

THE SARANN SPA

Massage Therapies

Traditional Thai Massage	60 min	1,400 THB
	90 min	1,800 THB

By applying direct downward pressure using thumbs, palms, elbows, knees and feet, this age-old therapy helps improve blood circulation, releases tension and exhaustion of the whole system. This massage is done without oil.

Spirit Thai Massage	100 min	2,500 THB
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A combination of Thai massage and warm herbal compress applied to the entire body. Helps stimulate blood circulation, reduce muscle pains, and exhaustion. This will leave you relaxed yet energized, with improved muscle flexibility.

Aroma Oil Massage	60 min	2,100 THB
	90 min	2,700 THB

The effects of oil massages which applies slow moving pressure on the body helps reduce exhaustion, promote relaxation, as well as leaving the skin more soft and moisturized. Choose from the following aromatic oils: Jasmine Rice, Peppermint, Thai Flowers, Lavender, and Jasmine

Aloe Vera Massage	60 min	2,300 THB
	90 min	2,900 THB

Not just great therapy for relaxation, but also one that rehydrates and reconditions the skin, especially beneficial after a sunburn. We use special natural herbal Aloe Vera to help restore moisture back into epidermis.

Head, Back & Shoulder Massage	60 min	1,600 THB
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The aim of massaging the upper body is to reduce stress and headache, concentrating on the deep tissue on the neck, back and shoulders area. This help release pains, exhaustion, and strenghtens the back muscles to maintain poise.

Foot Reflexology	60 min	1,200 THB
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Massaging on the reflex points of the feet and calves helps to re-align the balance of the body system. As well as relieving tension, foot reflexology helps ipromote the stimulation of blood circulation, and alleviates exhaustion.

Signature Massage Therapies

The Sarann Massage	100 min	3,000 THB
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A unique massage offered only at Sarann Spa that combines the techniques of Thai, Aroma, and Swedish massages into one treatment. Designed for stimulating, relaxing, alleviating aches and pains. Natural massage oils are utilised to improve and moisturize the skin. Also assists in stimulating blood circulation, releasing tension and exhaustion of the entire body system. A 10 minute head massage at the end helps to reduce stress and headache.

Aromatic Thai Massage	100 min	2,900 THB
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Mixing Aroma oil massage with warm herbal ball compress for the muscles. A warm touch helps to stimulate the blood flow and release tension, exhaustion; thereby, improving muscle flexibility. Your entire body will also feel soothed and immensely energized from the scent of aromatic Thai herbs. The aromatic massage oil also helps to moisturize the whole body.

Facial Treatments

60 min

2,600 THB

Soothing Facial Treatment

A gentle and luxurious facial designed to soothe and nurture sensitive and delicate skin. Now everyone can enjoy the uplifting sensory experience of pure, natural skin care and total pampering. An ideal treatment for dry or sensitive skin type.

Deep Clean Facial Treatment

This facial is designed to repair damaged skin and promote cellular regeneration in the deep layers of the epidermis. Improve your skin and make it cleaner, smoother and brighter

Anti-Aging Facial Treatment

An effective reviving treatment that delivers optimum results, by returning moisture back into the skin, making it radiant, smooth and supple. A great treatment for preventing and minimizing wrinkles.

Body Treatments

Aromatic Milk Bath or Aromatic Sauna

30 min

600 THB

An Aromatic Bath and Aromatic Sauna open your pores for a deeper detoxifying of your skin and facilitates the cleansing of the epidermis.

Body Scrub

60 min

1,800 THB

A full body treatment that helps get rid of dead skin cells, leaving your skin feeling clean, soft and velvety smooth afterwards. [Body Scrub -- Shower -- Oil Moisturiser]

Selection can be made from the following scrubs:

Coconut Scrub

Jasmine Rice Scrub

Sesame Scrub

Strawberry Scrub

Body Mask

50 min

1,800 THB

Offering a luxurious selection of product ingredients which will leave your skin radiant and glowing, body mask is a great treatment for improving blood circulation and detoxifying the body. [Body Mask -- Shower -- Oil Moisturiser]

Selection can be made from the following scrubs:

Coconut Body Mask

Cucumber Body Mask

Aloe Vera Gel Body Mask

White Clay Body Mask

Body Scrub & Body Mask

100 min

3,300 THB

Take advantage of both body scrub and body mask and reap the benefits of a complete and total body treatment. [Body Scrub -- Body Mask -- Shower -- Oil Moisturiser]

Please choose the body scrub and body mask from the selection above.

Packages

Relaxation 2 hrs 3,400 THB

Perfect for after long travels, or if you just enjoy de-stressing with our signature massage following an aromatic sauna.

- Aromatic Sauna 30 min
- The Sarann Massage 90 min

Inner Balance 2.5 hrs 4,200 THB

A complete massage package to relieve fatigue and tension from the entire body. After a relaxing body massage, foot reflexology is applied to re-align the balance of the body system.

- Aromatic Milk Bath or Aromatic Sauna 20 min
- Aroma Oil Massage 90 min
- Foot Reflexology 40 min

Rejuvenation 2.5 hrs 4,900 THB

This thoroughly cleansing and hydrating combination is great for improving the skin condition of the body. Exfoliate away the dry skin cells with body scrub and finish off with an intensely moisturizing massage. Ideal for dull and dry skin condition.

- Aromatic Milk Bath or Aromatic Sauna 20 min
- Body Scrub of your choice 40 min
- Aloe Vera Massage 90 min

Vitality 3 hrs 6,300 THB

Give yourself a total body treat with a package that deep cleanses and revitalises the body inside and out. The fusion of these treatments will leave your body feeling replenished and energised afterwards.

- Aromatic Milk Bath or Aromatic Sauna 20 min
- Body Scrub of your choice 40 min
- Body Mask of your choice 30 min
- Aroma Oil Massage 90 min

Bliss 3 hrs 6,800 THB

A pampering experience that is designed to nourish and restore wellness to the skin of both of the body and the face, Revive your skin and regain youthfulness with this unique treatments using natural ingredients.

- Aromatic Milk Bath or Aromatic Sauna 20 min
- Body Scrub of your choice 40 min
- Aroma Oil Massage 80 min
- Facial Treatment 40 min

Sarann Harmony 3.5 hrs 7,300 THB

Treat yourself to the ultimate head-to-toe indulgence with this comprehensive package that not only enhances relaxation and reduces stress, but also detoxifies and re-aligns the equilibrium of the senses to achieve a harmonious balance of the body, mind and spirit

- Aromatic Milk Bath or Aromatic Sauna 20 min
- Body Scrub of your choice 30 min
- Aroma Oil Massage 90 min
- Foot Reflexology 30 min
- Facial Treatment 40 min