

The background of the entire page is a repeating pattern of light blue, stylized floral or leaf motifs. These motifs are arranged in a grid-like fashion, with each motif consisting of a central, rounded shape with a pointed tip, connected to a stem that curves upwards and then downwards. The overall effect is a soft, elegant, and refreshing visual texture.

Cool

Spa

Cool Spa

About Cool Spa

Discover the new spa destination, Cool Spa at Sri panwa Estate, Phuket. Immerse your mind, body and spirit in an extraordinary sensory experience totally secluded within the rainforest high above the Andaman Sea overlooking Phuket's Archipelago.

Reflecting its ocean location, the azure blue Cool spa draws creative inspiration from traditional Sino-Portuguese design, bringing the sights and sounds of the sea indoors.

Cool Spa offers six extremely spacious waterfall treatment rooms, a private salon, a floating yoga deck and a juice bar set within the water gardens serving a light nutritional spa cuisine. Enjoy complimentary use of our nature inspired facilities including the plunge pools, vitality pools, Asian rainforest pavilions, and the steam room cove.

Step into your own slice of heaven with our spacious and utterly private treatment rooms, each with a Jacuzzi, private waterfall, iPod playlist, courtyard and a luxurious shower room. Cool Spa's treatment rooms are a soul-soothing and sympathetic blend of modern and luxurious minimalist interior décor built on one of the globe's most beautiful coastlines.

From the Traditional to the Exotic, Cool Spa's treatments are the essential fusion between local ancient healing rituals and modern treatments. Relax and rejuvenate with our full body traditional Thai, Balinese, Indian and Swedish massages, refreshing herbal exfoliations and soul soothing full body wraps. Our ingredients are based on fresh, local and natural products including mango, coconut, yoghurt and tamarind. Take pleasure in soothing your skin with our scrubs created naturally from fruits, yogurt, honey, teas and oils.

A selection of our products are freshly handpicked from Sri panwa's Herb & Vegetable Garden.

Treatments can be enjoyed at Cool Spa's treatment rooms or in the privacy of your own Pool Villa.

Cool Spa

“How to Spa”

Etiquette

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.

Reservations

Advanced bookings are recommended to secure your preferred date and time of treatment.

Arrival time

We recommend arriving 15 minutes prior to your scheduled time to ensure enough time for your consultation, complimentary foot bath and changing / 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.

Cancellations

Massage Therapy & Salon Cancellations:

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 will be charged 30% of the price of each confirmed appointment and a 100% charge will be imposed for all 'no shows'.

Cool Spa Activity Cancellations:

Should a cancellation or date change be necessary, we request at least 12 hours notice for any activity bookings to avoid a cancellation fee. Appointments canceled within less than 12 hours will be charged 30% of the price of each confirmed appointment and a 100% charge will be imposed for all 'no shows'.

What to wear

You may wish to wear your own bikini or briefs, however we also provide you with hygienic disposable briefs. Alternatively, treatments may be enjoyed without clothing - our therapists always use draping techniques to respect your privacy.

Personal preferences

We definitely encourage a personal touch. It is your time and you should enjoy the experience to the fullest. Whether it is the room temperature, music volume or massage pressure, your therapist will be happy to adjust to suit your needs.

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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 if I am pregnant?

Please inform our receptionists if you are pregnant, so that we may offer advice on the treatments that are safe to enjoy during pregnancy.

Should men shave before their facial treatment?

It is recommended that men shave a few hours before their facial appointments, rather than just before.

What about my watch, jewelry and valuables?

For personal belongings, a safety deposit box is provided for you in every treatment room. The management accepts no responsibility for the loss of money or valuables of any kind brought into the spa premises.

Smoking and alcohol

Smoking and consumption of alcohol within the spa is prohibited by law.

Contact us

Open daily from 10am - 9pm (last bookings @ 8pm)

Tel: +66 76 371 000 #77

Email: spa@sripanwa.com

Visit: www.coolspaphuket.com

Cool Spa

SPA PACKAGES

A selection of our most popular and recommended treatments, chosen to Reflect the best of what Cool Spa has to offer and to demonstrate a wide variety of our available services.

