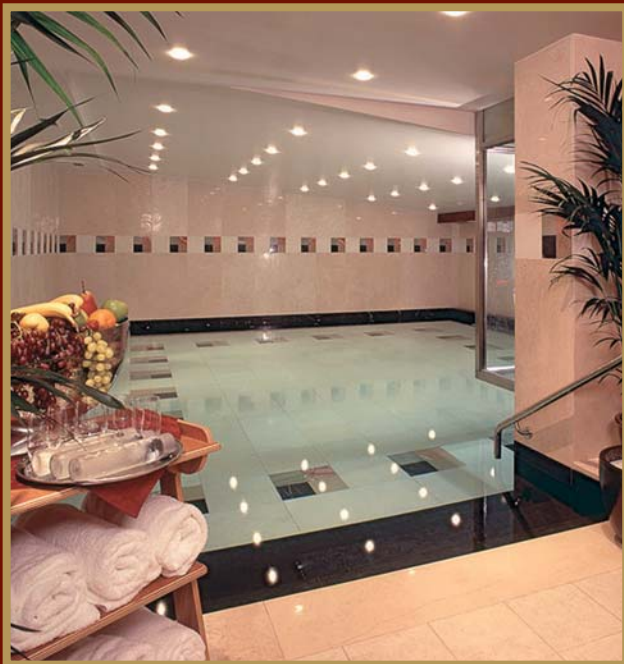


### OPENING TIMES

Open Monday to Friday 7am to 9pm

Open Saturday and Sunday 8am to 8pm

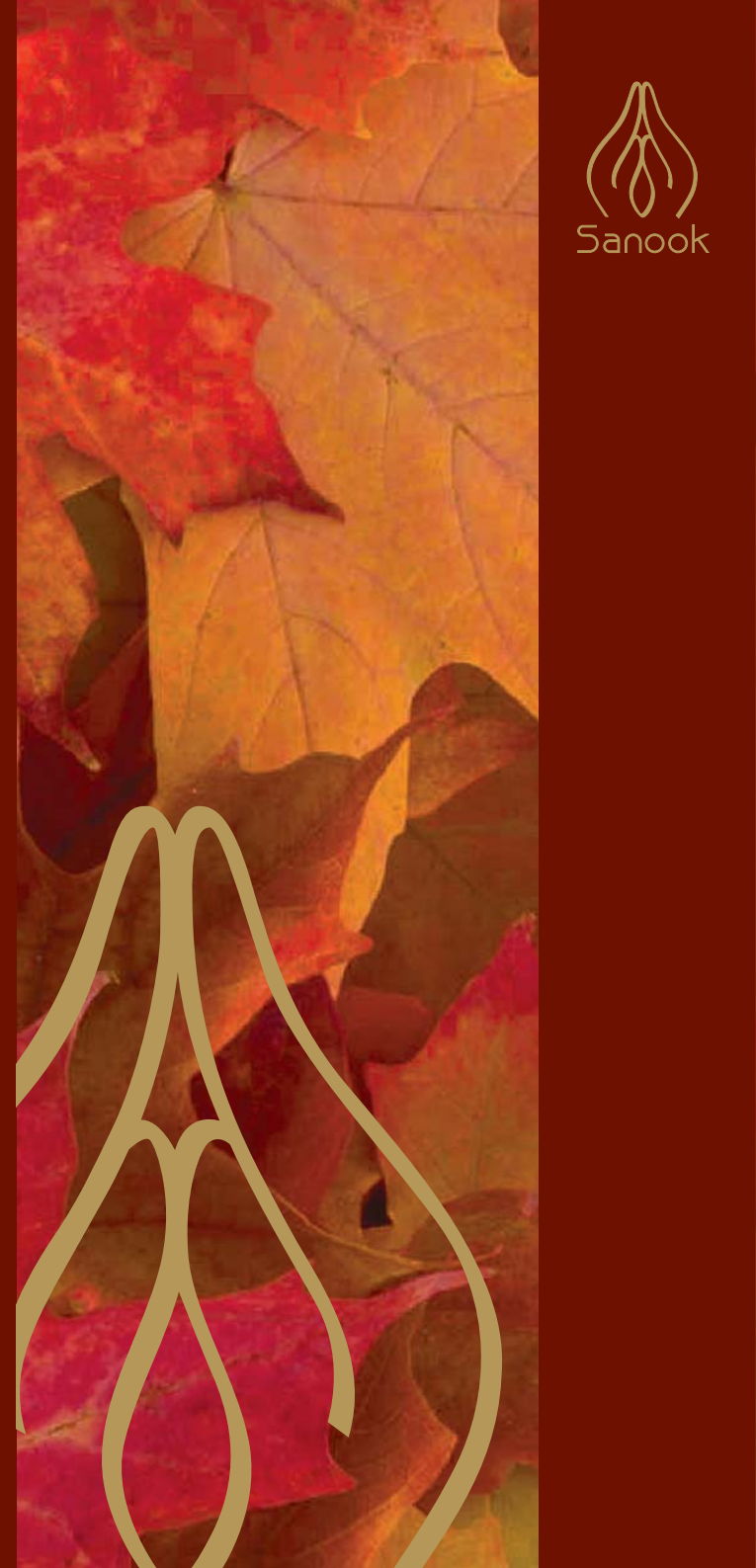
*All bookings are subject to availability  
and require an appointment to be made.*



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*“Enjoy Yourself”*

Welcome to Sanook Spa. The word Sanook means “Enjoy Yourself” in Thai and the Sanook symbol has been chosen for two reasons. Hands in the Hindu religion are very important and descriptive in dance and life. During treatments the hands are very important from a comfort and pampering perspective.

