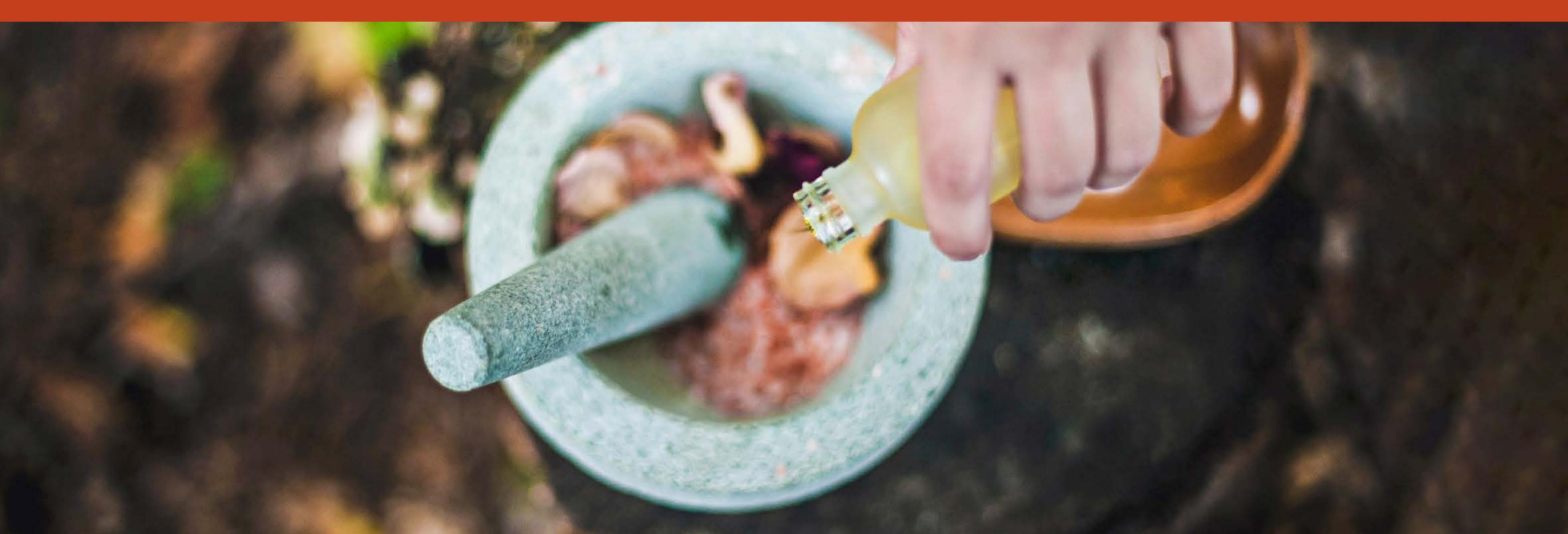
# Nenu

Kara is an organic day spa in the heart of Cherngtalay, just a few minutes from Laguna Phuket and Bangtao Beach.





## The Thai collection



Seven authentic and distinctive massage treatments originating in the regions of this ancient Kingdom.

#### **CLASSIC THAI** PACKAGE

30m Feet & legs massage (choice of 22 organic oils)60m Thai yoga massage

#### FEET & LEGS PACKAGE

30m Pedicure

- 30m Foot bath, sea salt scrub, and paraffin mask
- 60m Feet & legs massage (choice of 22 organic oils)