Body & Mind

Floral Foot Bath
Traditional Thai massage
Thai Herbal "Prakob"
Refreshment

2 Hrs.

Sweet Surrender

Floral Foot Bath
Sweet Mango Delight
Milk body Bath
Balinese Massage or Aromatic Thai-Oil Massage
Refreshment

2 Hrs.

Herbal Sensation

Floral Foot Bath
Neem Black Clay Body Wrap
Deep Relax Massage
Sabai Facial Treatment
Refreshment

2.5 Hrs.

Thai Herbal Supreme

Floral Foot Bath
Tom Yam Herbal Body Polish
Siam White Clay Body Wrap
Herbal Body Bath
Thai Herbal Healer
Refreshment

2.5 Hrs.

Body Pampering

Floral Foot Bath
Choice of Polish and Glow Treatment
Choice of Body wrap
Sri panwa serenity or Sri panwa sports massage
Choice of Facial Treatment
Refreshment

3 Hrs.

To enhance your spa experience, please arrive 15 minutes before your appointment for changing, showering and your complimentary foot bath.

Prices are in Thai Baht and subject to 10% service charge and applicable government tax, 20% additional charge for villa service.

Cool Spa

SPA PACKAGES

3 Days Spa Package

6 Hrs.

- **Day 1**
Choice of Polish & Glow
Swedish massage
- **Day 2**
Choice of Body wrap
Sports massage
- **Day 3**
Indian Head Massage
Sabai Facial Treatment

COUPLES PACKAGE

Share an experience to rest, relax and rejuvenate with someone you love. Cool Spa recommends the following treatments for couples, all of which are delivered in unison by two therapists.

Me & My Valentine

2.5 Hrs.

Floral Foot Bath
Choice of polish and glow treatment
Choice of Balinese massage or Swedish massage
Refreshment Choice of Facial Treatment
Refreshment

Home Service Together

2.5 Hrs.

Floral Foot Bath
Natural Fruit Wrap
Thai Herbal Healer
Choice of Facial treatment
Refreshment

To enhance your spa experience, please arrive 15 minutes before your appointment for changing, showering and your complimentary foot bath.

Prices are in Thai Baht and subject to 10% service charge and applicable government tax, 20% additional charge for villa service.

Cool Spa

COOL-FOCUS MASSAGE

Rejuvenate your senses and indulge yourself in these short and focused sessions aimed at relieving stress and tension.

Focus Massage 30 min

Tension Relief Massage

A quick relaxing and soothing massage designed to relieve stress and muscle tension. This massage provides instant relief as it increases circulation and is ideal for someone who spends a lot of time at a desk.

Aromatherapy Foot Massage

Adapted from reflexology that focuses on specific reflex points in the feet that correspond with specific internal organs in order to aid the travel of energy throughout the body.

Aromatherapy Back Massage

A highly soothing treatment for promoting general well-being and relaxation. Naturally scented oils are applied to the upper body to relieve muscle tension and stiffness in the back area.

Focus Massage 60 min

Head, Back & Shoulder Massage

The healing starts on the back and neck working deeply over the muscles and pressure points that help the upper body to relax. Revive the energy channels and clear away any built-up tension and pains for a soothing and relaxing finish.

Indian Head Massage

Based on the principle of Ayurveda, this soothing yet energizing exotic head massage combines pressure point techniques to relieve tension and awaken vital energy channels. Ideal for neck and shoulder tension, it will revitalize the mind and can help to relieve chronic headaches and sinus problems.

Foot Reflexology

An ancient natural therapy known to promote the body's own healing powers through massaging and applying pressure on the foot's reflex zones that correspond to certain areas of the body. Reflexology restores a healthy balance by releasing stress and tension and by strengthening the immune system.

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COOL-FULL BODY MASSAGE

Cool Spa presents the The Cool indulgence featuring a holistic selection of healing and energizing massage therapies for a complete refreshing, spiritual and physical renewal.

SIGNATURE: Full Body Massage 60 mins / 90 mins

Traditional Thai

A full body massage in traditional Thai style. It is an ancient blend of deep tissue massage using pressure points and stretching techniques to release tension, increase vitality and flexibility, creating a wholeness in mind, body and spirit.

Sri panwa Serenity

Our most aromatic and relaxing massage. Using a combination of strokes and acupressure techniques, this soothing yet gentle massage transcends the body into a blissful state of positive energy and calmness.

