

Phra Nang Treatments

Queen of the Night (120 min.) **2,150**
 Blooms and gives scent in the night, Jasmine represents grace and elegance. This treatment is a complete spa experience using the sensual scent of jasmine, the queen of eastern floral.
 • Jasmine & Mint Body Scrub
 • Milk Bath
 • Body massage with Jasmine massage oil

Phra Nang Herbal (120 min.) **2,250**
 Based on the long heritage of Thai body massage, this treatment uses heat and herbal properties from the heat compress containing lemongrass, turmeric and plai to ease the muscle tension, follow by a full body massage to complete the Thai spa experience.
 • Thai Herbal Steam
 • Lemongrass Butter Scrub
 • Warm Herbal Compress
 • Massage with Lemongrass & Citrus oil

Tamarind Beauty (120 min.) **2,950**
 Tamarind has been a beauty secret for Asian women for a long time. Rich in vitamin C, it rejuvenates and promotes skin replenishment for a brighter, glowing skin. The additional papaya extract strengthens the benefit of tamarind while and shea butter nourish the skin
 • Tamarind salt scrub
 • Tamarind body mask
 • Full body massage with Tamarind Cream

Grape Beauty (150 min.) **3,200**
 Grape is known for its antioxidant property, our grape ranges are specifically formatted to detoxify the skin, stimulate circulation, promoting youthful skin as well as combat the appearance of water retention, leaving body feeling lighter and full of vitality.
 • Grape Milky Bath
 • Grape Beauty Scrub
 • Grape Beauty Body Mask
 • Full Body massage with Grape massage oil

Sun Soother (120 min.) **1,950**
 Coconut and Aloe Vera are well known in the tropic as the sunburn soother. Our after-sun care product is a special blend of pure coconut oil, aloe vera & cucumber extract to help cool and heal the skin after a long day (or week!) in the sun.
 • Relaxing Milk Bath
 • Gel Scrub
 • Coconut Body Mask/ Aloe Vera Gel Mask
 • Full body massage with coconut massage oil

Ginger Detoxification (120 min.) **2,450**
 Total detoxification through the use of hot ginger and Thai spices, this treatment is guaranteed to eliminate toxics and stimulate blood circulation.
 • Ginger Body Scrub
 • Ginger Body Mask
 • Massage with Ginger body oil

Phra Nang Spa A-La-Carte

Warming Up (include swimming pool access)
 3 hrs. Herbal Stream/Sauna **500**
 45 min. Herbal Stream/Sauna **300**

Glowing Skin Body Polish (Approximately 40 min.)
 Exfoliation is an extremely important step to healthy, glowing skin as it gets rid of dull/dead skin cells. All of our body polish uses natural exfoliating agent and are finished with a quick moisturizing cream/ oil application

Salt Scrub: Sea salt scrub enriched with natural oil and herbal extract, great for those who prefer a coarser exfoliating agent.
 • **Tamarind** **1,100**
 • **Black Sesame** **1,100**

A potent mixture of sesame seed, honey and sea salt, a great antioxidant and nourishment for dry skin
 • **Ginger Detox** **1,100**

Sugar Scrub: Fine sugar grains soaked in natural oil and herbal extract, make this a gentler exfoliation alternative for those with sensitive skin.
 • **Jasmine Mint** **1,100**
 • **Pomegranate** **950**

Cream/ Butter Scrub: Our creamy scrubs are especially made to soften, tone and nourish the skin.

• **Thai Rice** **1,250**
 Using highest quality jasmine rice & red rice grains as well as nutritious milk from young green rice.
 • **Lemongrass** **1,250**
 The combination of shea butter, and lemongrass extract helps nourish and tone the skin.

Gel Scrub: Gel Scrub is extremely moisturizing with cooling & healing properties. Grape seed, natural honey and chamomile in our gel scrub make this an ideal cooling scrub for sun-damaged skin.

• **Grape Beauty** **1,250**

Restorative Body Masks (Approximately 30 min.)
 Our body masks are natural with a mixture of herbs and minerals designed to beautify the skin. Detoxifying materials such as clay help to draw toxic and soften the skin, leaving it soft, tone and supple.
 • **Tamarind** **1,350**
 • **Ginger Detox** **1,250**
 • **Grape Beauty** **1,250**
 • **Coconut** **1,250**

Hand & Feet Treats
 Following the art of traditional Thai reflexology, our hand and feet massages are designed to help release ached and tension.

• **Hand & Feet Reflexology** (90 min) **900**
 • **Feet Reflexology** (60 min) **700**
 • **Feet Therapy** (75 min) **800**
 A 3-steps bliss for tired feet and legs, starting with herbal foot soak, follow with foot scrub and then finished off with a full hour relaxing massage for the feet and legs.

Body Treats

Traditional Massages
 Traditional Thai Massage is an ancient healing art, using pressure points and gentle stretching. Not only this full body massage is extremely relaxing, it is also very effective in improving circulation system, stimulate blood flow and enhance muscles flexibility. The warm herbal compress has been use for centuries by the Thais. It is packed with natural goodness of Thai herbs, aimed to ease muscle tension and to clear the mind with its aroma. It is recommended as an add-on treatment with Thai massage for the ultimate Thai spa experience.

• **Thai Massage** (90 / 120 min) **650 / 750**
 • **Herbal Compress** (Add on) **300**

Aromatherapy Massages
 All of our massage oils are 100% natural (rice barn, grape seed, olive & sweet almond oil), using pure essential oils with no added chemical, fragrance or alcohol. Please choose the scents and essential oil properties that best suite your needs.

Relaxing: Lavender & Eucalyptus
Refreshing: Lemongrass & Lemon
Rebalancing: Rice & Jasmine

Or choose from the following treatment oils
 Grape, Coconut or Ginger Detox

• **Aromatherapy Massage (7** **1,350**

Back, Neck & Shoulder

• **Back & Shoulder Massage** (60 min) **900**
 A great de-stress massage or a treat after a long flight, using massage oil of choice and massage movement designed to relieved tension in the back, neck and shoulder area.

Facial Treats (Approximately 60 min.)
 Our skincare products are of the highest quality, combining the use of Thai herbs, and essential oils. All of the facial treatments follow the 6 steps beauty ritual; cleansing, toning, exfoliating, stimulating massage, mask and moisturizing.

• **Claming & Purifying** **1,650**
 With the use of Lavender and Eucalyptus essential oil, this is a soothing treatment for all skin types.
 • **Toning & Firming** **1,850**
 An exotic facial with the beauty receipts pass down from generations of Thai women for a brighter and firmer, younger looking skin.

The Salon

• **Manicure** **200**
 • **Pedicure** **200**
 • **Nails Art (Price per nail)** **5-25**
 • **Wash & Blow Dry** **350**

Phra Nang Spa Policies

Service Hours:
 10 am – 10 pm Daily, last appointment at 9 pm

Reservation: To ensure that the treatment will be available to you at your desired time, we recommend you to make advance reservation, either through our front desk or dial 609 from your room.

Arrival: We recommend you to come in before your appointment time, so that you can take your time to relax or enjoy the use of our Herbal Steam & Sauna.

For your Safety & Comfort
 Some of our treatments may not be suitable for you, please inform our staff if you are pregnant, or have any physical injuries/limitations as well as allergies, as some of our products contain nuts or pollens which may trigger allergic reaction.

Spa treatments are recommended for children over the age of 12.

For your ultimate relaxation please keep the noise level at the minimum, mobile phone uses are discouraged and should be switch to silent mode.