


Vana spa




vana spa

INTRODUCTION TO VANA SPA

Vana Spa offers a healing and inspiring story, inspired by the mythical story of the legendary Himavanta (Pronounced Hi-ma-pan) forest. Vana Spa provides a sanctuary of healing and rejuvenation for its inhabitants, through restoring and cleansing treatments that not only soothe the senses but complement the flora and fauna spirits channeled from within the Himavanta forest. Paying homage to four Thai mythological heroines named Manorah, Matthana, Rodjana and Busaba, Vana Spa implements treatments, rituals and opulent elements deeply rooted in Thailand's rich culture. The story conveyed by skillful therapists through premium local ingredients ensure an authentic, pampering and luxurious experience.

VANA SPA OPENING HOURS: 10:00 AM – 08:00 PM



SIGNATURE TREATMENTS

SIAM BORAN SIGNATURE - THB 5,700 / 120 Minutes

Designed to rejuvenate the body and mind, inspired by authentic Thai culture and an array of natural ingredients such as local leaves, flowers and herbs blended with luxurious oils will provide a truly indigenous experience. Includes: Authentic Thai body scrub, combination of three Thai massage techniques, oil and herbal body compress.

SIAM BRILLIANCE BODY SCRUB - THB 3,600 / 60 Minutes

The secret of beauty in Thai's skin is carefully selected raw ingredients that provide a nurturing quality. With ingredients such as glutinous rice flour which ensures purification and nourishes the skin.

SIAM HEALING MASSAGE - THB 4,000 / 90 Minutes, THB 5,100 / 120 Minutes

A perfect assembly of three traditional massage techniques designed to rejuvenate the body and mind. Inspired by local Thai culture the traditional ingredients blended with luxurious oils will provide a truly indigenous experience.

TRADITIONAL RITUAL TREATMENT

MANORAH'S RADIANT GLOW - THB 7,300 / 150 Minutes

Includes: Glod Nourishing Body Scrub, Deep Tissue Massage, Moringa Organic Facial.

RODJANA'S REJUVENATION RITUAL - THB 7,300 / 150 Minutes

Includes: Luxurious Herbal Steam, Inner Peace Relaxing Massage, Traditional Head Massage.

BUSABA'S JAVANESE RITUAL - THB 7,300 / 150 Minutes

Includes: Floral Milk Bath, Sea Salt Body Scrub, Thai Herbal Compress.

MATTHANA'S RENEWAL RITUAL - THB 7,500 / 150 Minutes

Includes: Authentic Thai Body Scrub, Swedish Massage, Radiance Facial Treatment.



REJUVENATING COUPLES TREATMENTS

HIMAVANTA INFINITY RETREAT - THB 14,500 / 180 Minutes, THB 17,000 / 210 Minutes

Includes: Traditional herbal steam, your preferred body treatment, milk bath ritual, your preferred massage, your preferred facial treatment and an in spa afternoon tea treat.

TRADITIONAL THAI THERAPIES

TRADITIONAL THAI MASSAGE - THB 3,100 / 60 MINUTES, THB 3,500 / 90 Minutes, THB 3,900 / 120 Minutes

Traditional Thai massages promote the circulation of blood through the use of gentle stretches which fills the body's tissue with oxygen. This helps promote cell growth and heart health.

THAI PRA KOP MASSAGE - THB 3,900 / 90 Minutes, THB 4,200 / 120 Minutes

Thai Pra Kop Massage introduces therapeutic herbs like Prai, Ginger, Turmeric and Lemongrass wrapped in a compress, steamed and applied to the body in gentle circular and rolling movements to reduce stress and anxiety.



AROMATHERAPIES

HOT STONE OIL MASSAGE – THB 5,200 / 90 Minutes

Unshackle yourself from muscular stress with gentle massage that employs hot Basalt stones relieving tensions and soothing aches.

RELAXING INNER PEACE MASSAGE – THB 3,200 / 60 Minutes, THB 3,500 / 90 Minutes

A stress and anxiety relieving treatment that employs aromatic essential oils generously applied over the body using light and flowing movement promoting a state of pure calm.

REJUVENATING SWEDISH MASSAGE – THB 3,200 / 60 Minutes, THB 3,500 / 90 Minutes

A comforting and relaxing treatment that embodies traditional kneading and frictional movements promoting relaxation and improved circulation of blood.

LOMI LOMI MASSAGE – THB 3,500 / 60 Minutes, THB 3,900 / 90 Minutes

A rhythmic technique through the use of the palms, forearms and fingers transfused with traditional Thai herbal oil to restore the balance and soothe muscle tension.

DEEP TISSUE MASSAGE – THB 3,800 / 60 Minutes, THB 4,200 / 90 Minutes

Deep tissue treatments focus on realigning deeper layers of muscles and connective tissue. Highly focused on areas that present stiffness and soreness to reenergize the body and release stress and anxiety.



FOCUSED MASSAGE THERAPIES

BACK, NECK AND SHOULDER STRESS RELIEVE – THB 3,200 / 60 Minutes

This effective massage targets deep aches and pains with a tailored massage specific to your needs.

HEAD MASSAGE – THB 3,200 / 60 Minutes

This soothing yet energizing head massage combines pressure points, shoulder massage, rubbing on ears technique to relieve sleeplessness and fully embodies the power of essential coconut oils.

