



In Thai, “Lên” means “play”

We like to play.

We love to have fun.

Learning something new along the way is even better.

It’s all about being happy.

It’s our little secret to well-being.

So, be yourself, fit your mood and play your way!





SAii Koh Samui helps families stay and play together
in paradise with **LÈN**

In Thai, **Lèn** means “**play**”, which is an integral part
of the local culture.

Lèn is an innovative concept that takes the stress out of family travel and al-
lows parents and kids to reconnect through wellness,
activities and dining.

SAii Koh Samui, a luxurious retreat on Koh Samui’s stunning north shore,
is elevating family breaks with “**Lèn**”, its holistic new concept that allows
parents and kids to stay and play together in paradise.

Thai people love to smile, have fun and be happy, and a key aspect of
the **Lèn** concept is being able to enjoy
treasured moments with family which is why we present the
Lèn Family Programme.

The three elements of this programme,
spa treatments ***activities*** and ***gourmet***
have been designed to enhance the time parents and children spend
together to turn family dreams into family memories.



ADVENTURE MASSAGES

การนวดแบบดั้งเดิม

SWEDISH MASSAGE

90 MIN

1,800

This traditional, classic massage uses five variations of massage strokes: gliding, kneading, friction, vibration and percussion to increase circulation, stimulate the nervous system, remove metabolic waste products and promote physical and mental well-being.

- Floral Foot Ritual ● Swedish massage

JET LAG RELIEF MASSAGE

60 MIN /90 MIN

1,200 / 1,800

A pampering massage that boosts head-to-toe circulation by stimulating and invigorating. This massage relieves the fatigue associated with lengthy travel and promotes a sense of deep relaxation. Perfect after a long flight.

- Floral Foot Ritual ● Jet Lag Massage

SPORT MASSAGE

90 MIN

2,000

Suitable before and after intense activity, this massage helps to prevent and relieve cramps and muscle pain. It soothes muscles, increases blood circulation and improves tone and flexibility. It also helps to eliminate lactic acid produced by tired muscles and accelerates recovery.

- Floral Foot Ritual ● Sport Massage

BACK, NECK AND SHOULDER MASSAGE

45 MIN

1,000

This massage uses special techniques to treat areas of tension in the back, neck and shoulders to reduce aches, and stiffness. Aromatherapy soothes the mental elements of tension and relieves stress for a deeper relaxation.

- Floral Foot Ritual ● Back, Neck, Shoulder Massage



CULTURE MESSAGES

การนวดที่เป็นเอกลักษณ์ที่เราแนะนำ

TRADITIONAL THAI MASSAGE

60 MIN / 90 MIN

1,000 / 1,500

One of the world's most popular, this centuries-old massage applies a combination of firm acupressure and palm and thumb techniques to specific points along the body's meridian lines. Trapped energy is unblocked using rhythmic pressure on the body, and stretching releases tension, activates circulation and increases vitality.

- Floral Foot Ritual ● Thai Massage

THAI HERBAL COMPRESS MASSAGE

90 MIN

1,800

A traditional Thai massage where heated aromatic poultices of herbs are applied on the body followed by a full-body massage to soothe and detoxify tired and aching muscles.

- Floral Foot Ritual ● Thai Herbal Massage

BALINESE MASSAGE

90 MIN

1,800

This ancient art of massage from the island of Bali, Indonesia combines influences and techniques from various traditional Asian medicine systems to create a physical and spiritual balance for the body and mind.

- Floral Foot Ritual ● Balinese Massage

INDIAN HEAD MASSAGE

60 MIN

1,200

This is a head massage that is based on Ayurvedic principles. Warm coconut oil is gently poured and massaged into the scalp with stimulating strokes and pressure point techniques to increase circulation and release built-up stress and tension.

- Floral Foot Ritual ● Indian Head Massage



RELAXATION MESSAGES

การนวดที่เป็นเอกลักษณ์ที่เราแนะนำ

AROMATIC MASSAGE

60 MIN / 90 MIN.

1,200 / 1,800

The ancient art of aromatherapy soothes and relaxes both the body and spirit. Experience the benefits of a soft to medium massage with a selection of blended essential oils for Balancing, Calming, Energizing or Detoxifying effect. The therapeutic properties of these oils ensure muscle relaxation and harmonize bodily functions to improve circulation, digestion, respiration and result in deep relaxation.

- Floral Foot Ritual ● Aromatherapy Massage

LYMPHATIC STIMULATION MASSAGE

90 MIN

2,000

This soft, slow and rhythmic massage contributes to the regeneration of cells. It stimulates the circulation of the lymphatic system helping to eliminate excess fluids and toxins. This massage helps to reduce cellulite while stimulating blood flow and boosting the immunity system in general.

- Floral Foot Ritual ● Lymphatic Stimulation Massage

FOOT MASSAGE

60 MIN

1,000

This massage focuses on the relaxation points which are found on the feet, each of which corresponds to a bodily function or organ. Relaxing massage pressure is applied to the soles of your feet to restore the body's energy flow thereby relaxing and re-energizing the entire body.

- Floral Foot Ritual ● Foot Massage



LEN BE BEAUTY (BODY SCRUBS)

การขัดผิวกายเพื่อสุขภาพ

Beauty is unbounded and omnipresent. It is in your mind and in your spirit. It is reflected in your smile and in your words. Beauty is timeless, limitless and simultaneously momentary and forever. It is what you see and what you feel. At Len Spa, we can help you discover and remember all the beauty that is already within you.

