



# EMBRACE SPA

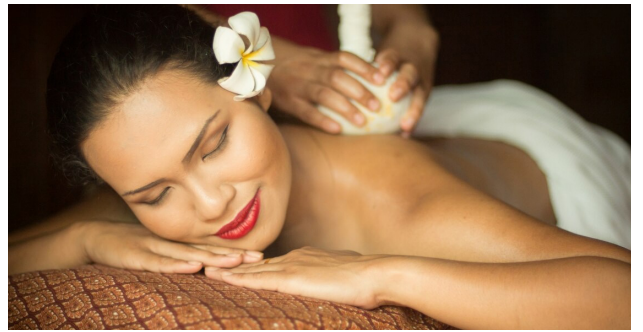
WHERE RELAXATION COMES NATURALLY

# EMBRACE SPA MENU

EMBRACE SPA	DURATION (MINS)	PRICE (THB)
Traditional Thai Massage	60	1,100
Traditional Thai Massage	90	1,450
Traditional Thai Massage	120	1,850
Embrace Aroma Massage	60	1,450
Embrace Aroma Massage	90	1,750
Embrace Aroma Massage	120	2,000
Embrace Signature Sport Massage	60	1,700
Embrace Signature Sport Massage	90	2,000
Embrace Signature Sport Massage	120	2,300
Andaman Foot Relax Massage	30	650
Andaman Foot Relax Massage	60	1,000
Back, Neck, Shoulder Massage	45	1,100
Mineral Hot Sand Massage	90	2,000
Thai Herbal Compress	90	2,150
Coconut Body Scrub	45	1,100
Sakura Body scrub	45	1,100
Coffee Body Scrub	45	1,100
Alovera Body wrap	45	1,550
Indian head & neck	45	1,000
Abhyanga Massage	60	1,750
Lymphatic Drainage Massage	60	1,750
Chi Nei Tsang Massage	45	1,600
Embrace Facial	60	1,900

## TRADITIONAL THAI MASSAGE

Experience the art of relaxation with our Traditional Thai Massage, a centuries-old healing practice that harmonizes the body, mind, and spirit. Combining gentle stretching, acupressure, and rhythmic compression, this massage promotes flexibility, relieves tension, and restores balance to your body's natural energy flow.



## EMBRACE AROMA MASSAGE

Immerse yourself in a calming experience with our Signature Aroma Massage. This soothing treatment combines gentle massage techniques with the healing properties of aromatherapy to relax the mind, rejuvenate the body, and uplift the spirit. A must-try experience for ultimate relaxation

## EMBRACE SIGNATURE SPORT MASSAGE

Experience the perfect blend of Thai, Deep Tissue, Hot Oil, and Swedish techniques in one rejuvenating treatment. This customizable massage combines stretches, targeted muscle relief, soothing oil, and calming strokes to melt away tension, improve flexibility, and promote deep relaxation, leaving you refreshed and revitalized.

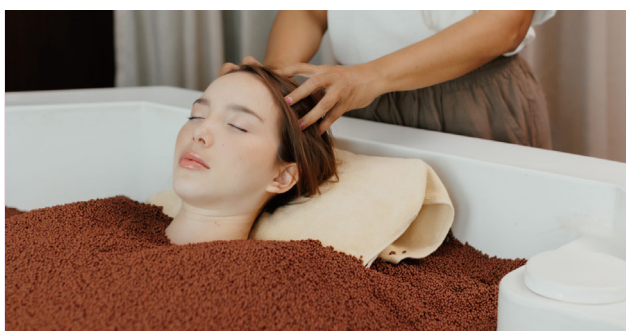


## ANDAMAN FOOT RELAX MASSAGE

Relieve tension and restore balance with our soothing Foot Massage. Using precise techniques and acupressure on key points, this treatment promotes relaxation, improves circulation, and alleviates tired or aching feet. Perfect for those seeking to unwind and rejuvenate, leaving you feeling refreshed and energized.

## BACK, NECK, SHOULDER MASSAGE

Target tension and relieve stress with our Back, Neck, and Shoulder Massage. This focused treatment uses expert techniques to ease muscle tightness, improve circulation, and release built-up stress in these high-tension areas. Perfect for those seeking quick relief from daily aches, this massage will leave you feeling relaxed, refreshed, and recharged. Ideal for a quick pick-me-up!



