



# CLIFF SPA

An indulgent sanctuary to revitalise your senses



For more information or to book an appointment, please contact the Cliff Spa at Tel: (+66) 38 250421 ext. 2828 / 2829 / 2628 cliffspa@royalcliff.com | fb.com/cliffspapattaya | instagram.com/royalcliff www.royalcliff.com/facilities/cliff-spa | www.royalwingsuites.com/spa Line: @royalcliff | Whatsapp: (+66) 84 228 9596





# LOCATIONS



10:00 am - 10:00 pm daily (Last treatment at 9:30 pm)

# TERMS AND CONDITIONS

#### 1. Booking and Reservations

All bookings are subject to availability and must be confirmed with a deposit of THB 1,200 at the time of booking. Without a deposit we cannot confirm your booking. Appointments can be made online, by phone, or in person. Confirmation of booking will be sent via email, WhatsApp or LINE. Guests are encouraged to arrive at least 15 minutes prior to their appointment to ensure they can fully enjoy the experience. We impose this rule to kindly ask all guests to honour their booking.

For hotel in-house guests, the deposit will be charged to your room account

#### 2. Payment Policy

A deposit of THB 1,200 is required at the time of booking. The remaining balance is payable on the day of the appointment. We accept payments by cash, bank transfers, credit/debit cards, and through our e-payment gateway link. In the case of credit card deposits we will not be able to issue the exact refunded amount due to credit card fees.

For hotel guests, the final balance, adjusted for the deposit, will be posted to your room bill portfolio.

# TERMS AND CONDITIONS

#### 3. Payments

#### Royal Cliff Bank Accounts ACCOUNT NAME: ROYAL CLIFF BEACH HOTEL CO., LTD.



 BANK:
 BANGKOK BANK PUBLIC COMPANY LIMITED.

 BRANCH:
 BANGLAMUNG

 A/C NO:
 342-300296-7

 SWIFT CODE:
 BKKBTHBK



THE SIAM COMMERCIAL BANK PUBLIC CO.,LTD. PATTAYA 535-303033-0 DE: SICOTHBK

BANK: BRANCH: A/C NO: SWIFT CC

BANK:KASIKORN BANKBRANCH:PATTAYA KLANGA/C NO:291-100299-2SWIFT CODE:KASITHBK

E-PAYMENT GATEWAY: www.royalcliff.com/main/e-payment

#### 4. Cancellation and Rescheduling Policy

Cancellations must be made at least 6 hours prior to the scheduled appointment time to receive a full refund of the deposit. Cancellations made within 6 hours of the appointment will incur a no refund of the deposited amount. Rescheduling is allowed up to 6 hours before the appointment without penalty, subject to availability. No-shows will result in the forfeiture of the deposit and may incur additional penalties. Individuals with a record of 3 no-shows may no longer be eligible to make future bookings.

#### 5. Arrival and Late Policy

Clients are encouraged to arrive at least 15 minutes before their scheduled appointment to complete any necessary paperwork and begin to relax. Late arrivals may result in a shortened treatment time to ensure other guests are not inconvenienced, with no adjustment to the price. Cliff Spa reserves the right to cancel the appointment and retain the deposit if clients arrive more than 15 minutes late.

#### 6. Liability

Cliff Spa is not liable for any injuries, illnesses, or adverse reactions resulting from treatments or products used unless caused by negligence on our part. Clients are encouraged to communicate concerns or discomfort immediately during treatments.

#### 7. Respect and Etiquette

Cliff Spa is a luxury, award-winning spa, and our therapists have worked diligently to earn their professional licenses. We kindly request that all guests treat our therapists with respect and maintain appropriate behavior at all times. Harassment or mistreatment of our staff is strictly prohibited and will not be tolerated. Any misconduct will result in the immediate removal of the individual from the spa and a permanent ban from using our facilities. Please note that no refunds will be issued for treatments in such cases.

# CLIFF SPA DAY USE

If you simply would like to relax and enjoy the facilities of the Cliff Spa without undergoing any treatments, we are delighted to offer a day pass which entitles you to a full day relaxing in our beautiful Cliff Spa. You will be able to enjoy the Sauna, Steam and Jacuzzi.

