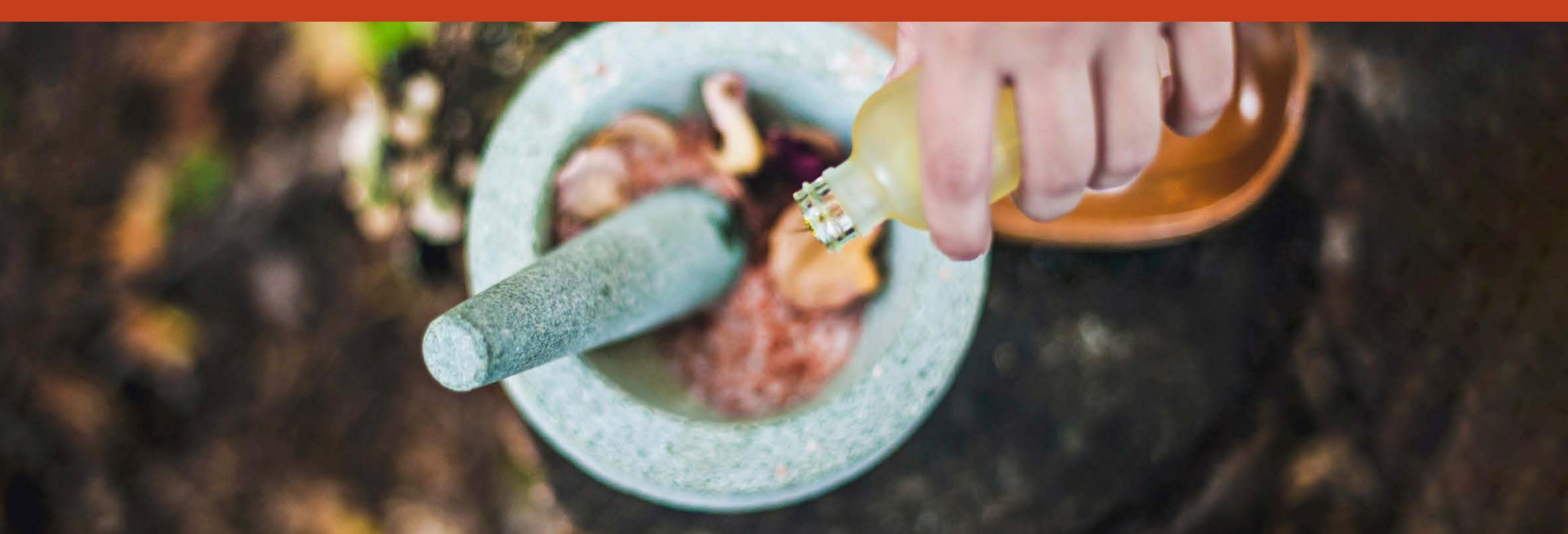
Nenu

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

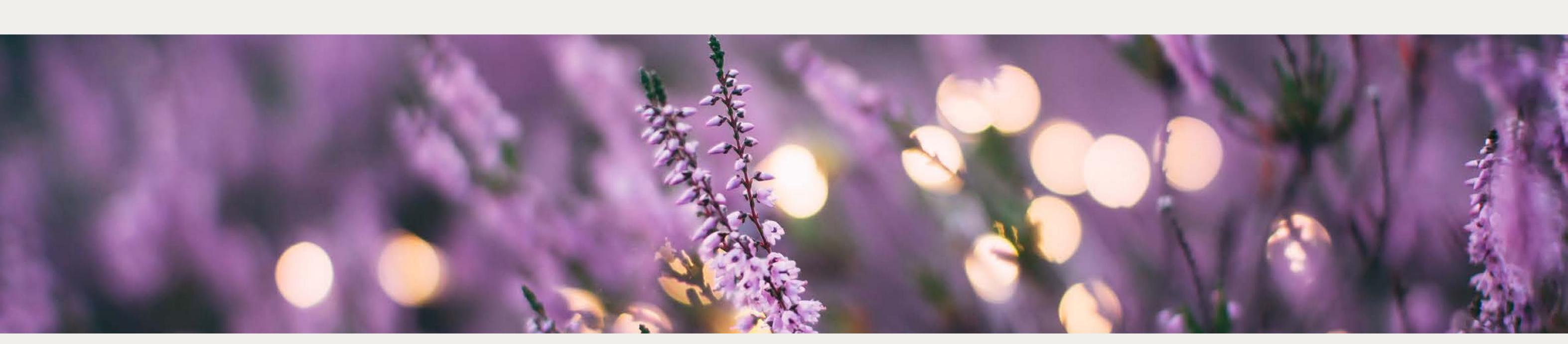
\$ 2,000.00 2 hours

\$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

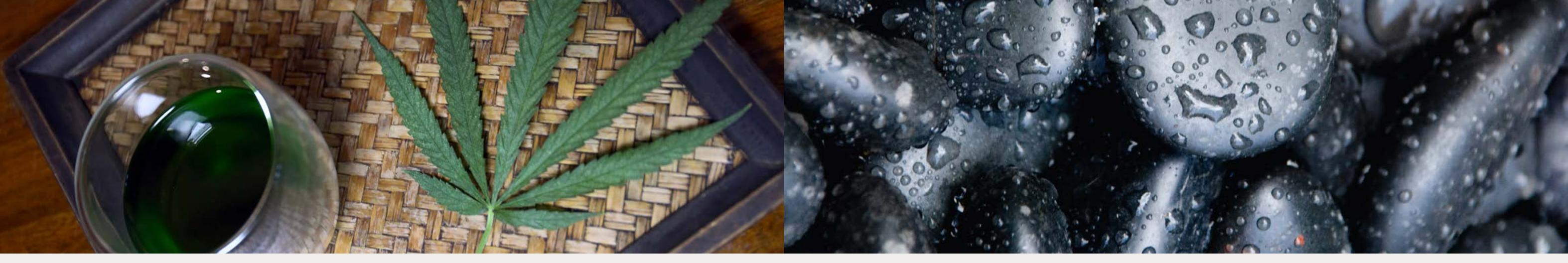
HOT STONES PACKAGE

- 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

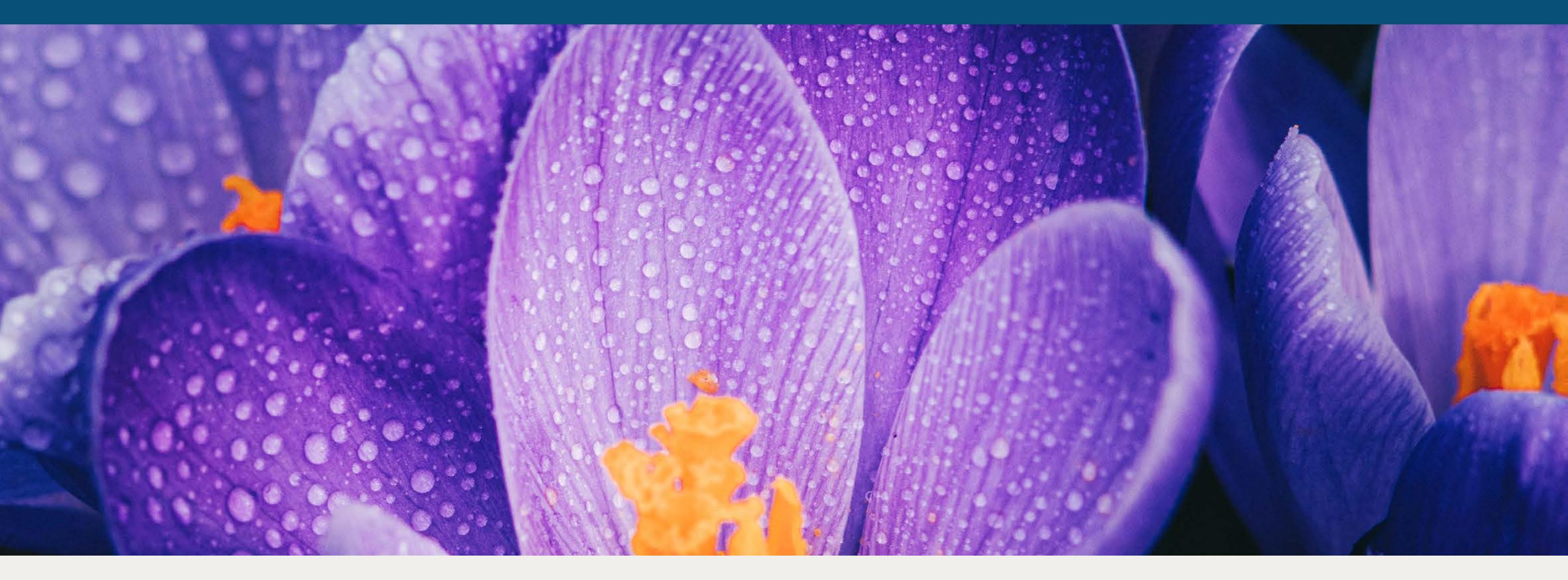
- 90m Swedish, Javanese, Warm Candle or Kid's massage
- 30m Facial cleanse/refresh, body mask (choice of treatments) or feet & legs massage