ORIENTAL THAI FOOT MASSAGE – THB 2,800 / 60 Minutes

An ancient therapy renowned for linking reflexology on the feet to specific parts of the body.

This massage brings relief from pain and stress by deeply kneading on the reflexive points promoting a healing experience.

FULL BODY TREATMENTS

APRICOT SEED SCRUB – THB 3,400 / 60 Minutes

The gentle apricot seed and rich honey provide lasting moisture to skin while fresh cucumber ensures a visible radiance.

COCONUT SCRUB – THB 3,400 / 60 Minutes

A nourishing exfoliation treatment that uses finely ground coconut mixed with natural oil to gently remove dead skin cells, leaving your skin smooth, soft, and deeply hydrated. Rich in antioxidants and essential fatty acids, this scrub revitalizes the skin, boosts moisture, and provides a tropical glow. Perfect for all skin types, especially those needing extra hydration and radiance.

SOOTHING ALOE VERA AFTER SUN TREATMENT – THB 3,600 / 60 Minutes

A clarifying and moisturizing experience for body and mind. The soothing properties of Aloe Vera and Honey guarantee the skin with needed nourishment after sun exposure. The body mask is coupled with an intensively hydrating face mask from the fresh cucumber to optimally rejuvenate the skin.



FACIAL TREATMENTS

PERFECT RADIANCE FACIAL TREATMENT – THB 3,600 / 60 Minutes

A facial treatment infused with tomato extract rich in antioxidants to nourish the skin, enhance radiance and support anti-aging

LUXURY HYDRATION FACIAL TREATMENT – THB 3,600 / 60 minutes

A facial treatment designed to hydrate and deeply rejuvenate the skin featuring gentle exfoliation followed by a nourishing mask and intensive care to restore plumpness. Ideal for dry skin and suitable for all skin types.

ORGANIC FACIAL TREATMENT

MORINGA REJUVENATING FACIAL – THB 3,500 / 60 Minutes

A unique rejuvenating facial treatment, using our signature Pure Moringa Oil that has healing benefits. Incorporating the use of a Clear Crystal Gua Sha and finger massage to improve elasticity, reduce appearance of finelines, naturally “lift” and bring back the “glow”. The treatment includes a cleansing, toning and gentle jasmine rice scrub. After, a brightening moringa clay mask and the use of an ancient technique of Gua Sha to detox the skin and improve skin health.

ADDITIONAL SERVICES

TRADITIONAL HERBAL STEAM – THB 1,000 / 30 Minutes

Experience the natural power of traditional herbal steam in one of our steam rooms.

TRADITIONAL MILK BATH – THB 1,500 / 30 Minutes

Experience the natural power of a traditional milk bath.

ORGANIC MORINGA CLAY MASK – THB 1,500 / 30 Minutes

Experience the natural goodness of our organic Moringa Clay Mask.

The treatment includes cleansing, followed by an organic Moringa clay mask, and completed with Gua Sha and roller therapy.

3-Day Wellness Retreat: A Therapeutic Wellness Journey

SERENITY HEALING RETREAT - THB 9,900 / Person

DAY 1 - Deep Relaxation & Energy Balance: 30-minute Sound Healing with Singing bowl & 60-minute Aromatherapy massage

Begin your journey with calming sound vibrations to rebalance energy, followed by soothing aromatherapy massage to ease muscle tension and promote deep relaxation.

DAY 2 - Traditional Body Alignment: 90-minute Traditional Thai Massage

Experience authentic Thai stretching techniques to improve flexibility, release stiffness, and restore natural body alignment.

DAY 3 - Detox & Refresh (healthy juice): 30-minute steam, served with health juice (apple & lime), and a 60-minute head massage

Rejuvenate your body with a refreshing detox juice, relax in a steam session to open the pores and improve circulation, and complete your retreat with tensions- relieving head massage for total renewal.



SPA ETIQUETTE

SPA RESERVATIONS

It is highly recommended that you reserve your treatments in advance.

Our spa reception will ask for your credit card details or room number to secure your reservation.

PRE-ARRIVAL

Please arrive at least 15 minutes prior to your treatment time. Please avoid eating a heavy meal, consuming alcohol and sun bathing prior to treatment as this may negatively impact your experience. Arriving late for your spa services will not guarantee a full treatment time however, we will do our best to accommodate where possible.

LOSS OR DAMAGE

The management accepts no responsibility for the loss or damage of guests belongings brought onto the hotel and spa premises.

HEALTH CONSIDERATIONS

Please do always disclose health information to our therapists. Our therapists may provide options for alternative treatments may health concerns arise or if treatments would not be suitable for any conditions disclosed.

SPA ENVIRONMENT

At Vana Spa we strive to provide you with the most relaxing and soothing spa experience from the moment you arrive to the moment you leave. Kindly note that this is a non-smoking facility. In order to ensure that Vana Spa is a tranquil environment, please switch off your mobile phone during your spa visit.

CANCELATION POLICY

We request that you cancel your reservation at least 1 day before your appointment time. If the cancellation is made less than 1 day prior to the treatment or in case of no show the spa reserves the right to apply a 100% cancellation fee. All promotional packages and product are non-refundable.

ADULT ONLY FACILITY

Vana Spa is an adult only facility available to guests over the age of 18 years.

To ensure a safe and tranquil atmosphere, children will not be granted access.