

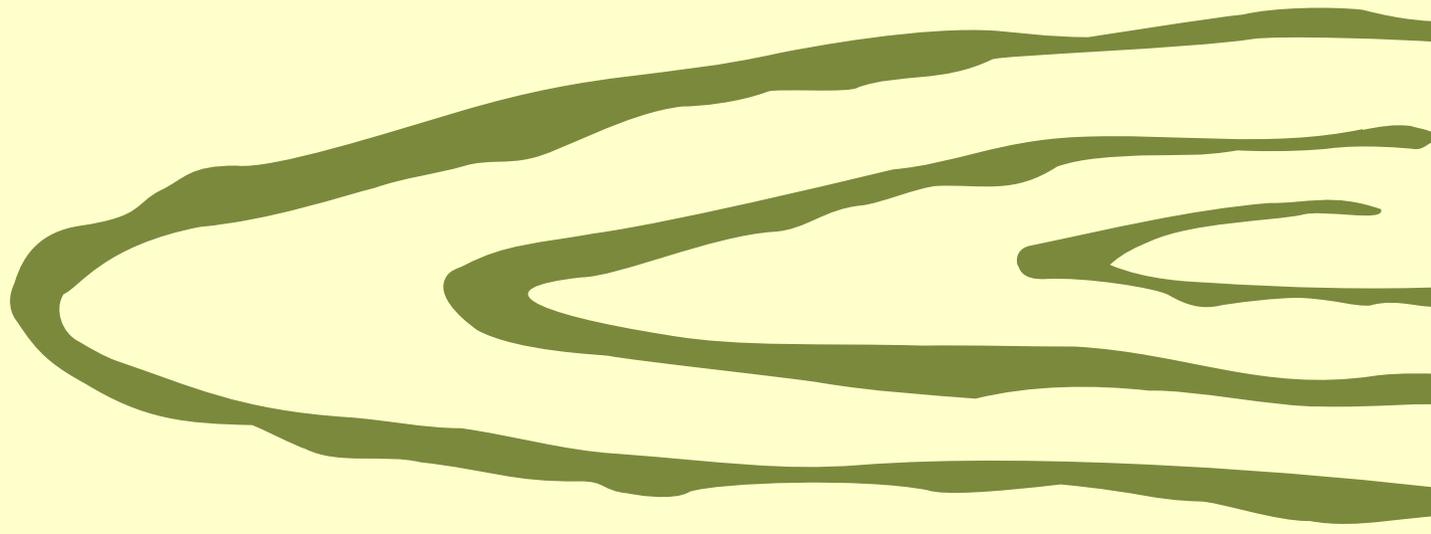
TAMARIND
SPRINGS





In October 2008, Tamarind Springs was awarded “The Award of Outstanding Performance for Health Tourism” by the Tourism Authority of Thailand and the highly coveted “Day Spa of the Year Award” for excellence in a glittering ceremony in Hong Kong.

We are of course delighted to receive these awards, but we are more honoured to hear from you, our guests. Here are some selected comments from visitors since we opened our tropical day spa on Ko Samui in August 1998.





Tamarind Springs Forest Spa

Tamarind Springs Forest Spa, Samui is inspired by its superb location – its lush coconut groves gently sloping into a valley of huge granite boulders bordering the island’s jungly interior.

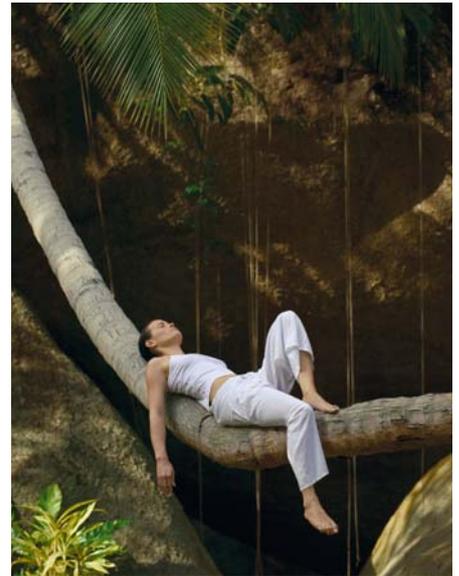
Built out of love and respect for this unique landscape, every effort was made to fluidly integrate this Samui spa into the existing indigenous surroundings.

