

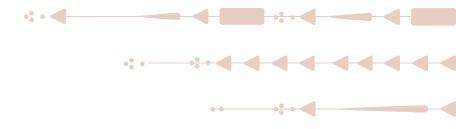
From the moment you walk through our doors, you will feel something extraordinary. Each of our CORE wellness has a unique personality, inspired by the most serene corners of the world, blending timeless elegance and recognizable tradition, unique only to the kingdom.

This space is where elegance, innovation, and a holistic approach to your wellbeing come together to create an atmosphere unlike any other.

From signature CORE treatments, and carefully chosen massages, to luxury facial and body treatments, we promise to elevate your mind, body, and soul.

Whether you enjoy the traditional spa techniques or our science and technology-based treatments, our team will guide you through every moment of your journey with us. CORE wellness isn't just the spa — it's a community, a lifestyle, and a commitment to those who seek the very best, to those who seek the soulful experience.

Experience wellness like never before - welcome to CORE Beach Resort!



Every treatment is thoughtfully tailored to your goals and aspirations. Look for these icons next to each of our services to help you choose which one complements and enhances your personal wellness needs.



WEIGHT MANAGEMENT

If you are looking to either lose weight, gain weight or maintain your optimal weight.



PEAK PERFORMANCE

If you are wishing to enhance your training and have your body perform at its optimal level.



REGENERATION

If you are wishing to destress, realign and let your inner body rejuvenate & grow.



APPEARANCE

To enhance your natural beauty.

•••

Between our luxurious treatment rooms, vitality areas, and relaxation spaces, you will find the peacefulness you are looking for to unwind, recover, and revitalize. To further enhance your spa experience, we recommend that you begin with a traditional spa journey in our vitality area. Expel toxins from your body, by spending time in our sauna, steam and hydrotherapy pool, this will open your airways and skin pores whilst warming up your muscles. Follow this with our cold plunge and ice fountain room for a refreshing experience leaving you feeling rejuvenated. The perfect way to prepare or relax your body as part of the ultimate CORE wellness experience.

SWEDISH MASSAGE м 💿

The Swedish body massage is a combination of many different techniques rolled into one session. Your therapist will utilise smooth long strokes, with light to moderate pressure, helping to reduce stress, relax muscles, improve circulation, and stimulate the skin and nervous system.

60 min | <u>兆</u> 650 - 90 min | <u>兆</u> 800

DEEP TISSUE MASSAGE 🗹 💿

Designed to target deep-seated muscle tension, this therapeutic massage technique uses firm pressure and slow strokes to alleviate stress and release chronic knots. Your therapist will customize the massage to your specific needs, focusing on areas of tension and restoring your body's balance and vitality.

60 min | <u>非</u>750 - 90 min | <u>非</u>900

HEAD, NECK & BACK MASSAGE ៅ 💿 🧆

Let yourself melt away with this deeply relaxing head, neck, and back massage targeting stress relief and key areas of muscle tension. Feel renewed and refreshed

30 min | 步 400

FOOT MASSAGE

Sit back and relax as you enjoy a decadent foot massage, designed to release tension in the lower legs and feet. A perfect treatment to help the body unwind, improve blood circulation, lower blood pressure, and rejuvenate tired feet. Excellent for after work or post travel.

30 min | <u><u>4</u> 400</u>

HOT SALT STONE MASSAGE ON QUARTZ SAND BED

Experience the ultimate in relaxation and healing with our signature Hot Salt Stone Massage, performed on a warm quartz sand bed. This deeply soothing treatment combines the therapeutic benefits of mineral-rich Himalayan salt stones with the gentle warmth and cocooning effect of the quartz, helping to release muscle tension, stimulate circulation, and restore inner balance.

60 min | <u>#</u>800 - 90 min | <u>#</u>920

LYMPHATIC DRAINAGE (2) 🚳 🍩 🤬

Using gentle, repetitive strokes to facilitate the movement of fluids around the body, helping to remove toxins from the body's tissues. This massage can also aid in the prevention of swelling after injury or surgery and is known to provide a major boost to the health of your immune system. Lymphatic drainage is very effective for cases of oedema and reduces cellulite. It is highly recommended as a treatment after flying, following illness and post pregnancy.

60 min | 步 750

AROMATHERAPY MASSAGE 🛛 🐼 👁

Combining the power of essential oils with massage therapy to de-stress and recharge. Using rhythmic strokes, the oils are absorbed through the skin, Your therapist will choose a personalised blend of oils to impart benefits to both your body and mind. These include improving your mood, soothing sore muscles and detoxifying the body

60 min | <u># 800</u>

INDIAN HEAD MASSAGE 🛛 🔊 🧆

This ancient methodical practice stimulates the reflex points of the feet, relaxing and rejuvenating each and every part of the body. Using kneading and activating techniques which metabolises and eliminates toxins, improves circulation, raises energy levels and calms the nervous system. It will help reduce anxiety and stress and dissipate tension throughout your entire body.

REFLEXOLOGY 💓 💿

This ancient methodical practice stimulates the reflex points of the feet, relaxing and rejuvenating each and every part of the body. Using kneading and activating techniques which metabolises and eliminates toxins, improves circulation, raises energy levels and calms the nervous system. It will help reduce anxiety and stress and dissipate tension throughout your entire body

60 min | <u>4</u> 800

CRYOTHERAPY (2) 🔊 🍛

Art of Cryo : Cryotherapy Chamber

Instantly feel the transformative effect of entering our sub-zero temperature whole-body cryotherapy chamber. This treatment creates full body rejuvenation, endorphin release, calorie burn and reducing inflammation and boosting cognitive function. You will see improvements in skin conditions and find a significantly reduced recovery time after workouts or injury.

15 min | <u>#</u> 400

DREAM POD

Step into a new dimension of relaxation with the Dream Pod — an advanced floatation therapy experience designed to calm the mind, relax the body, and reset the nervous system. By effortlessly floating in a warm, mineral-rich solution, your body enters a deep meditative state, reducing stress, improving sleep, and enhancing mental clarity. The ultimate escape into weightless serenity.

30 min | 步 400 - 90 min | 步 650

(f) (c) | @CORELIFE.OFFICIAL
(k) | @CORELIFE_GLOBAL
(k) | WWW.CORELIFE.FIT