



HILLTOP
WELLNESS RESORT

CAVE SPA

HILLTOP WELLNESS RESORT
PHUKET, THAILAND



SENSE OF RENEWAL

Each day is a brand new beginning - a renewal, hope, and the promise of a radiant day ahead.

What gives us this sense of infinite possibilities?

A combination of our imagination, open-mindedness, curiosity, and the belief that there are countless potential outcomes and opportunities that lie ahead.

A fun anticipation of new and unexplored. An opportunity to experience yourself and the world from a new angle, one sunrise at the time.



THAI HERITAGE REMEDIES

AUTHENTICITY
2 HOURS / 1,400 THB

Indulge in an authentic Spa offerings that pay homage to centuries-old Thai therapies, gracefully combined with luxurious contemporary touches.

Allow our skilled therapists to guide you through a symphony of senses, using locally sourced botanicals, fragrant oils, and time-tested techniques.

Through the art of touch, you'll find yourself drifting into a state of balance and serenity, as stress melts away and vitality is restored.



COCONUT OIL MASSAGE

HOLISTIC RELAXATION

This age-old practice, revered for its therapeutic qualities, combines the art of touch with the natural goodness of coconut oil to create a truly enchanting sensory journey. The delicate scent engages your senses, enhancing the overall relaxation and allowing you to unwind on a deeper level.

LUK PRA KOB MASSAGE

MUSCULAR RELIEF

Derived from the Thai words 'Luk' (press) and 'Pra Kob' (herbal bundle), this massage combines the art of touch with the healing properties of carefully selected herbs. The therapeutic herbal bundles, warmed to perfection, release their aromatic essences as they glide across your skin, releasing muscle tension & aches, leaving you with the profound sense of relief.

THAI MASSAGE

VITALITY RESTORATION

Originating from the wisdom of Thai healing arts, this therapeutic technique is renowned for its comprehensive benefits that encompass the body, mind, and soul, applying series of passive stretching and yoga-like movements that gently encourage the body's flexibility and joint mobility. Muscles are stretched and elongated, allowing for improved range of motion and reduced muscle stiffness.



THERAPEUTIC MASSAGE

PAIN RELIEF

Nature's pharmacy treasures of a Thai balm infused with a carefully crafted blend of healing medicinal herbs and extracts coupled with the traditional healing techniques passed down through generations, are known for their profound pain-relief properties.

FACE MASSAGE

RADIANCE

Our skilled therapists use gentle yet invigorating techniques to leave you feeling refreshed and radiant. The blend of effleurage and pressure points techniques around your eyes, temples and the jawline, encourages lymphatic drainage, helping to reduce puffiness and promote a more youthful appearance.

FOOT MASSAGE

REJUVENATION

A foot massage stimulates blood flow to the feet and legs, promoting better circulation throughout the body. This can lead to enhanced oxygen and nutrient delivery to cells, reducing fatigue and improving your energy levels.



SIGNATURE AROMATHERAPY RITUALS

SENSORY JOURNEYS
2,5 HOURS / 1,900 THB

Elevate your senses with our meticulously curated Signature Aromatherapy Rituals.

Designed to energize, harmonize and relax both the body and mind, each step of this indulgent journey promises a sensorial experience like no other.

- Forest Tea Leaves Body Scrub
 - Choice of Sea Salt or Coconut Milk Bath Soak
 - Choice of Signature Aromatherapy Blend Massage
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SENSE OF RENEWAL RITUAL

ENERGIZING/ANTI JET LAG REMEDY

The top notes of uplifting Peppermint instantly expands your horizons, inviting you to breathe a bit deeper, while the heart notes of vitality boosting Orange unfolds like chapter in a new day, anticipating new and unexplored.

SENSE OF LOVE RITUAL

HARMONIZING / SKIN NOURISHING

An enchanting trio of Jasmine, Ylang Ylang and Rose flowers - a symphony of heart-centered notes transcends the boundaries of olfactory realm: An exotic Jasmine infusing the air with aura of allure and mystery, sensual Ylang Ylang radiating self acceptance and compassion and timeless Rose speaks emotional balance, inviting us to find harmony within ourselves.