Following the paths between giant granite outcrops, waterfalls and rock pools at Tamarind Springs, the first dedicated Samui day spa, one feels as if one enters a realm of peace – a shift away from the apparent urgency of one’s ‘to do’ list and mobile phone into a magic space where time takes on a different dimension.

In addition to its day spa and café, Tamarind Springs also operates a massage academy and accommodation in private garden villas.

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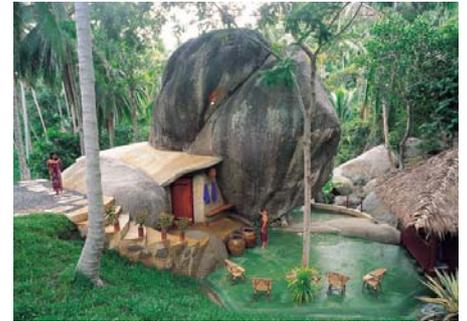


If you are looking for a spa, Samui offers many choices. Tamarind Springs is one of the most unique, a calm oasis for body and spirit.

“Most men pursue pleasure with such breathless haste they hurry past it.”
-Soren Kierkegaard
(1813-1855)



Tuck a steam cave into the giant rocks, nestle a cool forest pool nearby. Surround with lush tropical landscape. Fold in hours of massage. Repeat many times!



At this time the Classic spa is devoted to Tamarind Springs Massage Academy students and is not available.

We suggest our "Heaven on Earth" package in the Forest Spa.

We invite you to take your time to explore the magic of our Forest Spa. Enjoy the unique steam cave, the forest pools and expansive 'space out' zone. We also include complimentary beverages, refreshments and light snacks before your massage treatment in one of our private massage pavilions.

Tamarind Springs Classic Spa



The Forest 'Drift away' treats'

These packages require advanced booking

Open AllClose All

Stoned on Samui :

~ four hours ~

~ B7,500 per person~

1.5 hours 'space out' time (come earlier if you like) in the steam and pools of the Forest Spa before your 2.5 hour massage:

1.5 hour stone massage

additional 1 hour massage of your choice: head, foot or facial

Really stoned

~ five hours ~

~ B8,500 per person~

1.5 hours 'space out' time (come earlier if you like) in the steam and pools of the Forest Spa, enjoy complimentary refreshments followed by your 3.5 hour massage:

1.5 hour stone massage

additional two x 1 hour massages of your choice: head, foot or facial

Rates are per person and include all taxes

For any booking of B9,000 or more, we provide a complimentary pick up service from your hotel. A return service can be arranged at a reasonable rate.

Massage types: Which massage should I choose?

Tamarind Springs was singled out of the 100 best spas in Asia for 'best signature treatment' by the Ultimate spa guide for its 'Twice as Nice' prakop treatment.

'Thai for two' massage (2.5 hr)

Traditional Thai Yoga massage employs slow strong movements and acupressure, with some gentle stretches, energizing and invigorating the body as well as realigning the energy pathways of the body. This longer 2.5 hour Thai treatment allows our experienced massage therapists to fully focus on the stressed back and neck muscles. Thai massage is best enjoyed as a regular practice and can be uncomfortable if you are not limber or relaxed.

'Twice as nice' prakop massage (2.5 hr)

Steaming Thai herbs, tightly wrapped in cloth, gently applied along the energy lines of the body in combination with Thai massage techniques relieve aches and re-energize the muscles. This unique ancient Thai healing massage is aromatic, nurturing and is especially recommended for stiffness and joint pain. In 2004 Tamarind Springs was singled out of the 100 best spas in Asia for 'best signature treatment' by the Ultimate spa guide for our 'Twice as nice' prakop treatment.

