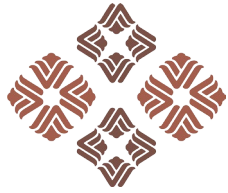




ZANA SPA



## Zana Spa Menu

### Spa Packages

**Revitalizing Package    210 minutes    7,900++THB**

This Ultimate pampering session that combines Rice For Life Body Scrub and Rice For Life Body Treatment followed by Angel Touch Massage and Qi Extra Moisturizing Facial. An Aroma Forming Bath completes this surreal experience.

- Herbal Foot Ritual
- Rice For Life Body Scrub
- Rice For Life Body Treatment
- Refreshing Forming Bath
- Angel Touch Massage
- Qi Extra Moisturizing Facial
- Refreshment



Spa Packages



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**Blissful Package**

**180 minutes**

**6,400++THB**

A perfect way of relaxation, this treatment will create silky skin while massage technique promotes invigorating and stimulates muscles. The facial treatment leaves soft feeling on skin.

- Herbal Foot Ritual
- Soybean Coconut Body Scrub
- Refreshing Forming Bath
- Swedish Massage
- Qi Balancing Combination Facial
- Refreshment



Spa Packages



**Energizing Package      150 minutes      4,000++THB**

The energizing treatment wills purified skin looks resplendent and helpful for relieve tension and ease stress.

- Herbal Foot Ritual
- Himalayan Salt Scrub
- Energizing Forming Bath
- Deep Tension Relief Massage
- Refreshment

**Indulgence Package      120 minutes      3,000++THB**

To indulge yourself by selecting your own body scrub and body massage. This revitalizing treatment will provide a sense of renewal for your body and softens your skin.

- Herbal Foot Ritual
- Selection of Body Scrub      60      minutes
- Selection of Body Massage      60      minutes
- Refreshment





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## Full Body Massages

### **Nuad Pra Kob 120minutes 2,500++THB**

(Moderate Pressure to Deep Pressure)

Thai herbal compress is an ancient healing technique that dates back nearly 5,000 years, this unique treatment provides deep relaxation while relieve pain and stress. A selection of therapeutic herbs (Zingiber cassumunar, Kaffir Lime, Camphor, Tamarind, Lemongrass, Turmeric, Acacia Concinna, Borneo Camphor, Salt) are wrapped in a muslin compress, steamed and applied to the body in gentle pressing, circular and rolling movement.

-Heated aromatic poultices of herbs not suitable for sun burn skin.

### **Thai Boran 60minutes 1,500++THB**

(without oil)

**90minutes 2,000++THB**

This ancient healing massage combining acupuncture, Indian Ayurvedic principles, and assisted yoga postures includes rhythmic pressing and stretching of the entire body.

### **Angel Touch 60minutes 1,800++THB**

(Light Pressure)

**90minutes 2,400++THB**

Experience a relaxing massage with the special blend oils of your choice. Scent of natural aroma will de-stress, balance body & mind and transport you to a tranquil state of peace.

Full Body Massages



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<b>Swedish</b>	<b>60minutes</b>	<b>1,800++THB</b>
(Moderate Pressure)	<b>90minutes</b>	<b>2,400++THB</b>

A classic massage was developed in the 1700's by Swedish doctor named Pehr Henrik Ling. This massage promotes invigorating, relaxation and stimulates muscles. It is an excellent way to help rid the body of tension and creates a sense of overall well-being.

<b>Deep Tension Relief</b>	<b>60minutes</b>	<b>1,800++THB</b>
(Deep Pressure)	<b>90minutes</b>	<b>2,400++THB</b>

This deep pressure massage focuses on realigning deeper layers of muscle and connective tissue. It is especially helpful for relieve tension and ease stress by using deep pressure, slow and long firm strokes.

