

# SPA SULA RITUALS

Each ritual will begin with a fabulous fruit smoothie and an introduction to Spa Sula, your haven for the day. Once robed a therapist will inform you about what to expect during your visit.

## SERENITY PACKAGE

### FULL DAY

#### YOUR TIME – *Thermal Suite*

Enjoy the detoxifying, soothing warmth of the Thermal Suite. Experience the exhilarating outdoor heated rock pool with massage jets in the calming oasis of our Zen garden.

#### YOUR BODY – *Nuat Namman, Body Oil Ceremony*

Choose one from our four signature aromatherapy blends:

Relaxing | Slimming | Purifying | Energising

#### YOUR MIND

Luxury and comfort awaits you in our beautifully appointed relaxation suite.

#### YOUR STRENGTH – *Balneotherapy Bath*

Choose one of the following:

Seaweed (Detoxifying) | Essential Oils (Relaxing) |

Sea Salts (Revitalizing) | Cleopatra Milk Bath (Soothing)

#### RE ENERGISE – *Light Lunch*

A tailored menu designed especially for Spa Sula.

#### YOUR RADIANCE – *Bodhia, Shaping Body Mask*

#### REFRESH YOUR YOUTH – *Sundari Facial*

Choose one of the following:

Purifying Facial | Neem Healing Facial Treatment |

Omega 3 Supplifying Facial

#### ... & FINALLY BE AT ONE

Become cocooned in our signature Orbit Bed with memories of "This is Your Time" at Spa Sula and sip on a cup of traditional Thai tea.

Saturday	6 ½ HOURS	€270
Sunday - Friday	6 ½ HOURS	€255

## YOUR TIME.... AS A COUPLE

### COUPLES PACKAGE FULL DAY

#### YOUR TIME – *Thermal Suite*

Enjoy the detoxifying, soothing warmth of the Thermal Suite. Experience the exhilarating outdoor heated rock pool with massage jets in the calming oasis of our Zen garden.

#### ENHANCE YOUR TIME – *Rasul Chamber*

Relax in the privacy of the Rasul Chamber. Known for its healing properties the rasul mud will improve skin texture, detoxify and soothe, leaving the skin incredibly soft and renewed.

#### YOUR MIND

Luxury and comfort awaits you both in our beautifully appointed relaxation suite.

#### YOUR BODY – *Nuat Namman, Body Oil Ceremony*

This treatment will simultaneously occur in the couple's suite.

Choose one from our four signature aromatherapy blends:

Relaxing | Slimming | Purifying | Energising

#### RE ENERGISE – *Light Lunch*

A tailored menu designed especially for Spa Sula.

#### REFRESH YOUR YOUTH

This treatment will simultaneously occur in the couple's suite.

Gentlemen will receive: **Manao, Head & Facial Treatment**

Ladies will receive: **Lawan Beautifying Organic Facial**

#### ... & FINALLY RELAX IN THE AMBIANCE

Curl up together in our Orbit Bed with a cup of traditional Thai tea and memories of "This is Your Time" at Spa Sula.

This package can also be obtained by one person.

Saturday	6 HOURS	€395 in total for 2
Sunday - Friday	6 HOURS	€375 in total for 2

## UTOPIA PACKAGE

### HALF DAY

#### YOUR TIME – *Thermal Suite*

Enjoy the detoxifying, soothing warmth of the Thermal Suite. Experience the exhilarating outdoor heated rock pool with massage jets in the calming oasis of our Zen garden.

#### YOUR BODY – *Spa Sula Swedish Massage*

Increase the oxygen flow in the blood and release toxins from the muscles.

#### YOUR MIND

Luxury and comfort awaits you in our beautifully appointed relaxation suite.

#### REFRESH YOUR YOUTH – *Sundari Facial*

Your Sundari Facial will include 2 types of Ayurvedic facial massage.

Please choose one of the following facials that will suit your skin type:

Purifying Facial | Neem Healing Facial Treatment |

Omega 3 Supplifying Facial

#### ... & FINALLY BREATHE

The sanctuary of the relaxation suite awaits you once again and a cup of traditional Thai tea.

Become cocooned in our signature Orbit Bed with memories of "This is Your Time" at Spa Sula.

<b>Saturday</b>	<b>3 ½ HOURS</b>	<b>€145</b>
<b>Sunday - Friday</b>	<b>3 ½ HOURS</b>	<b>€130</b>

## ROLLS ROYCE PACKAGE

### FOR MEN ONLY

#### YOUR TIME – *Thermal Suite*

Enjoy the detoxifying, soothing warmth of the Thermal Suite. Experience the exhilarating outdoor heated rock pool with massage jets in the calming oasis of our Zen garden.

#### REFRESH – *Akarshan, Head & Facial Treatment*

#### RELAX

Luxury and comfort awaits you in our beautifully appointed relaxation suite.

Enjoy this outer space experience until you are ready for the next part of your journey.

#### RELEASE – *Spa Sula Deep Tissue Massage*

#### REFLECT

The sanctuary of the relaxation suite awaits you once again and a cup of traditional Thai tea.

Become cocooned in our signature Orbit Bed with memories of "This is Your Time" at Spa Sula.

<b>Saturday</b>	<b>3 ½ HOURS</b>	<b>€139</b>
<b>Sunday - Friday</b>	<b>3 ½ HOURS</b>	<b>€130</b>

### YOUR TIME

Relaxation time of 30 minutes has been added to Spa Sula Rituals.

### CUSTOMISE

Any of the Spa Sula packages can be tailored to suit your own requirements. Extra charge may apply.