Day Pass (Sauna, Steam and Jacuzzi)

THB 1,200 net

Guests may use the Cliff Spa for a maximum of 3 hours, subject to availability. For safety reasons, the sauna and steam room should be used for no more than 30 minutes per session. The Cliff Spa team reserves the right to request that guests exit the sauna or steam room at any time to ensure their safety and prevent potential injuries or health concerns.





# FACIAL TREATMENT

Revitalize and rejuvenate your skin with tailored treatments designed to deliver therapeutic benefits while offering a luxurious, pampering experience.

#### F1 - Hydradermie Facial Treatment:

This treatment features the signature Guinot Star Facial, a deep-cleansing method that uses gentle "lonization" electrotherapy combined with soothing roller massages. This process enhances the absorption of plant-based active ingredients, revealing the skin's natural radiance. A high-frequency technique then oxygenates the skin, boosting its vitality. The experience concludes with a relaxing lifting massage and hydrating mask, leaving the complexion balanced, revitalized, and radiant.

Duration: **75** minutes

THB 3,000++

F3 - Super Hydradermie Face, Neck & Eye:

Rejuvenating

An exceptional Hydradermie facial treatment that intensively targets fine lines and wrinkles around the eye area while deeply moisturizing and rejuvenating the appearance of the neck.

Duration: 90 minutes

THB 3,500++

#### F5 - Revitalizing Facial for Mature Skin:

Rejuvenating



Delay the visible effects of ageing and give your skin a younger, healthier appearance. The active ingredients of Retinol stimulates cellular functions, signing off fatigue, at the same time leaving the skin wrinkle-free. A rejuvenating massage is incorporated for maximum treatment results.

Duration: 60 minutes

THB 2,400++

## F6 - Men's Facial Treatment:

Rejuvenating Refreshing

Energizing

Tailored to the unique characteristics of male skin, this detoxifying clarifying mask deeply absorbs impurities and reduces excess oil for a shine-free complexion. An invigorating massage follows, tightening enlarged pores and leaving the skin with a healthy, matte finish. The result is a more youthful skin.

Duration: 60 minutes

THB 2,400++

### **F8** - Hydrabrasion Facial Treatment:

Dark Spots Elimination



Hydrabrasion is a rejuvenating treatment that reduces signs of aging, enhances complexion, and diminishes dark spots through a skin peel, regenerating massage, and soothing mask. The result is softer, smoother, radiant skin, a visible reduction in dark spots, and a more youthful appearance.

Duration: 60 minutes

THB 3,000++

#### F9 - Detoxygene Facial Treatment:



The Detoxygene Treatment purifies the skin by removing impurities and restoring its natural radiance, allowing it to breathe again. The result is a radiant and luminous complexion.

Duration: 60 minutes

#### THB 3,000++



# BODY TREATMENT BODY SCRUB

This treatment exfoliates by removing dead skin cells from the skin's surface, stimulating cell turnover for smoother, brighter skin while helping to prevent future acne breakouts.

#### B1 - Thai Herbal Body Polish:



Benefits of Thai Herbs

Softer Skin

This treatment, inspired by a traditional Thai recipe, uses turmeric, plai, white clay, and bergamot for gentle exfoliation, effectively removing dead skin cells and leaving the skin deeply cleansed and clear. The result is soft, glowing, and brighter skin-perfect for all skin types.

Duration: **30** minutes

THB 1,200++

## **B11** - Turquoise Salt Glow:





Salt scrubs exfoliate by removing dead, hardened skin, promoting anti-aging benefits while leaving the skin mineralized and refreshed. Not recommended for dry or sensitive skin.

Duration: 30 minutes

THB **1,200**++

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#### **B12** - Body Gommage:



Natural loofah fibers are used to soften and deeply cleanse the skin, providing a gentle yet effective exfoliation. These fibers delicately scrub away rough patches and dead skin cells, making exfoliating a pleasant experience with imported Guinot products from France. The result is silky-soft skin, ideal for dry or sensitive skin types.

