMENT? It is recommended that men shave a few hours before their facial appoints, rather than just before. WHAT ABOUT MY WATCH, JEWELERY AND VALUABLES? For personal belongings, a safety deposit box is provided for you in every treatment room. The management accepts no responsibility for the loss of money or valuables of any kind brought into the spa premises. SMOKING & ALCOHOL SMOKING AND CONSUMPTION OF ALCOHOL WITHIN THE SPA IS PROHIBITED BY LAW.
Rejuvenate your senses and indulge yourself in these short and focused sessions aimed at relieving stress and tension.
TENSION RELIEF

A quick relaxing and soothing massage designed to relieve stress and muscle tension. This massage provides instant relief as it increases circulation and is ideal for someone who spends a lot of time at a desk.

AROMATHERAPY FOOT

Adapted from reflexology that focuses on specific reflex points in the feet that correspond with specific internal organs in order to aid the travel of energy throughout the body.

AROMATHERAPY BACK

A highly soothing treatment for promoting general well-being and relaxation. Naturally scented oils are applied to the upper body to relieve muscle tension and stiffness in the back area.

HEAD, BACK & SHOULDER

The healing starts on the back and neck working deeply over the muscles and pressure points that help the upper body to relax. Revive the energy channels and clear away any built-up tension and pains for a soothing and relaxing finish.

FOOT REFLEXOLOGY

An ancient natural therapy known to promote the body’s own healing powers through massaging and applying pressure on the foot’s reflex zones that correspond to certain areas of the body. Reflexology restores a healthy balance by releasing stress and tension and by strengthening the immune system.

To enhance your spa experience, please arrive 15 minutes before your appointment for changing, showering and your complimentary foot bath. Prices are in Thai Baht and subject to 10% service charge and applicable 7% government tax, 20% additional charge for villa service.
COOL FULL BODY MASSAGE

Cool Spa presents the The Cool indulgence featuring a holistic selection of healing and energizing massage therapies for a complete refreshing, spiritual and physical renewal.

SIGNATURE

Full Body Massage 60 min / 90 min

TRADITIONAL THAI 3,300 ++ / 4,300 ++
A full body massage in traditional Thai style. It is an ancient blend of deep tissue massage using pressure points and stretching techniques to release tension, increase vitality and flexibility, creating wholeness in mind, body and spirit.

SRI PANWA SERENITY 3,500 ++ / 4,500 ++
Our most aromatic and relaxing massage. Using a combination of short strokes and aromatherapy into one session, this soothing yet gentle massage transcends the body into a blissful state of positive energy and calmness.

AROMATIC THAI-OIL 3,500 ++ / 4,500 ++
This gentle and rhythmic massage uses essential oils on the medians of the body. Joints and muscles are tended to and stretched to unblock Chakra pathways and encourage good energy flow. Deep rolling and stretching movements lead to an experience that surpasses the ultimate state of relaxation and spiritual renewal.

SOOTHING

Full Body Massage 60 min / 90 min

BALINESE 3,300 ++ / 4,300 ++
The Balinese massage style is one form of traditional Indonesian massage. This massage involves a combination of techniques, including massage with a long stroke and aromatherapy into one session. Often used for relaxation, this type of massage can also help loosen muscles and ease pain.

PRENATAL 3,300 ++ / 4,300 ++
Tailored specifically to the needs of pregnant women and their changing bodies, this gentle therapy relaxes tense muscles, eases sore spots and improves circulation and mobility. Therapists are trained to focus on various sore spots and help expecting mothers cope with discomfort.

SWEDISH 3,300 ++ / 4,300 ++
Swedish massage is exceptionally beneficial for relaxing the entire body by increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility. Kneading and gliding strokes helps to ease the body of muscular tension.

HEAVENLY BLISS 5,300 ++ / 6,800 ++
A massage performed by two therapists working together in unison. This massage combines traditional Thai, Swedish and Balinese massage techniques in a very relaxing manner to which promote pure pleasure in your mind.

PRESSURE POINT

30 min / 45 min

STRETCHING 1,800 ++ / 2,500 ++
To promote flexibility, decrease muscle soreness and reduce stress through the use of active stretching movements.

60 min / 90 min

INDIAN HEAD 3,300 ++ / 4,300 ++
Based on the principle of Ayurveda, this soothing yet energizing exotic head massage combines pressure point techniques to relieve tension and awaken vital energy channels. Ideal for neck and shoulder tension, it will revitalize the mind and can help to relieve chronic headaches and sinus problems.

Full Body Massage 60 min / 90 min

DEEP RELAX 3,500 ++ / 4,500 ++
A highly invigorating form of deep tissue massages therapy that focuses on realigning deeper layers of the muscles, organs and connective tissues. It is especially helpful for chronically tensed and contracted areas such as a stiff neck, back tightness, sore shoulder and tender pain.

