



*Epista*  
HOTEL & SPA



THE INFINITE SPA

Our Infinite Spa provides a personalized and very individualistic experience combining holistic organic Spa and Spiritual products, where the unique needs of each guest are considered throughout the spa experience.

Guests may choose to have a complete assessment and personalize program with one of our spa therapists, or may simply choose from the type of treatment desired, or the outcomes on offer - as symbolized below:



UNIQUELY THAI - the best in traditional treatments and use of authentic local products



YOUTHFUL AGEING - focusing on rejuvenation of the skin and the health of the nervous system



REST & RECOVERY - time-out to recuperate in a tranquil, serene space with relaxing treatments



DETOX & CLEANSING - to regenerate healthy body-function and emphasize “balance”

## INFINITE SPA RECOMMENDS

### Anti-Aging deep Relaxing 4.30 Hours

- Turkish Bath (45 minutes)
- Bio Energy Wrap (60 minutes)
- Choice of Aroma Relaxing or Signature Thai Aroma Relief Stress Therapy Massage (60 minutes)

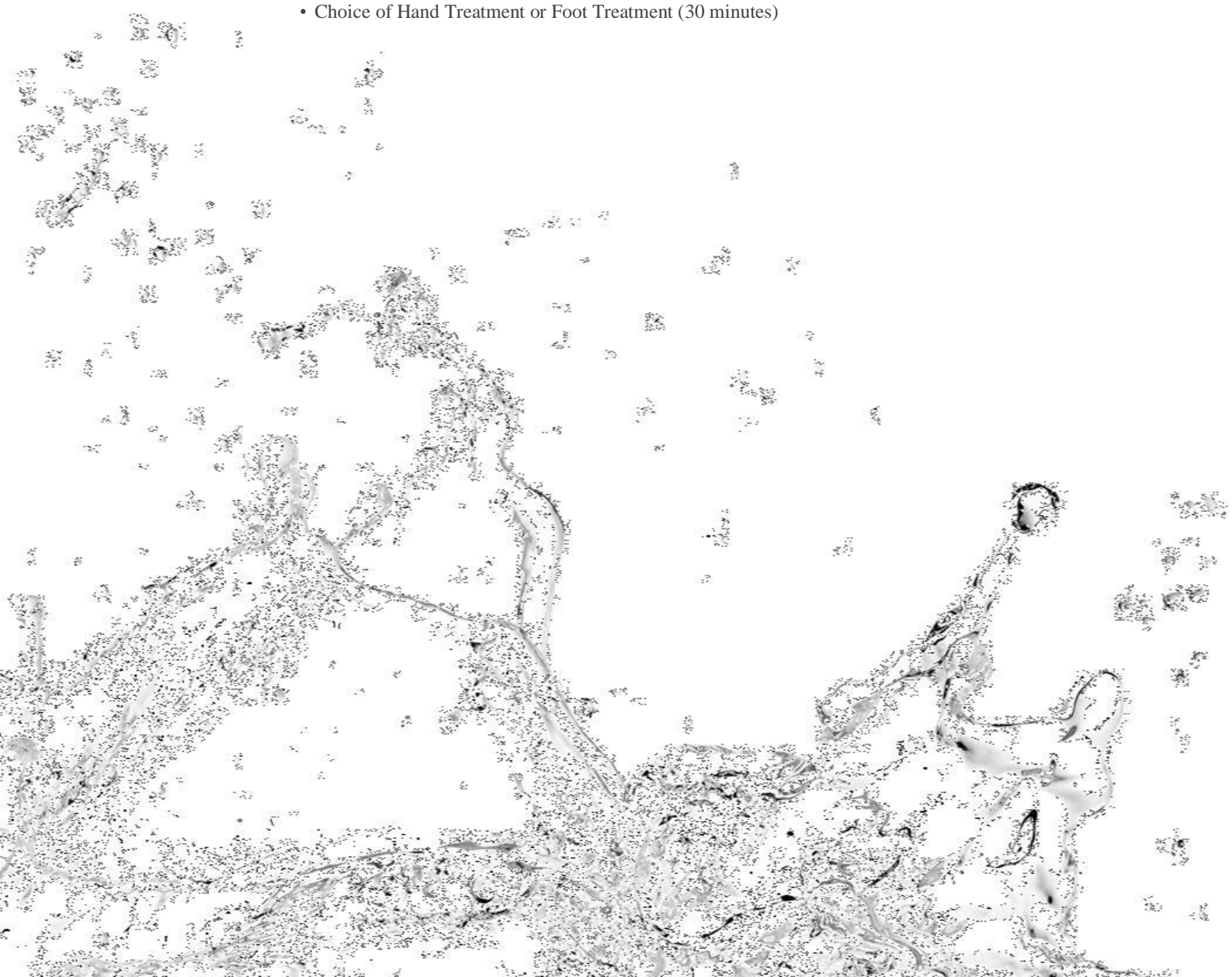
Break (\*\*Season Fruits & herb tea\*\*)

