

YOUR PEACE-OF-MIND

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S P A

– STAY WELL –



saiihotels.com

SAii

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WELCOME TO YOUR WELLNESS HAVEN

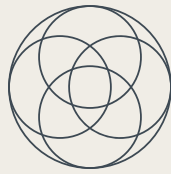
At SAii Spa, we invite you on a journey of self-care to restore your sense of connection and rejuvenate every area of your life so you can truly Live Well.

Nestled in nature, our spa draws inspiration from sand, sea and locally sourced organic ingredients for sustainable pampering that's in harmony with the world around you.

Just as island elements are woven into your spa journey, the SAii Live Well philosophy is infused into every part of your escape as we invite you to Eat Well, Sleep Well, Move Well, Stay Well and Explore Well. Each experience here is thoughtfully crafted to boost your physical, mental and emotional health—because you deserve to feel great inside and out.

In Thai, ‘ทราย’ (SAii) means sand, a timeless symbol of transformation, balance, and renewal. At SAii Spa, this philosophy inspires every treatment: offering nourishment to help you Eat Well, relaxation to help you Sleep Well, resilience to help you Stay Well, grounding to help you Live Well, and restoration to help you Explore Well. Just as sand adapts and evolves with the flow of time, SAii Spa provides a sanctuary for your journey to wellness and harmony.

YOUR PEACE-OF-MIND
starts here.



SAii WELLNESS GURUS

Not sure where to start?

*Let our SAii Wellness Gurus help.
Simply share your wellness goals,
and we'll provide tailored solutions
—from customized treatments
to a specially curated drink and snack menu
designed to match your lifestyle.*

Embrace a wellness journey that's uniquely yours.

SAii SPA GUIDELINES

SPA TREATMENT HOURS

SAii Spa operates daily, 10:00 AM to 08:00 PM.

SPECIAL HEALTH CONDITIONS

Please let our team know about any health concerns or relevant medical history so we can provide you with the most suitable treatment options.

AGE REQUIREMENTS

Reservations for treatments may be made by guests aged 16 years and older. Guests under the age of 16 may receive treatment only when accompanied by a parent or guardian.

APPOINTMENTS & CANCELLATIONS

To enhance your experience, we recommend arriving at the spa 15 minutes prior to your scheduled treatment time. Late arrivals will result in a reduced treatment duration. Please be advised that a full charge will be incurred for any treatment not cancelled at least 3 hours in advance.

CLOTHING

For spa treatments, we advise wearing the bathrobe provided in your accommodation or suitable attire and footwear for active and outdoor activities.

OTHER INFORMATION AND SUGGESTIONS

We strongly recommend scheduling your treatments in advance to secure your preferred times. Please complete any light meals at least 1 hour prior to your treatment, while light snacks should be consumed 30 minutes in advance.

Disposable underwear will be provided and may be used at your discretion. We also advise removing jewellery and watches and securing them in the lockable safe within your hotel room. Your therapist will meet you at the reception and guide you to your treatment room.

PRICES

All prices are in THB (Thai Baht) and are subject to a 10% service charge and a 7% tax. Please note that prices and treatments are subject to change without prior notice.

SAii Spa accepts cash and all major credit cards. Hotel guests may charge treatments to their room accounts.



SPA TREATMENTS

	Durations (Mins)
SIGNATURE EXPERIENCES	
SAii Signature Touch	120
SAii Harmony Essence	150
Digital Detox	90
MASSAGE JOURNEYS	
SAii Traditional Thai Massage	60/90/120
SAii Deep Restore	60/90
SAii Vital Balance	60/90
SAii Gentle Calm	60/90
SUN KISSED RITUALS	
SAii Sun Prep Ritual	90
SAii Sun Recovery Treat	90
FACIAL RITUALS	
Lift & Firm Facial	90
Hydrating Facial or Purify Facial	60
BODY RITUALS	
Sandy Glow Body Scrub	60
Sunkissed Relief Wrap	60
ENHANCEMENT RITUALS	
Add-on Services	30

SAii SIGNATURE EXPERIENCES

SAii SIGNATURE TOUCH

Begin your journey to tranquility with guided breathwork exercises. Next, our signature massage – a harmonious blend of Thai stretching and deep-tissue techniques, combined with a soothing heated sand compress – will melt away tension.

