

## BODY MASSAGE

### LAYANA SIGNATURE MASSAGE (90MIN) THB 3,200

The Layana Signature Oil Massage is a unique therapy which combines the techniques of Aromatherapy, Swedish massage, Ayurveda and Shiatsu.

### Healing Stone Therapy (90min) THB 4,000

Massage using heated volcanic lava stones combined with Swedish style massage movements.

### Tranquil Journey (90min) THB 2,800

Pacify the mind and touch serenity with a complete de-stressing treatment. Calm your senses as your body is soothed by a hot herbal poultice of sweet basil and kaffir lime, during a warm oil massage performed by well trained therapist. While tension is slowly eased away under a caring touch, you will be guided in tranquil meditation for total peace of mind. This holistic treatment improves mental clarity leaving a sense of wholesome wellbeing.

### Four Hands Massage (60min) THB 4,000

Specify the mind and touch serenity with a complete de-stressing treatment. Calm your senses as your body is soothed by a hot herbal poultice of sweet basil and kaffir lime, during a warm oil massage performed by well-trained therapist. While tension is slowly eased away under a caring touch, you will be guided in tranquil meditation for total peace of mind. The holistic treatment improves mental clarity leaving a sense of wholesome wellbeing.

### Silk Rope Massage (90min) THB 2,800

Chavutti Rope massage, having a history spanning thousands of years, literally is translated as 'massage by foot pressure.' The form originated in South India alongside the Kalari martial arts, Kathakali dancers and amongst practitioners of yoga. It then traveled to Tibet and Northern Thailand. This massage technique was developed for maintaining suppleness in the body and for treating pain and swelling caused by combat. It is equally suitable however as a treatment for those not involved in regular or strenuous exercise, who wish to encourage their own fitness and wellbeing.



#### **WARM BAMBOO ANMA MASSAGE (90min) THB 2,800**

Bamboo called Take in Japanese represents youth, prosperity and serenity in Asia. Warm bamboos slowly rolled on targeted areas break down fatty deposit. Used in combination with Ytsara Sculpting oil, this treatment fights cellulite, tones muscles, stimulates lymphatic system and detoxifies the organs. Associated with healthy eating and exercise you will never have felt so well

#### **WARM COCONUT SOOTHER (90min) THB 2,800**

Following the Zen philosophy of returning to nature, amazing tropical wonders infuse this treatment with life, energy and beauty. A rich red jasmine rice scrub softens and invigorates your skin in preparation for a unique cocooning experience. Then drift into southern. Thailand delights when sesame and warm coconut are gently glided onto your body to nourish, soothe and condition your skin. Exhilarating sweet scents permeate your mind and nurture your soul.

#### **FIT BODY MASSAGE (90 min) THB 2,800**

Designed to encourage blood flow, stretch muscles and ease joints, this stimulating massage conditions the body for better performances in the same manner a warm up would do. Thai therapeutic massage and pure plant essential oils are synergistically preparing your body for better performances and improved recovery.

#### **GARDEN OF DEEP CALM (60/90 min) THB 2,400/2,800**

Restore your body, mind & spirit. The aroma of Malabar Grass melts tension away while Sweet Orange and Vetiver help to create an inner peace. Oils of Rice Bran, Sweet Almond, Soy and Wheat Germ help soothe and nourish the skin.

#### **PRANA VITAL ENERGY (60/90 min) THB 2,400/2,800**

A combination of massage techniques while Ytsara's Vital Energy Body Oil made with Blue Ginger inspires self-connection and renewal. Targeting the meridian energy system, the Thai Sip Sen Massage discovers and unblocks areas of trapped energy that manifest in physical and/or emotional pain. Energize the mind and spirit for a feeling of deep healing.

#### **POSTURE RESCUE (30/60min) THB 1,200/2,400**

Relieve stiffness and soreness from back, shoulders, neck and head. The calming properties of Rainforest Clove bark, a tree found only in two Islands in the Pacific Ocean, combined with deep gentle kneading, break down knots and improve flexibility. Oils of Tangerine, Pink Grapefruit and Rosemary further encourage detoxification and relaxation of your whole system

#### **SIAMESE HEALING HERBS (90min) THB 3,000**

A millennium-old massage tradition, to release urbanites from modern ailments. Thunder-struck wooden tool, once considered as sacred, spread energizing vibrations into meridian lines and muscles. Freed life force flows back into your body preventing fatigue and tensions. Warm Lemongrass, Ginger and Bergamot combined with slow deep pressure sooth body and mind for a feel great effect



**TRADITIONAL THAI MASSAGE (60/90min) THB 2,000/2,500**

This massage involves the application of pressure and a degree of stretching to the muscles. Without the use of oil, focuses mainly on the legs and back.