- Choice of Facial Treatment (60 minutes)
- Choice of Hand Treatment or / Foot Treatment (45 minutes)

### Journey 2.30 Hours

“Great Escape”

- Sauna (20-30 minutes)
- Anti-Ageing Detoxify Body Scrub (60 minutes)
- Signature Elista Relief Thai Aroma Treatment Healing for energizing Massage (60 minutes)
- Choice of Hand Treatment or Foot Treatment (30 minutes)





## UNIQUELY THAI

### THAI MASSAGE “Energizing massage”

120 MINUTES

A perfect remedy of Thai people to recover for tired body and mind. The treatment will start with a classic 90-minute Thai massage blends subtle stretching with rhythmic massaging and compressions to balance energetic bodies and stimulate energy flow. At the end of treatment, the warm herbal pouch to be compressed on problem areas to aid in relieving muscle tension, stimulate blood circulation and energize your body and mind; it is especially noted for its anti-inflammatory and antioxidant properties.

### SIAM CLASSIC “For a better flexible body”

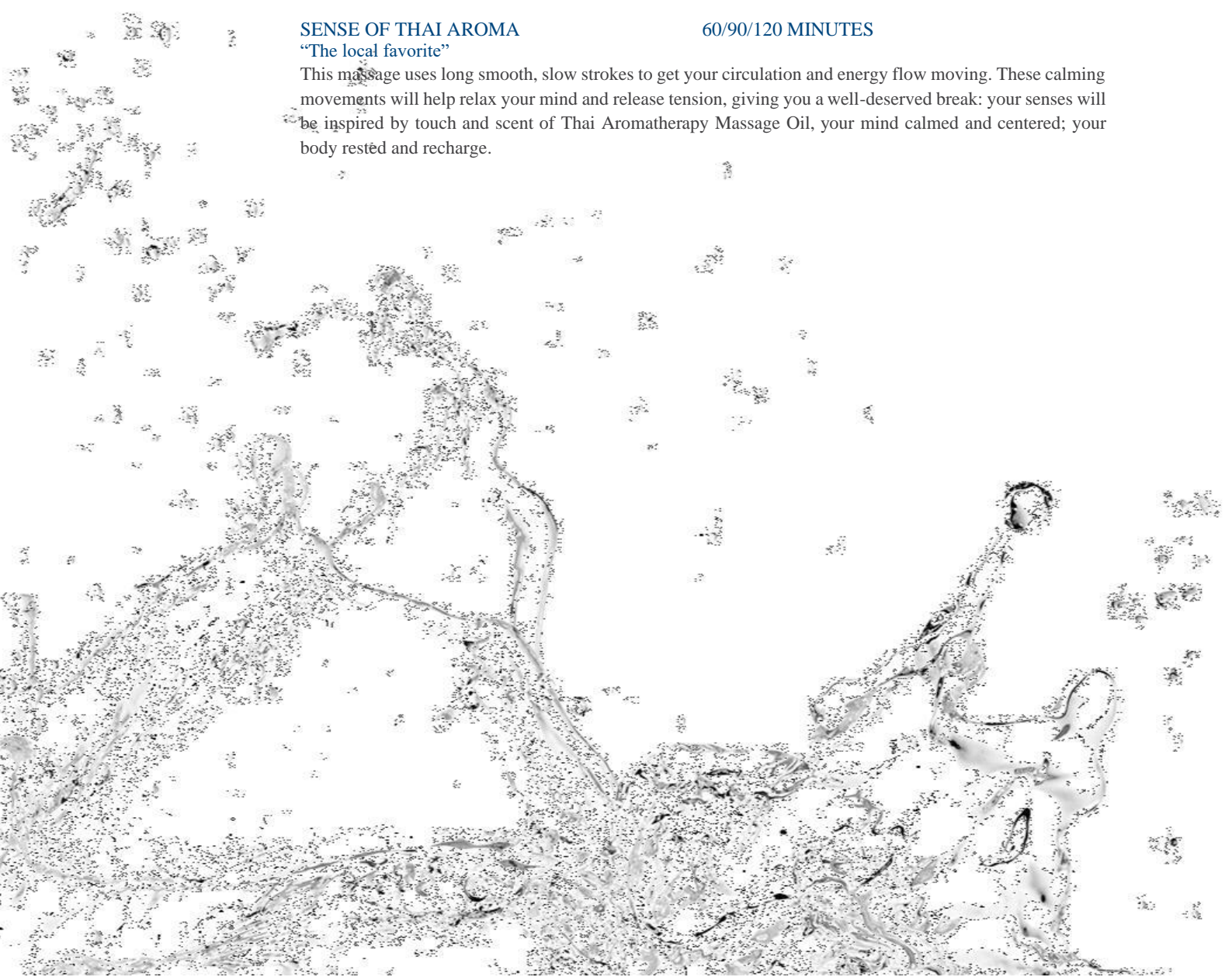
60/90 MINUTES

Literally translated, this means “the old Thai way of healing with the hands”; with its origins in ancient techniques from Indian and Chinese traditional medicine it is a treatment that is recorded in age-old manuscripts. Dressed in comforting soft cotton-pajamas, you will be taken through a series of movements, which incorporate gentle rocking, rhythmic compression, deep stretching and the use of pressure-points along the meridians (Sen) of the body. Leave feeling emotionally centered and physically refreshed.

### SENSE OF THAI AROMA “The local favorite”

60/90/120 MINUTES

This massage uses long smooth, slow strokes to get your circulation and energy flow moving. These calming movements will help relax your mind and release tension, giving you a well-deserved break: your senses will be inspired by touch and scent of Thai Aromatherapy Massage Oil, your mind calmed and centered; your body rested and recharge.



