

Sukko Spa Menu

Sun Story

Sunshine is necessary to promote both physical and emotional well-being; lifting the mood and spirit whilst helping the body gain life-essential vitamin D. But when you over-dose these spa sessions are the answer.

The ultimate answer to rejuvenating your sunburn skin is spa-ing with synergistic blending of Aloe Vera, soothing essential oils, a chlorophyll wrap using Spirulina algae and a healing touch. All offering the earthen magic to encourage healing of damaged tissue, sooth the muscles, cool the skin and calm the mind after spending a good time in the sun.

After Sun Care (120 min.)

- Aloe cooler body wrap
- Bye Burn aromatherapy body massage
- Princess of aloe after sun Care facial treatment
- Floral Water Body Spray
- Thai Herbal Tea and Healthy snack

Sun Shine Holiday (180 min.)

- Aloe cooler body wrap
- Sukko Body Massage
- Princess of aloe after sun Care facial treatment
- Floral Water Body Spray
- Thai Herbal Tea and Healthy snack

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A Touch of Glamour

The outer appearance is a reflection of the beauty within, the fruit of emotional well being. The pleasure of doing something good for the body also flatters the soul. Thus, spoiling yourself in a glamorous spa session does not only promote beauty but extends to your self-confidence and charisma.

Add these fabulous sessions for a touch of glamour. Being pampered both body and soul with the Thai healing legacy. Therapeutic massages and indigenous herbs are used to nourish and rejuvenate the skin and soul. Come experience the benefits of the healing properties of nature, relying on its life force to deliver goodness and see the wonders it can do for you.

Lady's Secret (120 min)

- Thai Turmeric body scrub
- Aromatherapy Body Massage
- Thai Herb Purifying Facial Treatment
- Floral Water Body Spray
- Thai Herbal Tea and Healthy snack

Her Sugar Spa (180 min.)

- Golden Sugar Body Scrub
- Floral Milk Bath
- Aromatherapy Body Massage
- Aloe Duo After Sun Facial Spa
- Floral Water Body Spray
- Thai Herbal tea and Healthy snack

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Traditions of Balance

Traditional Thai medicine regards good health as the result of a harmonious balance of elements and energy. Nature- our own body is the best healer and we aim to strengthen that inner balance so that healing takes place naturally and effectively.

Activities, lifestyles, emotions, certain kinds of food and weather conditions can disturb the balance of elements and energy. Heat, herbs, bath and traditional massages are the holistic remedies that instill a sense of mental and physical harmony.

When energy flows and elements are in balance health is maintained, youthfulness is preserved, self-healing is promoted and well-being is restored.

Energy Rebalance (150 min)

- Herbal Salt body scrub
- Thai massage
- Sukko Stimulating Foot Massage
- Floral Water Body Spray
- Thai Herbal Tea and Healthy snack

Down To Earth (180 min)

- Herbal Salt body scrub
 - Floral Milk Bath
 - Sukko Thai Ayurvedic body massage
 - Floral Water Body Spray
- Thai Herbal Tea and Healthy snack

Hot Herb Rejuvenation (180min)

- Thai Turmeric body scrub
- Floral Milk Bath
- Exclusive 'Hot Herb' Thai Ayurvedic Massage
- Floral Water Body Spray
- Thai Herbal Tea and Healthy snack

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Chill-Out

Tight budgets, impossible deadline, a long time at VDU and poor diet combine to load you down with stress. If not handled well, stress becomes a problem that can impact virtually every aspect of life. Burn-out, fatigue, stress-related illness and insomnia are all the result of stress overload.

Let's chill out. Sukko Spa shares the quick-fix ways of tranquility to return your mind and body to a state of serenity. With the superb mixture of relaxants from the nature and healing touch from traditional massage, these leisurely spa sessions will help release the stress in you, reduce the symptoms of overload and promote deep relaxation.

Coffee Relaxing (120 min)

- Thai Boran Coffee body scrub
- Floral Milk bath
- Thai massage
- Floral Water Body Spray
- Thai Herbal Tea and Healthy snack

His Coffee Spa (180 min)

- Thai Boran Coffee body scrub
- Floral Milk bath
- Aromatherapy Body Massage
- Sukko Stimulating Foot Massage
- Floral Water Body Spray
- Thai Herbal Tea and Healthy snack

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Potent Purification

Unhealthy habits or casual neglect can leave the body tissues in a state of toxicity. When your energy levels are low, creativity and productivity decreases, the immune system is weak and the complexion dulls, you are in real need of purification. Nutritional balance in a pleasurable yet healthy diet and cleansing spa sessions are the solutions.

Powerful detoxifier Spirulina algae, marine seaweed, purifying essential oils accompanied by therapeutic bath and acupressure massage will deeply cleanse and totally detoxify both body and mind. By combating the effects of toxin over-load, water retention is relieved, sluggish circulation is improved, the appearance of cellulite is lessened and the mind is energized. The whole system is empowered and back on the path to optimal health.

Jet Lag Away (120 min)

- Herbal Salt body scrub
- Spirulina Detoxifying bath
- Aromatherapy body massage for morning arrival or night arrival
- Floral Water Body Spray
- Thai Herbal Tea and Healthy snack

Cellulite Solution (120 min)

- Wholesome Sea Detoxifying body wrap
- Spirulina Detoxifying bath
- Cellu-Fighting aromatherapy body massage
- Floral Water Body Spray
- Thai Herbal Tea and Healthy snack.

By The Sea (180 min)

- Herbal Salt body scrub
- Spirulina Detoxifying bath
- Sukko body massage
- Floral Water Body Spray
- Thai Herbal Tea and Healthy snack.

Seaweed Detox (180 min.)

- Wholesome Sea Detoxifying body wrap
- Spirulina Detoxifying bath
- Aromatherapy body massage
- Aloe Duo After Sun Facial Spa
- Floral Water Body Spray
- Thai Herbal Tea and Healthy snack

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Joy of Love

Love is the life's greatest blessing. Creating an atmosphere of love in your heart and concentrating on bringing more love, friendships and beauty into your life are the source of all healing!

"Joy of Love" spa session is the tip for bringing love into your life. Being pampered from top to toe by healing touch, sweet fragrance of tropical flowers and sensuous scent of aromatic oil will aid in relaxation and expansive thoughts of love on a special holiday, the day you celebrate your love.

A Bouquet of Love (180 min.)

- Thai Boran Coffee Body Scrub
- Rose of Love Aromatic Bath
- Jasmine Night Sukko body massage
- Floral Water Body Spray
- Thai Herbal tea and Healthy snack

The Luxury of Royal Thai Silk

First revealed to the world by Sukko Spa, Thai silk is not only luxuriously luscious on your skin, but also offers you a youthful complexion. Rich in essential amino acids and antioxidants, this golden silk powder will boost the formation of collagen and elastin fiber and counteract signs of aging.

Senses of Silk (180 min)

- Thai Turmeric Body Scrub
- Royal Thai Silk Body Mask
- Floral Milk Bath
- Aromatherapy Body Massage
- Exclusive Royal Thai Silk Facial Treatment
- Floral Water Body Spray
- Thai Herbal tea and Healthy snack

Silky Paradise (180 Min)

- Thai Turmeric Body Scrub
- Floral Milk Bath
- Aromatherapy Body Massage
- Exclusive Royal Thai Silk Facial Treatment
- Floral Water Body Spray
- Thai Herbal tea and Healthy snack