

Phulay Bay Spa



Phulay Bay
A RITZ-CARLTON RESERVE

The Healing Arts of the Spa

Amidst the impressive backdrop of tropical jungle and the tranquility of limestone hills lies a peaceful haven in The Spa at Phulay Bay. Relax next to the Lagoon while you await your journey into the realm of traditionally inspired Thai, Asian and European treatment experiences.

We are proud to be able to provide our aromatherapy steam room, outdoor vitality pool and the terrace sauna for your healing pleasure.

Enjoy our holistic approach to wellness and indulge in the calming singing bowl ritual which will allow your body and mind to enter complete relaxation and bliss.





Spa Suite Treatments

Private Spa Suite for Two

Unwind in the peaceful, secluded surroundings before continuing to your treatment. The luxurious facilities offer a holistic treatment area for two with a double steam shower, an outdoor Thai massage pavilion with views of the lagoon, a bath for two, sumptuous loungers and Thai mattresses adorned with soft cushions. Allow our concierge to guide you to the ideal choice of treatments and create the ultimate indulgence for you and your loved one.

180 Minutes

Phulay Spiritual Signature Treatment

Four hands work in perfect unison in a remarkable experience that inspires a harmony of the senses. The treatment begins with a soothing foot bath in purifying waters, leaving the feet soft and supple and the mind relaxed. Next, two therapists work together in time and movement, first providing a warm scrub that smoothes and replenishes the skin, and later a harmonious massage that balances the body. The treatment concludes with a simultaneous head and foot massage leaving the mind uplifted, the body energized, and the skin exotically fragrant.

120 Minutes



Rituals

Holistic Energy Balancing Ritual with Volcanic Stones

A skin smoothing, nourishing and hydrating body exfoliation is followed by a tailored essential oil combination massage using volcanic hot stones. This massage follows movements and gentle stretches to ease muscle soreness, tension, and knots. It ends with an acupressure head massage and gentle stretching to help release deep-seated tension around the neck and shoulders.

120 Minutes

The Royal Thai Ritual

The organic Thai herbal ingredients are absorbed by the body to help reduce pain and inflammation and increase lymphatic drainage, inducing a sense of well-being in both body and mind. In addition to the body treatment, the advanced Age-Defying Facial treatment with its unique hot herbal stamps will not only help nourish and cleanse your skin, but leave you feeling reborn.

120 Minutes



Exclusive Facial

Anti-Ageing Treatment “Restructurant et Lissant”

Skin Type: Dehydrated Skin / After Laser

A reconditioning treatment for the epidermis with an immediate plumping effect designed for all skin instants. It has a draining effect on your skin, leaving your face, neck, and chest smooth and toned.

90 Minutes

Anti-Ageing Treatment “Soin Lift C.V.S”

Skin Type: Mature, Pigmentation, Devitalized and Seborrheic Skin Instant

An exfoliating and lifting treatment combined with shaping techniques designed for mature Skin Instants©. It leaves the skin on your face, neck and chest smooth, refined and toned.

90 Minutes

Anti-Ageing Treatment “Soin MC 110”

Skin Type: Skin Under-Nourishment, Thin but not Reactive

A treatment for reducing wrinkles and lines designed for lackluster skin instants. It leaves the skin on your face, neck and chest toned and redefined. We recommend three sessions at one-week intervals followed by one session every three months.

90 Minutes

Soin Booster VIP 02

Skin Type: All

A regenerating and revitalizing treatment for the epidermis that works on all skin instants. It restores the natural balance of your skin, leaving your face, neck and chest smooth and glowing.

90 Minutes



Exclusive Facial

Luminescent Caviar & Pearl Facial

Pearl powder is an ancient beauty secret used to exfoliate, nourish and bring radiance to the skin. Indulge in the luxury of this age-defying facial that combines decadent pearl with nutrient-rich caviar to firm, tone and deeply hydrate the skin.

60 Minutes

Sensitive Cold Mask

Skin Type: Sensitive, Hot, Redness or Oily Skin Imperfections

This treatment is designed to gently purify the epidermis, leaving the skin clean, healthy and matte. It is perfect for soothing the stressed skin and diminishing redness and/or discomfort of any kind.

60 Minutes

Correcting Brightening Facial

This rejuvenating treatment helps obtain a naturally radiant appearance by reducing the fine lines and restoring the vivacity of the skin instantly. Feel noticeably brighter over your face, neck and décolletage with this invigorating treatment.

