

# 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 9:30 am until 7:30 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.

## *Men's Facial by Biodroga*

It is very healthy for men to have facials, however it is recommended that men shave a few hours before their facial treatment.

## *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 Eastern Blend*

A medium to strong massage that combines traditional Thai massage techniques. An oil massage using palms and thumbs aimed to relieve sore and tired muscles and to improve and unblock blood circulation.

60 minutes	2,500 Baht
90 minutes	3,500 Baht
120 minutes	4,400 Baht

## *The Luxsa*

This massage aims to balance your elements. By using oil applied to your skin for healing, The Luxsa stimulates the metabolism, relieves mental and physical fatigue, reduces stress and tension and balances the nervous system which promotes an overall sense of well-being.

60 minutes	2,500 Baht
90 minutes	3,500 Baht
120 minutes	4,400 Baht

## *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	2,500 Baht
90 minutes	3,500 Baht
120 minutes	4,400 Baht



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# MASSAGE TREATMENTS

## *Hot Stone Healing*

This fabulous treatment can be used on any part of the body, using hot basalt stone and warmed oil detox the body is gently massage as the stone melt away any tension and stress held in the area being worked. The stones themselves are thousands of years old and so hold great healing properties. This is deeply relaxing massages which help your body slow down and so promoting healing within the muscle

90 minutes	4,300 Baht
120 minutes	5,000 Baht

## *Traditional Herbal-Aromatic Oil*

This technique uses a special herbal ball in massaging specific body parts for the purpose of relieving stress and loosening up muscles followed by an aromatic oil massage to restore body and mind balance to a sedative effect. The application of the heat acts as increasing circulation decreasing pain and softening the tissues.

80 minutes	3,500 Baht
110 minutes	4,400 Baht



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# MASSAGE TREATMENTS

## *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	1,600 Baht
90 minutes	2,200 Baht
120 minutes	2,800 Baht

## *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 *plai, tamarind leaves, tumeric, 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).

90 minutes	3,000 Baht
120 minutes	3,800 Baht



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# MASSAGE TREATMENTS

## *The Stimulator*

The Stimulator massage is excellent for digestive problems and gives an indication of how the internal organs are functioning. Based on the Chinese theory that the gut is referred to as the second brain. This treatment releases stored tension and works on an emotional level. A series of this treatment is the most beneficial.

30 minutes                      1,600 Baht

60 minutes                      2,500 Baht

## *The Ayurvedic Head*

Based on the ancient healing systems of Ayurveda, this treatment is used to massage and relieve tension from your shoulders, neck, back and scalp. Using deep thumb and finger pressure to help improve circulation and flush out emotional and physical tension.

60 minutes                      2,500 Baht



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# MASSAGE TREATMENTS

## *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.

30 minutes	1,300 Baht
45 minutes	2,000 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	900 Baht
60 minutes	1,800 Baht

## *Arm and Hand Massage*

The hand, wrists, and arms can hold much tension and pain especially if a person operates a lot with their hands. A hand massage can relax a person and relieve pain in the body. Arm and hand massage passes the relaxing benefits onto the chest by what is known as the 'reflex action'. Massaging the hands can also help to reduce any pressure in the neck and head by nervous and circulatory effects.

30 minutes	900 Baht
60 minutes	1,800 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                      900 Baht

45 minute                      1,500 Baht



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## SCRUBS

### *The Coconut Glow*

An exotic virgin coconut oil blend 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            2,000 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            2,000 Baht

### *Secret Four Element Scrub*

Exfoliate to rejuvenate. By gently removing dull surface skin cells, this calming sea salt scrub leaves the skin clean & soft all over and facilitates the blood circulation. Suitable for all type of skin but not recommended for sensitive skin or sunburns.

60 minutes            2,000 Baht



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# WRAPS

*All body wraps include your choice of body scrub, and head massage while you are under wraps.*

## *The After Sun Wrap*

Soothing Aloe Vera has excellent calming properties for overexposed, dehydrated or irritated skin. An aromatic blend of lavender and chamomile follows to treat the skin imbalances.

60 minutes                      2,200 Baht

## *The Jet-Lag Wrap*

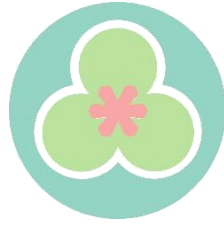
When long haul travel leaves you not knowing what time of the day it is, this wrap uses powerful aromatherapy oils to either soothe and relax you ready for sleep or to revitalize and energize you leaving the mind clear and fresh to enjoy the day.

60 minutes                      2,200 Baht

## *The Detoxifying Wrap*

A luxuriant body wrap using freshly ground coffee revitalizing from the caffeine and anti-cellulite properties. It also contains Vitamin A and Vitamin # which act to protect the skin against free radicals and harmful UV rays from the sun.