Full Body Massages



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## Massage Focus

<b>Anti-Stress Head &amp; Shoulder Massage</b>	<b>30</b>	<b>minutes</b>	<b>1,000++THB</b>
<b>Back Energy Massage</b>	<b>30</b>	<b>minutes</b>	<b>1,000++THB</b>
<b>Siam Foot Massage</b>	<b>30</b>	<b>minutes</b>	<b>1,000++THB</b>



Massage Focus

## Body Scrubs

### **Rice For Life Body Scrub 45minutes 1,400++THB**

The powerful Sri Nin and Jasmine Rice Scrubs whereas the anti-oxidant, helps to prevent ageing formation. The skin renewal cycle is generated with the moisture replenishing Organic Shea Butter combined with Jasmine essential oils. Like reborn just after one treatment.

### **Tropical Fruit Body Scrub 45minutes 1,400++THB**

A blend of fruit extract, its uniqueness is abundancing of AHA acid which is excellent for skin whitening and also helps to balance skin's natural PH level. Aroma blend oils complement the richness of the fruit extract gives a distinctly fruity feel.

### **Soybean Coconut Body Scrub 45minutes 1,400++THB**

The healthy blended of Soybean Oil and Coconut creates silky skin and smooth touch. It also helps to keep emotional connect with physical.

### **Coffee Body Scrub 45minutes 1,400++THB**

This treatment is recommended for the person who has normal skin. A coffee is rich in aroma. It stimulates blood circulation, highly energizing and revitalize skin's natural glow.

### **Himalayan Salt Scrub 45minutes 1,400++THB**

Enriched with the minerals about 48 types essential to skin functions, Himalayan Salt creates "vacuum effect" via the tiny electrical impulse thus plays the major role of detoxification and rejuvenation. Its immediate effect, the purified skin looks resplendent and reborn with its silky smoothness and radiance restore.







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## Body Treatments

### Sun Kiss Body Treatment

**60minutes 1,600++THB**

Aloe Vera is a perfect source for sunburn therapy, comforts wounds, reduces scars as well as encouraging skin rejuvenating by bringing oxygen to cell. Its increases synthesis and strengthens skin.

### Rice For Life Body Treatment

**60minutes 1,600++THB**

The cocktail of authentic organic essential oils deliver the aromatherapy effect in energizing and balancing, also the combination of Bentonite and White Clay dramatically helps boost resilience, visible reverse skin tones damages, restore transparency and fade away all type of dark spots.

### Myanmar Thanaka Body Treatment

**60minutes 1,600++THB**

The use of Thanaka plant is the ritual of Myanmar's traditional beauty secret for glowing and brightening skin, anti-aging benefits enrich the eternal radiant.

### Dead Sea Mud Body Treatment

**60minutes 1,600++THB**

Special formulation for its outstanding detoxifying property, Vitamin E is nourishing. Leave skin soft and supple without greasy feeling. Natural aroma of Lavender and Chamomile help to neutralize the scent of Dead Sea Mud and ensuring relaxing senses.

Body Treatments



## Facial Treatments

### **Qi Sensitive Skin Treatment 60minutes 2,500++THB**

Helping improve and balance the PH level of skin with the lotion mask. Protecting skin against oxidation without any allergy, alleviating the fatigue of skin.

### **Qi Extra Moisturizing Treatment 60minutes 2,500++THB**

Helping enhance blood circulation. Alleviating excess skin-surface cells with the kind of mask providing skin with moisture. Provide dewy moisture to keep skin firm, supple and resilient.

### **Qi Sebum Control Treatment 60minutes 2,500++THB**

Helping normalize cell turnover and prevent the excretion of sebum, control skin greasy level and prevent the growth acne by using specialized mask to alleviate grease and dim dark traces left by acne. Providing clean, fresh and soft feeling on skin.

