

## BUALUANG SPA

Price Menn

	30 min	60 min	90 min
Bualuang Spa			
The Classic Thai Massage	1 m	THB 1,100	THB 1,600
Classic Thai Massage with Aromatic Oil		THB 1,400	THB 1,900
Bualuang Spa Signature Massage with Oil & Balm	- 100	1	THB 2,200
Classic Thai and Foot Massage	- 19	THB 900	THB 1,200
Fusion Foots			
Fusion Focus Foot Massage	THB 400	THB 900	-97
Hand and Foot Massage	THB 400	THB 900	4
Foot, Head and Shoulders Massage	THB 400	THB 900	-
Back, Neck and Shoulders Massage	THB 400	THB 900	-
Relaxing Massage			
Aromatherapy		THB 1,400	THB 1,800
Pure Organic Coconut Oil Massage	-	THB 1,400	THB 1,800
Sunburn Massage & Treatment with Aloe Vera Gel	-	THB 1,400	THB 1,800
Sport Massage with Aromatic Oil or Hot Oil		THB 1,400	THB 1,800
Hot Stone Therapy with Coconut Oil		THB 1,400	THB 1,800
Herbal Hot Compress Massage			
Herbal Hot Compress with Thai Massage			THB 2,200
Herbal Hot Compress with Aromatherapy			THB 2,200
Organic Body Exfoliation	-	THB 1,800	· 10 / 100
Organic Body Wrap	-	THB 1,800	- 1







	2 hours	3 hours
Superior Packages		
Superio 1: Muscle Prepare and Recovery Thai Massage	THB 2,200	THB 2,900
Sports Massage with Aromatic or Hot Oil  Superior 2: Cooldown and Hydrate  Sunburn Massage & Treatment with Aloe Vera Gel	THB 2,200	THB 2,900
Pure Organic Coconut Oil Massage  Superior 3: A Peaceful Balance  Aromatherapy Massage	THB 2,200	THB 2,900
Facial Massage & Treatment  Superior 4: Glowing Skin Treatment  Organic Body Scrub	THB 2,200	THB 2,900
Aromatherapy Massage  Superior 5: The Total Relieve  Sport Massage with Aromatic or Hot Oil  Herbal Hot Compress	THB 2,200	THB 2,900
Superior 6: Office Syndrome Treatment Bualuang Spa Massage with Oil & Balm Herbal Hot Compress	THB 2,200	THB 2,900
Deluxe Packages		
Deluxe 1: The Real Heal Classic Thai Massage Sport Massage with Aromatic or Hot Oil	-	THB 3,200
Herbal Hot Compress  Deluxe 2: The New You  Organic Body Scrub  Aromatherapy Massage		THB 3,200
Facial  Deluxe 3: Body, Skin, & Soul  Pure Coconut Oil Massage (60 min)  Sunburn Massage & Treatment with Aloe Vera Gel (60 min)		THB 3,200
Facial Massage & Treatment (60 min)  Facial Treatment  Manicure  Pedicure	1	1 hour THB 1,400 THB 800 THB 800

All prices are inclusive of 10% service and 7% VAT Spa Opening Hours: 10.00 - 20.00 hrs.





# BUALUANG SPA





## Bualuang Spa

Bualuang Spa provides various types of Thai-style massages and spa treatments, which can help promote the perfect balance of the body and soul. All treatments are created to provide deep relaxation, relieve stress, and to recover your body from muscle pain and stiffness. Bualuang Spa customers are given a massage service by a licensed professional therapist with long-term experience.

## The Classic Thai Massage

The Classic Thai Massage presents techniques of stretching and acupressure used to massage the whole-body without the use of oil. It helps relieve body stiffness, fatigue and improves circulation. This is recommended for those who have had experience with massages.

