



The Spa Villa
— AT BANYAN —

SPA MENU





SWEDISH MASSAGE 60/90 MINUTE

THB 1,500/1,800 NET

Swedish massage is to relax the entire body by rubbing the muscles with long gliding strokes in the direction of blood returning to the heart.

Beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing tension.

AROMA MASSAGE 60/90 MINUTE

THB 1,500/1,800 NET

Aromatherapy massage is a beautiful way to help relieve the stress by using natural essential oils extracted to naturally enhance the benefits of massage.

Combining well chosen essential oils with massage can promote relaxation, reduce stress or pain and improve circulation.

DEEP TISSUE MASSAGE 60/90 MINUTE

THB 1,500/1,800 NET

Deep tissue massage is designed to get into the connective tissue of the body, the therapist will use a variety techniques to deeply penetrate the muscles and fascia, loosening them and releasing tension.



THAI HERBAL COMPRESS 90 MINUTE

THB 1,800 NET

This herbal therapy was designed to relieve pain and inflammation.

The Thai herbal compress technique offers several potential health benefits: It induces deep relaxation, relieves stress, boosts both emotional and physical well-being, improves circulation of blood, lymph and stimulates the internal organs.

COCONUT BODY SCRUB (Nourishing)

THB 1,500 NET

A gentle exfoliating helping to remove dead skin cells buff away dull skin cells, unclog pores, moisturize and soften skin, leaving your skin feeling soft and smooth.

Best for normal and dry skin.

FOOT MASSAGE 30/60 MINUTE

THB 600/1,200 NET

Massaging the feet can alleviate anxiety and bring about a deep state of relaxation.

One important point that is situated on both feet is the solar plexus reflex. The solar plexus is sort of a little warehouse where all your stress is stored.

When the solar plexus point is pressed on, stress is released and the body is renewed.



≈ **THAI MASSAGE 60/90 MINUTE** ≈

THB 1,200/1,500 NET

Thai Massage is unique among massage therapies in combining both physical and energetic aspects. It is a deep, full-body massage progressing from the feet up, and focusing on energy lines throughout the body, with the aim of clearing blockages in these lines, and thus stimulating the flow of blood and lymph throughout the body.

≈ **PEDICURE 75 MINUTE** ≈

THB 850 NET

A relaxing soak, then you will be treated to a foot scrub to further soften the feet following the callus remover and your rough dry skin will disappear, nails shaped and buffed and cuticles conditioned

Next you will receive a relaxing foot massage followed by your choice of polish.

≈ **MANICURE 60 MINUTE** ≈

THB 750 NET

A relaxing soak, scrub to exfoliate dry skin, nail shaping, cuticle conditioning, stress relieving hand massage and a choice of your polish applied to your nails



BANYAN

THE RESORT HUA HIN

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