\$ 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

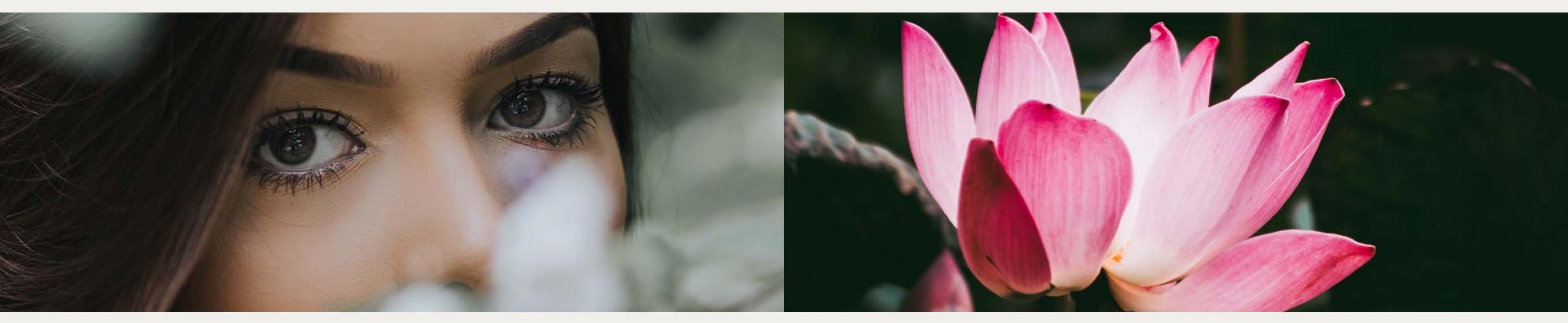
- 30m Body mask, body scrub (choice of treatments) or feet & legs massage
- 90m Deep tissue massage (choice of 22 organic oils)

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})



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Call-out service \$300.00 per hour

Open every day, 11 am to 12 midnight

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www.karaspa.co





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