SEA SALT SCRUB

45 MIN

1,000

Sea salt and olive oil gently exfoliate and cleanse pores to promote renewal as well as to reveal the softer, more youthful looking and healthier skin underneath.

- Floral Foot Ritual ● Sea Salt Scrub

COCONUT SCRUB

45 MIN

1,000

Coconut is known to be rich in Vitamin E and other antioxidants. This exfoliating scrub helps to remove dead skin cells, and stimulate skin microcirculation, leaving your skin feeling soft and smooth.

- Floral Foot Ritual ● Coconut Scrub

TAMARIND SCRUB

45 MIN

1,000

Indulge in the ancient oriental beauty secret of the tamarind scrub, famous for its richness in plant acid and vitamins. Its extract features outstanding properties to brighten and purify. The scrub is used for deep cleansing to provide a natural glow. It draws out toxins and impurities, making the skin soft while preventing pigmentation. The oriental scent clears both the mind and body.

- Floral Foot Ritual ● Tamarind Scrub

GREEN TEA SCRUB

45 MIN

1,000

This scrub purifies your skin with the power of the antioxidant and anti-inflammatory properties of green tea. It gently removes dull surface skin cells to allow more effective absorption of the moisturizer, leaving your skin purified, smooth and revitalized.

- Floral Foot Ritual ● Green Tea Scrub



LEN BE BEAUTY (BODY WRAPS)

การพอกผิวกายเพื่อสุขภาพ

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COCONUT WRAP

60 MIN

1,100

Envelop your body in this coconut wrap to nourish your skin with nutrient-rich Vitamin E. The coconut will help heal and cool your skin while the essential oil soothes and nourishes. This is suitable for sensitive and sun-kissed skin.

- Floral Foot Ritual ● Coconut Wrap

GREEN TEA WRAP

60 MIN

1,100

Cocoon your body and experience the powerful antioxidant properties of green tea. This wrap purifies and helps rid the body of toxins, while promoting healthy skin and natural beauty.

- Floral Foot Ritual ● Coconut Wrap

ALOE BODY WRAP

60 MIN

1,100

This cooling and calming treatment helps heal, soothe and reduce skin temperature. The aloe vera helps your skin to feel soft and smooth. This is an ideal treatment for sunburnt skin or after excessive sun exposure.

- Floral Foot Ritual ● Aloe Body Wrap



SPA ETIQUETTE

ข้อกำหนดและเงื่อนไข ก่อน ระหว่างและหลังการรับบริการ

OPERATING HOURS

Len is open daily from 10:00 AM to 8:00 PM. The last treatment finishes at 8:00 PM

ARRIVAL TIME

To fully enjoy your spa experience, please arrive 15 minutes prior to your scheduled appointment to allow time to check-in, complete the health assessment form and relax in our tranquil surroundings before starting treatment. For the best results and to relax and prepare your body for treatment, we encourage you to shower prior to coming to the spa.

LATE ARRIVAL

Please plan your spa experience carefully as all treatments begin at the scheduled time. Arriving late will decrease the time of your treatment, but the full treatment cost will still apply.

NO SMOKING

To keep the spa a healthy and smoke free environment for all guests, smoking is not permitted.

ATTIRE

We recommend wearing comfortable clothing or spa attire. Disposable undergarments are provided for those having a body treatment. To avoid any discomfort during the treatment, please remove contact lenses prior to entering the spa.

MEDICAL CONSIDERATIONS

Guests who have a health condition such as an injury, high blood pressure, heart condition, allergy, are pregnant or have any other medical complication are advised to consult their doctor before signing up for any treatments. Please notify our spa receptionist when making a reservation of any existing medical conditions or concerns you may have which could affect your treatment.

VALUABLES

To prevent any loss or damage, it is recommended that you leave all valuables in the safe deposit box in your room. The spa will not be responsible for any loss of, or damage to, valuable items while at the spa. A jewelry box is also available in the spa treatment room.

COMFORT

During any treatment, you should inform your massage therapist about your comfort level regarding room temperature, massage pressure, music volume, or lighting.

Please note that it is a breach of spa etiquette to initiate suggestive dialogue or engage in inappropriate behavior at any time while at the spa or during treatment. If this occurs, the therapist has the right to end the treatment immediately and inform management.

SANCTUARY OF PEACE

So that everyone can enjoy the tranquil and peaceful environment of the spa, please keep noise to a minimum and respect the comfort and privacy of other guests by turning off your mobile phone.

CANCELLATION

A four-hour notice of cancellation is required to avoid a charge. This amount of time will allow the spa to re-book another guest for your appointment time and make another reservation for you, subject to space availability. A cancellation less than four hours in advance will incur a 50% cancellation fee. The full charge will be imposed for a 'no show'.

PAYMENT METHODS

The spa accepts all major credit cards and cash. Hotel guests may charge the cost of all treatments to their room.

GRATUITY

Personal gratuities are at your discretion.

ADDITIONAL RECOMMENDATIONS

Guests are advised not to sunbathe after an aromatherapy treatment. Male guests are advised to shave four hours prior to a facial treatment to ensure that maximum results are achieved.

All prices are quoted in Thai baht and are inclusive of service charge and VAT.

To make a reservation, please call '7500' to contact Spa SAiiLanders or download our SAii digital application ([Len Be Well](#))