Le Spa Zen

TRADITIONAL THAI MASSAGE

Allow 60/90/120 minutes - THB 750/1,050/1,350

This Thai treatment is an ancient massage that combines gentle rocking, deep stretching movements and firm acupressure techniques, relying on the use of palms, elbows and thumbs. This massage will help improve your flexibility, stimulate blood circulation and increase vitality.

OIL MASSAGE

Allow 60/90/120 minutes - THB 850/1,200/1,550

Oil massage is gentler than traditional Thai massage and makes it very relaxing. This form of massage is very gentle technique where you skin blood circulation, relaxes the body and calms the mind you, due to the pleasant aroma substances. The skin will naturally soften and some oils have a deep effect.

SWEDISH FUSION MASSAGE

Allow 60/90/120 minutes - THB 900/1,275/1,650

This fusion massage is a mix of Thai and oil massage and is a full body treatment that is both invigorating and relaxing – a creative new take on the world favourite. This treatment helps reduce tension, soothe sore muscles and increase circulation.

AROMATHERAPY MASSAGE

Allow 60/90/120 minutes - THB 950/1,350/1,750

This complete scalp and body treatment massage focuses on acupressure points, to help strengthen the nervous system, restore lost energy and relax the mind and body through a combination of delicate fragrances. Pure essential oils of your choice are used.

FOUR HANDS BODY OIL or AROMATHERAPY MASSAGE

Allow 60 minutes - THB 1,350/1,950 90 minutes THB 1,550/2,150

Let yourselves be completely pampered and experience this enveloping massage which encourages total relaxation, as two therapists harmoniously synchronize their movements to deliver the most intense treatment imaginable.

REVIVAL ANTI-JETLAG BODY MASSAGE

Allow 90 minutes - THB 1,450

This is the perfect treatment to overcome jetlag and to relieve stiffness, aches and pains. It is a gentle and smoothing massage that brings together elements of Swedish massage and the therapeutic qualities of oriental aromatic essential oils. Designed to strengthen the body's vital energy and leave you with a renewed spirit.

BODY CARE ADD-ONS (30 minutes each)

- Herbal Hot Compress Massage THB 950
- Thai Herbal Body Glow Scrub THB 950
- Hydrating Milk Body Wrap THB 950
- Essential Body Clay Detox Wrap THB 950
- Indian Head Massage THB 950
- Thai/Hand/Foot Massage THB 500

All prices are subject to 7% government tax and 10% service charge.

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SPORT MASSAGE

Allow 60/90 minutes - THB 1,050/1,500

This sports massage works through all soft tissue areas searching for muscle damage, injury or other physical ailments. Stretching and other specialized techniques are used which require guest participation to achieve the best results.

SUNSET-KISS RITUAL MASSAGE

Allow 60/90 minutes THB 1,050/1,500

This special body program is designed to repair and counteract the damaging effects of the sun and the sea, as well as providing a complete sense of well-being. This is achieved through alternating warm and cool feelings, followed by draining techniques to reduce sun-induced puffiness.

THAI or OIL MASSAGE with HOT HERBAL COMPRESS

Allow 90 minutes - THB 1,700/1,800

This is a traditional Thai Massage in which heated aromatic poultices of herbs are applied to the body for deep heat penetration to soothe tired and aching muscles. It is recommended for guests seeking treatments unique to the kingdom and is a less active massage than traditional Thai.

THAI HERBAL SCRUB and OIL MASSAGE

Allow 30/90 minutes - THB 950/1,800

A traditional Thai scrubs where fresh local products are applied to increase the vitality of the skin. The Thai herbal scrub is mostly recommended for peeled and dry skin. A delicate yet luxurious body lotion will be applied after the treatment to nourish your skin with important vitamins and to give it a fresh and smooth feeling.

ESSENTIAL BODY WRAP and AROMATHERAPY MASSAGE

Allow 30/90 minutes - THB 950/1,900

A comforting body ritual designed to nourish the skin and deeply relax the body. Choose between a Clay Detox Wrap to purify and rebalance, or a Hydrating Milk Wrap to soften and moisturize. The experience is completed with a flowing Aromatherapy Massage, leaving you relaxed, refreshed, and renewed.

FOOT & LEGS MASSAGE with FOOT SCRUB

Allow 60/90 minutes - THB 850/1,550

A foot and lower-leg massage designed to increase the mobility of your ankles and feet whilst stimulating the internal organs, lymph system and flow of “Chi” energy throughout the body.

WELLNESS THERMAL EXPERIENCE (30 minutes / person / couple)

- Sauna Warmth Ritual THB 850 / 1,600
- Steam Room Ritual THB 850 / 1,600
- Jacuzzi Relaxation Ritual THB 850 / 1,600
- Ice Bath Revitalization Ritual THB 950 / 1,800

ZAZEN
BOUTIQUE RESORT & SPA

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