

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

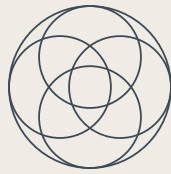
At SAii Spa, we invite you on a journey of self-care to restore your sense of connection and rejuvenate every area of your life so you can truly Live Well.

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 is open from 9.00 am to 8.00 pm daily.

SPECIAL HEALTH CONDITIONS

Please share any concerns or relevant medical history with our team so they can offer you the most suitable treatment.

AGE REQUIREMENTS

We accept solo reservations for guests aged 16 years and over. Guests under 16 may enjoy our spa treatments when accompanied by a parent or guardian.

APPOINTMENTS & CANCELLATIONS

We suggest that you arrive at the spa 15 minutes prior to your scheduled treatment time to maximise your enjoyment. Late arrival shortens your treatment time. A 100% charge will be incurred for any treatment not cancelled at least 3 hours prior to your scheduled time.

CLOTHING

For spa treatments, we recommend you wear the bathrobe from your room or appropriate clothing and shoes 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 jewelry 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 quoted 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)
SAii SIGNATURES EXPERIENCES	
SAii Signature Touch	120
SAii Phi Phi Signature Touch	150
Digital Detox	90
MASSAGE JOURNEY	
SAii Traditional Thai Massage	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
Hydration Facial or Purifying 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. Our signature massage, a harmonious blend of Thai stretching and deep-tissue techniques, combined with a soothing heated sand compress, will melt away tension. 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 PHI PHI SIGNATURE TOUCH

Reconnect and unwind with someone special on a journey crafted to celebrate togetherness in paradise.

Begin with a revitalising body scrub to refresh and smooth the skin, preparing you both for deeper relaxation. Next, surrender to an aromatic massage tailored to each of your preferences, relieving tension and enhancing harmony through personalised aromatherapy.

Conclude your shared experience with Jacuzzi bubble soak, taking in the beautiful views and the peaceful rhythm of the sea.

Includes:

60 mins - Revitalising Body Scrub

60 mins - Bespoke Aromatic Massage

30 mins - Jacuzzi Experience

150 Mins

Highly recommended for couple



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

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

SAii Spa: Stay Well

Inspired by sand, guided by peace



YOUR
PEACE-OF-MIND

MASSAGE JOURNEYS

Every aromatherapy massage in this collection are performed with warm aromatic oil to enhance relaxation, soothe muscle tension and boost your overall well-being.

SAii TRADITIONAL THAI MASSAGE (Bespoke Experience)

Tailored for the demands of modern lifestyles, the SAii Traditional Thai Massage offers a choice of dry, oil or balm. This treatment blends rhythmic stretching, deep acupressure and mindful movement helps to improve flexibility, release tension and restore your energy flow. Perfect for those seeking relief from everyday stress, the traditional Thai massage brings balance and rejuvenation through techniques refined over centuries.

90 Mins / 120 Mins



SAii DEEP RESTORE (Strong Pressure)

A deep, invigorating massage, personalised to target chronic muscle tension and tech fatigue, offering thorough relief and rejuvenation.

60 Mins / 90 Mins

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

SAii VITAL BALANCE

(Medium Pressure)

A balanced, bespoke massage using moderate pressure and traditional Thai techniques, tailored to relieve tension and enhance flexibility.

60 Mins / 90 Mins



SAii GENTLE CALM

(Soft Pressure)

A light, customised massage designed to promote deep relaxation, easing mild stress with gentle strokes, soothing techniques and aromatic oil.

60 Mins / 90 Mins



SUN KISSED RITUALS



SAii SUN PREP RITUAL

Get ready for a beautiful, even tan with a treatment for sunseekers who want to care for their skin. 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 comfort for fast relief after a day in the sun with this rescue remedy, 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



FACIAL RITUALS



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



BODY RITUALS

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

ENHANCEMENT RITUALS

ADD-ON SERVICES

Enhance your experience with these 30-minute add-ons to elevate your sense of well-being.



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 cleanse followed by a nourishing moisture boost.

HERBAL COMPRESS

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

RELAXING BATH OR SAUNA

Choose between a calming bathtub experience to release tension or a sauna to help stimulate blood circulation

HOT STONE THERAPY

Enhance your massage with the soothing warmth of heated stones, expertly placed to melt away tension, improve circulation and provide deep muscle relaxation.

30 Mins

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SAii

PHI PHI ISLAND
VILLAGE



saiihotels.com

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