



IN BALANCE

SPA BY NOVOTEL

FACE (AROMATIC FACE RITUALS)

PHYTOMER AROMA DISCOVERY (30 MIN)

THB 1,190

This express facial ritual; was formulated to offer maximum beauty results and well-being in a minimum amount of time.

PHYTOMER AROMAPLASTY DOUBLE MASK (60 MIN)

THB 1,990

Anti-Ageing Expression - A dual action treatment designed to nourish and hydrate the skin by using two masks. Suitable for all skin types.

PHYTOMER AFTER SUN REJUVENATE FACIAL (60 MIN)

THB 1,990

After a long day in the sun, our aromatherapy experts will treat your face with sun-repairing treatment with a mask and cool Aloe Vera

PHYTOMER EXCLUSIVE DEEP CLEAN MEN FACIAL (60 MIN)

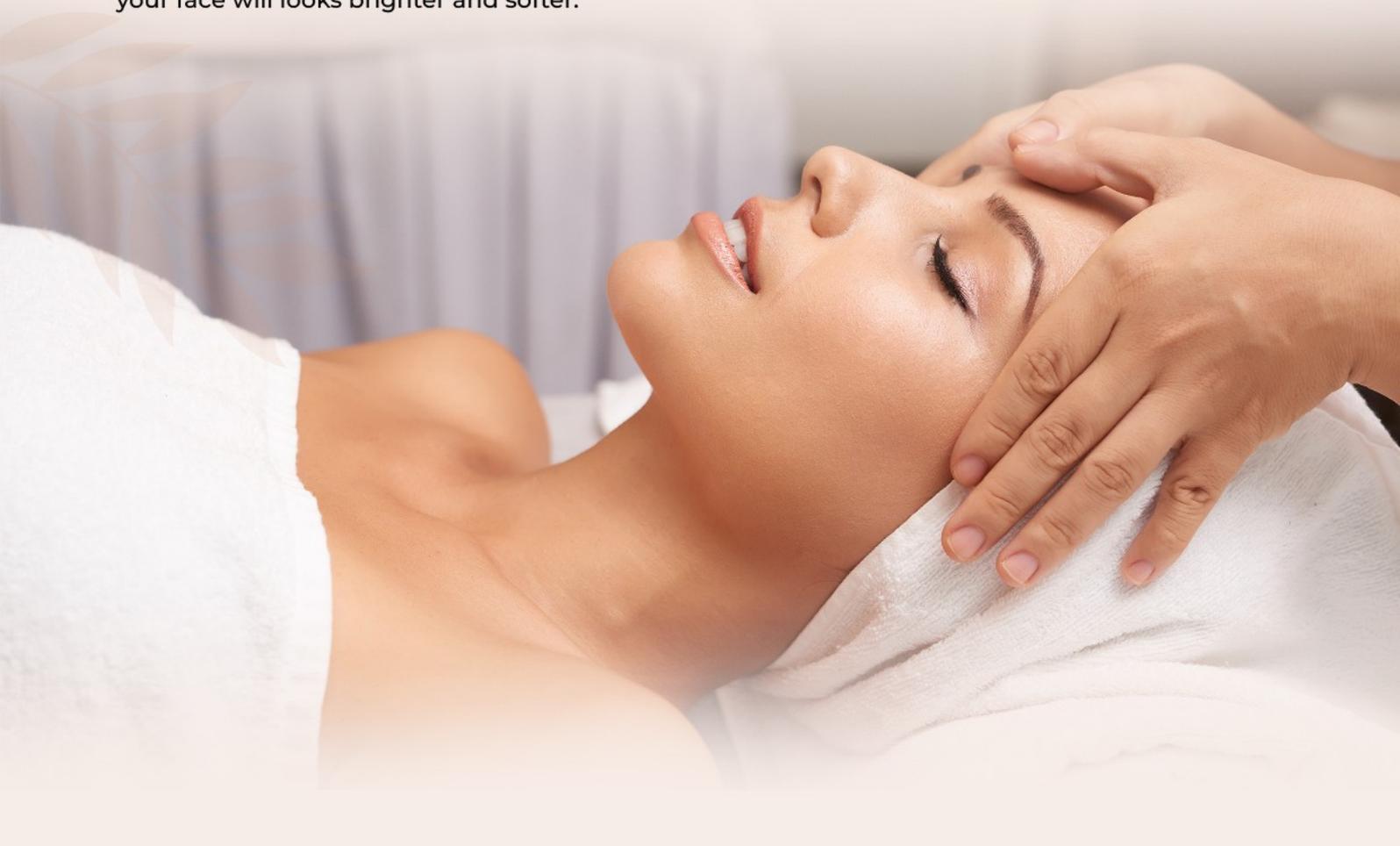
THB 1,990

Gently eliminate the dead cell and impurities with a double cleansing leaving the complexion refreshed.