Aromatic Thai-Oil

This gentle and rhythmic massage uses essential oils on the medians of the body. Joints and muscles are tended to and stretched to unblock Chakra pathways and encourage good energy flow. Deep rolling and stretching movements lead to an experience that surpasses the ultimate state of relaxation and spiritual renewal.

Thai Herbal Healer

An ancient healing form of restorative therapy which helps to sooth, relax and detoxify. Offering two treatments in one; a warm compress of natural Thai herbs is applied to the body to open pores and eliminate toxins whilst saturating the skin with delicious nutrients such as ginger, cumin and lemongrass, followed by a relaxing deep tissue massage to ease all muscular tension.

Classic

Balinese

This Balinese style massage uses Indonesian Floral Oils with palm pressure and stretching techniques help to relieve tension and improve blood flow, bringing you waves of muscle relief. A full-body, deep tissue, holistic treatment that combines acupressure, reflexology and aromatherapy to stimulate circulation.

Sabai Hot Stone Therapy

Passed down from our ancestors, the Hot Stone Therapy aligns warm, smooth basaltic rocks on the body's energy centres known as chakras to penetrate deep into muscle tissues to re-balance the body's natural energy flow. Warm essential oils are massaged through the rest of the body to ease muscle tension and create a state of deep mental relaxation.

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Soothing

Swedish

Swedish massage is exceptionally beneficial for relaxing the entire body by increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility. Kneading and gliding strokes helps to ease the body of muscular tension.

Prenatal

Tailored specifically to the needs of pregnant women and their changing bodies, this gentle therapy relaxes tense muscles, eases sore spots and improves circulation and mobility. Therapists are trained to focus on various sore spots and help expecting mothers cope with discomfort.

Pressure Point

Deep Relax

A highly invigorating form of deep tissue massage therapy that focuses on realigning deeper layers of the muscles, organs and connective tissues. It is especially helpful for chronically tensed and contracted areas such as a stiff neck, back tightness, sore shoulder and tender pain.

Sri panwa Sport

An oil massage focused on stimulating blood circulation while alleviating muscle tension and warming the body. This massage uses a blend of essential oils perfect for curing sport or stress related injuries.

Heavenly Bliss

A massage performed by two therapists working together in unison. This massage combines traditional Thai, Swedish and Balinese massage techniques in a very relaxing manner to which promote pure pleasure in your mind.

Cool Spa

COOL-BODY POLISHES

60 mins

SIGNATURE: Natural Sweet Mango Delight

For all skin types

This exfoliating and rejuvenating freshly-made scrub combines the meat of sweet ripe mango, natural yoghurt and local mint containing high vitamin A, B & C. It nourishes the skin and is packed with minerals and anti-oxidants. These qualities make the complexion fair and the skin soft & bright, all while having a nice mint aroma.

Tamarind*

For normal skin types

Tamarind has qualities that act as a whitening agent and the natural AHA is ideal for purifying and brightening the skin. Dead skin cells are polished away to leave skin feeling soft and radiant.

Honey Sesame*

For normal / dry skin types

Enjoy the sweet aroma of golden honey and White & Black sesame seeds. Sesame seeds gently exfoliate your skin while honey, an ancient secret to healing and scar tissue softening moisturizes and encourages new cell growth.

Refreshing Orange*

For normal / oily skin types

Fresh orange is combined with honey, milk and pure essential oils to exfoliate the skin revealing a natural healthy glow and appearance that soaks up the nutritional goodness of Vitamin C.

Relieving Ginger

For normal skin types / Anti-Cellulite

A sumptuous blend of ginger roots and minerals to combat cellulite, allowing the skin to soak up all the goodness from this powerful herb.

Coco Butter*

For dry skin types

A gentle exfoliation for delicate skin, using fine coconut flakes to remove dead skin cells leaving it soft and smooth, unveiling a glowing complexion.

Cucumber*

For dry skin types / After Sun

Relax to the soothing aroma of refreshing Cucumber and Aloe Vera while your skin is nourished and moisturized to relieve stressed and sunkissed skin.

Tom Yam Herbal*

For oily skin types

A tantalizing Tom Yam Herbal body scrub infused with the healing and harmonizing properties of ginger, galangal and kaffir lime. The pure and organic ingredients eliminate toxins and dirt to reveal a refreshing and smooth complexion that radiates.