**\$ 1,450.00** 1.5 hours

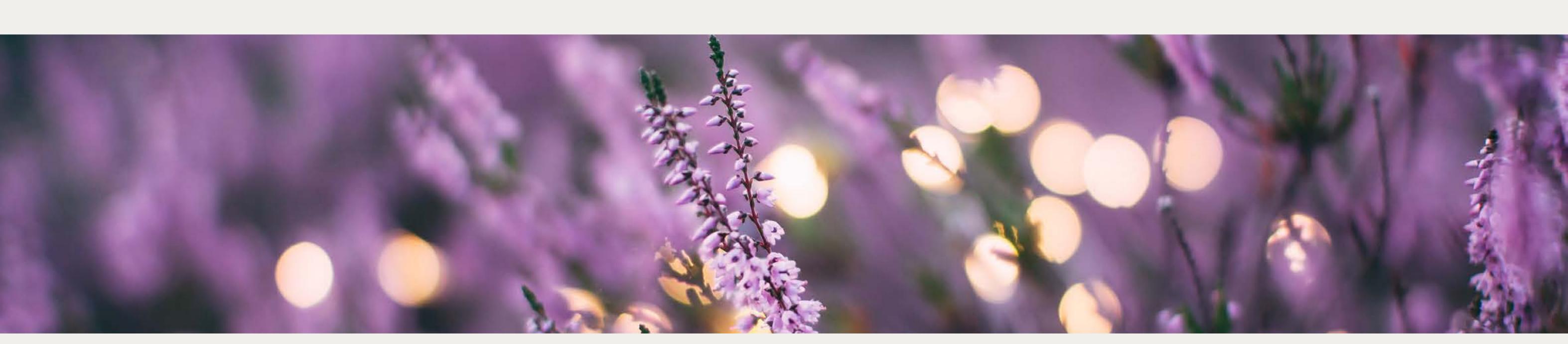
**\$ 2,000.00** 2 hours

**\$**3,000.00

2 hours

#### **BAMBOO** PACKAGE

- 90m Bamboo massage (choice of 5 organic oils)
- 30m Feet & legs massage, or Thai massage



#### **TOKSEN** PACKAGE

- 90m Toksen massage (choice of 5 organic oils)
- 30m Feet & legs massage, or Thai massage

**\$ 3,000.00** 2 hours

#### HERBAL PACKAGE

60m Thai yoga massage

90m Herbal compress massage (lemongrass oil)

#### LANGKASUKA PACKAGE

- 90m Langkasuka massage (hot cumin seed oil)
- 60m Herbal compress massage (lemongrass oil)

#### **SIAM** PACKAGE

- 30m Thai yoga massage
- 90m Herbal compress massage (coconut oil)
- 60m Facial cleanse/refresh (Thai fresh organic)

**\$ 3,300.00** 2.5 hours

**\$ 3,900.00** 2.5 hours

**\$ 4,450.00** 3 hours

## The Relax collection



## Our unique range of organic aromatherapy packages help to calm your mind and soothe your body.

#### **AROMATHERAPY** PACKAGE

- 30m Thai yoga massage
- 60m Aromatherapy oil massage (choice of 22 organic oils)

#### **PRE-NATAL** PACKAGE

- 60m Aromatherapy oil massage (almond oil)
- 30m Indian head massage, or avocado hair treatment
- 60m Facial cleanse/refresh (choice of 4 treatments)

#### **AYURVEDIC** PACKAGE

- 90m Ayurvedic massage (sesame or coconut oil)
- 30m Indian head massage, or feet & legs massage
- 30m Shirodhara (head flow) oil therapy

**B 1,600.00** 1.5 hours

**\$ 2,750.00** 2.5 hours

**B** 3,600.00 2.5 hours



#### LOMI-LOMI PACKAGE

30m Body scrub, or body mask (coconut)120m Lomi-lomi massage (coconut oil)

#### **CANNABIS** PACKAGE

- 30m Body scrub (CBD or 8 other treatments)
- 30m Body mask (CBD or 8 other treatments)
- 90m Herbal compress massage with CBD