### **Qi Balancing Combination Treatment**

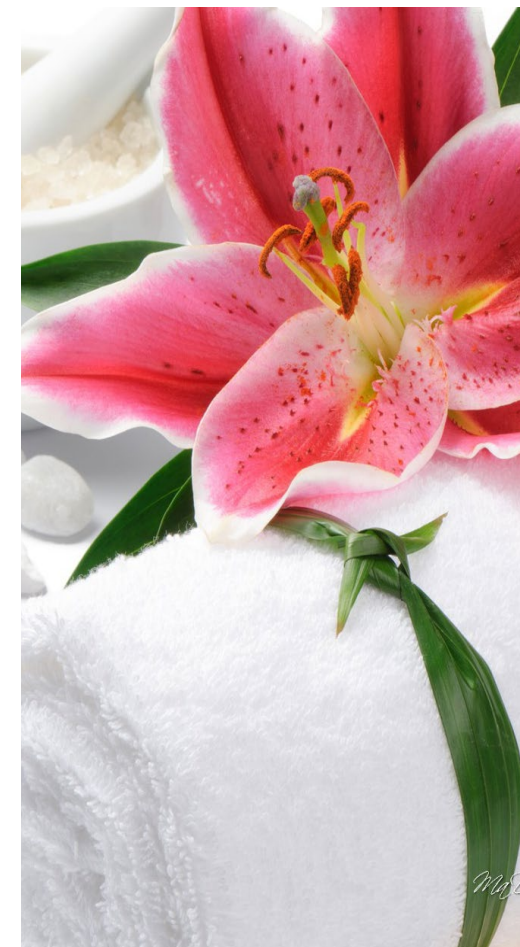
**60minutes 2,500++THB**

Helping normalize cell turnover with the mask balancing and enhancing physiological functions of skin. Producing a bright, supple and resilient skin.

### **Qi Rejuvenating Treatment**

**90minutes 3,400++THB**

Protecting against dark marks, freckles and dull areas on skin with a special cleansing with scrub and cool mask combined with sea plants extract, helping balance Melanin pigment. Producing a smooth and radiant skin.





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## Hydrotherapy

Vichy Shower Therapy	30	minutes	1,000++THB
HydroSwiss Shower	30	minutes	1,000++THB
Energizing Forming Bath	30	minutes	1,000++THB
Refreshing Forming Bath	30	minutes	1,000++THB



Hydrotherapy



## Spa Etiquette

### Etiquette:

To maintain a relaxing environment so guests can enjoy the peaceful sanctuary of [Zana Spa](#), we request that visitors keep noise to a minimum. Children are not allowed at the Spa unless they are having a treatment, accompanied by an adult. Cellular phones and electronic devices are discouraged.

### Attire:

Please arrive at the Spa wearing comfortable, light clothing or a bathrobe. Disposable undergarments are available and must be worn during spa treatments.

### Reservations:

Advanced bookings prior to your arrival are recommended to secure your preferred date and time of treatment. A credit card number is required at the time of booking for a confirmed appointment.

### Check-in:

Please arrive at least 15 minutes prior to your scheduled treatment to avoid reduced treatment times. A late arrival will result in a shortened treatment to accommodate other guests.

### Spa Treatment Hours:

The Spa is open from 10am to 8pm daily. Last treatment finishes at 8 pm.

### Special Consideration:

Guest who have high blood pressure, heart conditions, pregnant or have any other medical complications are advised to consult their doctors before signing up for any spa services. Please make your spa therapist aware of any medical conditions.



ZANA SPA

**Cancellation Policy:**

A 24-hour cancellation notice is required to help us re-schedule your appointment, subject to space availability. Any cancellation with less than 4 hours' notice will incur a 50% cancellation fee. A full fee will be imposed for a "no-show".

**Valuables:**

A box for valuables is provided in the treatment rooms, but we recommend that no jewelry be worn at the spa. The management and staff accept no responsibility for the loss of money or valuables of any kind brought into the spa premises.

**Refund Policy:**

Treatments packages are non-refundable. Unused portion of the packages are non-transferable or non-exchangeable.

**Payment:**

We accept cash and all major credit cards. Payment may also be charged to the room. All prices are quoted in Thai Baht and are subject to service charge and applicable government tax. Prices are subject to change without prior notice.



Spa Etiquette