



“IN TOUCH WITH NATURE”



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### **Lanna Signature Massage**

(60min. – 1200 THB++)

East meets West with this fusion of traditional massage with the most effective elements from an eclectic mix of different massage schools. As pure essential oils are massaged into your body their scents uplift your senses; your meridian lines are activated providing the warm sensation of free energy flow while muscles and ligaments are gently kneaded to ease tension. Once your body has been properly tended to then you have gentle stretching in the appropriate areas. The finale of a facial and scalp massage completes this signature treatment.

### **Swedish / Sport Massage**

(60min. – 1200 THB++)

This massage combines the three key massage elements of kneading, gliding and percussion. It utilizes a combination of both light and deep stroke massage to stimulate blood circulation and lymphatic flow thereby soothing tension. This treatment will facilitate the elimination of tiredness and stress, and leave you feeling light and rejuvenated.

### **Aromatherapy Body Massage / Hot Aromatherapy Massage**

(60min. – 1200 THB++) / (60min. – 1400 THB++)

(90min. – 1600 THB++) / (90min. – 1800 THB++)

Aromatherapy is an esoteric healing practice which utilises pure essential oils for their therapeutic calming and detoxifying effects. Treat yourself to an hour or more of bliss with this gentle therapeutic massage while in a state of total relaxation. Relax while all stress and tension dissolves as the internal balance of mind, body and spirit is brought back into a state of harmony through the combination of fragrant oils and a healing touch.



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### **Aloe Vera Massage**

(60min. – 1200 THB++)

(90min. – 1600 THB++)

The magical healing powers of organic Aloe Vera Gel have been reported back thousands of years ago. It is known by many as "nature's pharmacy" and is used to help heal a wide range of human ailments. The magic of Aloe Vera has always produced great results. Come and experience its amazing benefits for yourself.

### **Thai Traditional Massage**

(60min. – 700 THB++)

(90min. - 900 THB++)

Thai Massage is one of the world's great massage traditions. This incorporates a blend of Indian yoga techniques, relaxing muscles and ligaments as well as improving blood circulation. It also channels the energy fields running throughout the body in order to achieve the balance necessary for optimized living. Through the rebalancing of these energy fields, aches and pains as well as stress will recede to be replaced by feelings of both calmness and well-being.

### **Herbal Compress Massage**

(60min. – 1400 THB++)

A Thai massage in which bundles of therapeutic herbs are wrapped in cloth and then steamed before being used as compresses in which the healing elements from the herbs are released onto the body and then massaged in, providing a synergy of natural elements combined with touch which stimulates good blood circulation and is especially effective for deep muscle aches and the alleviation of joint pain. The addition of heat in this technique makes its therapeutic elements more powerful. It is highly recommended as an option to follow the Thai Traditional Massage.



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### **Head & Back Massage**

(40min. – 700 THB++)

Massage focusing on the significant head, back, neck and shoulder muscles. Utilising Tiger Balm, this treatment relieves pain whilst dissolving exhaustion and tension which is then replaced by strength and rejuvenation.

### **Foot Reflexology Massage**

(60min. – 700 THB++)

Reflexology is a healing art achieved by applying pressure on reflex points of the feet which correspond to organs in the body as a whole. Through precision massage, reflexology stimulates circulation, induces feelings of relaxation and encourages healing, leading to an optimised state of wellbeing.

### **Hot Stone Massage**

(60min. – 1500 THB++)

A deep relaxing massage using hot stone placed in strategic sites on the body to help open up meridians or energy lines. The heated stones make deep tissue manipulation easier to achieve whilst also assisting in the release of toxins and improving circulation. This particular treatment has been found to be effective in the relief of insomnia and is seen as an ideal treatment for the alleviation of stress.



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### **Kids Massage**

(40min. – 400 THB++)

We are pleased to encourage parents to share the joy and relaxed feeling of professional massage with their children. It is a lovely way to share holiday time and introduce your children to the experience of a professional massage. Parents and children will be in the same room during treatment.

### **Thai Herbal Steam**

(min.20 min. – free of charge)

The essence of this treatment can be found in the therapeutic benefits offered by tumeric, plai, lemongrass, camphor and kaffir lime - Thai herbs which as well as contributing towards optimising good health and clearing the complexion also contribute significantly towards detoxification and the release of tension.

### **Body Scrub**

(40 min. – 1300 THB++)

Pure pleasure is experienced through the skin leading to a glowing radiance. This treatment exfoliates and hydrates your skin, removing impurities and encouraging youthful rejuvenation. Tailor make this treatment to your own specifications by choosing one of our natural Thai scrubs:

- Star Fruit
- Jasmine Rice
- Coconut Flakes
- Green Tea
- Coffee
- Golden Body Scrub (1400 THB++)



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### **Body Mask** (40min. – 1300 THB++)

This offers a whole host of improvements to your skin including moisturisation, detoxification, firming and tightening, texture smoothing, as well as helping blood circulation. As well as feeling wonderful, this treatment results in fresh silky smooth skin. We have a wide variety of options available to suit the individual:

- Aloe Vera
- Dead Sea mud
- Thai herbals
- Golden Body Scrub

### **Facial Treatments**

We offer a choice of facial treatments designed to rejuvenate and revitalize your skin. The complete skin care program starts with deep cleansing followed by a scrub. Then enjoy 20 minutes relaxing massage before a final facial mask chosen specifically to cater to your needs.

