



ZANA SPA

Revive & Thrive Journey

A full-day wellness package at ZANA Spa

THB 10,900 net per person | THB 20,800 net per couple



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Embark on a day crafted just for you. The ZANA Revive & Thrive Journey unfolds with soothing spa rituals, melting away tension. Next, awaken your senses in our wellness cooking class, creating and savoring a delicious, healthy meal. Conclude with a radiant facial, leaving you refreshed inside and out.

Your perfect escape awaits.



ZANA REVIVE & THRIVE JOURNEY ITINERARY

10:00 AM – 10:15 AM: WELCOME & SPA ORIENTATION

Guests arrive, welcome drink (Detox & Cleanse choice), overview of the day focusing on the initial spa sequence.

Health Benefit: Hydration, detoxification, mental transition.

10:15 AM – 10:45 AM: TROPICAL FRUIT BODY SCRUB (30 MINS)

Guests begin with Tropical Fruit Body Scrub – this treatment uses a unique blend of fruit extracts to brighten the skin without harsh chemicals, while the aroma blend oils complement the richness of the fruit extracts.

Health Benefit: Removes dead skin cells, improves skin texture, stimulates circulation, prepares skin for absorption.

10:45 AM – 11:15 AM: VICHY SHOWER (30 MINS)

Guests experience the Vichy Shower Therapy – a session of gentle rain-like water jets that massage and soothe your body, leaving you feeling relaxed and rejuvenated.

Health Benefit: Cleanses skin post-scrub, hydrotherapy relaxes muscles, reduces stress, enhances circulation.

11:15 AM – 12:15 PM: ANGEL TOUCH PACKAGE (60 MINS)

Guests experience Angel Touch Package – a relaxing massage with a special warm aromatic oil. The scent of natural aromas rebalances your body and mind, putting you in a state of tranquility. The pressure level is light.

Health Benefit: Deep muscle relaxation, stress reduction, improved flexibility, absorption of nourishing oils.

12:15 PM – 12:45 PM: SPA RELAXATION & REFRESHMENT

Time to relax in the spa lounge after the water treatment. Offer an energizing yet light wellness drink. Guests can shower/change if needed.

Health Benefit: Rehydration, gentle energy boost without being heavy. Allows a transition period.



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1:00 PM – 3:30 PM: WELLNESS COOKING CLASS & LUNCH AT THABTIM CAFÉ

The hands-on Wellness Cooking Class begins. Guests prepare the menu and then enjoy it for a late lunch. Includes apron, certificate, and 2 glasses of selected wellness drinks.

Health Benefit: Learning practical healthy cooking skills, enjoying a nutritious meal prepared by themselves, understanding ingredient benefits.

3:30 PM – 4:00 PM: POST-LUNCH TRANSITION

A short break to allow for digestion. Guests can relax comfortably, perhaps with a warm herbal tea like Ginger Turmeric Elixir or simple infused water.

Health Benefit: Aids digestion and provides a calm transition before the final activity.

4:00 PM – 5:00 PM: SOOTHING SIGNATURE TREATMENT (60 MINS)

Guests experience the Soothing Signature Treatment (60 mins) – specially designed to nourish and regulate delicate and sensitive skin with hypoallergenic ingredients. It helps protect the skin from pollution and uses kaolin to nourish and feed the deep skin cells, leaving the skin soft, hydrated, vibrant, and radiant.

Health Benefit: Provides relaxation, improves skin health, and reduces facial tension.

5:00 PM ONWARDS: FAREWELL & DEPARTURE

Guests conclude their wellness journey. Offer a final "Stress Relief & Relaxation" wellness drink as they depart at their leisure.

Health Benefit: Ends the day on a calming note, reinforcing the feeling of well-being.



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WELLNESS MENU:

Quinoa salad with pomegranate seeds, hydroponic salad leaves, and pickled papaya

This vibrant salad is a nutritional powerhouse!

- **Quinoa:** This ancient grain is a complete protein, meaning it contains all nine essential amino acids. It's also a good source of fiber,¹ which aids digestion, helps regulate blood sugar, and promotes feelings of fullness. Quinoa is rich in minerals like magnesium, iron, and zinc, important for various bodily functions.
- **Pomegranate Seeds:** These jewel-like seeds are packed with potent antioxidants, particularly anthocyanins, which have been linked to protecting against heart disease and certain cancers. They also offer vitamin C, vitamin K, and fiber.
- **Hydroponic Salad Leaves:** Grown in nutrient-rich water, these leaves (like lettuce, spinach, or arugula) are typically low in calories and high in vitamins (such as vitamin A, vitamin K, and folate) and minerals. They contribute to hydration and provide essential phytonutrients with antioxidant properties.
- **Pickled Papaya:** Papaya contains enzymes like papain, which can aid digestion. Pickling it might slightly alter its nutrient profile but can still offer some fiber and potentially beneficial probiotics depending on the pickling method. It also adds a unique sweet and tangy flavor.

Steamed Seabass with Passionfruit Infusion & Purple Eggplant Compote

This dish offers lean protein and a wealth of vitamins and antioxidants.

- **Steamed Seabass:** Seabass is a lean source of high-quality protein, essential for muscle building and repair. It's also rich in omega-3 fatty acids, known for their heart-healthy benefits, anti-inflammatory properties, and role in brain function. Steaming preserves the fish's nutrients and delicate flavor.
- **Passionfruit Infusion:** Passionfruit is a good source of vitamin C, a powerful antioxidant that supports the immune system. It also contains vitamin A, potassium, and fiber. The infusion adds a bright, tropical flavor and some of these beneficial nutrients to the seabass.
- **Purple Eggplant Compote:** The vibrant purple color of eggplant comes from anthocyanins, potent antioxidants that may help protect against chronic diseases. Eggplant is also a good source of fiber, potassium, and manganese. Compoting it can make it more digestible and brings out its natural sweetness.

Young Coconut Booster with Chia Seed Pudding

This refreshing and nourishing dish provides hydration, healthy fats, and sustained energy.

- **Young Coconut Water:** This natural electrolyte-rich drink is excellent for hydration, especially after physical activity. It contains minerals like potassium, sodium, and magnesium, which help regulate fluid balance and nerve function.
- **Chia Seed Pudding:** Chia seeds are tiny powerhouses of nutrition. They are incredibly high in fiber, both soluble and insoluble, which aids digestion, promotes satiety, and helps regulate blood sugar. They are also a good source of omega-3 fatty acids, protein, and minerals like calcium, phosphorus, and magnesium. When soaked, they form a gel-like consistency, making for a satisfying and nutritious pudding.



Price:

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