## MINI PACKET OFFER

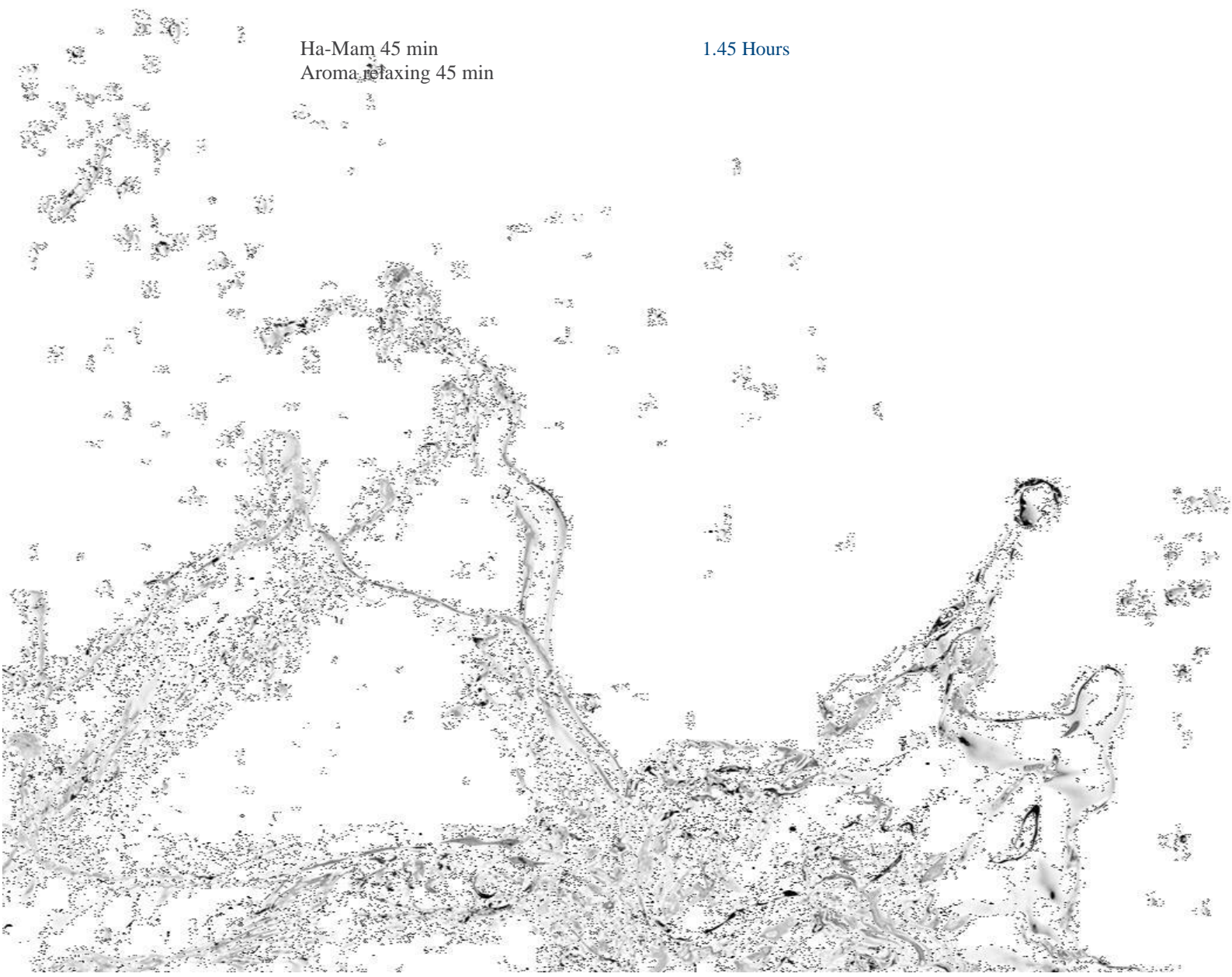
Sauna 30 Min 2.15 Hours  
Body Scrub 45 min  
Magical Reflex Point Therapy (Feet) 30 min  
Back Neck Shoulder 30 min

Ha-Mam 45 min 2.15 Hours  
Classic Thai Therapy 50 min  
Neck shoulder 40 min

Ha-Mam 30 min 2 Hours  
Magical Reflex Point Therapy (Feet & Hand) 30 min  
Aroma relaxing 60 min

Classic Thai Therapy 45 min 2 Hours  
Aroma Relaxing 45 min  
Top To Toes (Feet hand Head) 30 mins

Ha-Mam 45 min 1.45 Hours  
Aroma relaxing 45 min



## YOGA & MEDITATION RECOVERY - Body and Mind

### Basic Yoga

60 MINUTES

Beginner all of level

"**Hatha yoga**" originally meant the physical practice of yoga, the poses rather than the breathing exercises. The term now is often used when a few yoga styles are combined to create a simple class that's good for beginners learning to do basic poses. Anusara yoga is a modern system of Hatha yoga.

### Yoga Therapy

60 MINUTES

Yoga therapy is a type of therapy that draws on yoga exercises, practices, and philosophies, to improve mental and physical health. While the practice of yoga is commonly associated with stress-relief, yoga therapy can be helpful in the treatment of several other mental health conditions as well. While yoga is a healthy pursuit that can benefit its practitioners in its general form, yoga therapy is an evolving field which focuses on using evidence-based yogic practices in the treatment of specific health conditions.

### Vinyasa Yoga

60 MINUTES

Vinyasa Flow yoga emphasizes the sequential movement between postures, coordinated with and guided by deliberate breath. The Vinyasa practice becomes a moving meditation that creates strength, freedom and fluidity in the body and mind. Some post is mixing with Hatha for focus on opening and strengthening for healthy and get fit.

### Hip Opening Yoga

60 MINUTES

In addition to an increasing range of motion, opening the hips is known to better blood circulation, as well as reduce stiffness in the back which reduces the chances of back pain. When hips are tight, they increase the load on the back and cause overuse of the spine. In addition to the benefits of improved range of motion and circulation and decreased back pain, opening the hips can create an energetic shift or release as well.