Finally, a warm coconut oil head and face massage, culminating with a heated sacred stone on your crown chakra, will leave you feeling completely rejuvenated.

Includes:

Guided breathwork, signature massage, warm head and face massage, heated chakra stone.

120 Mins



SAii HARMONY ESSENCE

Ease tense, aching muscles with this deeply personal retreat for relaxation and renewal.

Begin with a nourishing coconut scrub to exfoliate and hydrate your skin, followed by a traditional Thai massage enhanced with warm coconut oil, targeting areas of tension to relieve stress and aching muscles. A soothing head massage calms the mind, while a rose coconut face massage revitalises and nourishes your complexion. Conclude with a serene aromatherapy bath, leaving you feeling completely renewed and at peace.

Includes:

Coconut body scrub, Thai oil massage, warm coconut oil head massage, mini-facial massage.

150 Mins



SAii SIGNATURE EXPERIENCES



DIGITAL DETOX

Embrace peace of mind in a serene retreat from digital stress. Begin with a Digital Disconnect Ritual as you set aside your devices in a secure space and centre yourself in the moment.

After the light application of essential oil, indulge in a restorative full-body massage that targets areas impacted by screen time using a blend of soothing techniques to relax and revitalise. Next, a scalp and head massage, enhanced with refreshing mint and rosemary, relieves lingering mental tension. Conclude your journey in the relaxation area, where you can stay unplugged to sip herbal tea and reflect.

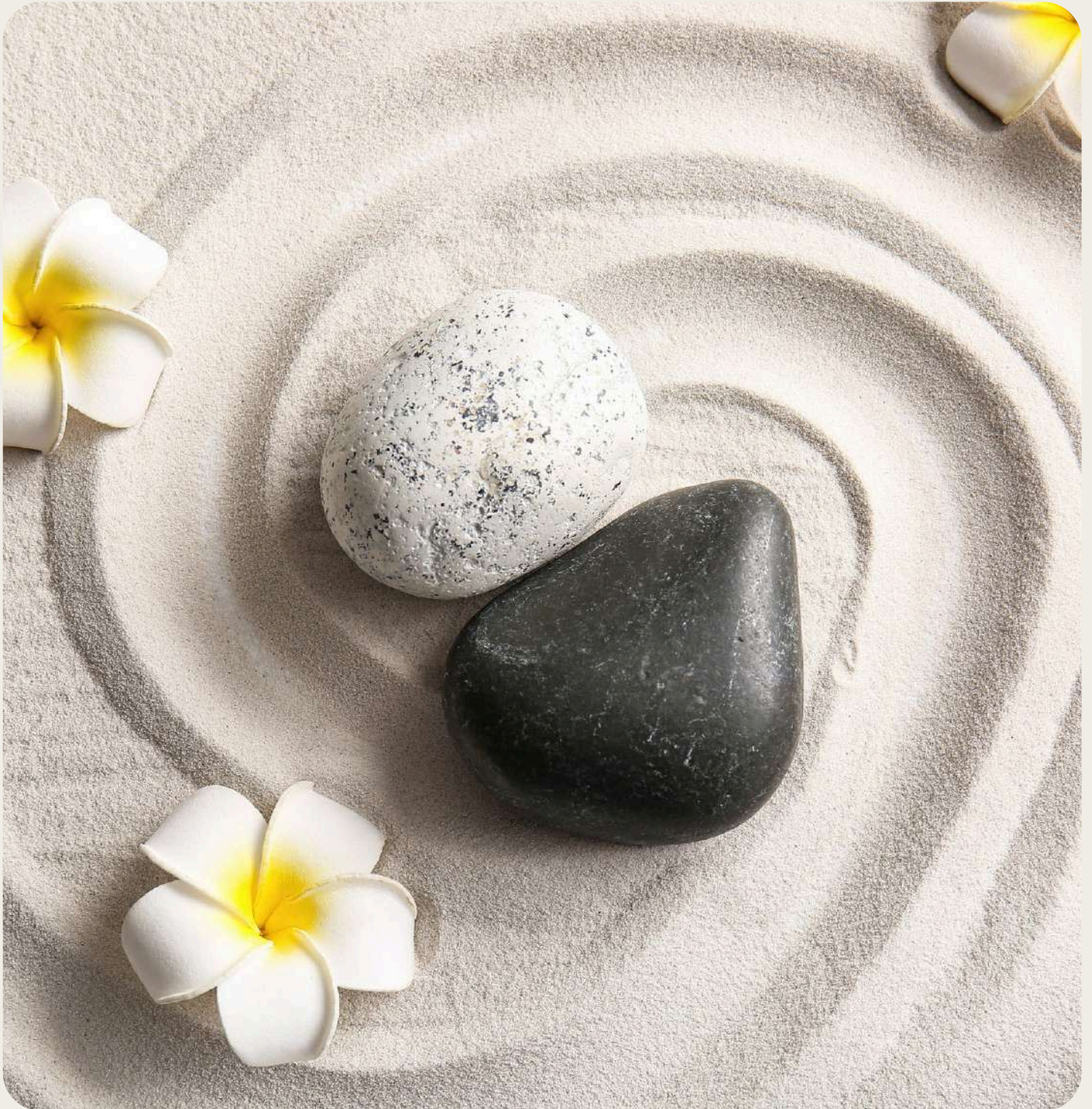
Includes:

Digital disconnect, aromatic grounding, restorative massage, head massage, relaxation time.

90 Mins

SAii Spa: Stay Well

Inspired by sand, guided by peace



YOUR
PEACE-OF-MIND

MASSAGE JOURNEYS

Rooted in tradition, guided by care, crafted for your Peace-of-Mind

Every aromatherapy massage in this collection is performed using warm aromatic oil, enhancing relaxation, soothing muscle tension, and promoting overall well-being.

SAii TRADITIONAL THAI MASSAGE (Bespoke Experience)

Tailored for the demands of modern lifestyles, this treatment blends rhythmic stretching, deep acupressure, and mindful movement to improve flexibility, release tension, and restore energy flow. Perfect for those seeking relief from everyday stress, this massage brings balance and rejuvenation through techniques refined over centuries.

120 Mins | 90 Mins | 60 Mins



SAii DEEP RESTORE (Strong Pressure)

A deeply invigorating massage designed to relieve chronic muscle tension and tech fatigue.

This personalised treatment uses warm aromatic oil and firm pressure to restore mobility and rejuvenate the body.

90 Mins | 60 Mins



All prices are in Thai baht and subject to 10% service charge and 7% applicable government tax.

SAii VITAL BALANCE

(Medium Pressure)

A tailored fusion of traditional Thai techniques and moderate pressure, this massage promotes flexibility, relieves built-up tension, and restores overall balance.

90 Mins | 60 Mins



SAii GENTLE CALM

(Soft Pressure)

A soothing, light-pressure massage designed to ease stress and enhance relaxation. Using gentle strokes and warm aromatic oil, this treatment melts away tension, leaving you in a state of deep calm.

90 Mins | 60 Mins



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SUN KISSED RITUALS

Prepare, glow, and recover—your way to radiant balance



SAii SUN PREP RITUAL

Get your skin ready for a beautiful, even tan with our SAii Sun Prep Ritual. This package is designed to exfoliate, hydrate, and nourish your skin, creating the perfect foundation for a healthy, glowing tan.

Includes:

30 mins - Full-body exfoliation.

60 mins - Sun glow massage, sun protection application.

