



KARA
SPA

Menu

Kara is an organic day spa in the heart of Chergntalay, 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

฿ 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)



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+66 800 44 55 00

Call-out service ฿ 300.00 per hour

Open every day, 10 am to 12 midnight

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