



MASSAGES

Anti-stress

The perfect introductory oil massage, for those who are high on stress or are short of time; focusing on the back, neck and shoulders to relax this particularly tension-filled area.

✦ *Duration : 30 mins Bht. 700.00++*

Indian Head

Start off with a relaxing sensation as warm virgin oil is poured on the scalp, followed by an invigorating head massage. Not only is this massage relaxing, but it also nourishes the scalp and hair follicles.

✦ *Duration : 30 mins Bht. 700.00++*

Boran or Thai Massage

Originating some five thousand years ago, this Thai massage, is performed on the application of pressure, gentle stretching of the muscles, and acupressure to stimulate the energy meridians of the body.

✦ *Duration : 60 mins Bht. 1,100.00++ / 90 mins Bht. 1,400.00++ / 120 mins Bht. 1,900.00++.*

Swedish

An invigorating and relaxing massage that helps reduce stress soothes sore muscles and refines circulation.

✦ *Duration : 60 mins Bht. 1,500.00++ / 90 mins Bht. 2,000.00++*

Sport

An absorbing muscle massage that combines all forms of massage to loosen tight muscles.

✦ *Duration : 60 mins Bht. 1,500.00++ / 90 mins Bht. 2000.00++*

All of the above rates are subject to 10 % service charge and relevant current Government tax applications



MASSAGES

Aromatic

Our massage uses palms and fingertips to apply pressure that flow rhythmically from one to the other to stimulate blood circulation, relieve tightness and promote relaxation. The oil enriches the skin and combines with the massage techniques to refresh and renew the body.

✦ *Duration : 60 mins Bht. 1,500.00++ / 90 mins Bht. 2,000.00++*

Fusion

Our signature massage is a combination of various massage techniques. Involving varied pressure techniques and muscle stretching to loosen tight muscles and reduce fatigue whilst improving circulation.

✦ *Duration : 90 mins Bht. 2,200.00++*

Lymphatic Drainage Massage

This massage for detoxifying increases blood and lymphatic circulation. Ideal for anyone on our detox; this is a special massage performed with detoxifying blend of pure natural oil to gently stimulate and heal the body system.

✦ *Duration : 90 mins Bht.2,200.00++*

Pregnancy Nurturing Massage

The nine-month journey is a special time; connecting with the mother through the power of touch, working with two heartbeats as one. Combines tried and tested safe pregnancy massage techniques adapted to each stage of pregnancy. The massage includes the whole body excluding the abdominal and lower back and it helps to relieve tension in lower and upper back and alleviate any swelling in the feet while easing the mind and uplifting the spirit.

✦ *Duration : 90 mins Bht. 2,200.00++*

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MASSAGES

Hot Stone Massage

Smooth, water- heated basalt stones of varying sizes are rubbed and placed on key points of the body. The direct heat relaxed muscles and uses traditional strokes of Swedish massage of a deeply soothing, relaxing massage.

✦ *Duration : 60 mins Bht. 2,200.00++ / 90 mins Bht.3,000.00++*

Foot Reflexology

The ancient Chinese art of healing using pressure point massage techniques, mainly on the feet to remove blockages, restores the flow of energy and addresses overall health problems. It works on the principle that the foot is a map of the body so reflex points on the feet correspond with our organs, glands and other body parts.

✦ *Duration : 60 mins Bht.1,200.00++*

Foot Spa

A pampering session; commencing with a foot soak in warm water with essential oils followed by sesame foot scrub that removes all rough and callused skin. Followed by foot mask with a freshly blended natural herbs. Continued by a slow and intense foot massage, and a sesame heat compress.

✦ *Duration : 90 mins Bht.1,900.00++*

Thai Herbal Heat Compress Massage

A traditional herbal recipe of steaming plai, tamarind, turmeric, bergamot, camphor and lemon grass in a cotton poultice that is applied directly to the body. Through massage, the herbs will penetrate the skin and relax aching muscles.

✦ *Duration : 60 mins Bht. 1,900.00++*

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BODY SCRUBS

Natural Thai Herbal Scrub

A refreshing natural scrub of plai, honey, tamarind and bergamot to soften and rejuvenate the skin, followed by a lotion massage.

✦ *Duration : 60 mins Bht.1,600.00++*

Coffee Scrub

This exfoliation ritual invigorates the skin and energizes your body. An exhilarating scrub blend that stimulates and refreshes while cleaning away dead skin. The treatment will finish with a soothing body lotion leaving the skin feeling clean and soft.

