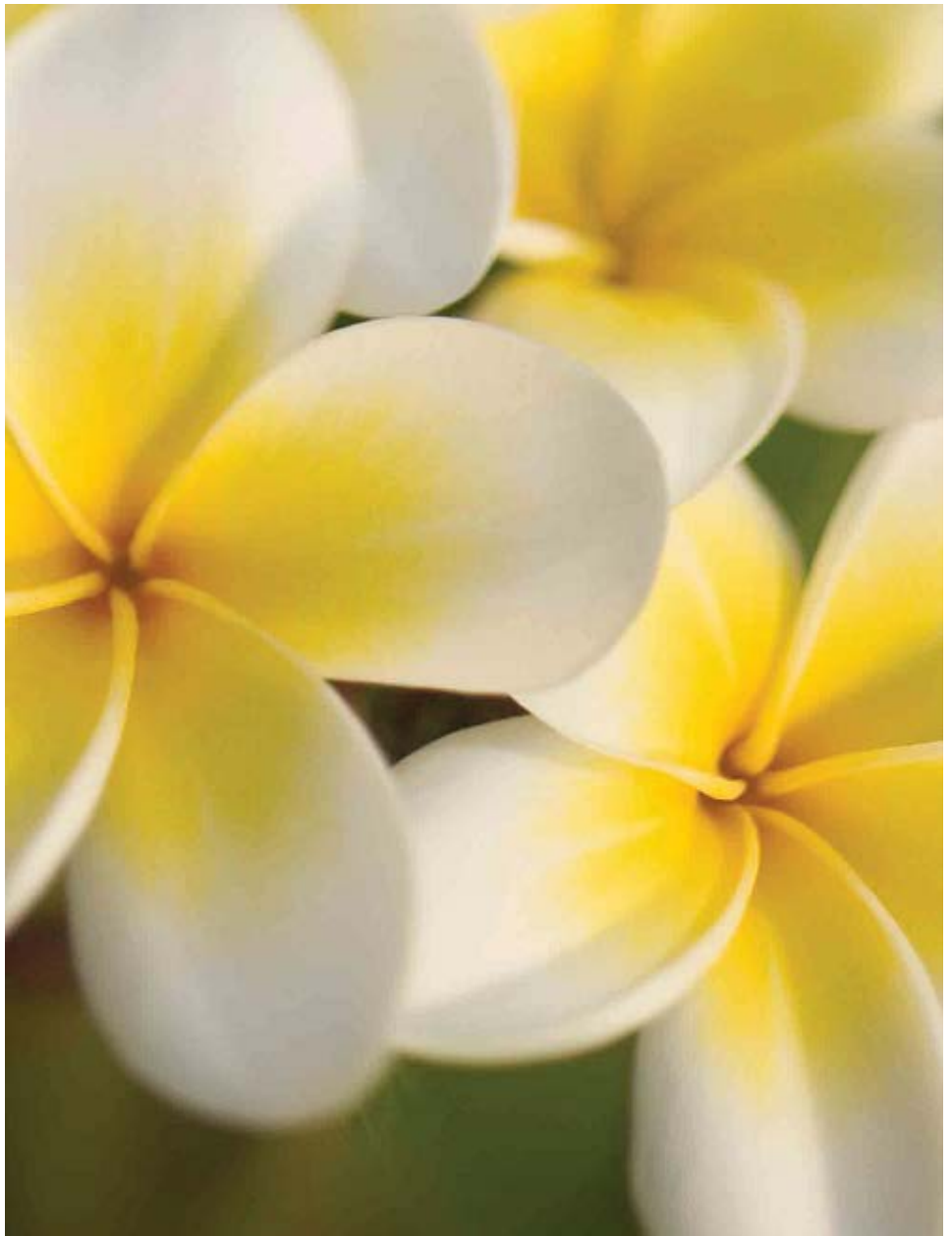


THE SPA RETREAT

Inner Peace, Outer Beauty

Our Global Spa Experience combines distinctive concepts with a unique sense of place in every location. Bringing together contemporary treatments and Myanmar traditions to maximize your wealth in wellness. Every experience is seamless and utterly relaxing, we help to achieve the results you want in total wellness by providing every essential and the perfect escape, giving every traveler the unique therapeutic journey they seek.





MASSAGE

Traditional Thai	90/120 min	MMK 60,000/75,000
Traditional Myanmar	90/120 min	MMK 60,000/75,000
Thai Herbal Compress	90/120 min	MMK 65,000/80,000
Journey Through Myanmar	90/120 min	MMK 75,000/100,000
Aromatherapy	60/90 min	MMK 65,000/80,000
Head, Mind & Soul	60 min	MMK 50,000
Back & Shoulder	60 min	MMK 50,000
Oriental Foot Remedy	60 min	MMK 50,000

BODY

Myanmar Thanaka Brightening	60 min	MMK 60,000
Tropical Fruit	60 min	MMK 60,000
Tamarind	60 min	MMK 60,000
Red Wine with Apricot	60 min	MMK 60,000
Brown Sugar	60 min	MMK 60,000

FACIAL

Liftosome Pro-Collagen Facial	60 min	MMK 80,000
Aromatic Facial	60 min	MMK 70,000
Men's Facial	60 min	MMK 70,000

PACKAGE

Well Being Indulgence	120 min	MMK 100,000
Ritual of Thanaka	180 min	MMK 140,000
Oriental Retreat	180 min	MMK 140,000

All prices are quoted in Myanmar Kyat and subject to 10% service charge and prevailing government taxes.



