



ZEMI THAI HOUSE

CARIBBEAN SPA

## “SAWADEE”

### THAI HOUSE HISTORY

Our Thai House was originally built in Thailand around 300 years ago using traditional Thai building techniques, beautifully crafted with “*Mai Sak*” or Teak wood without nails.

In the early 1970's the house was carefully dismantled and each piece numbered then transported to Anguilla where it was painstakingly reassembled to its origins from the *Chiang Mai* region in Northern Thailand.

In 2016 when the hotel opened the house was converted to “Zemi Thai House Spa” offering five treatment suites for both couples and singles, a Hammam and the Juice Bar once the “Rice Barn” in the oldest part of the Thai House.

**ZEMI THAI HOUSE SPA** services at Zemi Beach House welcomes you to step into a world of complete comfort, relaxation and rejuvenation.

**OUR MISSION** is to provide you with bespoke treatments designed to illuminate your beauty, hydrate your skin and restore your health.

We offer an extensive and customizable menu of spa and wellness for both men and women. Our professional Asian therapists and assistants will ensure that you have an unparalleled experience that will melt away your stress and replenish your mind, body and soul.

Encompassing the atmosphere of the hilly region of Northern Thailand along with soothing water features in the Aty Vitality Pool, we invite you to relax and indulge amongst our Thai experience.

Whether you choose a massage, body treatment or face ritual, the Thai House Spa offers you complete peace and harmony in a truly unique setting in the Caribbean.

*Revive, Rebalance and Renew...*

## SIGNATURE BODY RITUALS

THE SECRETS RITUALS OF ZEMI - Soothing 80 minutes \$ 250

This treatment begins with an aromatic bath ceremony. Soak in a personalized water bath made of therapeutic essences that deeply relax and restore physical harmony and prepare you for your massage. The Royal Thai massage was created in conjunction with Polynesian healers and inspired by authentic Lomi-Lomi movements which incorporate a combination of deep pressure and long continuous movements to focus on energy lines and support overall body function. Be prepared to achieve BLISS."

NUAD THAI PRA-KOB - Energizing 80 minutes \$ 250

The ancient skill of Nuad- Thai massage, as listed on UNESCO's prestigious heritage list. An authentic Thai treatment with herbal poultice (lemongrass, clove, kaffir lime & camphor), including passive stretching and gentle pressure along the body's energy lines to increase flexibility, muscle relief and joint tension. The experience focuses your mind, promotes relaxation and spiritual growth.

## MASSAGE RITUALS

THERAPEUTIC WELL-BEING - Revival      50/80 minutes      \$ 180 / \$ 250

Using intuitive touch, our therapists create a custom massage in tune with your body's individual needs of the day after completion of an intake form. This concentrated treatment has been used successfully to work with chronic pain, soft tissue strains and sport injuries.

*\*Hot stones only available for 80 minutes session.*

FIVE ELEMENTS - Balancing      50/80 minutes      \$ 170 / \$ 240

Based on the five elements – fire, wood, earth, metal and water – renew your skin's balance using Elemental Herbology's (therapeutic massage oil blends) products and the expertise of our skilled massage therapists, tailored precisely to your physical and emotional desires. Enhancing blood circulation and relieving everyday aches and pains. True relaxation and a wonderful experience awaits!

BALINESE TIMELESS - Nurturing      50/80 minutes      \$ 170 / \$ 240

Experience techniques from this time honored Balinese massage ceremony. Enjoy a soothing massage with the addition of kneading and pressure point stimulation. Balanced stretching movements that restore your body's equilibrium. A subtle and aromatic blend of Frankincense, Mandarin, Cedar wood and Lime. Encourages deeper breathing to calm and center the mind with this balancing combination of nourishing oils to reduce stress.

## BODY TREATMENT RITUALS

POR DEE - Fit and Firm    *80 minutes*    \$ 250

This contouring treatment combines the “fat burning” properties of caffeine with a unique invigorating massage to fight against cellulite on the legs, stomach, hips, back and arms, resembling a firming cutaneous gymnastics session. Followed by fresh, smooth and detoxifying Algo clay.

NUAD FATHOAW - Light Feet Revitalizing    *50 minutes*    \$ 180

Offer your tired and irritated feet an authentic foot vacation with a treatment palette of soak, scrub, wrap with an unctuous Chinese herbal and an arnica pain relief gel, including a foot massage ritual of coziness and comfort.

NUAD SRI-SA - Organic Head & Scalp    *50 minutes*    \$ 180

A treatment focusing on the three higher “chakras” mind, body and spirit. Improving the flow of blood, lymph and oxygen throughout the upper body, leaving you balanced, serene and completely aware of your surroundings. Leave your hair glowing with hydrating brilliance organic hair mask.