60 Minutes | 1,100 Baht 90 Minutes | 1,600 Baht

### Classic Thai with Aromatic Oil Massage

A perfect combination of Thai Massage and Aromatherapy Massage is designed to promote better results in relieving muscle tension and fatigue. Adding the Aromatherapy Massage technique with Thai massage increasingly helps ease muscle pain and tension, improve blood circulation, and decrease stress and anxiety, which leaves the entire body healed and relaxed.





## Bualuang Spa Signature Massage with Oil & Balm

This signature massage combines Thai and therapeutic oil techniques to massage the whole body, focusing on muscle tension in the concerned areas. The addition of therapeutic massage techniques and herbal balm gives the best result in relieving tense and sore muscles.

90 Minutes | 2,200 Baht

## Classic Thai and Foot Massage

A classic oil-free Thai massage technique applied on the whole body with an additional Foot Reflexology Massage. This allows more time to focus on the foot and leg area by using massage cream together with herbal balm rubbed on specific areas.

60 Minutes | 900 Baht

90 Minutes | 1,200 Baht





## Fusion Focus

The Reflexology Massage will be performed on a recliner chair, focusing on different pressure points of the feet, hands, and head. This type of massage uses light to medium pressure. It is recommended if you are looking to relax or restore your natural energy levels.

#### Foot Massage

After a long day of exploring, our Foot Massage allows you to sit and relax your feet with reflexology techniques. Our therapist will massage the lower part of the legs with massage cream and herbal balm. This treatment helps promote the oxygenation of tissues of several major body organs by focusing on the reflex points underneath your feet that correspond to them.

30 Minutes | 400 Baht 60 Minutes | 900 Baht

#### Hand and Foot Massage

This massage focuses on the arm and lower parts of the legs to relieve sore muscles, reduce tension, and increase blood circulation with a positive energy flow in the whole body.

30 Minutes | 400 Baht 60 Minutes | 900 Baht





#### Foot, Head and Shoulders Massage

This combined massage allows you to relax from head to toe and is an excellent way to help you prepare for your long day of work or travel.

30 Minutes | 400 Baht 60 Minutes | 900 Baht

## Back, Neck and Shoulders Massage

This massage focuses on healing aches and tension in muscles; particularly in the back, neck and shoulders. Hands, elbows and precise finger pressure are applied to the focused areas. Oil and herbal balm are used efficiently to relieve muscle pain and stiffness while maximizing relaxation. A perfect treatment after a day of office work or a long flight.

30 Minutes | 400 Baht 60 Minutes | 900 Baht





## Relaxing Massage

Massage Therapy and Aromatherapy Massages are used for relaxation, pain management, and improved mood. Adding essential oils enhances these benefits.

#### Aromatherapy Massage

A relaxing massage treatment that applies aromatherapy massage techniques together with warm essential oils (from flowers) on your whole body. It is an excellent therapy that can help improve blood flow, reduce stress and anxiety, and relieve muscle fatigue.

60 Minutes | 1,400 Baht 90 Minutes | 1,800 Baht

### Pure Organic Coconut Oil Massage

An aromatherapy massage technique is applied with pure organic coconut oil to enhance deep relaxation and reduce muscle pain and fatigue. The moisturizing property of coconut oil can help your skin recover from dehydration.

60 Minutes | 1,400 Baht 90 Minutes | 1,800 Baht





## Sunburn Massage & Treatment with Aloe Vera Gel

Aloe Vera is widely known for its beauty benefits that can heal, moisturize, and strengthen skin. Due to its cooling properties, it is a great way to soothe redness and rashes for sunburnt skin. Aloe Vera Gel Massage is highly recommended for sunburn as it allows relaxation while repairing damaged skin.

60 Minutes | 1,400 Baht 90 Minutes | 1,800 Baht

### Sport Massage with Aromatic Oil or Hot Oil

Our Sports Massage helps prepare your body before an event, function well during training, or relax your muscles after intense exercise. It emphasizes on preventing and healing muscle and tendon injuries. Our sports massage is highly recommended for athletes and those who do any activities using specified muscles that cause tension and fatigue. Our professional therapist focuses on the defined muscles and areas you stress during your workout.