'Over the top' massage (2.5 hr)

Designed to relieve lower back, shoulder and neck discomfort relating to our computer-driven lifestyle. Focusing mainly on the back, neck, head and shoulders, this treatment incorporates a pain-relieving balm and a little aromatherapy oil to leave you feeling thoroughly relieved, worked over and relaxed.

Manual Lymphatic Drainage (MLD) massage (2 hours)

As one of the most advanced techniques for detoxification and reducing puffiness, MLD is highly prized as a beauty treatment for facial massage, as well as for stomach, back and legs. In addition to its physical effects, MLD is wonderfully soothing and calming - a marvellous combination of relax and detox for true beauty and health from the inside out. Regular MLD massage can

- improve many chronic conditions of the skin as well as sinusitis, rheumatoid arthritis.
- promote healing of wounds and burns
- promote the healing of fractures, torn ligaments, sprains and lessens pain
- strengthen the immune system

'Yin/Yang' oil massage (1.5 hr)

A smooth, strong, full-body massage combining Swedish and soft tissue techniques. This firm oil massage works the muscles at the same time as the energy lines and points. This treatment is designed to get in to those tense places and release them. However, if you prefer a more gentle soothing oil massage, please let our receptionist know. Choose from one of our many Thai herbal or aromatherapy oils, each with its own special healing qualities.

Head massage (1 hr)

Steaming Thai herbs, tightly wrapped in cloth, gently applied along the energy lines of the body in combination with Thai massage techniques relieve aches and re-energize the muscles. This unique ancient Thai healing massage is aromatic, nurturing and is especially recommended for stiffness and joint pain. In 2004 Tamarind Springs was singled out of the 100 best spas in Asia for 'best signature treatment' by the Ultimate spa guide for our 'Twice as nice' prakop treatment.

Face massage (1 hr)

Enjoy an additional hour of pampering with our signature Tamarind facial. This soothing and gentle massage will leave your skin feeling toned and smooth, and you feeling relaxed and pampered. The facial applies a cleanser, scrub, toner, mask, massage cream and serum, and is non-invasive, using hands only.

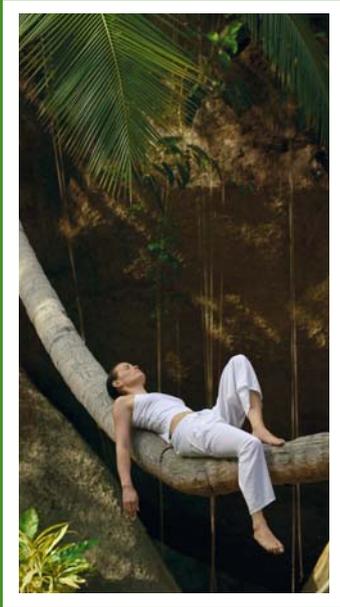
Foot massage (1 hr)

Combines European reflexology techniques and massage for the feet and lower legs. The overall effect is one of detoxification, relaxation and energy release. There may be moments when you feel pressure on the reflexology points, however no sticks or instruments are used as is common in Chinese reflexology. Put your feet up, and let those aches and pressure be eased away.

Hot stone massage (1.5 hours)

The smooth hot basalt stones are used in two ways during this treatment. The stones are placed at strategic points along muscles (for eg under your body while you lie on your back) and at chakra centres: increasing blood flow, loosening muscles and balancing energy flows. Secondly, while these layout stones are at work, the therapist will focus on working into tight muscle groups by using the warm oiled stones, and will also apply long smooth strokes across the length of your body.

The dynamic combination of the warmth of the stones and their gliding motion across the skin and muscles is surprisingly reassuring – it's impossible not to succumb to the comforting heat. This can be an intense healing experience, and you will find that 1.5 hours is deeply relaxing. This massage is always combined at Tamarind Springs with an additional massage (head, foot or face).



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