60 Minutes



Essential Body Care

Coffee Body Scrub

Coffee is rich in aroma, caffeine and Vitamin B. It stimulates blood circulation and is highly energizing, while caffeine is known for its firming effect and regularly used in slimming treatments. Natural grounded cinnamon is also used for its gentle nature and provides an exfoliating effect.

45 Minutes

Pink Himalayan Sun Dried Salt & Oil Body Exfoliation

This exceptionally skin softening body scrub combines exfoliating sea salts, nourishing oils, and essential oils to leave your skin moisturized, smooth and soft. The treatment ends with the application of a gentle and moisturizing lotion with aloe vera and Vitamin E.

45 Minutes

Plai Body Scrub

Plai, the spicy herbal powder, has been widely used by Thai therapeutic treatments for anti-inflammatory, analgesic, and rejuvenating effects. The scrub is combined with hyaluronic acid to preserve the skin's moisture. The energizing spicy blend of plai, lemon, rosemary, and organic vanilla oil boosts your liveliness and your zest for life.

45 Minutes

Chocolate Body Wrap

Plant-based oils and many hydrating ingredients provide and sustain moisture to the body, making this wrap extra hydrating and nourishing. Plant-derived lactic acid is renowned for its skin whitening, toning and firming effect. Cinnamon oil is warming, spicy, and improves circulation and metabolism.

60 Minutes



Essential Body Care

Dead Sea Mud Body Mask

A special formulation known for its outstanding detoxifying property, Vitamin E is nourishing, while caramel is added to leave dry skin moisturized and supple. Lavender and chamomile oils are used with a thermal blanket to promote sweating, ensuring you will feel renewed and refreshed.

60 Minutes

Body Firming Detox Treatment

Refine and firm your body contours by hydrating and nourishing the skin. Start with a deep exfoliation to improve circulation and promote detoxifying the body, followed by a full body wrap with spirulina and the application of multi-vitamin firming crème. Finish with an exclusive slimming massage and serum which activates lipolysis to release fatty acids and provide a blast of nourishment.

90 Minutes

Hydrating Aloe Treatment

A powerful full body wrap with handpicked organic aloe will deeply nourish and repair, restoring suppleness and elasticity to sun-exposed skin. Completed with a comforting facial massage, this treatment will help restore the glow and vivacity of your skin from head to toe.

90 Minutes



Essential Body Treatment

Traditional Thai Massage

Reawaken the body through a combination of acupressure movements and stretching techniques to release tension and elongate the muscles. This intensive treatment is performed without oil on a restful Thai massage mat. Loose comfortable clothing will be provided by The Spa.

80 or 110 Minutes

Swedish Massage

Following a rhythmic grace, this massage improves the circulatory, lymphatic, muscular and nervous systems.

50, 80, or 110 Minutes

Fitness Anti-Stress Massage

Specialized massage techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck, lower back pain, and tight shoulders. Upon request: specialized massage to specific areas of concern.

50, 80, or 110 Minutes

Thai Herbal Compress Massage

A full body massage using the ancient Thai healing technique of heated herbal poultices, which are applied to the body in conjunction with a rhythmic relaxing massage. The indigenous organic Thai herbs are absorbed by the body to help reduce pain and inflammation and increase lymphatic drainage, inducing a sense of well-being in both body and mind.

80 or 110 Minutes

Balinese Massage

Ancient Balinese healing therapy combined with Restorative Essential Oil is used to de-stress, release tension, stimulate the lymphatic system, and improve circulation.

50, 80, or 110 Minutes

Thai Foot Massage

You will experience an overall sense of wellbeing through our massage of the energy lines on the feet to release any blocked power, inducing relaxation and bringing balance.

60 Minutes



Luxury Signature Massage Therapy

Luxury Signature Body Massage

It is the world's first combination of spa therapy and healthy living that uses each individual blood type to personalize your treatment. Not only do we provide natural spa treatments for each blood type but also suggest certain dietary options that are best suited for you. This gives you a whole sense of well-being in both body and mind.

50, 80, or 110 Minutes

Immunity Strengthening

Best for Blood Type B

Those with the blood type "B" sometimes lose their activeness and energy. The "Relaxing Gems Massage Oil" helps balance your immunity and hormone system, while the soothing blend of lavender, neroli, white rose, strawberry, and ylang ylang will create a feeling of total relaxation.