THAI HERBAL FACIAL (30 / 60 MIN)

THB 690 / THB 1,290

Using only natural products such as Turmeric and honey, your face will look brighter and softer.



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TREATMENTS FROM HEAD TO TOE

INDIAN HEAD & BACK MASSAGE (30 / 55 MIN)

THB 690 / 1,190

A spine-tingling experience! Using warm herbal oils, this treatment includes a massage of the scalp, neck and shoulders to sweep away tension and to relieve mental fatigue.

TRADITIONAL FOOT MASSAGE (30 / 55 MIN)

THB 690 / 1,190

This treatment promotes relaxation by using pressure points onto the soles. When all tension is released, a foot compress filled with warming herbs is applied to revitalise the legs.

RUNNER'S MASSAGE (30 / 55 MIN)

THB 690 / 1,190

A therapeutic bodywork focusing on the feet, leg lower back and thigh. This treatment is recommended after an athletic activity as a quick repair to get rid of the lactic acid build-up in the legs.

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BODY (AROMATIC BODY RITUALS)

ABSOLUTE TRADITIONAL THAI MASSAGE (55 / 80 MIN)

This therapy combines stretching techniques, pressure points and more to loosen joints and tone muscles.

THB 1,090 / 1,490

BALINESE MASSAGE (55 / 80 MIN)

Calming experience massage which is a favorite for many guest to evacuate stress and soften the skin

THB 1,790 / 2,090

SUMMER SOLSTICE MASSAGE BY IN BALANCE (55 / 80 MIN)

Not for the faint-hearted, our deep muscular massage use strong pressure and compression to stretch the fibres of large muscle groups, releasing toxins and tension points.

THB 1,790 / 2,090

ORIENTAL THAI MASSAGE (80 MIN)

Combination of the two most popular techniques. Start with the Absolute Traditional Thai massage and finish with the soft feeling of the Aromatherapy massage on your body. The perfect choice to evacuate your stress.

THB 2,090

THERAPEUTIC MASSAGE (80 MIN)

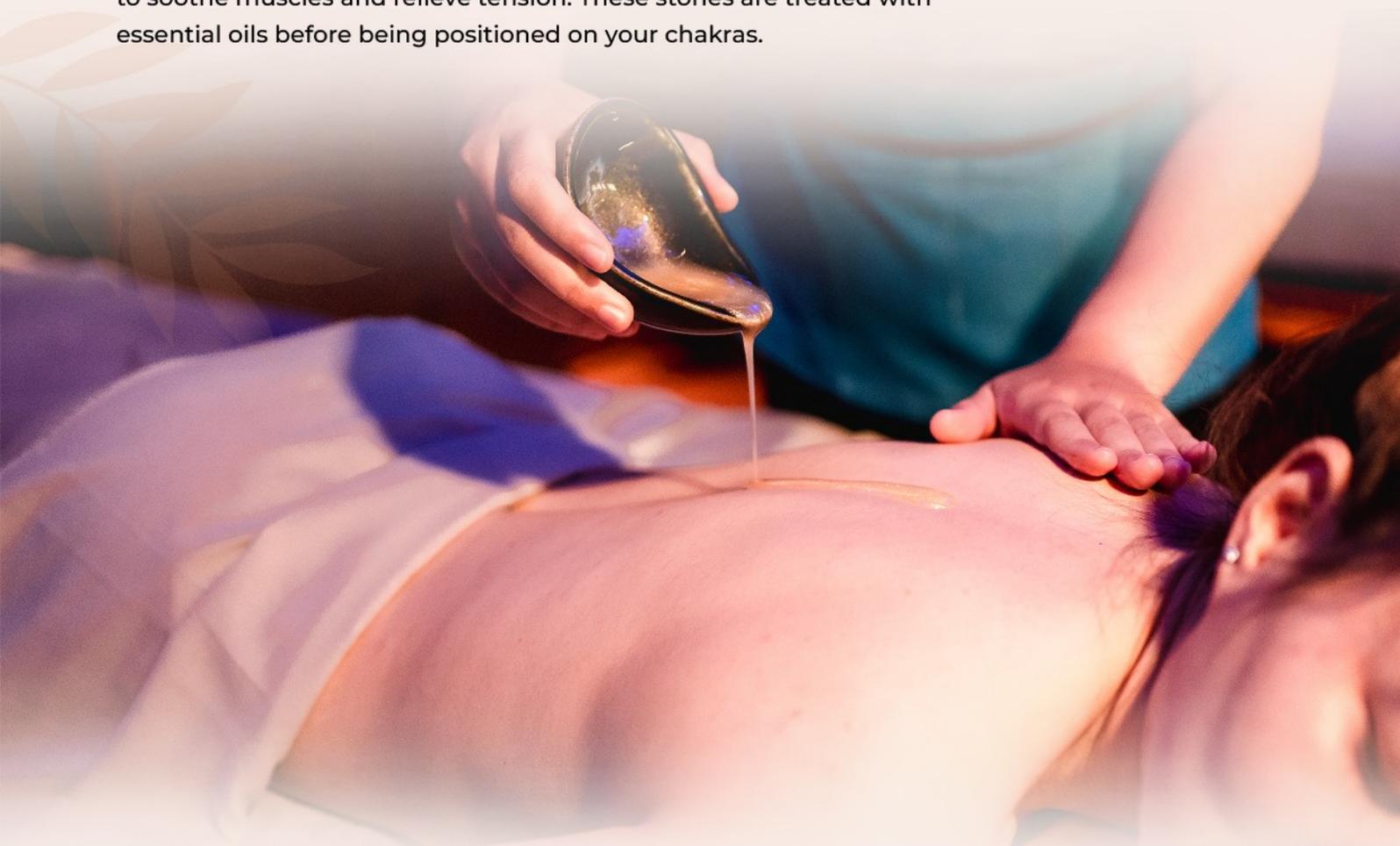
Combines Thai traditional massage with heated herbal ball compresses. Filled with traditional Thai herbs, it will reduce tension, muscle cramps, fatigue and soothe your skin.