**CLARITY OF MIND MASSAGE (60min) THB 2,400**

Ayurveda massage therapy particularly beneficial for stimulating blood circulation and easing away tension in the head and neck area.

**BODY CONTOUR TREATMENT (90min) THB 2,800**

A stimulating massage that uses Black Pepper, Cinnamon and Ginger to help sculpt the figure and re-define the shape. An excellent way to drain and regenerate tissues while dispelling the tensions that have built up and attain a state of absolute relaxation

**ANTI-JETLAG MASSAGE (90min) THB 3,500**

A Specialized Linger Longer Spa treatment that helps to increase blood circulation, stress-relieving Back and Leg treatment with deep cleansing and followed by Aromatherapy Massage



## BODY SCRUBS (60min)

### ANNE SEMONIN NUDE SCRUB (60 min) THB 2,300

An express exfoliation with the Nude Sea Salt & White Sand Scrub, leaving skin smooth and hydrated. The warming and nourishing qualities of this scrub ensure a soothing experience and visible results.

### HOMMOMLI JASMINE RICE SCRUB (60 min) THB 2,000

Reveal the body's hidden glow with ingredients known to purify and refine the skin. Jasmine Rice removes dullness and brightens. Jojoba Oil and Shea Butter provide deep nourishment.

### PINK HIMALAYA SALT SCRUB (60 min) THB 2,000

Millions year ago, pristine seawater was crystallized and covered by lava, protecting it from modern day pollution. Infused with 80 minerals, Pink Salt delivers its pure nutrients while gently smoothing your skin. Refreshing Aloe Vera cream further nourishes. Your skin feels baby soft.

### COFFEE SCRUB (60min) THB 2,000

Helps to relax and detoxify your body and helps tone the color of your skin.

### SESAME SCRUB (60min) THB 2,000

Pure Sesame and honey are combined to create a nourishing body scrub.



## **BODY WRAPS (60min) THB 2,300**

### **NATURE COCONUT OIL WRAP**

Smell and look as good as you feel after this deliciously soothing and relaxing experience.

### **LAYANA SEA CARAMEL MUD WRAP**

The Special composition of Dead Sea minerals has a gentle and deep active cleansing effect.

### **LANTA SUN LOVER WRAP**

Relieve your sun damaged or sun sensitive skin immediately with this soothing wrap. Cooling and desensitizing Water Lily, Green Tea, and Chamomile, relieve the discomfort of over exposed skin. Alleviating your skin's burning and stinging sensation, this treatment heals, desensitizes, and decreases skin temperature.

## L'EXPERIENCE ANNE SEMONIN FACIAL COLLECTION

Encounter this unique collection of facial therapies that combines elegant French skincare with results driven made to measure therapies which transform and re-sculpt your face contour. Every facial includes an exclusive Anne Semonin lymphatic massage, designed to gently release toxins from the dermal tissues, increasing blood flow resulting in radiant skin. Fusing this specialist massage, classic ingredients and a holistic approach, each Anne Semonin facial is a tailored experience, just for you.

### **ANNE SEMONIN CRYOTHERAPIE AGE DEFYING FACIAL (60min) THB 4,000**

Immediate radiance, toning, brightness

A flawless skin brightening experience, this facial uses the age defying effects of Cryotherapie with 100% Active Serum to reinforce the skins firmness at a cellular level. Complemented by a neurocosmetic containing Wild Indigo this elegant touch stimulates the release of B-endorphins, flooding the body with a total sense of well-being.

### **ANNE SEMONIN ULTRA FIRMING PHYTO-AROMATIC FACIAL (60min) THB 4,000**

Anti-aging, firming, toning

Redefine how the skin ages with the quintessential regenerating facial therapy. Signs of aging dissolve as essential oils and minerals are gently massaged into the skin improving tone and elasticity. This skin enhancing bespoke facial ensures effective, visible results to prolong skin youth at a cellular level.

### **ANNE SEMONIN SOOTHING REPAIR PHYTO-AROMATIC FACIAL (60min) THB 4,000**

Calming, hydrating, restoring

The secret to soothing even the most delicate skin lies in the exquisite blending of minerals and essential essences. Skin is prepared with gentle cleansing and exfoliation before delighting in the application of luxurious cream mask. The generous application of the algae and kaolin clay formula smoothes and nourishes skin leaving a perfectly calm and soothed complexion.



#### **FACE LIFTING BLISS (60min) THB 3,100**

Take the path to a new looking you with a sensory facial fitness treat. Pure regenerative plants activate cell renewal while skin is deeply cleansed and purified. Slowly melt into a luxurious relaxation as a warm sesame poultice dipped in rosewood oil is gently glided onto your face to tone passive facial muscles and activate microcirculation. After a last quenching touch of Neroli, enjoy the blissful sensation of renewal and the precious feeling of eternal youth.

