

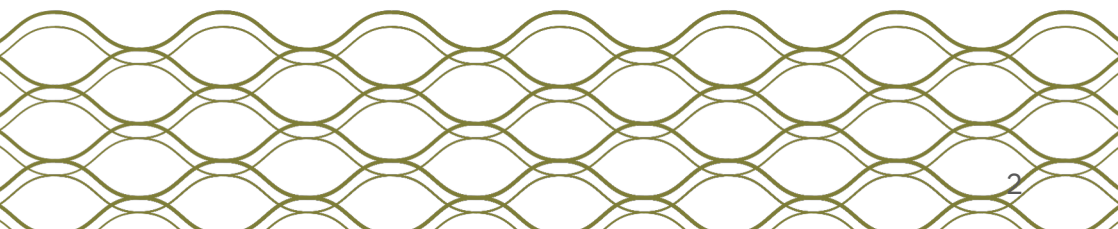
# *Vana spa*



## 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 and facial 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.

Prices and treatments are subject to change without notice All prices in Thai Baht (฿) and are subject to 10% service charge and 7% VAT



## TRADITIONAL RITUAL TREATMENT

### MANORAH'S RADIANT GLOW

THB 6,900 / 150 Minutes

Includes: Herbal steam, authentic Thai body scrub and a deep tissue massage.

### RODJANA'S REJUVENATION RITUAL

THB 6,900 / 150 Minutes

Includes: Natural after sun face and body mask, luxurious aromatherapy massage and a traditional head massage.

### BUSABA'S JAVANESE RITUAL

THB 6,900 / 150 Minutes

Includes: Natural milk bath, traditional Thai foot massage and a restoring hot stone massage.

### MATTHANA'S RENEWAL RITUAL

THB 7,300 / 150 Minutes

Includes: Authentic Thai body scrub, Swedish massage and a natural facial radiance 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.

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# 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.

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# AROMATHERAPIES

## HOT STONE OIL MASSAGE

THB 5,200 / 90 Minutes

Unshackle yourself from muscular stress with a 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 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 3,200 / 60 Minutes

THB 3,500 / 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.

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## FOCUSED MASSAGE THERAPIES

### BACK, NECK AND SHOULDER STRESS RELIEVE MASSAGE

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.

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## 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 oils 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 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.

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## FACIAL TREATMENTS

### PERFECT RADIANCE FACIAL

THB 3,500 / 60 Minutes

An intense facial treatment that brightens, hydrates and gives a radiant glow to your skin.

### THAI FLORAL FACIAL

THB 3,200 / 60 Minutes

A traditional facial utilizing the natural antioxidants and healing properties of local ingredients to create a refreshing and moisturizing experience.

## ORGANIC FACIAL TREATMENTS

### 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 fine lines, 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.

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## 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 REJUVANATE FACE MASK

THB 1,500 / 30 Minutes

Experience the natural organic face mask.

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## 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.