



# Treatments

## BODY MESSAGES

### **Swasana Massage**

**90 min THB 2,500**

The Swasana is our signature massage. It is a blend of Asia's three most popular massages - Balinese, Thai and Malay.

### **Thai Traditional Massage**

**60 min THB 1,500 / 90 min THB 1,900**

This is an ancient art of body therapy for relaxing, energizing and transformation. It involves interactive manipulation of the body using passive stretching and gentle pressure along energy lines without the use of oil. This firm massage increases flexibility, relieve muscular and joint tension, stimulate internal organs and balances the body and energy systems.

### **Aromatherapy Massage**

**60 min THB 2,100 / 90 min THB 2,500**

This massage combines the sense of smell with the healing power of touch. Combining the best of Eastern aromatic oils and western body massage techniques to soothe nerve endings, calm, relax and increase metabolism.

### **Balinese Massage**

**60 min THB 2,100 / 90 min THB 2,500**

Passed on from generation to generation, this massage combines stretching, long strokes, skin rolling as well as palm and thumb pressure techniques. The deep penetration of blended pure essential oil, heightened by the firm but gentle touch of the therapist improves the circulatory, lymphatic, muscular and nervous systems.

### **Deep Pressure Massage**

**60 min THB 2,300 / 90 min THB 2,700**

This massage is deep tissue technique. Highly recommended for those who prefer a strong massage or have a specific muscular problem area.

### **Hot Herbal Compress Massage**

**90 min THB 2,700**

Experience a real aromatic Thai treat using special blended Thai herbs ingredients for hot herbal compresses to relieve aches and pains. Excellent for muscular tension, to promote healthy circulation and tone the skin.

### **Hot Stone Massage**

**90 min THB 2,900**

Smooth, warmed lava stones glide across your body in long flowing strokes. The heat helps to relax the muscles and has a soothing effect on your emotions. Simultaneously, additional warmed stones are placed on the body's various energy points to encourage the body's natural healing ability.