SENSE OF BELONGING RITUAL

GROUNDING / SLEEP INDUCING

The top notes of Lemongrass burst open into evoking sense of security and reducing feelings of anxiety; while deeply comforting notes of Lavender invites feeling of connection to the physical body, providing sense of being rooted in a safe peacefulness of here and now.



Whether you seek the revitalization of mineral rich sea salt, or the indulgence of coconut milk bath soak, our rituals are designed to rediscover the art of self-care and embrace a world of serenity, beauty, and inner peace.

SENSE OF RENEWAL RITUAL

ENERGIZING / ANTI JET LAG REMEDY

Forest Tea Leaves Body Scrub + Sea Salt Bath + Sense of Renewal Aromatherapy Massage - **2,5 hours.**

SENSE OF LOVE RITUAL

HARMONIZING / SKIN NOURISHING

Forest Tea Leaves Body Scrub + Coconut Milk Bath + Sense of Love Aromatherapy Massage - **2,5 hours.**

SENSE OF BELONGING RITUAL

GROUNDING / SLEEP INDUCING

Forest Tea Body Scrub + Choice of a Bath Soak + Sense of Belonging Aromatherapy Massage - **2,5 hours.**

HAND CRAFTED EXPERIENCES

WITH A PURPOSE

Embracing the healing power of the indigenous botanicals, our Forest Friendly Tea Leaves Body Scrub is carefully hand-crafted to harmonize your senses and rejuvenate your spirit, drawing from centuries-old traditions that honor the intricate relationship between Thai culture and nature.

Our collaboration with forest friendly tea farmers in the Northern Thailand ensures that tea is grown and harvested in a sustainable methods while protecting the forest.

*Part of our Signature Aromatherapy Ritual.



Detailed pencil sketches of botanical elements. The top section shows a branch with large, pointed leaves and a cluster of small, round berries. The bottom section shows a cluster of flowers with multiple petals and a central stem, with a large, detailed leaf below it. The sketches are rendered in a fine, detailed style, typical of botanical illustrations.

SENSORY BATH SOAKS

INDULGENCE

Bathing is more than a routine; it's a ritual of self-love. It's a declaration that you deserve this time to pamper yourself, to reconnect, and to honor your well-being. In a world that often moves too fast, the bath soak indulgence encourages you to slow down and cherish the present moment.

*Part of our Signature Aromatherapy Ritual.