#### **• Golden Facial** (60 min. – 2200 THB++)

A powerful facial massage and mask incorporating 24 carat gold combined with 5 essential flower oils chosen to promote cell regeneration, resulting in rejuvenation and radiance - making skin both glow and look younger.

#### **• Herbal Facial** ( 60 min. – 1190 THB++)

Utilising a blend of 9 different Thai herbs this scrub is followed by massage and mask with the finished result being hydrated skin that glows with new levels of luminosity and feels renewed.



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### Facial Treatments

- **Dead Sea Product** ( 60 min. – 1190 THB++)

The Dead Sea Minerals which form the core of this treatment combine both Vitamin A and Vitamin E which are both known for their powerful anti-oxidant and strengthening properties.

As a result of the synergistic properties of these minerals working together this treatment produces optimum results both on the dermatological and visual level  
- a powerful rejuvenator.

### Packages

- **Siamese Secret** (160 min. – 3600 THB++)

Siamese Secret- a traditional beauty ritual of Thai Woman since ancient times. This fullbody treatment leaves your skin feeling both incredibly soft and phenomenally smooth to the touch.

- 20 min. Herbal Steam
- 40 min. Body Scrub
- 40 min. Body Wrap
- 60 min. Aromatherapy Massage

- **Asian Journey** (160 min. – 2900 THB++)

Asian Journey is the ultimate combination of the world's greatest massage techniques with the magic of Thai herbs. Experience the very best that Thailand has to offer in this unique and timeless journey to blissful contentment.

- 60 min. Thai massage
- 60 min. Herbal Compress
- 40 min. Facial Deep Cleansing & Herbal Mask

++ All prices are subject to 7% Government Tax and 10% Service Charge



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• **Tropical Indulgence** (140 min. – 1700 THB++)

Pampering the body and lifting up the soul using tropical flower essences. This special package will amplify your senses through pleasure and tranquility as a result of total immersion in this tropical indulgence.

- 20 min. Floral Foot Bath
- 60 min. Foot Reflexology Massage
- 60 min. Aromatherapy Massage

• **Fresh Breeze** (120 min. - 2550 THB++)

This treatment has been designed to treat your body to a totally refreshing and rejuvenating experience. The Fresh Breeze will bring you into a deep state of relaxation that will lead to a long lasting feeling of comfort and contentment.

- 60 min. Body Scrub and Oil Massage
- 60 min. Herbal Facial Treatment: Facial Scrub / Massage / Herbal Facial Mask

• **Sun Sooth Bliss** (100 min. – 1990 THB++)

Let Aloe Vera gently treat your skin with its magical effects. An absolute blessing for sunburn it will rehydrate, refresh and cool the skin - which also gives a boost to skin repair and rejuvenation. This is the perfect choice for those who have been enjoying the Samui sunshine, and a blessing to those who have perhaps been over-exposed to the sun.

- 20 min. Cooling Foot Bath
- 40 min. Aloe Vera body wrap
- 40 min. Facial Treatment: Deep Cleansing / Aloe Vera Facial Mask





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• **Cleopatra's Wonder** (100 min. – 3500 THB++)

Throughout history gold has been recognised for its luxurious and beautifying properties. It was used for a variety of skin treatments in ancient Rome as well as by the ancient Chinese.

Used as medicine by the queen of the Ching dynasty and by Cleopatra herself, gold has been used as a tool to maintain youthful looks. Today you can relive this with 'Cleopatra's Wonder.'

- 40 min. Golden Body Scrub
- 60 min. Golden Facial Treatment: Deep Cleansing / 24 ca. GoldenFacial Mask / Face Massage with cream contains 24 ca. Gold

• **Lovely Day** (140 min. – 1890 THB++)

An unforgettable experience of harmony and relaxation exclusively designed for our Spa.

Partake in a journey of the senses that will help you find the way to inner harmony and restore your emotional balance.

- 60min. Foot Reflexology
- 60min. Signature Massage
- 20min. Tropical Facial Mask

Keep that romance alive and treat your loved one to a shared afternoon of sheer bliss at Secret Garden Spa.

Special promotion for couples: **3590 THB++**



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### **Manicure**

(40min. – 400 THB++)

### **Pedicure**

(40min. – 400 THB++)

### **Foot Scrub**

(500 THB++)

### **Complete Manicure / Pedicure / Foot Scrub Package**

(1200 THB++)

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