60 minutes                      2,200 Baht



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# LEVISAGE

## *Thai Herbal Facial*

A facial for both ladies and men. This reviving treatment will leave your skin feeling refreshed, energized and glowing. Your face will be cleansed with our homemade natural herbal scrub filled with natural extracts of vitamin followed by our herbal face made from yogurt and oats and completed with cucumber mask to rejuvenate your skin.

60 minutes                      2,500 Baht

## *'Edible' Plai Herbal Facial*

A facial for both ladies and men, This treatment protect and soften your skin from the strong summer UV rays with our natural and edible treatment that uses virgin honey, milk yogurt, golden plai and cucumber slices.

45 minutes                      2,000 Baht

- For normal to Dry skin.
- For combination to Oily Skin
- For Sensitive Skin
- For Age-Defying
- For Sunburn



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# FACIAL BY BIODROGA

## *BIODROGA : Golden Caviar and Uplifting Treatment*

Savor moments of pure luxury. Pamper your complexion with precious caviar extract in its purest, concentrated form. For more vitality and resilience treat yourself to this intensive care program that aims to leave your skin more radiant, smooth and fine.

90 minutes          3,200 Baht

## *BIODROGA : Energy Active Treatment*

An intensive treatment for mature, demanding skin, or before special occasions, which treats the skin to not only refreshment, but a lifting phase as well. Using the firming effect concentrate and effective lift mask, this treatment works as a fitness training for your skin that gives you back its natural youthful balance.

60 minutes          2,900 Baht

## *BIODROGA :Detoxifying Facial Treatment*

A special treatment for impure problematic skin. This special treatment features a vaporizing enzyme peel, ampoule, and concludes with a mud mask to clear your skin. Visible results will be revealed through fresh, clear complexion and mitigation of impurities and blemishes.

60 minutes          2,900 Baht

## *BIODROGA : Men Vitality Treatment (Facial For Men)*

Experience memorable moments of well-being and harmony with our Wellness Treatments especially for the needs of the well-groomed man. New energy and refreshing relaxation with intensive care for a dynamic and more vital look.

60 minutes          2,900 Baht



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## EXTRAS

### *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                  650 Baht

### *Thai Herbal Bath*

Let the indigenous herbs and aroma of traditional herbs relieve your muscles while gently cleansing your skin. Revive the senses as you soak in a bath of fresh oranges, lemons and citrus oils which will invigorate your skin. Cucumber juice is served as a compliment.

30 minutes                  750 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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# BEAUTY TREATMENTS

*Hansar Thai Wellness Spa offers a full range of the following beauty treatments:*

## **All spa manicure and pedicures feature OPI.**

### Spa Manicure

This treatment includes neatening, conditioning and polishing of the nails and cuticle, leaving your hands groomed and protected.

60 minutes                      1,100

### Spa Pedicure

A treatment that incorporates nail & cuticle care combined with gentle exfoliation and smoothing of hard skin to leave your feet groomed, soft and hydrated.

60 minutes                      1,100

### Spa Manicure & Pedicure

Combine the two treatments and feel like a new person after two hour of pampering care. It's all in the details.

120 minutes                      2,000

### *Waxing*

Available for both ladies and gentlemen.

Underarm	800 Baht
Arm	1,400 Baht
Half leg	990 Baht /Full 1,800 Baht
Back	1,800 Baht



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## SIGNATURE PACKAGES

### *The Romantic Healing*

2 hours 30 minutes    4,200 Baht (Person)  
7,800 Baht (Couple)

Herbal steam  
Floral foot bath  
The Luxsa Signature Massage  
Relaxing and romantic floral milk bath  
Blended herbal tea

### *The Body Bliss*

2 hours 30 minutes    4,200 Baht (Person)  
7,800 Baht (Couple)

Herbal steam  
Floral foot bath  
Detoxifying Scrub  
The Luxsa Signature Massage  
Blended herbal tea

### *The Aromatic herbal Healing*

2 hours 30 minutes    4,200 Baht (Person)  
7,800 Baht (Couple)

Floral foot bath  
Traditional Herbal Aromatic oil  
The Plai Golden Herbal Scrub  
Facial Thai Herbal





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## SIGNATURE PACKAGES

### *The Facial Bliss*

2 hours 15 minutes 4,800 Baht

Floral foot bath  
Aromatic oil massage  
Thai herbal Facial  
Blended herbal tea

### *The Earth to Heaven*

3 hours 15 minutes 6,000 Baht

Herbal steam  
Floral foot bath  
Four – element body scrub  
Choice of Foot reflexology or The Stimulator massage  
The Ayurvedic head massage  
Herbal bath  
Blended herbal tea

### *The Blissful Hansar*

4 hours 7,000 Baht (person)  
12,000 Baht (couple)

Herbal steam  
Floral foot bath  
Detoxifying Scrub  
Detoxifying Wrap  
Romantic floral bath  
Aromatic oil massage  
Thai herbal Facial  
Blended herbal tea