SEA SALT BATH SOAK

ANTI JET- LAG

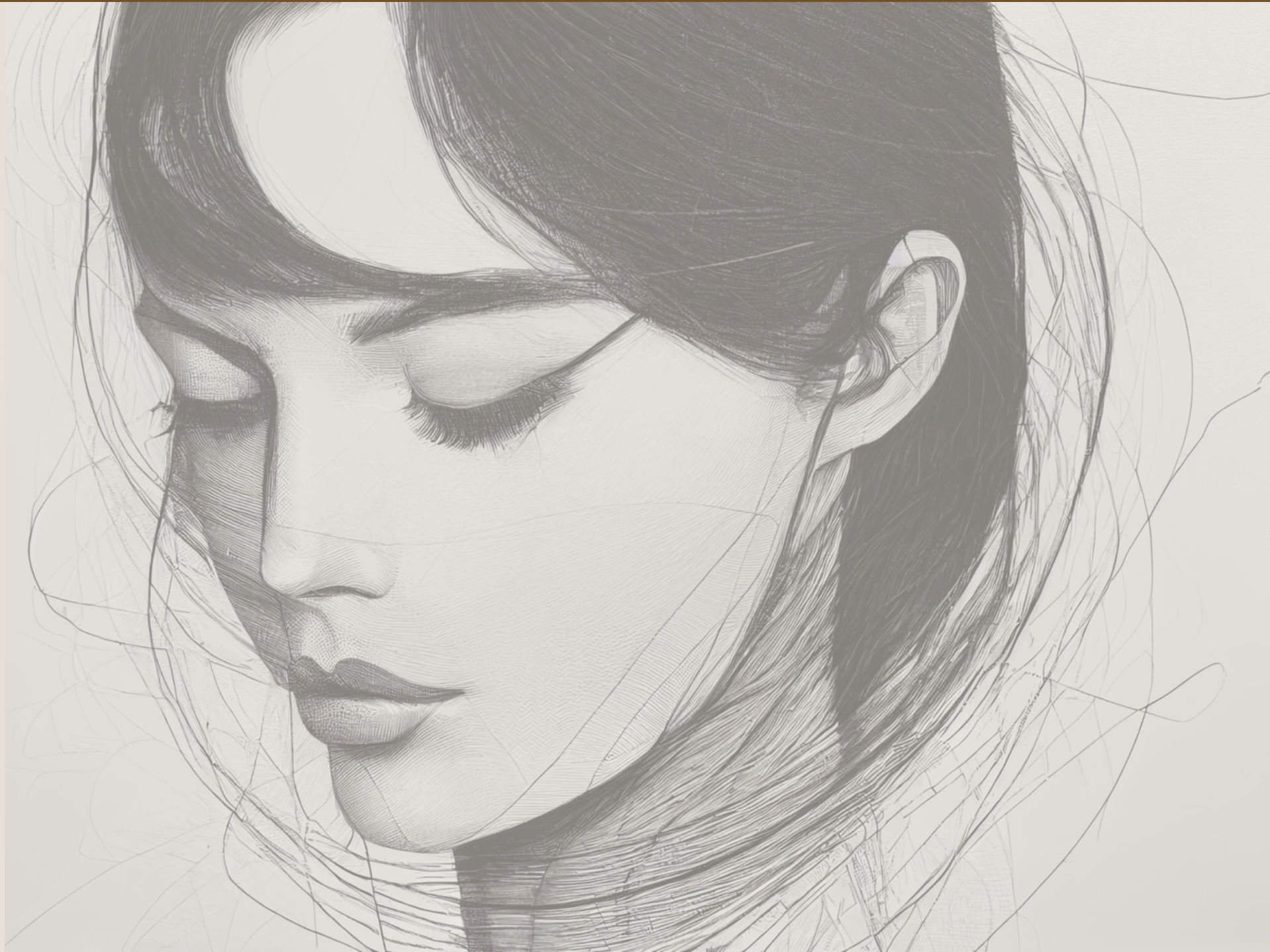
Locally sourced sea salt provides a mineral boost of Magnesium, Calcium and Potassium, readily absorbed through the skin, promoting relief from muscle tension, soreness, stiffness and fatigue, while drawing out impurities from your system. Perfect antidote to the jet-lag.

COCONUT MILK BATH SOAK

NOURISHING

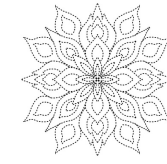
Rich in healthy fats, coconut milk hydrates thirsty skin, leaving it silky smooth, while maintaining a natural moisture barrier, combats dryness and reveals radiant complexion. An ideal solace for sensitive, irritated, mature and sunburned skin.

*Part of our Signature Aromatherapy Ritual.



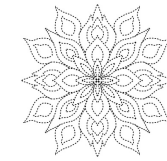
HOW TO SPA

You are invited to take charge of how you want to feel. Empower yourself with choosing what your body, mind and soul needs today.



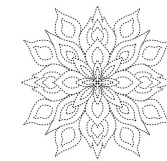
Awaken your intuition

Close your eyes, take a deep inhale & exhale. Begin to listen. What does your physical, emotional and spiritual body needs today? Honour the very first thought coming to your heart.



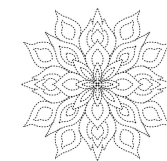
Choose your scent

Pay attention to scents you're naturally drawn to. Do you long for the calming embrace of lavender, the invigorating zest of citrus, or the warm hug of frankincense? Your intuition often aligns with scents your body craves.



Choose your sound

... or absence of it. Do you feel like exploring silence today during your treatment? Oriental Thai music sounds or Western inspired healing music? Give yourself permission to ask for what you want.



Allow to be cared for

Your body and mind might take its time to allow itself to surrender and truly relax. Be patient and kind with yourself and allow your experienced therapist to take care of you.



HOW TO BOOK

YOUR PERSONALISED SENSORY JOURNEY

Booking your personal sensory journey at the Cave Spa is an invitation to prioritize self-care, to reconnect with your senses, and to nurture your well-being.