50, 80, or 110 Minutes

Balancing Your Mind

Best for all blood types

Harmonize your body and emotions into a total equilibrium with our "Environmental Massage Oil" which combines a blend of neroli, jojoba oil, grape seed oil and Vitamin E. Excellent for pregnant women and their baby as well as individuals with sensitive skin.

50, 80, or 110 Minutes

Stress Harmony

Best for Blood Type A & AB

People with the blood type "A", "AB" are the most creative and artistic, but often have difficulties relieving their daily stress. Our 'Harmony Gems Massage Oil', a blend of eucalyptus, peppermint, rosemary, citrus, and bergamot, will ease away your tension and stimulate nerves that enable you to experience harmony and genuine peace.

50, 80, or 110 Minutes

Detoxifying

Best for Blood Type O

Our "Detoxifying Gems Massage Oil" alleviates minor irritations on the skin by balancing the skin's immunity as well as stimulating the proper cellular metabolism by using a blend of warming bergamot, lavender, and citrus.

50, 80, or 110 Minutes



Ayurvedic Scalp

Shirodhara Massage

From the ancient natural medical system of Ayurveda, shiro (head) and dhara (flow) involves gently pouring warm herbal oils over the forehead. Shirodhara can help relieve symptoms of anxiety, stress, fatigue, and hypertension.

60 Minutes

Indian Head Massage

Known in India as Champissage, it combines gentle and stimulating techniques to improve circulation and release tension in the head, neck, and shoulder area. This massage will help restore your balance of energy flow, nourishing the scalp and relaxing your mind.

50 Minutes

Beauty Touches

Waxing

Selection of waxing treatments including full leg and half leg, underarms, and bikini waxing.

Manicure/Pedicure

Care for your fingernails with shaping, cuticle nourishment, relaxing hand massage and an application of your chosen nail color.

A nourishing foot treatment to soften hard skin and shape the nails, a soothing foot massage, and an application of your chosen nail color.

Shampoo & Blow Dry

Blow dry your hair slightly after using dry shampoo to help refresh your style

Appointments and Reminders

Opening Hours

Facility	from 9:00AM — 9:00PM
Stay	from 9:00AM — 10:00PM is available, please inform us in advance
Daily Treatments	from 10:00AM — 9:00PM

Arrival Time

You are encouraged to arrive 60 minutes prior to your treatment appointment in order to enjoy the exclusive facilities at The Spa.

Please be advised that late arrivals may result in a reduction of treatment time.

Couple's Treatment Room

Upgrade your treatment experience and enjoy your treatment together in our couples' treatment room. Please ask our Reservations when making your Spa bookings.

Scheduling an Appointment

Allow us to guide you through your Spa journey with a personalized wellness consultation by talking with one of our specialists at The Spa reception, or dialing ext. 1222 from your room telephone. To ensure your preferred time and service is available, we do advise booking in advance.

Treatment Thermal Suites & Relaxation Area

Aromatherapy steam rooms, saunas, outdoor vitality pools and relaxation rooms are for your enjoyment specifically with a treatment experience. The thermal suite facilities and changing rooms are separate for female and male guests.

Private Spa Suite Treatment Time

Let us help you select a combination of treatments for an ultimate relaxing experience for two in our beautiful Private Spa Suite.



Appointments and Reminders

Health Conditions

Kindly advise us of any health conditions, allergies, recent medical or cosmetic procedures or injuries, which could affect your experience during your Spa treatment.

Etiquette

Our environment is one of relaxation and tranquility, and is a mobile phone, pager and smoke-free zone. Please respect all Spa guests' right to privacy and serenity. Kindly wear appropriate swimwear while using the Thermal Suites. The Spa will provide towels and amenities during your visit.

Prices

All prices are quoted in Thai Baht (THB) and are subject to applicable government taxes and 10% service charge.

Pregnancy

We have specially designed treatments for expectant and nursing mothers. Please allow our Spa team to guide you in selecting which treatments are most suitable for you during this special time.

Cancellation Policy

A 50% cancellation charge will be incurred for any treatment cancelled within 24 hours prior to appointment. Cancellation within 12 hours will incur a 100% charge.





111 Moo 3 T. Nongthalay
A. Muang Krabi
81180 Thailand