#### **RESTORATIVE EYE TREATMENT (60min) THB 3,100**

Let your eyes be pampered and rejuvenated with this amazing eye treatment that combats fine lines, puffiness and dark circles. A secret blend of warm, botanical ingredients from our Asian garden will gently nourish and soothe your eyelids. Then, the light touch of shiatsu and lymphatic drainage massage, accompanied with a quenching floral serum, will reduce puffiness and dark circles. The treatment finishes with a cranial pressure points massage while your eyes rest under a relaxing aromatherapy eye cushion.

#### **CRYSTAL SPA FACIAL (60min) THB 3,100**

Using warmth and combination of color crystals with a coconut oil for facial massage. A treatment for inner balance energy for face relaxation, relief of stress, removed toxin, stimulating the skin.

#### **AROMATIC NATURE FACIAL (60min) THB 2,500**

Thai fruit and traditional white clay gently cleanses and tone the skin naturally.





## HAND & FOOT CARE

### FOOT MAPPING (90 min) THB 2,500

There are 15 000 nerve ending on your feet which constitute a mini-map of your whole body. Skilled pressure applied on this mini-map encourages the body to heal from within. Detoxifying Yanang steam and stimulating ginger work in synergy to enhance body renewal process. Your headache, anxiety and insomnia are gone.

### SOOTHING STEPS (60 min) THB 2,000

A treatment helping to soothe heavy painful, legs. Half leg soak, contrast of hot and cold to stimulate blood circulation, cool wrap, warm poultice and gentle massage with reflexology points are easing pain and give lightness back to the legs.

### GRIP RELIEF TO RELIEVE TENSIONS (60 min) THB 2,500

Hands are sought all the time and cumulate tensions, especially when you play golf. Like feet, there are 15,000 nerve endings in the hands, which constitute a mini-map of your whole body. Skilled pressure applied on this mini-map encourages the body to heal from within. Hot herbal compress infuses relaxing Lemongrass to help release tension and let go.



## SPECIAL TREATS

### Natural Salt Therapy Package (70min) THB 2,500

Enjoy a respiratory and relaxation respite with a specially designed Salt Therapy session. Each session begins with a 25-minute soothing and cleaning Salt Glow Body Scrub, followed by a retreat to our Salt Spa room, where the ancient healing power of a natural salt cave has been meticulously recreated. Here you will cleanse your respiratory ailments by inhaling the salt aerosol, while our expertly trained staff performs your choice of a 45-minute soothing facial or foot reflexology session. Emerge from this treatment savoring the fresh island air in a state of total body bliss.

### Fragrant Floral Bath (30min) THB 900

Enjoy the soak and the softening effect on the skin that natural fresh milk mixed with honey offers. It will help you to feel calm and totally refreshed, with a perfect rubdown for the over-worked and over-stressed.

### Hot Jacuzzi (30min) THB 900

Relax and enjoy, as our Jacuzzi gently massages your cares away.

### Sauna and Cold Jacuzzi (30min) THB 700

Refresh your body in this gentle cloud of sauna. Ideal before a massage, or anytime to cleanse the skin, clear the lungs, promote circulation and invigorate the body.

\*\*\*Complimentary to in-house guests

### Salt SPA (45min) THB 500

Inhalation of salt aerosol is clinically proven to cleanse the respiratory system and to speed up the elimination of toxins. Salt therapy can also help prevent respiratory viruses, including the common cold and flu.



All prices include 10% service charge and 7% government tax



#### **MANICURE (60min) THB 1,000**

A pampering hand treatment to beautify the hands and nails. Nails can be buffed to healthy shine or coated with the polish of your choice.

#### **FRENCH MANICURE (90min) THB 1,500**

A pampering hand treatment to beautify the hands and nails. Nails can be buffed to healthy shine and tips coated with white color.