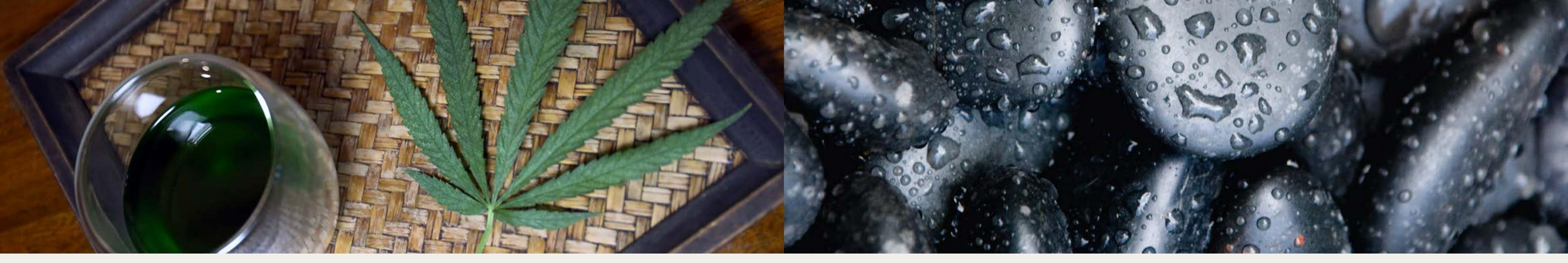
#### HOT STONES PACKAGE

- 30m Deep tissue massage (choice of 22 organic oils)
- 90m Hot stones massage (coconut oil)
- 60m Facial cleanse/refresh (choice of 4 treatments)

**\$ 4,000.00** 2.5 hours

**\$ 4,100.00** 2.5 hours

**\$ 4,750.00** 3 hours



#### FOUR HANDS PACKAGE

- 90m Four hands massage (choice of 22 organic oils)
- 30m\* Feet & legs massage
- 30m\* Indian head massage, or avocado hair treatment \*provided together (four hands)

#### **OTHER RELAXING MASSAGE** PACKAGES

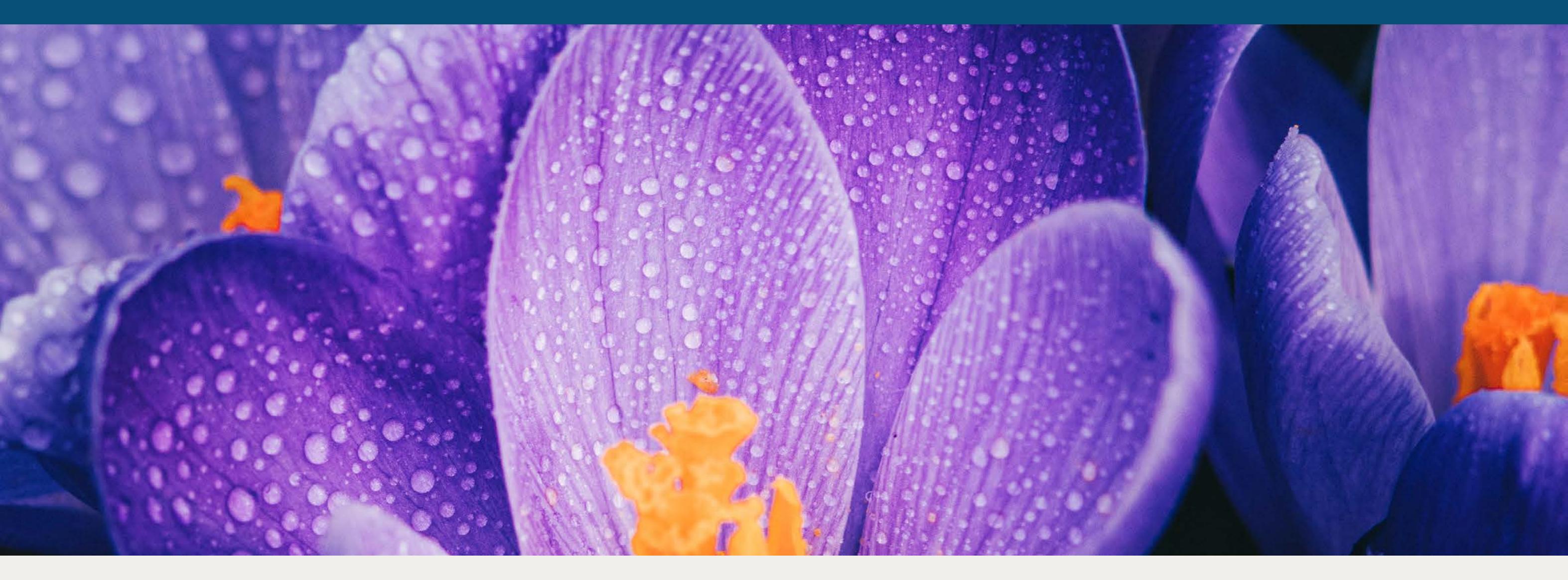
- 90m Swedish, Javanese, Warm Candle or Kid's massage
- 30m Facial cleanse/refresh, body mask (choice of treatments) or feet & legs massage

