



MÖVENPICK

ASARA RESORT & SPA
HUA HIN

Unwind
& Relax

Spa & Wellness Menu

ASARA Spa
Open from 10:00am – 8:00pm
Last booking at 6:30pm

Help yourself to the good life at Mövenpick Asara Resort & Spa Hua Hin. From sunny pool days to indulgent spa time at Asara Spa, energising workouts in our 24 hour gym to immersive markets and palaces, we invite you to drink it all in.

Rejuvenate your body and renew your mind in a world of serenity at the best spa in Hua Hin. Stimulate muscles and release tension with a Thai massage. Or try soothing aromatherapy just to relax. Several signature treatments, including the Ying Yang Chakra Therapy as also available. So you feel well-rested and on top of your game.



ASARA WELLNESS JOURNEY

Balancing Body and Mind Through Natural
Element and Deep Therapy





Deep Sleep Program (75 Min)

Addressing modern-day ailments such as Office Syndrome and digital fatigue.

SOUND BATH THERAPY

Frequencies and singing bowls to guide the brain into deep relaxation (Delta / Theta states).

AROMATHERAPY FOR SLEEP

Warm oil massage with custom lavender and sandalwood blends, focusing on nerve tension release in the head, neck, and shoulders.

POST-TREATMENT

Warm herbal sleep-inducing tea served with a take-home Sleep Hygiene guide.

THB
2,950



Lymphatic Booster (90 Min)

Designed for health enthusiasts looking to stimulate lymphatic flow, reduce water retention, and boost vitality.

LYMPHATIC DRAINAGE MASSAGE

Specialized techniques combined with organic oils.

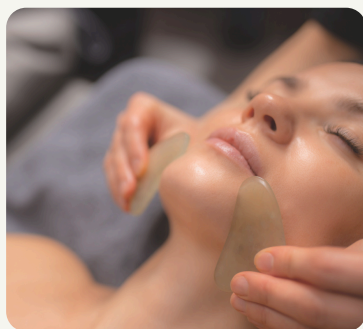
BODY WRAP

Cooling herbal wrap to eliminate toxins through the skin.

BOTANICAL REFRESH

Wellness shots (e.g., cold-pressed ginger-lemon or antioxidant-rich herbal infusions) to support gut balance.

THB
3,150



The Longevity & Skin Radiance (90 Min)

Anti-aging and skin rejuvenation from environmental pollutants.

GUA SHA FACIAL MASSAGE

To stimulate facial blood circulation, reduce fine lines, and lift naturally.

FULL-BODY EXFOLIATION AND NOURISHMENT

Cooling herbal wrap to eliminate toxins through the skin.

THB
3,150



Elements of Asara (150 Min)

Blending Thai heritage with natural therapeutic elements.

EARTH

Local herbal scrub and white clay body mask for deep detoxification.

FIRE

Hot stone therapy or herbal compress to release deep muscle tension.

WATER

Private onsen or hydrotherapy to stimulate blood circulation.

WIND

Traditional Thai stretching to open energy meridians and restore mobility.

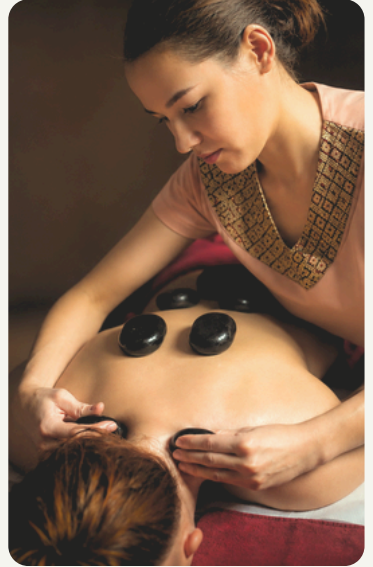
THB
5,150

ASARA SIGNATURE

YIN YANG CHAKRA THERAPY (105 Min)

THB
4,200

A deeply relaxing and nurturing massage incorporating with the use of therapeutic basalt and cold marble, jade stones. Warm or cold stones are used as extension of therapists hands to massage and placed on the "Chakras" of the body. Warm stones encourage blood flow, melt away muscular tension, and calm the nervous system. While cold stones are used to encourage to flush toxins by contracting blood vessels, reduce inflammation and revitalize your body and mind. Alternation of warm and cold temperature encourage blood and lymph circulation and balances yin and yang energies.



ASARA SIGNATURE PACKAGE

SIAM HERITAGE THERAPY WITH HERBAL COMPRESS (105 Min)

THB
3,200

Herbal compresses are frequently used in conjunction with Aromatherapy Oil. Hot compresses increase the local temperature and energy flow improving circulation while relaxing the muscles and improving tonicity. Also, joint flexibility is improved, and soreness reduced. The soothing effects help to harmonize the mind and dispel tension.



ASARA LUXURIOUS GOLD RITUAL JOURNEY (150 Min)

This opulent ritual is the ultimate in luxury. Using 24 Karat Gold Stones, this treatment has the ability to increase the hydration levels of the skin and is creating a smooth and toned effect. Your body will be gently bused using our luxurious Gold Rejuvenating Body Polish, helping to nourish, hydrate and firm the skin, followed by a bespoke body massage using 24 Karat Gold stones combined with Gold Rejuvenating massage oil.