A lit candle is a symbol of Diwali, a very important religious festival in the Hindu Calendar (festival of lights). During a treatment a lit candle encourages relaxation, warmth and caring. The Sanook symbol is a graphic representation of hands praying and the form also looks like the flame from a candle, making it an ideal representation for Sanook Spa.

Sanook Spa is home to a glass cased treatment room suspended over our swimming pool to truly enjoy the Feng Shui experience. Work out in our fully equipped gym with individual TV's and music, relax in our sauna or enjoy an array of treatments in our therapy rooms with our experienced Therapists.

Whichever experience you choose, Sanook Spa is the place to release the inner beauty and glow in you. Relax, re-group and above all enjoy!

## KARIN HERZOG

Sanook Spa believes in only using the best products for our clients so we therefore offer a comprehensive range of Karin Herzog treatments and therapies. This is also available at our sister hotel, Le Kalon Spa, at The Bentley Kempinski Hotel. The pedigree of these products is truly second to none.

Dr Herzog, the lines founder, invented the world's first artificial respirator and pioneered real and effective oxygen therapy. No other product delivers vitamins, minerals, water and oxygen to the skin. Karin Herzog's products uniquely increase O2 pressure to guarantee that the skin has the necessary energy to fully utilize vitamins for enhanced sustainable results.

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### A selection of Karin Herzog facials

**Pore Draw Facial** (prices start from £55.00)  
Fresh, natural fruits and spices are added along with exotic massage oils to deliver a facial that softens, lifts, hydrates and adds instant radiance to the skin.

**Sense – Sanook signature Facial** (prices start from £120.00)  
A facial that is like no other. The only facial that touches all parts of the body. It includes hotel Thai Herbal Pomanders to sooth aching muscles and to deeply relax plus Oriental Deep Drainage Massage.

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### A selection of body & massage therapy

**O2 Relax** (prices start from £75.00)  
A sheer indulgent and pampering full body treatment using Ayurvedic Based Full Body Massage along with Oxygen loaded cream delivering the ultimate in relaxation to the body.

**Total Body Meltdown** (prices start from £75.00)  
Melt away with this luxurious Full Body Massage and O2 Therapy treatment. Using fresh, natural citrus fruits and exotic oils to melt away all the tension in the world.

**Thai Massage** (prices start from £50.00)  
Thai massage is an ancient healing art using accupressure, stretching and applied yoga techniques. They also use their hands, feet and elbows to apply pressure to help improve your natural flow and healing process.

## MUMS TO BE

We offer a selection of treatments for Pre-Natal, stages throughout your pregnancy and post-birth, to relax or re-energize you.

## BEAUTY THERAPY

We have a selection of treatments such as manicures, pedicures and waxing.

We offer Sanook Spa packages to present as gifts for family, friends and colleagues.

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### A selection of Sanook Packages

**Spice** (prices start from £140.00)  
Designed for those of us who need a little extra attention, Spice is a full body treatment that includes Balinese Massage, Oxygen Therapy and fresh Indonesian spices to warm, detox and deeply cleanse.

**Spirit** (prices start from £160.00)  
A full out of body experience including incense burning to sooth the soul, Lomi Lomi Massage and interactive client Meditation for a deeper therapy and total relaxation for mind and body.

**YO2** (prices start from £180.00)  
The ultimate Yoga Therapy with a full body treatment that incorporates Thai based massage and full body Oxygen therapy along with passive Yoga, great to increase flexibility and aid movement and relaxation.

### Self tanning

## ST TROPEZ SELF-TAN TREATMENT

The self-tan treatment, a true skin care formula, helps to stimulate the vital functions of the skin, leaving it feeling soft, firm and supple. Perfect before your vacation or for that special occasion, enjoy a healthy sun-kissed look all year round.

### Swimming pool & gym

## FIT FOR LIFE

We have a swimming pool for fun, relaxation or exercise. Swimming is a great form of exercise, and we can organise for a personal trainer to help create a schedule to assist you in burning away calories and staying fit. We also have a gym with various equipment for exercising and toning different parts of the body. Use of the pool and gym are by appointment only.

For more information on treatments, beauty therapy and packages please contact Sanook Spa at Courthouse Hotel Kempinski.

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