## MINERAL HOT SAND MASSAGE

Indulge in the soothing warmth of our Mineral Hot Sand Massage, where heated mineral-rich sand is strategically placed on key points of the body to release tension and improve circulation. The warmth of the sand combined with gentle massage and herbal oils helps to ease muscle stiffness, promote deep relaxation, and restore balance. Ideal for relieving muscle stiffness and enhancing overall well-being.



## THAI HERBAL COMPRESS MASSAGE

Immerse yourself in the soothing warmth of our Thai Herbal Compress Massage, a deeply therapeutic treatment rooted in ancient Thai traditions. This unique therapy combines gentle Thai massage techniques with the application of heated herbal compresses, filled with a blend of aromatic Thai herbs renowned for their healing properties.



## COCONUT BODY SCRUB

Indulge in the tropical luxury of our Coconut Body Scrub, a nourishing treatment designed to exfoliate and hydrate your skin. Made with natural coconut and gentle exfoliants, this scrub removes dead skin cells, revealing a smooth, radiant glow. The moisturizing properties of coconut leave your skin soft, supple, and deeply rejuvenated. A perfect escape to refresh your body and mind! With a blend of aromatic Thai herbs renowned for their healing properties.

## SAKURA BODY SCRUB

Experience the elegance of our Signature Sakura Apricot Scrub, a luxurious treatment that combines the delicate fragrance of Sakura blossoms with the exfoliating power of finely milled apricot kernels. This gentle yet effective scrub removes dead skin cells, boosts circulation, and leaves your skin velvety smooth and glowing. Immerse yourself in the soothing floral aroma and let your skin feel refreshed, nourished, and rejuvenated. Perfect for a truly indulgent spa experience!



## COFFEE BODY SCRUB

Revitalize your skin with our invigorating Coffee Body Scrub. Packed with natural antioxidants, this exfoliating treatment gently removes dead skin cells, improves circulation, and leaves your skin smooth, soft, and glowing. The aromatic coffee infusion awakens your senses, while the nourishing properties promote a refreshed, radiant complexion. Perfect for a full-body renewal!

## ALOE VERA BODY WRAP

Nourish and hydrate your skin with this soothing wrap, featuring fresh aloe vera gel to calm, moisturize, and detoxify. Ideal for restoring softness and refreshing sun-exposed skin, leaving you feeling rejuvenated and radiant.



## INDIAN HEAD AND NECK MASSAGE

Experience deep relaxation with our Indian Head and Neck Massage, a traditional therapy designed to relieve tension and promote overall well-being. This treatment focuses on the head, neck, and shoulders, using warm herbal oils to nourish the scalp and skin while soothing tight muscles. Gentle yet firm techniques enhance circulation, ease stress, and encourage a sense of calm and clarity. Perfect for releasing everyday tension and achieving a state of total relaxation.

## ABHYANGA MASSAGE

Immerse yourself in the healing tradition of Ayurveda with our Abhyanga Massage, a deeply relaxing and rejuvenating full-body treatment. Coconut oils are gently applied using rhythmic strokes to nourish the skin, improve circulation, and balance the body's energy. This ancient therapy promotes detoxification, relieves stress, and restores harmony to your mind and body. Ideal for those seeking deep relaxation and holistic wellness.



## LYMPHATIC DRAINAGE MASSAGE

Stimulate your body's natural detoxification process with our Lymphatic Drainage Massage, a gentle and rhythmic treatment designed to promote lymph flow and reduce fluid retention. Using light, precise strokes, this massage supports the removal of toxins, boosts circulation, and enhances your immune system. Perfect for reducing swelling, relieving fatigue, and achieving a sense of overall wellness and balance.

## CHI NEI TSANG MASSAGE

Reconnect with your inner balance through our Chi Nei Tsang Massage, an ancient Taoist abdominal therapy that focuses on harmonizing the body's internal energy. This holistic treatment uses gentle yet deep techniques to massage the abdomen, releasing tension, improving digestion, and detoxifying internal organs. Perfect for relieving stress, balancing emotions, and enhancing overall well-being, this deeply restorative practice helps you feel centered and rejuvenated from within.



## EMBRACE FACIAL

### Thanaka Facial Treatment

Experience the ancient beauty secrets of Myanmar with our luxurious Thanaka Facial. This treatment begins with a gentle Thanaka scrub, exfoliating and refining the skin, followed by a soothing Thanaka mask that nourishes and brightens. Finally, our special blend marine serum is applied, delivering deep hydration and promoting skin renewal with its powerful marine extracts. The result is a refreshed, radiant complexion with a healthy, youthful glow. Perfect for all skin types.