Duration: 30 minutes

#### THB 1,200++

## B2 - Vanilla Coffee Body Scrub:



The mild and natural scrubbing technique is ideal for deep cleansing, stimulates blood circulation and leaves your skin silky smooth. Coffee and Vanilla oil prevents the formation of cellulites and promotes elasticity. Suitable for all skin types.

Duration: 30 minutes

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## THB 1,200++

#### B7 - The Indulgent Cocoa Butter Scrub:

Gentle Scrub Rejuvenating Anti

Antioxidant

Cocoa butter exfoliating scrubs are a natural way to rejuvenate the skin. The texture of cocoa butter and brown sugar gently exfoliates, removing dead skin cells and revealing a smoother complexion. Its antioxidant properties also help in fighting free radicals. Suitable for all skin types.

#### Duration: 45 minutes

#### THB 1,500++

#### **B5** - Luxury Spa Treatment:

Softer Skin Relaxing Refreshing

Includge in this relaxing treatment which involves gentle exfoliation to help with the removal dead cells. This is followed by a luxurious floral bath. A special pampering massage technique and renewing with body oil and moisturizing will leave your skin soft and velvety. A splendid revival body treatment for those in need of pampering. The result is skin that looks refreshed, revitalized, and more youthful.

Duration: 75 minutes

#### THB 2,700++

#### BODYWRAP

#### **B8** - Siam Mud with Honey Wrap:

Brightening



This remedy begins with a gentle scrub using loofah to remove dead skin. It is then followed by a refreshing white Thai mud wrap, honey and lime to draw out impurities and to retain the skin's healthy tone. It is ideal for all skin types even sensitive skin.

#### Duration: 60 minutes

#### THB 1,800++

## B3 - Tropical Papaya Velvet Wrap:

Brightening

Removing Dead Cells

ls Soothing

This treatment harnesses the powerful benefits of papaya enzyme, providing natural and effective exfoliation. It brightens the skin by gently removing dead skin cells and flaky patches from the surface, revealing a smoother, more radiant complexion.

Duration: 60 minutes

THB **1,800**++

#### B6 - Absolue Minceur:



Guinot's treatment features the renowned anti-stress L'Absolue massage, paired with essential oils to detoxify and rejuvenate the body. This is followed by the application of an aromatic green clay mask to firm, contour, and relax the entire body. This comprehensive treatment is the ultimate solution for relieving stress, improving firmness, and reducing the appearance of cellulite.

Duration: 90 minutes

THB 3,200++

## SPECIAL BODY CARE

#### B9 - Thai Herbal Healing: Nuad Pra Kob

Healing Soothing Balancing

This involves a warm compression technique with the use of Prai root, turmeric, tamarind leaves and Thai herbs. The healing powers of these natural ingredients relieve stiff and fatigued muscles.

Duration: 60 minutes

THB 2,400++

## B4 - After Sun Relief:



This soothing wrap immediately alleviates the skin's from the sun burnt and stinging sensation. The cooling and desensitizing influence of the water lily, green tea and chamomile will relieve the discomforts of over exposed skin and resulting in a decreased in skin temperature; leaving you with soft and comfortable skin.

Duration: 45 minutes

THB 2,100++



# MASSAGE

Massage therapy offers a wide range of benefits, with stress relief being one of its most significant advantages. It also helps maintain flexibility, enhances circulation, and revitalizes the connection between body and mind. The Spa's highly skilled therapists provide various techniques, including Aromatherapy, Deep Tissue, Classical Swedish, Traditional Thai, and Acupressure. Pressure levels can be tailored to each guest's preference, ranging from gentle to moderate or deep.

#### M7 - Signature Ying & Yang Massage:

4 Hands Massage



A must-try experience! This unique massage is performed by two therapists working in harmony, delivering an Aromatherapy massage. Using soothing oils and expert techniques with hands and thumbs, this treatment offers ultimate relaxation and rejuvenation.