✦ *Duration : 60 mins Bht.1,700.00++*

Chocolate and Almond Scrub

For centuries, Chocolate has magic to induce a state of self-satisfaction and well being. Once eaten the active ingredients of the Chocolate induces a feeling of satisfaction as various mood-elevating endorphins are released into the brain. While Chocolate is rich in fats it is also rich in essential nutrients like vitamin B, B2, potassium, magnesium, calcium and iron. Complete with body lotion to moisturize your skin, a soft glowing appearance is the result.

✦ *Duration 60 mins Bht.1,700 ++*

Honey & Sesame Seed Scrub

An invigorating rather than relaxing route to soften skin. This body scrub ritual from Thailand exfoliates and polishes the body leaving the skin soft and shiny. When soaked Sesame Seed with Honey is applied on the body, your skin is nourished and moisturized. Responds well to all types of skin. Followed by a lotion massage to nourish and soften your skin.

✦ *Duration 60 mins Bht. 1,700 ++*

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BODY SCRUBS

Herbal Back Clean

An area we don't often see, or even think about most of the time. Your back can be an overlooked part of the body where the skin becomes clogged, dry and neglected. Using a mask with premium grade Thai herbal, combined with cleansing oriental massage techniques, this treatment acts like a facial for the back, helping to cleanse and replenish, leaving your skin radiant and glowing (include a back massage)

🌿 *Duration 75 mins Bht. 1,700 ++*

Ao Thai Salt Glow

Specially blended essential oils and freshly grounded salts stimulate and cleanse the skin's pores; followed by a lotion massage that leaves one's skin as smooth as silk.

🌿 *Duration :60 mins Bht. 1,600.00++*

Natural Thai Herbal Polish

An aromatic blend of Thai herbs that serves to stimulate one's senses as it exfoliates away dry, roughened skin generating a softer appearance.

🌿 *Duration :60 mins Bht. 1,600.00++*

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BODY WRAPS

Natural White Mud Body Wrap

A white mud, yoghurt, and turmeric nourished the skin, warm herbal wrap to increase circulation.

✦ *Duration : 60 mins Bht. 1,900.00++*

Chocolate Body Wrap

Chocolate is now recognized for its anti-aging and toning properties, Chocolate rich in antioxidants for healing and overall wellness, soften your skin, plumps out wrinkles, tone the skin, plus endorphins, for mental uplifting.

✦ *Duration : 60 mins Bht. 1,900.00++*



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BODY WRAPS

Seaweeds Body Wrap

Our seaweed wrap is similar to the natural white mud wrap. The only real difference is that it's wrapped with a seaweed mud wrap that will increase your circulation.

Duration : 60 mins Bht. 1,900.00++

Sunburn Soother

Fresh aloe vera with natural ingredients which are renowned for their hydrating and soothing properties which are ideal for sun-burned, irritated and weathered skin. It cools down the skin and reduces the body temperature as it generates new cell growth.

Duration : 60 mins Bht. 1,900.00++



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FACIALS

Facial Treatment by Guinot product

Guinot Facial Treatments

Tiredness, Stress or passing time can contribute to loss of radiance. The complexion appears dull and congested. One Guinot Facial Treatment will remove dirt and dead cells and help the skin to breathe again. Facial Massage with Collagen and Ginseng extract to stimulate the blood circulation and make your skin tightened and firmed. Deep nourishing the facial with the mask cream and moisturizer according to the skin type. You will discover a fresh complexion, more beautiful and more radiant. Products made of exclusively selected plant extracts cater to our patrons' individual needs:-

- Soothing facial for sensitive skin
- Revitalizing facial for aged skin
- Nourishing and Radiance facial for dry skin
- Deep Cleanse and Purify facial for oily skin
- Lightening facial for pigmentation



 *Duration : 60 mins Bht.2,000.00++*

Guinot Facial For Men

A treatment to eliminate the impurities, dead cells and excess sebum that dull the complexion. This treatment will cleanse and freshen, brighten the skin.

- * To cleanse and exfoliate the skin by sodium laureth sulfate, coconut starch and microspheres of jojoba and silicon grains.
- * To purify and tighten pores by birch extract.
- * To moisturize and soften the skin by glycerin and microsphere of jojoba.