THB 2,190

HOT STONE MASSAGE (90 MIN)

Basalt rock is heated in water and placed along the meridians of the body to soothe muscles and relieve tension. These stones are treated with essential oils before being positioned on your chakras.

THB 2,200



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BODY EXFOLIATION



COCONUT BUTTER BODY SCRUB (30 MIN)

THB 890

This rich natural scrub was specifically formulated to nourish and refresh very dry skin. Dead skin cells are removed, pores shrink and the skin is moisturized.

TRIPLE WHITE GENTLE BODY SCRUB (30 MIN)

THB 890

This sublime blend of white sesame, coconut and milky powder yields one of our gentlest full body exfoliations, leaving your skin smooth and intensely hydrated. For sensitive skin only.

THAI COFFEE, HONEY & YOGURT BODY SCRUB (30 MIN)

THB 890

Awaken your senses with this delightful scrub for normal skin. We use finely ground coffee to stimulate the skin's blood flow and creamy yogurt to naturally hydrate the skin. The honey will protect and nourish your skin to help to look and feel softer and smoother.



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BODY WRAP

SUN SET BODY WRAP (45 MIN)

THB 990

The perfect wrap treatment to calm your skin from the sun aggression. While aloe vera is applied all over your body, your face will be taking care of with a sun-repairing treatment.

GALANGA! FIRMING BODY WRAP (45 MIN)

THB 990

A perfect treatment to improve lymphatic flow and melt away cellulite with galangal roots, turmeric and black pepper to stimulate and to assist the removal of toxins.



KIDS TREAT (AROMATIC BODY RITUALS)

MY MOMMY AND ME PACKAGE (30 MIN)

THB 1,290

Have your kids discover the joy and relaxed feeling of a professional massage. Within the same treatment room, you will receive the treatment of your choice.

For my Mommy:

Foot fit massage or Tension Back Massage or Indian Head Massage

For Me:

Happy Feet or Aromatic Kid Massage or Strawberry Yogurt Scrub or Banana creamy cleanser



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COUPLE PACKAGE (THE BUBBLY REFLECTION)

EXTREME RELAXATION (180 MIN)

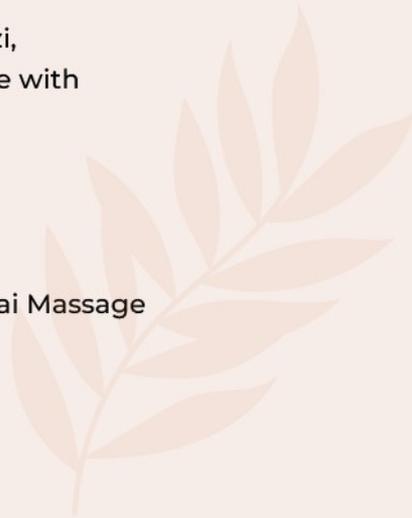
THB 5,980

Foot ritual, steam, exfoliation, relaxing shower, Jacuzzi, body and face massage. Enhance your spa experience with In Balance Aroma signature rituals for him & her.