THB
5,500
Single

THB
9,900
Couple

Treatment details:

- Gold Scrub and Gold Mask (45 mins)
- Gold massage oil (60 mins)
- Mini facial (30 mins)
- Foot Relaxing treatment (15 mins)

ASARA MASSAGE

BACK TENSION RELIEF MASSAGE (60 Min)

This massage uses Swedish massage techniques focusing on neck, upper back and shoulders to relieve muscle tension. Lavender oil in Relaxing massage oil assists in body and mind relaxation

THB
2,100



TRADITIONAL THAI MASSAGE

Thai massage is a deeply healing therapy that stems from ancient traditional. It utilize line of energy and a point system gentle twisting and deep stretching to aid tension-relief and promote the balance of Qi energy in your body, in order to improve energy flow and relive tension

THB
2,100
60 min

THB
2,700
90 min

FOOT REFLEXOLOGY (60 Min)

An ancient massage of the feet which will restore the flow of energy throughout the body. Reflexology points corresponding to all organs and bodily systems are stimulated to promote a sense of equalized wellbeing.

THB
1,800

DEEP MUSCULAR MASSAGE

A deeper muscle and connective tissue manipulation with a focus on unraveling tension in tighter bound up muscles and improving overall range of motion. Highly recommended for a release of the underlying muscular tissue or for a sports specific massage.

THB
2,300
60 min

THB
2,900
90 min

INDIAN HEAD MASSAGE (60 Min)

Indian Head Massage is both relaxing and nourishing. The treatment helps to improve mental clarity and comprehension. Third Eye stimulation, which awakens intuition and wisdom helps mental focus and concentration, reduces and relieves migraine headaches, improves sleep patterns, heightens the senses and the sensitivity of all five senses

THB
2,500

AROMATHERAPY MASSAGE

Discover the fragrant ancient art of Aromatherapy and experience the therapeutic properties of essential oils. This delightfully soothing and gentle massage allows the healing properties of these natural oils to percolate effectively. Combining the soothing sense of smell with the healing power of touch.

THB
2,300
60 min

THB
2,900
90 min

BODY TREATMENT

This customized exfoliation polishes away dry, aging skin and reveals a brighter, more even appearance. Anti- Aging peptides firm and lift in a targeted detoxifying body wrap. To target your concern, you can choose from the following types

COFFEE ARABICA BODY POLISH (60 MIN)

Flavor ease tension to leave you feeling relax. skin smooth and firming, great detoxifying agent, and regenerate your skin.

THB
2,000

VIT C THERAPY BODY POLISH (60 MIN)

Skin feels smoother, looks brighter and feels energized. Rough textures are visibly reduced moisturized and hydrated.

THB
2,300

ROSE REJUVENATING BODY POLISH (60 MIN)

Intensely hydrates while rejuvenating and firming the skin.

THB
2,000

DETOXIFYING BODY TREATMENT (75 MIN)

Improves the body s circulation, helping to flush out toxins. (Detoxifying including lymphatic massage)

THB
2,500

JET LAG RECOVERY (75 MIN)

A revitalizing treatment for the body restoring your natural balance after travel. Your therapist will be being with warm seaweed wrap full body. Your revival will be completed with relaxing hand and foot massage.

THB
2,000

ANTI-CELLULITE BODY TREATMENT (75 MIN)

Fight gravity while tightening and lifting with multi-performance peptides. The skin looks refreshed, toned and vibrant. (Anti-cellulite including slimming massage)

THB
2,500

Facial TREATMENT

THB
2,500

DETOXIFYING FACIAL TREATMENT(60MIN)

Detoxifying facials benefit the skin by deeply cleansing to remove buildup and impurities, which helps unclog pores and can lead to clearer skin. They also improve skin tone and texture, boost circulation for a healthier glow, and can make skin more receptive to other skincare products.

ASARA SPA

Escape into tranquility with expert treatments, soothing rituals, and personalized care that restore balance to body and mind.

PRE - ARRIVAL INFORMATION

ARRIVAL TIME We recommend arriving 15 minutes prior to your scheduled time to ensure enough time for your consultation, changing or shower time.

LATE ARRIVALS Scheduled treatments must end on time so that other guests are not delayed. We regret that arriving late may decrease the time of your treatment -Your treatment will last the full duration if no other booking is scheduled after your appointment.



CANCELLATION POLICY

Should a cancellation or date change be necessary, we request at least 4 hours notice for any single service to avoid a cancellation fee. Appointments canceled within less than 4 hours and no shows will be charged 100% of the price of each confirmed appointment.

PAYMENT

Please sign the bill at Spa reception and will be charged to your room. We accept all major debit and credit cards.

REFUND

Promotional items & spa treatment are non refundable, non-transferable, and non-exchangeable, unless otherwise stated. -Other terms and conditions apply.

SPA PROTOCOL

To ensure that guests can enjoy the peaceful sanctuary of the Spa, we request all visitors to keep noise to a minimum. Cellular phones and electronic devices are discouraged. Children under the age of 14 are not permitted in Asara spa. Drinking alcohol, Smoking, including the use of e-cigarettes, is not permitted in spa area.

SPECIAL CONSIDERATIONS

If you have high blood pressure, heart conditions, allergies, are pregnant or have any other medical conditions, we recommend to consult your doctors before signing up for any spa services. Please make your spa therapist aware of any medical conditions you may have.

WHAT TO WEAR

We will provide bathrobe, slippers, and disposable underwear for your convenience

CONTACT LENSES

We recommend you remove your contact lenses before your facial treatment. Please bring your own case and solution for lenses.

VALUABLES

We recommend that you leave all jewelry and valuables in your suite or villa before coming to the spa.