



KARA
SPA

Menu

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





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

CLASSIC THAI PACKAGE		฿ 1,450.00
30m	Feet & legs massage (choice of 22 organic oils)	1.5 hours
60m	Thai yoga massage	

FEET & LEGS PACKAGE		฿ 2,000.00
30m	Pedicure	2 hours
30m	Foot bath, sea salt scrub, and paraffin mask	
60m	Feet & legs massage (choice of 22 organic oils)	

BAMBOO PACKAGE		฿ 3,000.00
90m	Bamboo massage (choice of 5 organic oils)	2 hours
30m	Feet & legs massage, or Thai massage	



TOKSEN PACKAGE		฿ 3,000.00
90m	Toksen massage (choice of 5 organic oils)	2 hours
30m	Feet & legs massage, or Thai massage	

HERBAL PACKAGE		฿ 3,300.00
60m	Thai yoga massage	2.5 hours
90m	Herbal compress massage (lemongrass oil)	

LANGKASUKA PACKAGE		฿ 3,900.00
90m	Langkasuka massage (hot cumin seed oil)	2.5 hours
60m	Herbal compress massage (lemongrass oil)	

SIAM PACKAGE		฿ 4,450.00
30m	Thai yoga massage	3 hours
90m	Herbal compress massage (coconut oil)	
60m	Facial cleanse/refresh (Thai fresh organic)	

The Relax collection



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

AROMATHERAPY PACKAGE		฿ 1,600.00
30m	Thai yoga massage	1.5 hours
60m	Aromatherapy oil massage (choice of 22 organic oils)	

PRE-NATAL PACKAGE		฿ 2,750.00
60m	Aromatherapy oil massage (almond oil)	2.5 hours
30m	Indian head massage, or avocado hair treatment	
60m	Facial cleanse/refresh (choice of 4 treatments)	

AYURVEDIC PACKAGE		฿ 3,600.00
90m	Ayurvedic massage (sesame or coconut oil)	2.5 hours
30m	Indian head massage, or feet & legs massage	
30m	Shirodhara (head flow) oil therapy	



LOMI-LOMI PACKAGE		฿ 4,000.00
30m	Body scrub, or body mask (coconut)	2.5 hours
120m	Lomi-lomi massage (coconut oil)	

CANNABIS PACKAGE		฿ 4,100.00
30m	Body scrub (CBD or 8 other treatments)	2.5 hours
30m	Body mask (CBD or 8 other treatments)	
90m	Herbal compress massage with CBD	

HOT STONES PACKAGE		฿ 4,750.00
30m	Deep tissue massage (choice of 22 organic oils)	3 hours
90m	Hot stones massage (coconut oil)	
60m	Facial cleanse/refresh (choice of 4 treatments)	



FOUR HANDS PACKAGE		฿ 5,000.00
90m	Four hands massage (choice of 22 organic oils)	2 hours
30m*	Feet & legs massage	
30m*	Indian head massage, or avocado hair treatment	
*provided together (four hands)		

OTHER RELAXING MASSAGE PACKAGES		฿ 2,800.00
90m	Swedish, Javanese, Warm Candle or Kid’s massage	2 hours
30m	Facial cleanse/refresh, body mask (choice of treatments) or feet & legs massage	

The Revive collection



Kara’s restorative treatments provide holistic and focused physical, emotional and spiritual upliftment.

DEEP TISSUE PACKAGE		฿ 2,750.00
30m	Body mask, body scrub (choice of treatments) or feet & legs massage	2 hours
90m	Deep tissue massage (choice of 22 organic oils)	

CHAKRA PACKAGE		฿ 3,600.00
90m	Chakra massage (choice of 22 organic oils)	2.5 hours
30m	Indian head massage, or feet & legs massage	
30m	Shirodhara (head flow) oil therapy	



AFTER-SPORT PACKAGE		฿ 4,000.00
30m	Body scrub, or facial cleanse/refresh	3 hours
30m	Feet & legs massage	
120m	After-sport massage (ginger or peppermint oil)	

AFTER-SUN PACKAGE		฿ 4,150.00
30m	Body mask (aloe vera)	3 hours
90m	After-sun massage (aloe vera)	
60m	Facial cleanse/refresh (aloe vera)	



BEFORE / AFTER FLIGHT PACKAGE		฿ 4,700.00
90m	Herbal compress massage (lemongrass oil)	2.5 hours
30m*	Indian head massage, or facial cleanse/refresh	
30m*	Feet & legs massage	
30m	Body mask (detox treatment)	
*provided together (four hands)		

MEN’S PACKAGE		฿ 6,350.00
30m	Foot bath & paraffin foot scrub	3 hours
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		฿ 2,800.00
90m	Shiatsu, Tuina or Migraine massage	2 hours
30m	Body mask, body scrub (choice of treatments) or feet & legs massage	

The Beauty collection



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

PREMIUM FACIAL CARE PACKAGE		฿ 2,000.00
30m	Indian head massage, or avocado hair treatment	1.5 hours
60m	Facial cleanse/refresh (choice of 4 treatments)	

BODY CARE PACKAGE		฿ 3,250.00
30m	Body mask 1 (Thai white clay)	1.5 hours
30m	Body scrub (grains or botanic)	
30m*	Body mask 2 (choice of 9 treatments)	
30m*	Beer/eggs or avocado hair treatment	
*provided together (four hands)		

PREMIUM BODY CARE PACKAGE		฿ 4,350.00
30m	Foot bath, foot scrub, and paraffin mask	2.5 hours
30m	Body scrub (choice of 9 treatments)	
30m*	Body mask (choice of 9 treatments)	
30m*	Beer/eggs or avocado hair treatment	
60m	Warm candle massage (soy candle oil)	
*provided together (four hands)		



ANTI-AGEING PACKAGE		฿ 4,350.00
60m	Facial cleanse/refresh (Harnn anti-ageing)	2.5 hours
60m	Javanese massage, or Ayurvedic massage	
30m*	Body mask (mermaid)	
30m*	Indian head massage, or avocado hair treatment	
*provided together (four hands)		

SLIMMING PACKAGE		฿ 4,900.00
30m	Body scrub (mandarin orange)	3 hours
30m	Body mask (detoxifying)	
120m	Slimming massage (chilli or ginger oil)	

WOMEN'S PACKAGE		฿ 6,750.00
30m	Body scrub (choice of 9 treatments)	3.5 hours
120m	Any two-hands massage of your choice	
30m	Indian head massage	
30m*	Body mask (choice of 9 treatments)	
30m*	Facial cleanse/refresh (choice of 4 treatments)	
*provided together (four hands)		

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.

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 ®

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

CANNABIS CBD ®

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

CHILLI ®

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

CUMIN SEED

Soothes aching joints, fights allergies, and promotes healthy skin.

EVENING PRIMROSE

Often used for anti-ageing due to its astringent effect on the skin.

GERANIUM ®

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

GINGER ®

Stimulating and warming effects enhance concentration and ease fatigue and lethargy.

GRAPE SEED

Restores healthy cells and protects the skin from inflammation.

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.

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.

SOY CANDLE

Protects against UV rays and inflammation caused by free radicals.

TEA TREE ®

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

® = premium oil (extra \$500.00)



Call or WhatsApp to book now
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Call-out service ฿ 300.00 per hour

Open every day, 11 am to 12 midnight

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