TOGETHER IN PEACE (180 MIN)

THB 5,980

Foot ritual, steam, massage, facial, Jacuzzi. Take time out to side by side. Enjoy the traditional Thai Massage combined with aromatic massage techniques. Finish off with our Aroma Essential Facial.



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AWARD WINNING TREATMENT 2018

THE PEARL MIRACLE (150 MIN)

THB 2,500

(Body Scrub + Body Wrap + Body Massage + Face Mask) No discount applied

For centuries women are beautiful metaphors, just like the pearls. That's since thousands of years ago. People believe that. The pearls are born from the tears of the goddess dropping into the sea. To give mankind pearls are considered a gem of a river. So, pearls and mother of pearl is a symbol of women with purity. And high value for long enough. However, the pearls are not only white in color. Like a lady there is always the same beauty in every person. For this reason, the definition of each pearl is defined. The meaning of each can be classified as follows.

- **WHITE** pearls mean purity, sincerity, faith, freedom, and honesty.
- **PINK** pearls mean love, loyalty, happiness, and the desire to protect.
- **BLACK** pearls mean fascinating charm, mystery, protection. And prosperity
- **GREEN** pearls mean happiness, balance, intelligence, peace, justice, good fortune and money.
- **GOLDEN** Pearls mean success, wealth, prosperity, courage and intelligence.

Present in medical and beauty supplies the pearl has been made into a mixture of many types of cosmetics together. Because the pearl is a water element. Ancient people believe that it has the ability to reduce heat. And can control fire element already. It is also believed that mixing pearl powder into herbal medicine also reduces fever. And healing from the heat as well, such as the treatment of body aches of patients with kidney disease. Respiratory diseases and asthma.



Flower Power Collection
Winning Awards
Bangkok September 19 , 2014.



Rojana & Sangthong
Winning Awards
Bangkok September 25 , 2015.



Best Hotel and Resort SPA
Southern Thailand Awards
Bangkok September 27 , 2015.



The Pearl Miracle
Winning Awards
Bangkok January 11 , 2018.



World Luxury Spa Awards
Winner 2019 & 2024

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AWARD WINNING TREATMENT 2014

FLOWER POWER COLLECTION (120 MIN)

THB 2,290 / PERSON

(Body Scrub + Body Wrap + Body Massage) No discount applied

Flowers have special meaning for Thai people. We use them as a symbol for many opportunities in life. We believe that our character is like a flower. The beauty of the flowers are a representation your spirit and mind. The color, the fragrance and the beauty of each flower is as unique as each person's personality. We believe that flowers promote our live force. If you give us your birth date, our therapist will find your flower match. Relax and calm your mind with our triple flower treatment.



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MONDAY

JASMINE FLOWER

A person born in this day is very warm and make comforting, so cheerful, so fun in loving but prone to sudden anger.

TUESDAY

ORCHID FLOWER

So very kind, Tuesday's children are inclined to leadership, Strong and easy to loving someone.

WEDNESDAY

LOTUS FLOWER

So friendly, thoughtful and respectful, for the career they can get successful but can be emotional and sensitive.

Thursday

Jampaka Flower

So honest, open hearted and modest, Thursday's children love to help people and enjoy being surrounded by others, although can sometimes be a little arrogant.

FRIDAY

LAVENDER FLOWER

Young dreamer, artistic, with a calm and melodic grace, Friday's children make people fall in love but can sometimes be over emotional.

SATURDAY

LILY FLOWER

So confident, freedom loving and dignified, Saturday's children like a challenge, are simple and beautiful in love but sometimes very jealous.

Sunday

Rose Flower

Can blind people by them words, clam but can do anything fast, also in love where they can rush. Be careful not to take too many risks.



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AWARD WINNING TREATMENT 2015

ROJANA & SANGTHONG (90 MINS)

THB 3,200 / COUPLE

(Body Scrub+ Body Mask+ Body Massage) No discount applied

A thousand year ago lived a prince and princess who found their love by miracle. Princess Rojana was an adorable and beautiful person. In her culture, she has to throw up her traditional garland to the man she loves, and get married with him immediately. Elegant princes were standing up in front of her, waiting to be chosen. Unexpected, Princess looked at one prince who was not attractive and looked dirty but she decided to throw him her traditional garland surprised, he took it and they spent the rest of their live happy together.

Using Coconut oil for improves circulation of blood and lymph systems to promote well-nourished and healthy skin reduce stress and anxiety.