**\$ 2,800.00** 2 hours

₿ 5,000.00

2 hours

## The Revive collection



Kara's restorative treatments provide holistic and focused

### physical, emotional and spiritual upliftment.

#### **DEEP TISSUE** PACKAGE

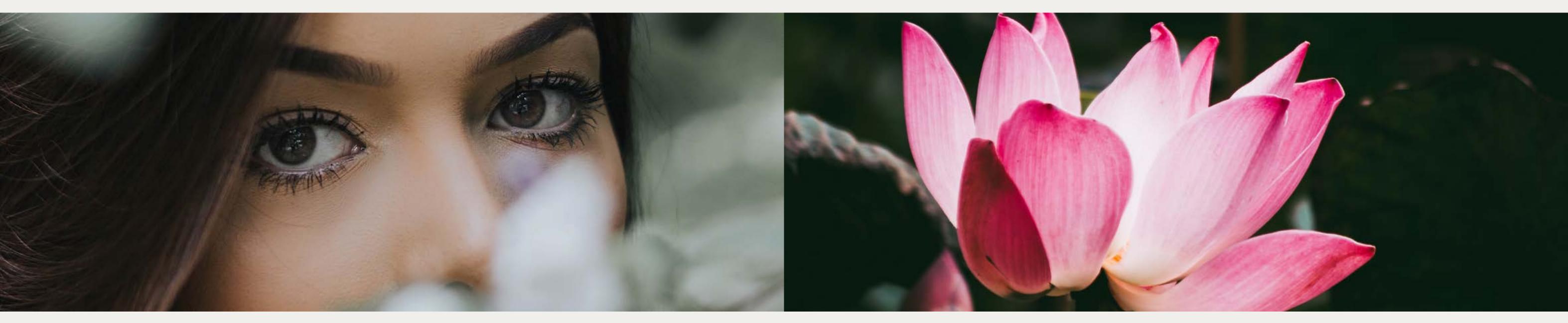
- 30m Body mask, body scrub (choice of treatments) or feet & legs massage
- 90m Deep tissue massage (choice of 22 organic oils)

#### CHAKRA PACKAGE

- 90m Chakra massage (choice of 22 organic oils)
- 30m Indian head massage, or feet & legs massage
- 30m Shirodhara (head flow) oil therapy

**\$ 2,750.00** 2 hours

**\$ 3,600.00** 2.5 hours



#### **AFTER-SPORT** PACKAGE

- 30m Body scrub, or facial cleanse/refresh
- 30m Feet & legs massage
- 120m After-sport massage (ginger or peppermint oil)

#### **AFTER-SUN** PACKAGE

- 30m Body mask (aloe vera)
- 90m After-sun massage (aloe vera)
- 60m Facial cleanse/refresh (aloe vera)

**\$ 4,150.00** 3 hours



- 90m Herbal compress massage (lemongrass oil)
- 30m\* Indian head massage, or facial cleanse/refresh
- 30m\* Feet & legs massage
- 30m Body mask (detox treatment) \*provided together (four hands)

#### MEN'S PACKAGE

- 30m Foot bath & paraffin foot scrub
- 120m Four hands massage (choice of 22 organic oils)
- 30m\* Indian head massage
- 30m\* Feet & legs massage (choice of 5 organic oils) \*provided together (four hands)

#### **OTHER REVIVING MASSAGE** PACKAGES

- 90m Shiatsu, Tuina or Migraine massage
- 30m Body mask, body scrub (choice of treatments) or feet & legs massage

**\$ 6,350.00** 3 hours

**\$ 2,800.00** 2 hours



## The Beauty collection



Our body rubbing, scrubbing and facial deep cleansing treatments leave you looking and feeling your best.