Salt Radiance

For oily skin types/ Deep cleansing

A rock salt cleanser treats the skin to rich minerals such as magnesium & potassium. Soothing the skin leaving it radiant and rejuvenated.

Firming Coffee

For all skin types / Detoxifying

Made from locally grown Thai coffee and natural volcanic pumice; this original recipe provides stimulation and refreshment for the whole body.

Anti-Oxidant Green Tea

For all skin types / Anti-Oxidant

Pure Green Tea polish not only removes dead skin cells and increases circulation, but it also encourages regeneration, leaving skin super smooth and young.

Remark:* Natural product

Cool Spa

COOLING WRAPS

Body Wrap

60 mins

Body wraps are used to tone, hydrate, contour and detoxify the body. They also help to reduce cellulite and assist with weight loss. Your chosen mask is applied to the entire body which is then wrapped and cocooned to retain heat, allowing the ingredients to infuse completely into the skin.

Natural Fruit Cocktail

For normal skin types / Not recommend for sensitive skin

Rich in vitamins and nutrients, freshly plucked tropical fruits are infused with wild honey and pure essential oils to nourish and hydrate the skin. A full body massage and facial are recommended to complete the experience.

Siam White Clay

For normal / oily skin types

Thai white clay or Din Sor Pomg has long been the natural remedy to skin health passed down from generation to generation. This 'miracle' mud containing gypsum minerals cleanses and balances the skin complexion whilst treating skin disorders and tightens pores. Saturated with Thai herbs to create a therapeutic wrap that works wonders for your skin.

Tropical Sweet Banana

For normal / oily skin types

This creamy and sweet-smelling body wrap rich in Vitamin A & Potassium will nourish your skin, leaving it feeling soft, supple and delicious tasting.

Aloe Vera & Honey Hydrating Gel

For dry skin types / After Sun

Sunkissed tired skin benefits from the healing & cooling agents of Aloe Vera & Honey Hydrating Gel that reduces dryness and irritation. The result is moisturized & harmonized skin textures, perfect as an after-sun treatment.

Milk & Yogurt

For all skin types / Whitening

A yummy yogurt body wrap with a milk-based body mask rich in lactic acids that moisturizes your skin after a full body exfoliation and will leave the skin very smooth, soft and supple.

Neem Black Clay

For all skin types / Detoxifying

A Black Clay body mask containing fruit extracts and vitamin E used to refresh the skin. It acts as an anti-bacterial and moisturizer, removing dirt from the body and prevents free radicals from forming.

Cool Spa

COOL-WATER THERAPY

A Pampering bath set with flower petals and other ingredients, promoting a good night's sleep. The perfect way to complement your complete Cool Spa experience.

Oriental Foot Bath

Allow the healing benefits of nature's bounty to detoxify and stimulate your feet.

Thai Herbal Body Bath

As Aromatic Oils intrigue your senses, enjoy a private tea service as the exotic aromas and relaxing floral bath balance your mind, body and spirit.

Milk Body Bath

Indulge with pleasure as you immerse yourself in the sweetness of our timeless Honey & Milk Bath.

COOL-FACIAL TREATMENTS

PREMIUM PRODUCTS 90 mins

LA MER

LEGENDARY FACIAL FOR "HER"

Experience Crème de la Mer's miracle skincare line with a high-potency treatment that saturates the skin with hydration, smoothness and conditioning on demand. Gentle yet highly effective, the perfected essential ingredient of sea kelp opens the passage to restoration and balance while promoting new cell growth and a supremely soft finish. Your therapist will tailor a special step-by-step facial to suit your skin combination using Crème de la Mer's concoctions that are perfect for all skin types.

Treatment Benefits:

- Transformational cleansing that detoxifies the skin
- Boosts cell regeneration
- Detoxifies, heals and brightens the skin
- Ultraluxe eye treatment that dissolves the appearance of lines and wrinkles overtime
- Hydrates & oxygenates to boost internal cellular renewal

LAB
SERIES

LOOKING GOOD FACIAL FOR "HIM"

Using innovative Lab Series products formulated specifically for men, this facial treatment dedicated to all skin types helps to cleanse away oil and dirt without altering the skins natural PH Balance. A lightweight, gel-lotion formula minimizes the appearance of pores, visible lines, skin discolorations and broken capillaries while restoring skin tone, firmness and elasticity for a younger looking, healthier appearance.