 *Duration : 60 mins Bht.1,900.00++*



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GUINOT
INSTITUT • PARIS

FACIALS

Hydradermie Facial Treatment

Through the application of galvanic current to remove dirt and grime from the deep layers of skin and iontophoresis to induce hydrating gels; this deep cleansing facial speeds up cellular renewal and is suitable for the following skin types:-

- Normal - Dry
- Combination - Oily
- Sensitive
- Aging
- Whitening

 *Duration : 75 mins Bht.2,500.00++*



Super hydradermie face, bust and décolleté treatment

A revolutionary treatment that revitalizes, firms and moisturizes one's most delicate areas through an extraordinary activation system that increases the absorption of skin care ingredients.

 *Duration : 120 mins Bht.3,000.00++*

Super Hydradermie Face, Neck and Eye Treatment

A three-in-one facial treatment to cleanse, nourish and rejuvenate; whilst alleviating the fine lines and wrinkles around the eyes.

 *Duration : 90 mins Bht.2,800.00++*

Bust Hydradermie Treatment

Hydradermie massage application is used to penetrate active ingredients into one of the most delicate and sensitive areas – providing firming, shaping and toning effects.

All of the above rates are subject to 10 % service charge and relevant current Government tax applications



BATHS

Extra indulgences

- Thai herbal steam
✦ *Duration : 30 mins 500.00++*
- Floral bath
✦ *Duration : 30 mins 750.00++*
- Herbal bath
✦ *Duration : 30 mins 750.00++*
- Hydrotherapy bath (Soak with healing salt)
✦ *Duration : 25 mins 800.00++*



A special hydrotherapy bathtub, where the pressure exerted by water jets massages the body, provides an experience of weightlessness and relaxation.

Benefits of Bath

Baths relieve general muscle tension and tiredness, improving the elimination of toxins and producing a general feeling of wellbeing.

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Packages

Honey Moon package

Beginning with a vitalizing aromatic floral bath and followed by body polish, fusion body massage and Indian head massage; this treatment is completed with an aromatic facial; an idyllic sensation for lovers.

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|-----------------------|-----------|
| - Floral bath | - 30 mins |
| - Body polish | - 45 mins |
| - Fusion massage | - 90 mins |
| - Indian head massage | - 30 mins |
| - Guinot facial | - 60 mins |

Duration **255mins - Bht 5,900.00++** per person

Free healthy drink one glass for each person



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Packages

Serenity

- Natural Thai herbal scrub - 45 mins
- Thai white mud wrap - 45 mins
- Thai massage - 60 mins

Duration 150 mins - Bht 3,600.00++



Bliss

- Herbal steam - 30 mins
- Thai herbal body scrub - 45 mins
- Swedish massage - 75 mins

Duration 150 mins - Bht 3,600.00++

Euphoria

- Hydrotherapy bath - 30 mins
- Body polish - 60 mins
- Fusion massage - 90 mins

Duration 180 mins - Bht 4,200.00++



Nirvana

- Hydrotherapy bath - 30 mins
- Thai white mud body wrap - 40 mins
- Aromatic massage - 80 mins
- Guinot facial - 60 mins

Duration 210 mins - Bht 5,300.00++

Azure

- Hydrotherapy bath - 30 mins
- Herbal heat compress - 45 mins
- Foot reflexology - 40 mins
- Hydradermie facial treatment - 75 mins

Duration 190 mins - Bht 5,100.00++



All of the above rates are subject to 10 % service charge and relevant current Government tax applications



Beauty

Hair Care

Thai Baht

Nails, Hands & Foot Care

- | | |
|------------------------------------|----------|
| • Manicure | 500.00++ |
| • Manicure with paraffin treatment | 800.00++ |
| • Pedicure | 650.00++ |
| • Pedicure with paraffin treatment | 950.00++ |
| • Polish change | 400.00++ |

Waxing

- | | |
|---------------|------------|
| • Legs - half | 800.00++ |
| • Legs - full | 1,400.00++ |
| • Bikini line | 1,400.00++ |
| • Under arm | 800.00++ |
| • Upper lip | 300.00++ |
| • Arms | 800.00++ |
| • Back | 1,800.00++ |
| • Chest | 1,800.00++ |
| • Eyebrows | 300.00++ |
| • Chin | 300.00++ |

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