90 Mins

SAii SUN RECOVERY TREAT

Experience soothing relief with our SAii Sun Recovery Package, crafted to repair and calm sunburned skin while restoring hydration and comfort.

Includes:

40 mins - Aloe vera & cucumber cooling wrap.

30 mins - Healing touch massage.

20 mins - Calming facial mask.

90 Mins



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FACIAL RITUALS

Radiance begins with care



LIFT & FIRM FACIAL

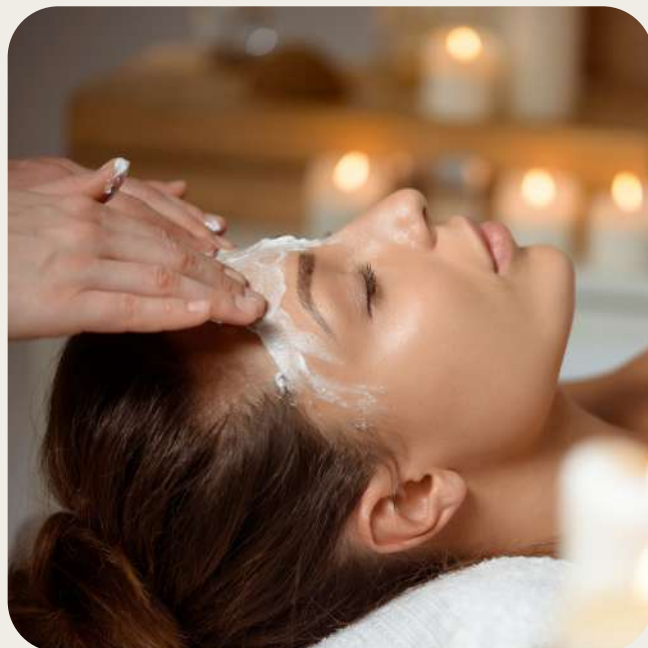
Get a refreshed, youthful look with this treatment combining collagen-boosting ingredients and expert massage techniques to lift and tighten your skin, leaving it firmer and glowing.

90 Mins

HYDRATION FACIAL OR PURIFYING FACIAL

Quench your skin's thirst with a deeply nourishing treatment that blends hydrating ingredients and soothing techniques to replenish moisture and restore radiance, leaving your complexion soft, smooth, and revitalised.

60 Mins



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BODY RITUALS

Exfoliate, hydrate, and restore—your path to radiant renewal

SANDY GLOW BODY SCRUB

Restore your skin's natural radiance with a blissful, customised ritual. Choose the revitalising Sea Salt Scrub for deep exfoliation or the nourishing Coconut Scrub for a gentle, hydrating touch. Both options are infused with tropical aromas to leave your skin smooth, refreshed and beautiful.

60 Mins



SUNKISSED RELIEF WRAP

Experience rejuvenation with a body wrap designed to hydrate and soothe your skin. Choose the Aloe Vera Wrap to calm and refresh sun-exposed or sensitive skin, or opt for the Coconut Wrap to deeply nourish and restore moisture, leaving your skin soft, smooth, and beautifully revitalised.

60 Mins



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ENHANCEMENT RITUALS

Elevate your experience, your way with 30-minute add-on services



TARGETED MASSAGE

Choose your bliss with a targeted massage for your head, hands, calves, face, upper or lower back, shoulders or feet.

FACE MASK & EYE MASK

A hydrating face mask that revitalises your skin for a radiant glow and a soothing eye mask that refreshes and rejuvenates tired eyes.

CLEANSING & MOISTURISING FACIAL

Treat your complexion to a refreshing cleanser followed by a nourishing moisture boost.

HERBAL COMPRESS

Experience the healing power of herbal compresses that soothe muscles and enhance relaxation.

RELAXING BATH OR FOOT SOAK

Choose between a calming bathtub experience to release tension or a revitalising foot soak to ease fatigue and restore comfort.

YOUR PEACE-OF-MIND

SAii

KOH SAMUI
VILLAS



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