### Mindfulness Meditations

60 MINUTES

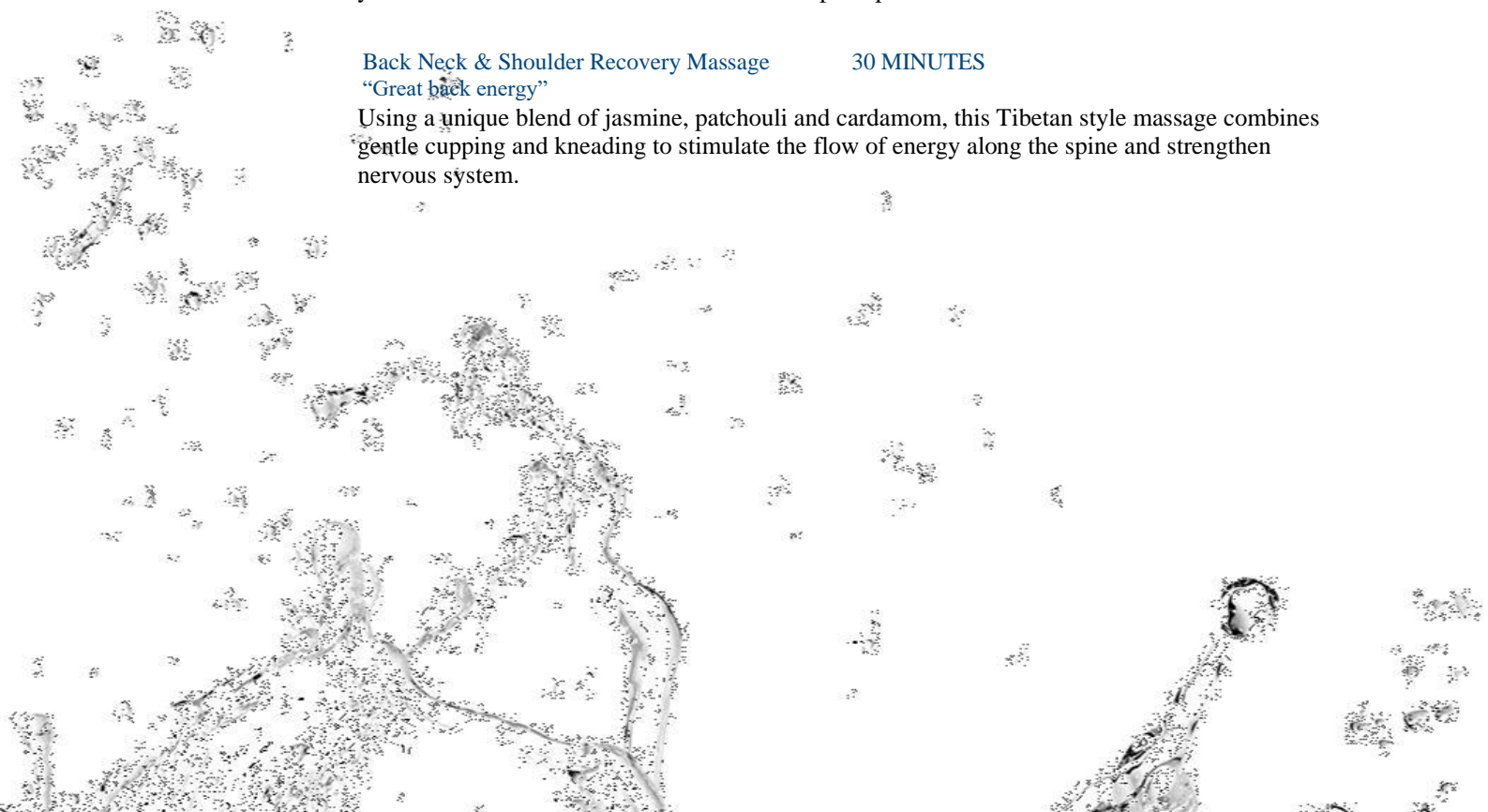
Mindfulness meditation is a mental training practice that teaches you to slow down racing thoughts, let go of negativity, and calm both your mind and body. Quality and practice clean to your mind. Meditation Mindfulness which help the practitioner to live and act with mindfulness.