Duration: **60/90** minutes

THB 2,400++/3,500++

#### M9 - Thai Fusion Massage:



Involves a gentler pressure than Thai massage and is often considered more soothing. The application of aromatic oils helps the therapist glide smoothly over the body, providing a more luxurious and pampering experience.

Duration: 60/90 minutes

THB 2,000++/3,000++

MASSAGE

#### M10 - East Meets West:

#### Rejuvenating 5 Techniques Balancing

This is a unique sensory indulgent massage using a combination of 5 different massage techniques with oil. In rhythmic harmony using massage styles of Aromatherapy, Deep Tissue, Swedish, Traditional Thai massage and Lomi Lomi massage. Relieve pain and fatigue. Helping deep muscles restore better, reduce pain and improve blood circulation.

Duration: 90 minutes



#### M1 - Holistic Aromatherapy Massage:



A relaxing massage using a choice of 3 signature aromatic oils that penetrates into the skin restoring its natural balance. This soothing massage uses the hands and thumbs and induces a sense of well-being that lasts long after the massage.

Duration: 60/90 minutes

THB 2,200++/3,200++

#### M3 - Deep Tissue Muscular Massage:



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Rejuvenating Balancing

Perfect for after sports and gym workouts! This specialized massage targets and relaxes deep muscles using elbow techniques combined with soothing oil, making it ideal for athletes or those with stiff muscles. Enhanced by the healing power of aromatherapy, this full-body massage offers pure relaxation and rejuvenation.

Duration: 60/90 minutes THB 2,200++/3,200++

#### M5 - Classical Swedish Massage:

Relaxing Kneading

Swedish massage is a classic and widely practiced massage technique designed to promote relaxation, improve circulation, and ease muscle tension. Using a combination of long, flowing strokes, kneading, gentle tapping, and circular motions, the massage targets superficial muscles to reduce stress and enhance overall well-being. Pressure can be adjusted to suit individual preferences, making it suitable for those seeking either a gentle, calming experience or more focused relief for muscle stiffness and soreness.

Tapping

Duration: 60/90 minutes

#### THB 2,200++/3,200++

#### M6 - Royal Thai Massage:





Balancing

An ancient ritual unique to Thailand using traditional methods involving deep tissue, pressure points and stretching techniques to reduce stress and relieve muscle soreness. This therapy is highly recommended for those who prefer a firmer massage to stimulate the body and the mind.

Duration: 60/90 minutes

THB 1.700++/2.200++

#### M11 - Aromatherapy Hot Oil Massage:



A relaxing massage using a choice of 3 signature aromatic warm oils that penetrates into the skin restoring its nature balance. This soothing massage uses the hands and thumb, it induces a sense of well-being that lasts long after the massage.

Duration: 60/90 minutes

THB 2,500++/3,500++

#### M12 - Hawaiian Lomi Lomi Massage:



The Hawaiian Lomi Lomi massage is a deeply relaxing and therapeutic treatment rooted in ancient Polynesian traditions. Known as the "loving hands" massage, it uses long, flowing, rhythmic strokes performed with the forearms, hands, and elbows to mimic the natural ebb and flow of ocean waves. This holistic approach not only soothes muscle tension but also encourages emotional and spiritual healing by promoting the free flow of energy throughout the body. Enhanced by the use of nourishing oils and a calming atmosphere, Lomi Lomi aims to restore balance, harmony, and a profound sense of relaxation.

Duration: 90 minutes

THB 3,200++

#### M13 - Hot Stone Massage:



Utilizes heated soft basalt stones to stimulate vital energy points around the body which generates balance and unblocks the vital flow and eases circulation. A deep relaxing massage follows to release muscle tension, creating a sense of inner harmony and well being.

Duration: 90 minutes

THB 4,500++

#### M2 - Aromatherapy Back & Shoulder Massage:



A tension-relief massage designed to target and release stress from specific areas of the body. Focusing primarily on the shoulders and back, it uses firm kneading and circular strokes to alleviate tension. The result is complete relaxation, leaving the body stress-free and the mind clear of anxiety.