#### **PREMIUM FACIAL CARE** PACKAGE

- Indian head massage, or avocado hair treatment 30m
- Facial cleanse/refresh (choice of 4 treatments) 60m

#### **BODY CARE** PACKAGE

- Body mask 1 (Thai white clay) 30m
- Body scrub (grains or botanic) 30m
- Body mask 2 (choice of 9 treatments) 30m\*
- Beer/eggs or avocado hair treatment 30m\* \*provided together (four hands)

#### **PREMIUM BODY CARE** PACKAGE

- Foot bath, foot scrub, and paraffin mask 30m

**\$2,000.00** 1.5 hours

**\$**3,250.00 1.5 hours



- Body scrub (choice of 9 treatments) 30m
- Body mask (choice of 9 treatments) 30m\*
- Beer/eggs or avocado hair treatment 30m\*
- Warm candle massage (soy candle oil) 60m

\*provided together (four hands)



#### **ANTI-AGEING** PACKAGE

- Facial cleanse/refresh (Harnn anti-ageing) 60m
- Javanese massage, or Ayurvedic massage 60m
- Body mask (mermaid) 30m\*

**\$4,350.00** 2.5 hours

Indian head massage, or avocado hair treatment 30m\* \*provided together (four hands)

#### **SLIMMING** PACKAGE

- Body scrub (mandarin orange) 30m
- Body mask (detoxifying) 30m
- Slimming massage (chilli or ginger oil) 120m

#### **WOMEN'S** PACKAGE

- Body scrub (choice of 9 treatments) 30m
- Any two-hands massage of your choice 120m
- Indian head massage 30m
- Body mask (choice of 9 treatments) 30m\*
- Facial cleanse/refresh (choice of 4 treatments) 30m\* \*provided together (four hands)

**\$4,900.00** 3 hours

**₿ 6,750.00** 3.5 hours

### Kara's selection of 22 organic oils

COCONUT Smooths, softens and moisturises the skin while reducing stress.

LEMONGRASS Tones muscles and eases pain, with a distinctly Thai fragrance. GINGER (D) Stimulating and warming effects enhance concentration and ease fatigue and lethargy.

**GRAPESEED** Restores healthy cells and protects the skin from inflammation.

#### JASMIN Natural antiseptic qualities, aphrodisiac and sedative.

#### LAVENDER Soft and feminine, traditionally used to treat allergies and cramps.

#### ALMOND

Counters free radical damage and moisturises your skin and hair.

#### ARGAN (P) This luxurious and nourishing

#### JOJOBA Loaded with minerals and vitamins E and B that nourish your skin.

#### OLIVE

Improves blood circulation and eases aches and muscle spasms.

#### PEPPERMINT

Cool and freshening relief from fatigue, fever, and dyspepsia.

#### **ROSE FRAGRANCE**

Mesmerising aroma and gentle touch stimulate aphrodisiac appeal.

oil is gentle and light, with anti-inflammatory properties.

#### CANNABIS CBD (P)

Well-known for easing chronic pain and the symptoms of many common health conditions.

#### 

Supports weight loss, relieves sinus congestion, and strengthens the immune system.

#### **CUMIN SEED** Soothes aching joints, fights allergies,

#### ROSEHIP

Boosts collagen formation and reduces unsightly scars and spots.

#### ROSEMARY Distinctive fresh fragrance relieves headaches and cold symptoms.

#### SESAME

Natural sun-screen and moisturiser, rich in anti-ageing properties.

and promotes healthy skin.

#### **EVENING PRIMROSE** Often used for anti-ageing due to its astringent effect on the skin.

#### **GERANIUM (P)**

Centuries-old reputation for anti-bacterial, anti-oxidant, and anti-inflammatory properties.

#### SOY CANDLE

Protects against UV rays and inflammation caused by free radicals.

#### 

Disinfects and detoxifies the body, relieving the pain of minor burns, sores, bites, and cuts.

 $\bigcirc$  = premium oil (extra \$\Box{500.00})



#### Call or WhatsApp to book now +66 800 44 55 00

Call-out service \$300.00 per hour

Open every day, 11 am to 12 midnight

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