### Back Neck & Shoulder Recovery Massage

30 MINUTES

"Great back energy"

Using a unique blend of jasmine, patchouli and cardamom, this Tibetan style massage combines gentle cupping and kneading to stimulate the flow of energy along the spine and strengthen nervous system.





## DETOX & CLEANSING

### BIO-ENERGY MUD WRAP

60 MINUTES

“For head-to-toe healing”

In this deeply rejuvenating treatment, an energizing and detoxifying scrub is intensified by the addition of a wrap, drawing deeper toxins from the cells. Revitalizing the skin and lymphatic system, the wrap physically detoxifies and cleanses the body – removing waste products, and re-energizing and softening skin. On a subtle level, it can also promote profound healing in the energy body.

### FACE THERAPY

60 MINUTES

“The detox facial”

This stimulating facial unites nutrient-dense marine elements and nerve point therapy to remove waste build up and encourage rapid repair of damaged or dehydrated skin. Sea lettuce detoxifies and boosts the lymphatic system. Bio-plasma serum and sea lavender mask encourage collagen production. Skin is purified; vitality and tone improved; and tension eased from micro muscles.

### INSTANTLY DETOXIFYING SCRUB

60 MINUTES

“For total stimulation and detoxification”

This energizing full-body scrub targets cellulite, stress and exhaustion. Drawing on the ionizing the properties of Himalayan Salt Crystals, it stimulates circulation and toxin elimination, uplifting mind, body and spirits.

### Magic Reflex Point Therapy (Feet)

60 MINUTES

“For happy feet”

Acupressure along the zones of the feet re-energizes the immune and circulatory systems and helps lower blood pressure. Fluid circulation is increased and water retention and puffiness reduced as the lymphatic system is stimulated.



## PEBBLE SPA

Create a memorable day at the spa for you and your kids. Infinite Luxury Spa treatments for kid are designed to pamper and enchant kids between who age between 5 to 12 years old. Treat your beloved prince or princess and yourself for a day of pampering, beauty and splendor. From luxurious manicure & pedicure to relaxing massages, Infinite Luxury Spa offers it all!

### **Mom and Me**

60 minutes

Spend time together with your daughter and she will remember this experience for a long time. Treatment starts with couples' massages 30 minutes and followed by SPARITUAL hand and feet care.

### **Daddy and Me**

60 minutes

This couple treatment starts with a body massage 30 minutes to relax the tense muscles from stress and hard work. Then both legs will be exfoliated with certified organic sugar-crystals to lose and lift dead and ends with relaxing leg massage with CLOSE YOUR EYES body oil extracted from to certified organic plants rich in vitamins to help moisturize, condition, and soften the skin.

### **Kid Relaxing Massage**

30 minutes

A full body massage with an organic oil will help easing tense muscle from studies and activities. A scent of essential oils will also help kids to calm themselves and be better able to manage stress and reduces an anxiety.





## HOW TO SPA

### Arrival

We encourage you to arrive at the spa 10 minutes before your scheduled treatment in order to enjoy the sauna. You will be supplied with our bathrobe, towel, slippers, and personal locker. Arriving late for your spa service will result in a decrease in your treatment time.

### Cancellation policy

Cancellation to be made at least 4 hours prior to your appointment time to avoid a 50% fee. For no show, a 100% fee will be applied.

### Opening hours

Spa Treatment 10:00 - 21:00 hrs.

### Packages

All Full-day Retreats and Half-day Escapes include the use of the sauna, steam, and changing room. Lunch or Dinner at the Club House Restaurant includes a spa meal and a non-alcoholic beverage of your choice. Yoga, Meditation, aqua exercise will also be extended to full-day Retreat packages.

### Prices

All prices are subject to change without notice.

### Spa reservations

It is highly recommended that you reserve your treatments in advance to secure a time that best suits your schedule. Our Spa Receptionist will ask for your credit card details or villa number to secure your reservation.

### Spa time

To ensure the comfort of others, smoking and using of digital devices are not allowed.

### Valuables

The management accepts no responsibility for the loss of money or valuables of any kind brought onto the hotel premises.

For further spa requires, please call Elista reception or 0 from your room