Duration: 30 minutes

THB 1,100++

#### M4 - Anti-Stress Head, Neck & Shoulder Massage:

Relaxing Relief



A choice of soft or firm massage which relieves stress-related tension in and around the neck and shoulder areas. Gentle acupressure is applied to the scalp to restore a sense of equanimity to the sensitive areas around the head region.

Duration: 30 minutes

THB 1,100++

#### M8 - Thai Herbal Heritage Foot Massage:

Relief Balancing

Improve Blood Circulation

This massage promotes balance and harmony in the body by targeting reflex points on the feet with precise pressure techniques applied by the therapist. This specialized foot massage enhances circulation, alleviates stress, and fosters a deep sense of calm and overall well-being.

Duration: **45/60** minutes

THB 1,500++/1,700++

MASSAGE



# AYURVEDA

Ayurveda, meaning "science of life," is an ancient holistic healing system originating in India over 5,000 years ago. Rooted in the balance of body, mind, and spirit, Ayurveda focuses on maintaining health through personalized approaches that consider an individual's unique constitution, or dosha-Vata, Pitta, or Kapha. Ayurveda seeks to align the body's natural rhythms with nature, promoting longevity, vitality, and overall well-being.

#### A1 - Marma Abhyanga:



Benefits of Warm Oils

Marma Abhyanga is a traditional Ayurvedic massage that focuses on stimulating the body's vital energy points, known as marma points, to promote holistic healing and balance. Using warm coconut oils and rhythmic, gentle strokes, the massage activates these energy centres, improving circulation, detoxifying the body, and enhancing the flow of prana (life energy). This therapeutic treatment not only relieves physical tension but also calms the mind, boosts vitality, and fosters a deep sense of relaxation and well-being. Marma Abhyanga is a rejuvenating experience that aligns the body, mind, and spirit.

#### Duration: 60/90 minutes THB 2,500++/3,400++

#### A2 - Shirobhyanga:



A relaxing, healing, therapy to relieve stress, fatigue and muscular pain, stimulating vital areas on the head, neck and shoulders, enhancing perception and the nervous system. The mind becomes calm and refreshed.

Duration: 60/90 minutes

#### THB 2,500++/3,400++

Rejuvenating



A continuous flow of warmed oil on the forehead induces a deep relaxation state. The mind and body release locked-up energies into the system, rejuvenating the interaction of the mind, body and soul. Improving the function of the 5 senses, this therapy reduces stress, releasing negative emotions. Rest is recommended after the treatment.

Reduced Stress

Duration: 60 minutes

THB 2,500++

#### A4 - Udvartanum:



Udvartanam is a traditional Ayurvedic therapy that involves a deep, invigorating massage using a blend of herbal powders or pastes. This treatment is designed to exfoliate the skin, stimulate blood circulation, and promote lymphatic drainage. The rhythmic, upward strokes help detoxify the body by breaking down fat deposits and improving metabolism, making it especially effective for weight management and reducing the appearance of cellulite. Udvartanam also rejuvenates the skin, leaving it smooth and radiant, while balancing the body's doshas for overall well-being.

Duration: 45 minutes

THB 1.800++

AYURVEDA



# DELUXE PACKAGES

Some treatments deliver enhanced results when combined. For this reason, we have curated the following Deluxe Package. Guests can indulge in a blissful day of pampering with personalized therapies, including access to all spa facilities and a customized combination of treatments tailored to their preferences.

#### P4 - Thai Wellness:



THB **10,500**++ (for 2 people)

## P1 - Herbal Revival:

#### Brightening Rejuvenating



- Thai Herbal Body Polish
- Holistic Aromatherapy Massage
- Revitalizing Facial for Mature Skin

#### Duration: 3 hours

THB 5,800++ THB **11,000**++ (for 2 people)

## P3 - Radiant Skin Renewal:

Reoxygenating Softer Skin



- Luxury Spa Treatment
- Holistic Aromatherapy Massage
- Detoxygene Facial Treatment

Duration: **3** hours **15** minutes

THB 6,700++ THB 12,400++ (for 2 people)

PACKAGES

DELUXE



## FULL DAY SPA PROGRAMMES

Indulge in the ultimate spa experience with our full-day programmes, designed to rejuvenate your entire well-being. These luxurious, thoughtfully curated programmes perfectly complement our recommended treatments, leaving you feeling completely revitalized and restored.