KAD SEE CHA WHEE WAN - Choice of Body Polishing    *30 minutes*    \$ 80

*Smoothing Papaya Puree*

Perfect to prepare your skin for sun bathing and most suitable for your over-exposed skin, Papaya Puree a ritual of Siam that will deeply cleanse and delicately exfoliate to reveal a beautiful and healthy tropical toned skin.

*Refining Aromatic Scrub*

This prescriptive aromatic scrub based on a centuries old North African ritual is the perfect antidote for tired and achy muscles. Ideal for the global traveler, active athlete or those with lingering pains. The warmth is soothing and the aromatic blends are deeply relaxing.

## FACE RITUALS

KO BI DO SUPREME - Instant Lifting Facial    *80 minutes*    \$ 280

An ancient Japanese manual face massage. Indulge in this luxurious facial that provides an instantaneous face lift. Rare oils and botanicals are utilized to provide an aromatic escape while fine lines and wrinkles are virtually erased. Skin is left firm, dewy and luminous.

ORIENTAL SKIN PERFECTION - Renewal Facial    *50 minutes*    \$ 160

Inspired by Balinese princesses and utilizing the “Flowers of the Supreme Gods;” this facial offers a deep pore cleansing treatment with natural AHA fruit acids that gently exfoliate the skin resulting in a clear, radiant complexion. Facial skin is left perfectly balanced and purified. Imperfections are treated and a glowing skin is revealed.

THE ULTIMATE EXPRESS - Purifying Facial    *30 minutes*    \$ 80

A 30 minute purifying facial for those with little time, but great need for a radiant skin ready for that special event or engagement. A deep pore cleansing, mask and moisture surge cream complete this express but beneficial treatment, enhanced with delicate scents of tropical flowers.

## *"HAMMAM MAGHREBI"*

The Moroccan Bath popularly known as "Hamam Maghrebi" is a venerated Moroccan tradition which is practiced up to the present day where Moroccans regularly attend their local Hammams to cleanse themselves and socialize.

The primary benefit of Hammam is to clean the pores of impurities using "Beldi Black Soap" specialized mitt to remove the dry and dead skin, makes your skin absorb lotions better, applying lotions more quickly and evenly.

Discover the ancient practice of Hammam detoxifying, we encourage you to choose from the different levels of this purifying traditional Moroccan ritual.



## HAMMAM RITUALS

TRADITIONAL - Hammam    *30 minutes*    \$ 90

Treatment 1: Hot sauna Hammam, followed by a full body cleanse of North African beldi black olive soap. Finally, the body skin is expertly exfoliated with a natural cellulose Kassa glove to reveal a soft and satin smooth skin. An application of body oil completes.

REJUVENATING - Hammam and Mud    *60 minutes*    \$ 170

Treatment 2: Enjoy all the benefits of treatment 1 and indulge in a full body Rhassoul clay mask that deeply purifies while drawing out toxins. An application of an exotic blend of traditional Moroccan oils offers a moisture surge and satin smooth body skin.

INVIGORATING - Hammam, Mud and Massage    *1hr 50 minutes*    \$ 290

Treatment 3: Enjoy all the benefits of treatment 1 and 2 and receive a sensational North African massage. Utilizing long stroke movements and lymphatic drainage techniques. Escape to bliss while the body is deeply detoxified and mind-body balance occurs.

## WELLNESS ESCAPE

ESSENCE OF SIAM - Serene    *1 hour 50 minutes*    \$ 290

Includes: Meditation, Papaya Puree Body Scrub, Nuad Thai Pra Kob Massage

A beautiful ritual incorporating natural elements of Thailand. Enhance self-awareness and tranquility of mind through the process of meditation. A tropical Papaya Puree polish that deeply cleanses and tones your skin prior to a traditional Thai massage. An herbal compress releases the essential oils of the medicinal herbs, allowing them to penetrate the skin and enrich your sensual mood. Create a feeling of "Sabai" happiness, ease and balance.

BALINESE BOREH SPIRIT - Healing    *1 hour 50 minutes*    \$ 290

Includes: Hatha Yoga Stretching, Body Scrub and Balinese Timeless massage

An enveloping sense of well-being inspired by a traditional Balinese healing treatment. Experience a mixture of homemade "Boreh" spiced full body wrap, which will relieve your sore muscles. Complete the ceremony with a relaxing Balinese Timeless massage. A healthy Jamu quencher will be served upon conclusion of your escape.

OCEAN OF BLISS FOR TWO - Romance    *2 hour 20 minutes*    \$ 550 - couple / \$ 320 - single

Includes: Five Elements Massage and a choice of Body Polishing or The Ultimate Express Facial including Hand on Hand Massage Lesson

Spark your romance with our couple's spa experience. Begin this delightful journey with Five Elements Massage, followed with your preferred choice of body scrub or express purifying facial. This treatment is designed to encourage togetherness and valuable quality time. Finally let our caring therapists guide you through a hand on hand massage for your companion.