Powerful anti-oxidant ingredients are applied using specialized soul lifting massage techniques to restore vitality and energy leaving you with a clear, shine-free look.

Treatment Benefits:

- Formulated for all skin types
- Lightweight gel cream diminishes the appearance of wrinkles, dark circles and puffiness around the eyes
- Unique formula infused with vitamins and anti oxidants work to hydrate, repair and replenish your skin
- Environmental protection from UVA/UVB rays, smoke and pollution

Cool Spa

COOL-FACIAL TREATMENTS

NATURAL REMEDIES 60 mins

Freshly made facial products based from handpicked herbs and natural healthy ingredients. Blended just minutes prior to application following traditional recipes to ensure freshness and quality.

Sabai Facial treatment

For normal / all

Designed to purify and promote beautifully radiant skin using vitamins from natural oatmeal, honey, yoghurt and milk; Sabai facial offers cleansing, toning, exfoliating, masking and moisturizing benefits to enliven your skin leaving it soft and healthy.

Classic Facial treatment

For dry Skin types

A treatment for dry A sugar scrub is applied to reduce fine lines and remove toxins and dead skin cells. A sweet almond and soya powder mask relieves irritation, softens and strengthens the skin by decreasing wear and tear on tissue proteins. The result is a younger and healthier-looking complexion.

Anti-Ageing Facial Treatment

For oily skin types

A facial using the pure anti-oxidant benefits of grapefruit and egg whites. The mask allows core ingredients to deeply penetrate the skin in order to provide protection against the damaging effects of the environment, leaving your face nourished and revitalized to unveil clean, glowing and radiant skin.

After Sun Facial Treatment

For After sun

A burn relief treatment for sun kissed skin. This treatment begins with the soothing application of natural cucumber and carrot to refresh and soothe sensitive skin Remark: Treatment consists of fruit acid and is not suitable for sensitive skin or skin that has been under the sun.

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Cool

Salon

Cool Spa

COOL-Hair Care Spa

Our haircuts include a consultation, shampoo, scalp massage, conditioning and blow dry finish. Located on the reception floor of Cool Spa, Cool Salon Spa offers only natural treatments without the use of harsh chemicals.

Hair Care by Shiseido

Shampoo & Style

Short Hair 45 mins

Long Hair 60 mins

Shampoo, Cut & Style

Short Hair 60 mins

Long Hair 1 hour 15 mins

Healthy Hair Mask

Short Hair 1 hour 15 mins

Long Hair 1 hour 30 mins

Hair Braid

Short Hair 45 mins

Long Hair 60 mins

Splendor for your ceremony

Bridal

Short Hair 1 hour 30 mins

Long Hair 2 hours 15 mins

Groom

60 mins

Cool Spa

COOL-Nail Spa

Nail Lacquer for Professional Salons by OPI

Cool Salon's specialty manicure & pedicure cleanses, trims, files and shapes the nails as you like. Sit back and relax while our manicurist perfects your nails with a glowing polish (Colored or French Classic Style).

Irresistible nails always complete the look.

For Her

Ladies Manicure	60 mins
Ladies Pedicure	60 mins
Ladies Manicure & Pedicure Set	2 hours

French Manicure	60 mins
French Pedicure	60 mins
French Manicure & Pedicure Set	2 hours

Crackle Manicure	60 mins
Crackle Pedicure	60 mins
Crackle Manicure & Pedicure Set	2 hours

For Him

Gentleman's Manicure	60 mins
Gentleman's Pedicure	60 mins
Gentleman's Manicure & Pedicure Set	1 hour 45 mins

Nail re-polish	30 mins
French re-polish	30 mins
Paraffin Hand treatment	60 mins

Note: includes a salt radian scrub plus a hand or foot massage with a moisturizing lotion.

Cool Spa

COOL-Depilatory

Ready for Leisure: Waxing is performed with a natural, gentle honey sugar wax applied by our skillful specialists.

Ladies Waxing

Brows, Chin, Lips	30 mins
Full Face	45 mins
Underarm	45 mins
Full Arm	45 mins
Half Legs	45 mins
Full Legs	1 hour 15 mins
Full Bikini	60 mins
Full Brazilian	1 hour 15 mins

Men's Waxing

Brow	30 mins
Stomach	30 mins
Full Face	45 mins
Chest	60 mins
Back	60 mins