# Spa Menu

## All treatments are available between 09:00am until 09:00pm

## Traditional Thai Massage

Full traditional body massage without oil: combination of gentle stretching and using acupressure techniques to improve the energy lines in your body.

You will feel renewed & reenergized.

60 min/1,200 THB 90 min/1,800 THB

## Thai Massage with Herbal Compress

Similar to the Thai massage but incorporates a warm pouch of steaming Thai herbs gently pounded against the body, which is very effective for sore and stiff muscles.

90 min/1,600 THB

### **Back & Shoulder Massage**

Relaxing massage therapy concentrating on the back, neck and shoulder muscles. The treatment is designed to relax and ease tension in the areas of the body where muscle problems most often occur.

60 min/1,200 THB 90 min/1,800 THB

# Oil Massage

Very effective in relieving muscle aches, tension and nervous fatigue. The essential oils from leaves, flowers and fruits stimulates blood and lymph fluid circulation.

60 min/1,400 THB 90 min/2,100 THB

# Aloe Vera Massage

Aloe vera stimulates skin rejuvenation, healing of wounds and treatment of sunburn. It is also used to help in relieving arthritis pain, improving blood circulation, reducing scarring, and has anti-inflammatory properties.

60 min/1,800 THB

# **Coconut Oil Massage**

Coconut oil is a safe solution for preventing dryness of skin. It also delays the appearance of wrinkles and sagging of skin which normally accompany aging. It also helps in preventing premature aging and degenerative diseases due to its well-known antioxidant properties.

60 min/1,600 THB 90 min/2,300 THB

### Foot Massage

Ancient method of massage, using acupressure points on the reflex zones to improve blood circulation and helping to treat a wide range of different illnesses.

60 min/1,200 THB

### **Head Massage**

Very effective in relieving mental fatigue and headache. It also improves your hair and scalp condition, increases oxygen to the brain, encourages body to rest and relax.

60 min/1,400 THB

## Thai Herbal Body Scrub

Remove your old and dead skin, by using anti-oxidants and a combination of honey, yogurt, milk and Thai herbal. It exfoliates and softens the skin leaving it looking smooth.

60 min/1,400 THB 90 min/2,100 THB

## **Sport Massage**

Sports massage is a popular form of treatment, a deep tissue muscle massage. Getting a regular sports massage also forms part of many athletes injury prevention strategy.

60 min/1,800 THB



All prices are net (7% tax & 10% service charge included).