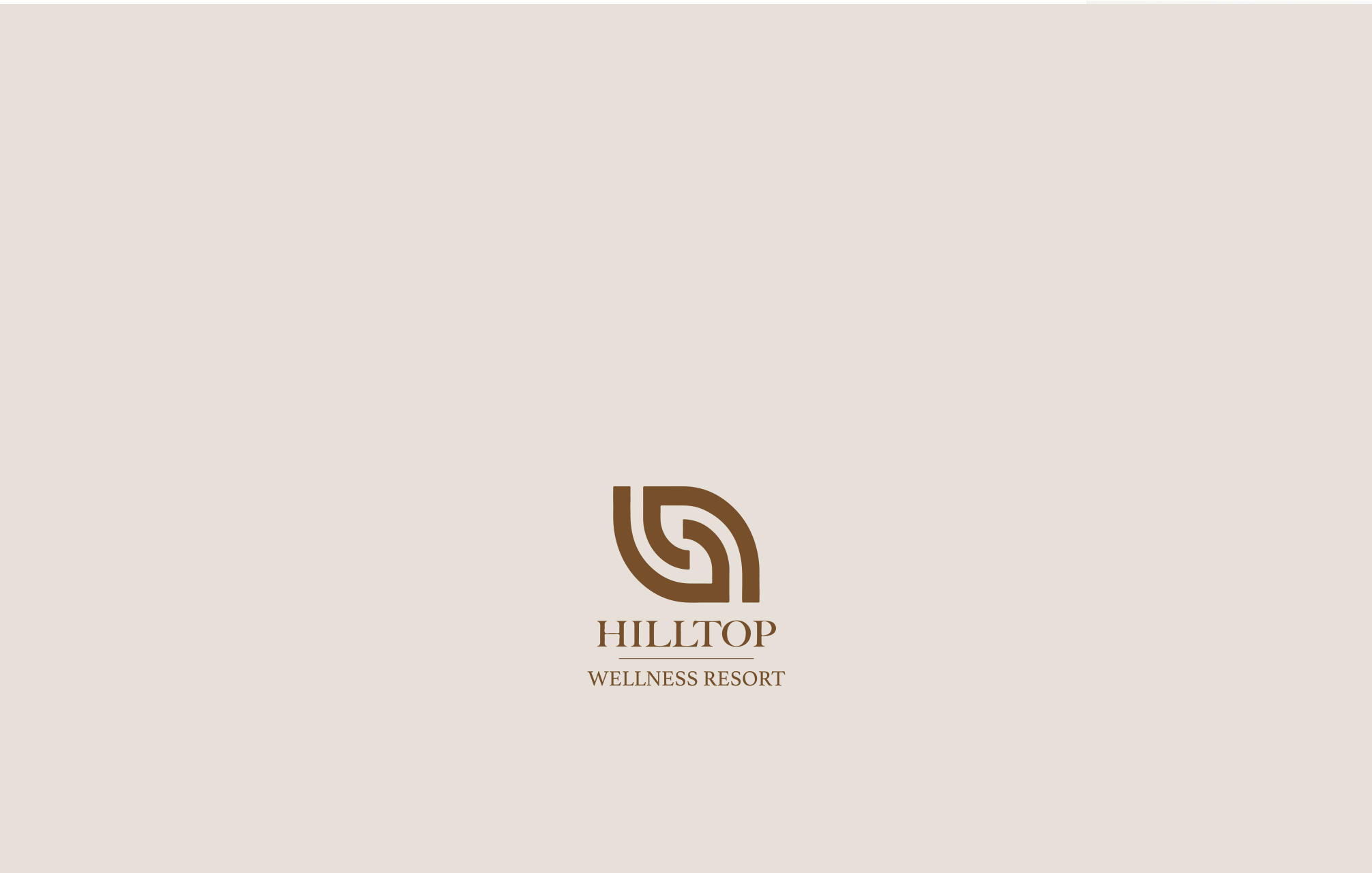
Let us guide you toward a realm of tranquility and revitalization, where each treatment is a step on the path to your ultimate state of renewal.

In Person: At the front desk

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EXPERIENCE HILLTOP WELLNESS RESORT THROUGH YOUR SENSES.
