

# HANSAR

## Thai Wellness SPA

FOR YOUR COMPLETE SPA EXPERIENCE



to make better by healing and personal care

### 4 ELEMENTS OF LIFE



FIRE



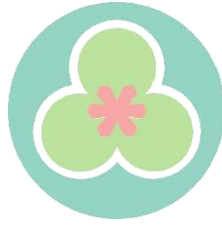
EARTH



AIR



WATER



Hansar Thai Wellness Spa

# GENERAL OVERVIEW

## *Facilities*

Located at Hansar Thai Wellness, Spa offers several variations of private spa suites, most with in-suite showers and toilets. Kindly ask our Spa Receptionist for a tour of our treatment rooms.

## *Reservations*

Please make an appointment or visit the Spa reception to discuss treatments with our Spa Manager and receptionists. Appointments are necessary for all Spa treatment and are available from 10:00 am until 7:00 pm.

## *Spa Attire*

Wear whatever feels comfortable. Spa will provide you with the entire spa related outfits. We do not advise that you bring valuables to the spa. You are welcome to wear make-up, however note that it will be removed before certain treatments, such as facials.

## *Arrival Time*

For your very first appointment at Spa, we recommend that you arrive a minimum of 15 minutes prior to your schedule time. This allows you to check in, change and familiarize with the facility. We suggest you shower then begin to relax by using the steam or sauna room before your appointment.

## *Choosing Your Treatment*

Our Spa Manager will help you plan the perfect Spa experience. She will help you decide on specific treatments after discussing individual requirements. Please inform her, in particular, if you have high blood pressure, suffer from allergies, or are pregnant. If you have any concerns at all, please let us know.



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# GENERAL OVERVIEW

## *Personal Comfort*

This is your time and you should enjoy the experience to the fullest. Please inform our therapists of any preferences you may have, whether it is the massage pressure, your favorite oils, the room temperature, or music volume.

## *Massage Oil Elements*

The world-renowned Thai art of healing involves application of traditional Thai methodology of the four elements of life: Earth, Water, Air, and Fire. Spa interprets this elements theory into our daily service and treatment to balance the relationship of harmony, physiology and pathology of body and environment.

## *Arriving Late for an Appointment*

Arriving late will simply limit your treatment time, thus lessening its effectiveness and your pleasure. Your treatment will end on the scheduled time so that the next guest is not delayed. Should you be late, the time will be made available for the other guests after 15 minutes past the scheduled reservation time.

## *Cancellation Charges*

Should you need to cancel a treatment reservation, we ask you to notify reception at least 2 hours before the scheduled treatment time to avoid any cancellation fees. The cancellation fee if Spa is not notified within 2 hours is 50% of the treatment price.



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# SIGNATURE TREATMENTS

## *The Power Trip*

A full body massage that stimulates blood circulation and soothes tense muscles. Medium in pressure, it utilizes a combination of three basic strokes: long firm strokes, kneading strokes and small circular strokes all used to reduce stress. A choice of the four elements oils is available to pamper your body.

60 minutes	1,450 Baht
90 minutes	2,000 Baht

## *The Siam*

The world-renowned ancient Thai art of healing involves applying pressure to the body's energy meridians. It releases built up tension, improves blood circulation and frees your body of toxins that gather in tired and overworked muscles. (This massage does not use aromatic oils).

60 minutes	1,200 Baht
90 minutes	1,700 Baht

## *The Serenity*

For many people, the neck and shoulders are common areas of soreness and tension. Working at a desk or computer all day helps to create such problems. To have this pain eased away can be a source of great pleasure. This massage relaxes you, offering a sense of serenity to your day.

60 minutes	1,350 Baht
90 minutes	1,900 Baht

## *Foot Reflexology Massage*

Based on the ancient Chinese theory that your feet are miniature maps of your entire body and so specific points on the feet correspond to all major body parts and organs. This treatment uses pressure points to systematically stimulate the nerve reflexes, thereby stimulating all body tissues to improve overall function and well-being.

30 minutes	1,350 Baht
60 minutes	1,900 Baht



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## EXTRAS

### *Herbal Healing*

Herbs are not only an essential part of Thai medicine, but also an everyday part of Thai life and are traditionally used for their healing, energizing and balancing effects on the body. After a full body pressure-point massage, a hot herbal compress of *pail, tamarind leaves, turmeric, bergamot peels, camphor, lemongrass and black sesame seed* are pressed onto the body's meridians to soothe muscles and stimulate the vital organs. *(This massage does not use aromatic oils).*

60 minutes          1,000 Baht

### *The Refreshing Thai Herbal Steam*

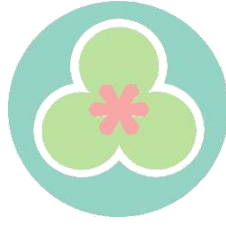
The purpose of the sauna is to relax the muscles after the intensive massage, but also to release through the pores toxins broken up by the bodywork. Sweating is one of the body's natural purification methods, and the Thais have traditionally used herbs in the sauna to assist in this process. The classic recipe for a Thai sauna is the same as the recipe for the herbal compresses, although many different aromatic herbs may be added to achieve particular purposes or to address particular needs.

30 minutes          700 Baht

### *The Milky Bath*

These Moorish ingredients contain a restorative collection of plants, trace elements and organic substances to draw out impurities from tired, urban-ravaged skin. Mineral & Milk assists in preventing pain inside the body and give the skin a healthy radiance.

30 minutes          900 Baht



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# MASSAGE TREATMENTS

## *CHILDREN'S MASSAGE*

This course is infant centered, in the sense that properly massaged babies are more relaxed, sleep better and are more alert when awake. This nurturing also assists with healthy bodily and psychological development, resulting in improved self-esteem and overall health.

*Course - above 3 - 9 year old*

30 minute                      700 Baht

45 minute                      1,300 Baht



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# SCRUBS

## The Coconut Glow

An exotic virgin coconut oil with Thai honey extracts, rich in AHA remove dull skin cells then moisture to soften and firm skin tone and texture. This treatment is recommended for dry skin.

60 minutes      1,200 Baht

## The Detoxifying Scrub

Natural acids in coffee help to remove dead skin cells and smooth away roughness while tone tired skin. It is well-known for detoxification or cleansing effect and also firms the skin. Coffee naturally changes your skin to a fresh, shining and smooth one.

60 minutes      1,000 Baht

## The Tamarind Scrub

Helps to take care of the skin, acts as anti-oxidant from invisible dust and eliminates fungus on the skin. Helps to remove dead skin cells, making the skin look more radiant.

60 minutes      1,000 Bath