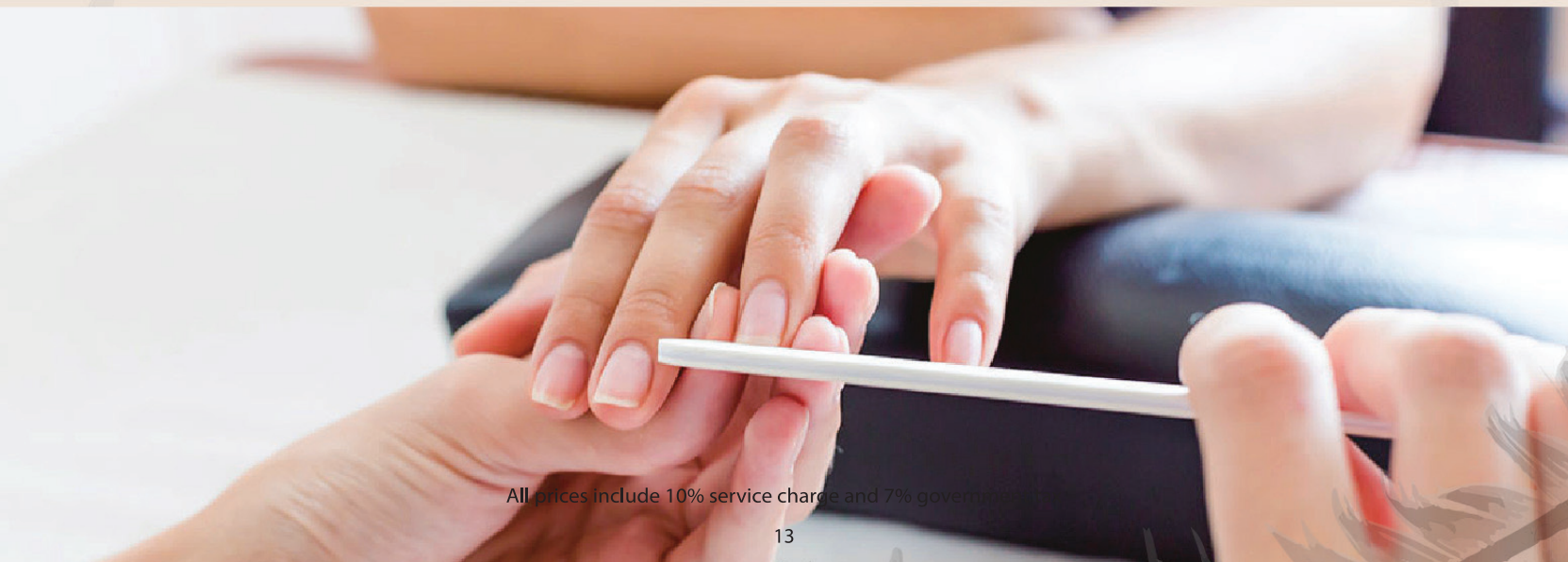
#### **PEDICURE (60min) THB 1,000**

A total foot treatment that removes hard, dry skin and beautifies the feet and nails. Nails can be clear buffed or coated with the polish of your choice.

#### **FRENCH PEDICURE (90min) THB 1,500**

A total foot treatment that removes hard, dry skin and beautifies the feet and nails. Nails can be clear buffed or coated with the white color

#### **NAIL POLISH TOUCH UP FOOT OR HAND (60min) THB 1,000**



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## WAXING

Waxing is a natural exfoliation for skin. Leave your skin smooth, soft and hair free.  
For a better result, hair should be at least ¼ inch in length.  
Hot wax hair removal treatment of area of your choice.

**Whole Legs Waxing (60min) THB 1,500**

**Half Legs Waxing (30min) THB 900**

**Underarm Waxing (30min) THB 600**

**Bikini Waxing (30min) THB 900**

All prices include 10% service charge and 7% government tax



## LINGER LONGER SPA PACKAGE

### LAYANA EXPERIENCE (150min) THB 4,500

Experience the ultimate pampering! Choice of our favorite two treatments, Aromatic Nature Facial and Layana Signature Massage, for a relaxing introduction to what our Spa has to offer.

### SUNBURN RELIEF (90min) THB 3,500

Ease and re-hydrate sun burnt skin with the soothing effects of Water Lilly after Sun Soothing Wrap, Aloe Vera Wrap or Cucumber Wrap, followed by a gentle treating facial with Water Lilly Mask or Cucumber Mask.

### SECRET OF ANDAMAN (180min) THB 4,800

Bringing together everything you have ever wanted to pamper yourself with. This is the ultimate in mind, body and soul revitalization. Enjoy Jacuzzi or Sauna, to relax and loosen your muscles before a Salt Scrub exfoliation removes dead skin layers in preparation for the treats to come. Coconut oil wrap and Layana Signature Massage relieves muscle tension that completes your transition into a re-energized, glowing new you.

### ROMANCING LAYANA (4 Hrs.) (Single/ Couple) THB 6,400/12,500

A most enjoyable treatment created for couples – start with a sauna, then a radiant Romance Sea Salt Scrub, followed by a Dead Sea Caramel Mud Wrap, Floral Bath, Prana Vital Energy Massage and Aromatic Nature Facial rounds up this romantic experience. (Please reserve one day in advance).

### LAYANA DREAM SPA PACKAGE (Single/couple)(4 Hrs.) THB 7,000 /13,000

Your choice of selected scrubs, wraps, massages and facial treatments. Plus a relaxing fragrant floral bath.

All prices include 10% service charge and 7% government tax



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