SRI PANWA SPORT 3,500 ++ / 4,500 ++
An oil massage focused on stimulating blood circulation while alleviating muscle tension and warming the body. This massage uses a blend of essential oils perfect for curing sport or stress related injuries.
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**WARMING**

Full Body Massage  

 вокруг 90 min

**THAI HERBAL HEALER**  

@ 4,500 ++

An ancient healing form of restorative therapy which helps to soothe, relax and detoxify. Offering two treatments in one; a warm compress of natural Thai herbs is applied to the body to open pores and eliminate toxins whilst saturating the skin with delicious nutrients such as galangal, hefri lime, lemon-grass and followed by a relaxing deep tissue massage to ease all muscular tension.

**SABAI HOT STONE THERAPY**  

@ 5,000 ++

Passed down from our ancestors, the Hot Stone Therapy aligns warm, smooth basaltic rocks on the body’s energy centers known as chakras to penetrate deep into muscle tissues to re-balance the body’s natural energy flow. Warm essential oils are massaged through the rest of the body to ease muscle tension and create a state of deep mental relaxation.

**SALT CLAY POT**  

@ 4,500 ++

“The Herbal Salt Pot” is a combination of oil massage and hot compress using a heated a clay pot as a herbal stone. The clay pot containing a mixture of natural salts and herbs, this traditional form of rejuvenating treatments helps reduce muscle tension as well as helping to stimulate the flow of blood around the body. Known for its therapeutic, this treatment is known to be an ideal treatment for new mothers in the postnatal period.
COOL
BODY POLISHES

45 min / 60 min  ฿ 2,300 ++ / 3,000 ++

INSTANT PRODUCT

RELIEVING GINGER
For normal skin types / Anti-Cellulite
A sumptuous blend of ginger roots and minerals to combat cellulite, allowing the skin to soak up all the goodness from this powerful herb.

SALT RADIANCE
For oily skin types/ Deep cleansing
A rock salt cleanser treats the skin to rich minerals such as magnesium & potassium. Soothing the skin leaving it radiant and rejuvenated.

FIRMING COFFEE
For all skin types / Detoxifying
Made from locally grown Thai coffee and natural volcanic pumice; this original recipe provides stimulation and refreshment for the whole body.

ANTI-OXIDANT GREEN TEA
For all skin types / Anti-Oxidant
Pure Green Tea polish not only removes dead skin cells and increases circulation, but it also encourages regeneration, leaving skin super smooth and young.

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**COOLING WRAPS**

Body wraps are used to tone, hydrate, contour and detoxify the body. They also help to reduce cellulite and assist with weight loss. Your chosen mask is applied to the entire body which is then wrapped and cocooned to retain heat, allowing the ingredients to infuse completely into the skin.

**BODY WRAP**

**SIAM WHITE CLAY**
For normal / oily skin types
Thai white clay or Din Sor Porng has long been the natural remedy to skin health passed down from generation to generation. This 'miracle' mud containing gypsum minerals cleanses and balances the skin complexion whilst treating skin disorders and tightens pores. Saturated with Thai herbs to create a therapeutic wrap that works wonders for your skin.

**ALOE VERA & HONEY HYDRATING GEL**
For dry skin types / After Sun
Sunkissed tired skin benefits from the healing & cooling agents of Aloe Vera & Honey Hydrating Gel that reduces dryness and irritation. The result is moisturized & harmonized skin textures, perfect as an after-sun treatment.

**MILK & YOGURT**
For all skin types / Whitening
A yummy yogurt body wrap with a milk-based body mask rich in lactic acids that moisturizes your skin after a full body exfoliation and will leave the skin very smooth, soft and supple.

**NEEM BLACK CLAY**
For all skin types / Detoxifying
A Black Clay body mask containing fruit extracts and vitamin E used to refresh the skin. It acts as an anti-bacterial and moisturizer, removing dirt from the body and prevents free radicals from forming.
To enhance your spa experience, please arrive 15 minutes before your appoint-
ment for changing, showering and your complimentary foot bath. Prices are in
Thai Baht and subject to 10% service charge and applicable 7% government tax,
20% additional charge for villa service.

COOL
WATER THERAPY

A Pampering bath set with flower petals and other ingredients, promoting
a good night’s sleep. The perfect way to complement your complete Cool
Spa experience.

30 min  ฿ 1,500 **

ORIENTAL FOOT BATH  Allow the healing benefits of
nature’s bounty to detoxify and stimulate your feet.

THAI HERBAL BODY BATH  As Aromatic Oils intrigue
your senses, enjoy a private tea service as the exotic aromas
and relaxing floral bath balance your mind, body and spirit.

MILK BODY BATH  Indulge with pleasure as you immerse
yourself in the sweetness of our timeless Honey & Milk Bath.

To enhance your spa experience, please arrive 15 minutes before your appoint-
ment for changing, showering and your complimentary foot bath. Prices are in
Thai Baht and subject to 10% service charge and applicable 7% government tax,
20% additional charge for villa service.
CONTACT US
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