#### FP3 - Sunset:

PROGRAMMES

SPA

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19



A carefully selected treatment programme to ensure you leave with a sense of calmness at the end of the day. A combination of Absolue Minceur, Classical Swedish Massage, Revitalizing Facial for Mature Skin, Thai Herbal Heritage Foot Massage and a Cliff Spa Health Meal.

Duration: 4 hours 30 minutes

THB **9,200**++

FP6 - Relax & Relief:



This masterfully-crafted package has been carefully put together for those who wish to have a renewed and perfectly balanced skin. A combination of Body Gommage, Siam Mud with Honey Wrap, Holistic Aromatherapy Massage, Detoxygene Facial Treatment, Thai Herbal Heritage Foot Massage and a Cliff Spa Health Meal.

Duration: 5 hours

THB 10,100++

#### FP7 - Splash:

Rejuvenating

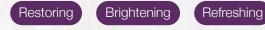


Rejuvenate and refresh yourself with this specially designed re-energizing programme. A combination of Turquoise Salt Glow, Tropical Papaya Velvet Wrap, Deep Tissue Muscular Massage, Anti-stress Head, Neck & Shoulder Massage, Detoxygene Facial Treatment and a Cliff Spa Health Meal.

Duration: **5** hours

THB 9,600++

## FP1 - Grand Day:



Refreshing

Enjoy a full day of pampering that blends the power of nature with advanced techniques, offering restorative benefits from a comprehensive range of spa treatments. This luxurious experience includes a combination of the Luxury Spa Treatment, Tropical Papaya Velvet Wrap, Classical Swedish Massage, Hydradermie Facial Treatment, Thai Herbal Heritage Foot Massage, and a Cliff Spa Health Meal.

Duration: **5** hours **30** minutes

THB **11,700**++

# FULL DAY SPA PROGRAMMES FOR 2 PEOPLE

#### FP5 - La Vita:



Discover the wonders and purity of life through this enchanting holistic experience that revives the body and the soul. A combination of Turquoise Salt Glow, Absolue Mincuer, Holistic Aromatherapy Massage, Detoxygene Facial Treatment, Thai Herbal Heritage Foot Massage, and a Cliff Spa Heath Meals for two.

Duration: 5 hours 30 minutes

THB **21,800**++ (for 2 people)

#### FP4 - Nuptial Experience:



Be prepared to surrender your mind, body and soul to our experienced therapists who will soothe away the negative aura; replacing it with a sensational 'feel good' feeling. Our 'Nuptial Experience' for two, is the perfect choice for couples to feel the unique sense of oneness and togetherness. A combination of Luxury Spa Treatment, Tropical Papaya Velvet Wrap, Aromatherapy Hot Oil Massage, Detoxygene Facial Treatment, Thai Herbal Heritage Foot Massage and Cliff Spa Health Meals for two.

Duration: 6 hours

#### THB **25,200**++ (for 2 people)







ABOUT CLIFF SPA

Cliff Spa, Pattaya's award winning luxury spa, offers a tranquil retreat with breathtaking ocean views. Our skilled therapists utilise top-quality products to deliver revitalising treatments for the whole body, including

body scrubs, wraps, facials, and massages.

Experience personalized treatments crafted to boost radiance, hydration, and combat signs of aging, featuring innovative ionization electrotherapy and rejuvenating masks. Treat yourself to nourishing body scrubs such as Thai Herbal Polish and Cocoa Butter, or unwind with luxurious wraps including Tropical Papaya and Siam Mud with Honey. Complete your journey of relaxation with our signature massages, including the Ying & Yang four-hand massage and the Thai Fusion, for an unparalleled spa experience.









For a complete wellness experience, try our Ayurvedic therapies or deluxe spa packages that combine multiple treatments. Our comprehensive facilities, including a sauna, steam room, and Jacuzzi, further enhance your revitalising journey.

21