

# THE MESSAGE SALA

## Price List



### NUAD THAI BO-RARN

60 min | THB 999

90 min | THB 1,200

A “traditional Thai massage” is the most energizing. Pressure points together with gentle body stretching to help release energy blockages and muscle tension. This massage is performed without oil and pressure is strong. It is excellent for inner body balancing and unblocking energy pathways.

### NATURAL THAI LUK PRA KOB

60 min | THB 1,200

90 min | THB 1,700

A “traditional Thai herbal compress” also called Nuad Luk Pra Kob is a divine luxurious treatment that combines Traditional Thai massage techniques with heated (steamed) herbal compresses. These compresses are invigorating which lead to a relaxing effect on the body.

### AROMATHERAPY MASSAGE

60 min | THB 1,200

90 min | THB 1,600

This ultimate relaxing experience. This delightfully relaxing and gentle massage allows the healing properties of these natural oils to soothe effectively. Aromatherapy uses aromatic essential oils to improve the health of the body, mind, and spirit. It enhances both physical and emotional health.

### DEEP MUSCULAR MASSAGE

60 min | THB 1,200

90 min | THB 1,600

The perfect tension release for over-stressed muscles. This deep muscular therapy massage will increase flexibility, speed up recovery and relieve soreness from over-exertion or intense exercise.

### ANTI-STRESS BACK MASSAGE

30 min | THB 690

60 min | THB 1,000

Excellent for those who feel a little stressed but are short on time. This massage focuses on the neck, upper back and shoulders, where most stress is accumulated. The soothing hand movements together with lavender aromatic oil blend to work into the muscle and soft tissue to relieve stress and tension

### FOOT AND LEG MASSAGE

30 min | THB 460

60 min | THB 690

This massage uses pressure onto particular areas of the feet. A very old therapy that links the reflex zones on the feet to specific parts of the body. Relief from pain, illness and stress comes by putting pressure on the appropriate zones of the feet and legs.

### HOT STONE THERAPY

60 min | THB 1,500

90 min | THB 1,900

A full body and face massage technique that uses Basalt stones to instil a deep level of calm while relaxing tight muscles, removing blockages and dissolving stress.