INDULGENT TOUCH - Flawless    *3 hour*    \$ 390

Includes: Dry Body Scrub, Detoxifying Body Wrap, Organic Hair Mask, Oriental Skin Perfection Facial and Classic Manicure or Pedicure

An indulgent reward for that special occasion to rejuvenate and beautify. Start the journey with a dry body exfoliation and invigorating body wrap, whilst an organic hair mask is applied. Continue with an Oriental Skin Perfection Facial. A classic treatment that leaves and or feet feeling silky smooth. Includes intensive moisturizing therapy to fulfill self-love from top to toe.

## ADD-ON SPA RITUALS

BLISSFUL ENHANCEMENTS    30 minutes    \$ 80

Enjoy a personal touch, allow our qualified therapists to take you through a perfect combination of massage techniques and treatments, focusing on your preferred areas of the body.

### **Selected treatments include:**

Papaya Puree

Aromatic Scrub

Back massage

Foot massage

Express Facial

Angel Hand Treatment

*\*Receive any of the above Add-On Spa Rituals for only \$60 when booking any of our 50/80 minute treatments.*

## NAILS RITUALS

CLASSIC MANICURE    *30 minutes*    \$ 60  
CLASSIC PEDICURE    *45 minutes*    \$ 75

A relaxing treatment that leaves hands/feet feeling silky smooth. Nails are cut and shaped, cuticles care, finished with a moisturizing lotion and polish.

GEL COUTURE MANICURE    *30 minutes*    \$ 25  
GEL COUTURE PEDICURE    *30 minutes*    \$ 35

A perfect gel couture polish application that lasts up to fourteen days.

FRENCH MANICURE    *30 minutes*    \$ 25  
FRENCH PEDICURE    *30 minutes*    \$ 35

Classic French pedicure for natural healthy looking nails.

EXPRESS POLISH APPLICATION    *15 minutes*    \$ 20

Perfect for when you're on the go. Nails are shaped, filed and buffed to perfection, and the nail polish of your choice is meticulously applied.

## WAXING SILKY SMOOTH AND SELF CONFIDENCE

### WOMEN

Eyebrow	25 minutes / \$ 25
Upper lip	15 minutes / \$ 15
Full face	45 minutes / \$ 50
Under arm	25 minutes / \$ 35
Half arm	25 minutes / \$ 35
Full arm	35 minutes / \$ 45
Half leg	35 minutes / \$ 60
Full leg	50 minutes / \$ 75
Bikini	25 minutes / \$ 35
Brazilian	45 minutes / \$ 80

### MEN

Shoulder & neck	35 minutes / \$ 45
Chest & stomach	45 minutes / \$ 55
Full back	50 minutes / \$ 80

## SPA ETIQUETTE

### RESERVATIONS

Please contact our Spa Reception team who will be able to guide you to the right choice. To ensure your preferred time and service is available we recommend that guests' to book spa appointments in advance. Treatments can be enjoyed as a retreat for yourself or booked as a duet' experience in our couple's suite. Walk-in appointments and same day reservations are welcome, and are based on availability. **All spa treatments and packages will need to be guaranteed with a credit card.**

### SPECIAL CONCERNS

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation. All information provided by the customer regarding their physical condition is entirely confidential and will be treated with the most discretion.

### CANCELLATIONS

If you must cancel or reschedule your spa reservations, please notify us at least 12 hours prior to your scheduled appointment time to avoid a cancellation charge. Cancellations made with less than 12-hour notice will be charged 50% and full amount will be charged for no-shows on the service.

### ARRIVAL TIME

We recommend you arrive 30 minutes in advance of your treatment so that you can change, relax and enjoy the spa facilities. The spa will provide luxurious towels, robes and slippers and any amenities required for use during your spa visit.

#### LATE ARRIVAL

If you arrive late for an appointment, the spa treatment may be abbreviated if it conflicts with another booking. Full charges may apply, so as not to inconvenience other bookings.

#### EXTENSIONS

If you are unable to redeem your packages/gift vouchers within the time period stated, kindly note that no extensions will be granted.

#### AGE MINIMUM

Children below 16 years old must be accompanied by parent and can only use the facilities under the supervision of an adult / parent.

\*\*\* Children under 16 years may not use the Hammam facilities.

#### PRICES

All prices are quoted in American Dollars. All treatments are excluding the 10% service charge and 2% environmental fee. Gratuities for exemplary service is at the discretion of the guest.

#### OPENING HOURS

*Spa: 9:00am-7:00pm*

*Rice Barn Juice Bar: 09:00am-05:00pm*

*Fitness Center opens 24 hours (building 2 ground floor)*



**ZEMI BEACH HOUSE**

A DIFFERENT POINT OF BLUE

*For reservations please call: +1 (264) 584 0001 ext. 7086 / 7087  
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