60 Minutes | 1,400 Baht 90 Minutes | 1,800 Baht

## Hot Stone Therapy with Coconut Oil

This is a type of massage therapy that is used to help you relax and ease tense muscles and damaged soft tissues throughout your body. Smooth flat heated stones are placed on specific parts of your body during a hot stone massage. This is combined with relaxing aromatherapy massage techniques.

60 Minutes | 1,400 Baht 90 Minutes | 1,800 Baht





## Herbal Hot Compress Massage

At Bualuang Spa, we use a heritage recipe to steam a combination of fresh Thai herbs encased in cotton and compressed directly onto your whole body. This focuses on specific areas that need to be healed. The Herbal Hot Compress helps relax tense muscles, soothe stiff joints and nerves, and increase blood circulation.

#### Herbal Hot Compress with Thai Massage

A traditional recipe of steamed fresh Thai herbs is encased in a cotton poultice and then used to compress directly on the whole body. While the Thai Massage helps you stretch and reduce body stiffness, the herbal heat penetrates and relaxes sore muscles deeply and increases blood circulation.

90 Minutes | 2,200 Baht

### Herbal Hot Compress with Aromatherapy Massage

The Herbal Hot Compress combined with the relaxing massage techniques and the pleasant scent of aromatic oil, gives you a superior spa experience. While the massage helps to relieve stress, the herbal hot compress relaxes tense muscles and soothes stiff joints and nerves to help you relax.

90 Minutes | 2,200 Baht





## Organic Body Exfoliation

This spa treatment exfoliates dead skin cells by using spa cream produced from natural Thai fruits and vegetables, which is gently scrubbed on the whole body. You can choose from a selection of different scrubs that provide different benefits to your skin. This treatment is found to nourish, cleanse, and tone the skin; encourage its renewal process, improve blood circulation and reduce cellulite on your skin.

60 Minutes | 1,800 Baht

### Organic Body Wrap

One of the main benefits of body wraps is their ability to hydrate the skin. Dehydrated skin can look dull and feel rough, but body wraps can help restore moisture and leave the skin feeling soft and smooth. The heat generated by the wrap encourages pores to open up so that the skin can absorb the moisture introduced by the body treatment.

60 Minutes | 1,800 Baht





## Superior Packages

Superior 1: Muscle Prepare and Recovery

#### Program:

- Thai Massage
- Sports Massage with Aromatic or Hot Oil

The session starts with a traditional Thai Massage that helps relieve muscle tension and stiffness through stretching and acupressure techniques. Next, the Sports Massage technique is applied to the whole body to help you recover from muscle pain and fatigue.

Medium / Strong 2 Hours | 2,200 Baht 3 Hours | 2,900 Baht

Superior 2: Cooldown and Hydrate

#### Program:

- Sunburn Massage & Treatment with Aloe Vera Gel
- Pure Organic Coconut Oil Massage

This package utilises the moisturizing and cooling properties of coconut oil and aloe vera gel, making it perfect for those who have sunburned or dehydrated skin. The therapist massages the body while alternating between applying coconut oil and aloe vera gel. This can help recover damaged skin, relieve body tension, and promote relaxation. A perfect treatment after a long day of exploring!

Medium / Strong 2 Hours | 2,200 Baht 3 Hours | 2,900 Baht





#### Superior 3: A Peaceful Balance

#### Program:

- Aromatherapy Massage
- Facial Massage & Treatment

This package starts with the Aromatherapy Massage that helps reduce muscle fatigue, enhance blood flow and keep you relaxed from head to toe. The organic Facial Massage & Treatment is then applied to help brighten, moisturize, and rejuvenate facial skin from damage.

Light / Medium 2 Hours | 2,200 Baht 3 Hours | 2,900 Baht

### Superior 4: Glowing Skin Treatment

#### Program:

- Organic Body Scrub
- Aromatherapy Massage

This package starts with the Organic Body Scrub that allows you to refresh your skin and gently exfoliate dead skin cells on the whole body. The Aromatherapy Massage will then relieve tense muscles, improve blood circulation, decrease stress and anxiety, and promote deep relaxation.





#### Superior 5: The Total Relieve

#### Program:

- Sport Massage with Aromatic or Hot Oil
- Herbal Hot Compress

The session begins with the Sports Massage that focuses on relieving all muscle stiffness and tension. Then the Herbal Hot Compress will deeply recover muscle pain and fatigue with fresh Thai herbs. This treatment is highly recommended for those who partake in intense sports or activities that cause muscle pain.

Medium / Strong 2 Hours | 2,200 Baht 3 Hours | 2,900 Baht

#### Superior 6: Office Syndrome Treatment

#### Program:

- Bualuang Spa Massage with Oil & Balm
- Herbal Hot Compress

This package focuses on reducing pain and stiffness from mainly the back, neck, shoulder, head, hands, and arms. It starts with the Bualuang Spa Therapeutic Signature Massage that uses Thai and therapeutic oil massage techniques to relieve sore muscles. It finishes with the Herbal Hot Compress to relax muscles, ease pain, and improve blood circulation.

Medium / Strong 2 Hours | 2,200 Baht 3 Hours | 2,900 Baht





## Deluxe Packages

Deluxe 1: The Real Heal

#### Program:

- Classic Thai Massage (60 Minutes)
- Sport Massage with Aromatic or Hot Oil (60 Minutes)
- Herbal Hot Compress (60 Minutes)

The Real Heal package is suitable for those who partake in intense sports or activities that cause body/muscle pain. The session begins with 60 minutes of Thai Massage to warm up all muscles, and then the Sports Massage focuses on the specified parts of the body for 60 minutes. It finishes with a 60-minutes Herbal Hot Compress to deeply recover those muscles from pain and fatigue with fresh Thai herbs. A fantastic spa experience that is highly recommended!

Medium / Strong 3,200 Baht

Deluxe 2: The New You

#### Program:

- Organic Body Scrub (60 Minutes)
- Aromatherapy Massage (60 Minutes)
- Facial (60 Minutes)

A perfect treatment package not only to help restore radiant skin but also to relieve muscle pain and tension. This package starts with a 60-minutes Organic Body Scrub to exfoliate dead skin cells gently. Next, you will relax with 60 minutes of Aromatherapy Massage which helps reduce anxiety and muscle fatigue. Lastly, you will finish with a 60-minute Facial Massage & Treatment to recover skin from sunburn and pollution. This is a perfect package to restore and refresh your damaged skin and muscles after a long day of exploring!





Deluxe 3: Body, Skin, & Soul

#### Program:

- Pure Coconut Oil Massage (60 Minutes)
- Sunburn Massage & Treatment with Aloe Vera Gel (60 Minutes)
- Facial Massage & Treatment (60 Minutes)

This sunburn treatment package helps relieve muscle fatigue, recover damaged and dehydrated skin, and provide deep relaxation. The cooling and moisturizing properties of the coconut oil and aloe vera gel help to soothe sunburnt skin. They are applied alternately to massage the whole body. The 60-minutes Facial Massage & Treatment will then enhance your face and aid in recovery from sunburn and pollution. This is a perfect treatment to restore and refresh your damaged skin and muscles after a long day of exploring!

Light / Medium 3,200 Baht





Indulge in our luxurious facial treatments that leave your skin glowing with freshened vitality.

60 Minutes | 1,400 Baht

#### Manicure

Look after your hands and nails with this treatment, and finish off with a lovely moisturizer.

60 Minutes | 800 Baht

#### Pedicure

Give your feet the attention they deserve. This treatment includes a foot bath, cleansing, and nail trimming.

60 Minutes | 800 Baht