Traditional Thai

The massage combines acupressure and stretching techniques using the therapist's fingers, thumbs, elbows, arms and feet, to allow the body's internal energy to flow freely and alleviate problematic conditions such as lower back pain, arthritis, headache and stress. Massage is a therapy that when applied with skill and care can bring many beneficial changes within the body, mind and spirit.

Shower - Floral Foot Ritual - Traditional Thai Massage - Refreshment.

90/120 minutes

Traditional Myanmar

It is essentially a combination of massage techniques from Thailand, India and China. It generally begins with gentle acupressure and ends in the typical Myanmar style with stretches intended to lengthen and relax the muscles.

Shower - Floral Foot Ritual - Traditional Myanmar Massage - Refreshment.

90/120 minutes

Thai Herbal Compress

Dating back 5,000 years, this traditional, sensory experience uses herbal compresses on the body's energy channels to promote circulation and energy flow. Relieving muscle tension and toxins with healing herbs and gentle massage.

Shower - Floral Foot Ritual - Thai Herbal Compress Massage - Refreshment.

90/120 minutes

Journey Through Myanmar

Embark on a journey to a balanced state of being with this authentic experience. Relax whilst warm oil is drizzled and expertly massaged into the pressure points of the body, followed by a Hot Compress Massage. Different therapeutic herbs, including prai, ginger, turmeric and lemongrass, are applied to the body and used to draw out tension. A truly invigorating experience which will leave you relaxed and tension free.

Shower - Floral Foot Ritual - Warm Oil Massage - Herbal Compress - Refreshment.

90/120 minutes

Aromatherapy

A perfect aromatic and relaxing massage with a choice of specially blended oils, using a combination of strokes and acupressure techniques, this soothing and gentle massage allows the healing properties of these natural oils to penetrate the skin leaving you relaxed and with a sense of wellbeing. A perfect jetlag tonic.

Shower - Floral Foot Ritual - Aromatherapy Massage - Refreshment.

60/90 minutes

Head, Mind & Soul

Experience warm coconut oil dispels stress, relieves tension in the neck, head and shoulders and promotes healthy hair. Massaging the head and hair with a firm but gentle rhythm relieves tension in a deeply soothing experience.

Shower - Floral Foot Ritual - Head Massage - Refreshment.

60 minutes

Back & Shoulder

This therapeutic massage helps to alleviate built up stress and blocked energy that we accumulate in the back, neck, shoulders and head. Whether your problem is temporary caused by a long-haul flight, or a long-term problem caused by too much of work, this anti-stress massage will leave you feeling calm, revitalized and tension free.

Shower - Floral Foot Ritual - Back and Shoulder Massage - Refreshment.

60 minutes

Oriental Foot Remedy

An ancient therapy known to promote the body's own healing powers by applying pressure to specific points on the feet. Through the stimulation of these points, reflexology can awaken your body's internal systems and promote an overall sense of equilibrium and well-being. With long lasting benefits, this natural healing therapy is an effective remedy for an endless array of health ailments.

Floral Foot Ritual - Oriental Foot Massage - Refreshment.

60 minutes

Myanmar Thanaka Brightening

A traditional Burmese beauty treatment, made from a blend of powdered cedar wood, rose wood and nutmeg to soften and refine your skin as it gently exfoliates.

Floral Foot Ritual - Myanmar Thanaka Brightening scrub - Shower-Refreshment.

60 minutes

Tropical Fruit

Luxuriate in a refreshing blend of grapefruit, tamarind and orange. Cleanse, exfoliate and moisturize with this stimulating body care collection. An invigorating pick-me-up, with the tangy aromas of a tropical fruit cocktail.

Floral Foot Ritual - Tropical Fruit scrub – Shower - Refreshment.

60 minutes

Tamarind

Smooth and brighten your skin with the power of grapefruit and tamarind. Tamarind extract can significantly increase cell renewal and improves skin elasticity. Natural antioxidants promote strong immune function and hydration.
Floral Foot Ritual - Tamarind scrub – Shower - Refreshment.

60 minutes

Red Wine with Apricot

Red Wine contains effective antioxidants which prevents harmful elements destroys healthy cells. It helps Vitamin C to enter the body's cells thus strengthens them against oxidative damages. The skin's natural collagen and elastin is stimulated during this treatment, reducing swelling and edema. A gentle Apricot scrub leaves skin soft and supple.

Floral Foot Ritual - Red wine with apricot scrub – Shower - Refreshment.

60 minutes

Brown Sugar Cinnamon

This high performance aromatherapy scrub creates a more refined skin surface with a lighter, smoother and more luminous complexion by boosting its natural powers of renewal. The Purified Salt and Brown Sugar act as a non-abrasive exfoliator to reduce dead cell accumulation and skin debris. The aromatic blend of Cinnamon and Orange essential oils re-energizing by stimulating skin metabolism.

Floral Foot Ritual - Brown Sugar Cinnamon scrub – Shower - Refreshment.

60 minutes

FACIAL

Liftosome Pro-Collagen Facial

Liftosome is a treatment that firms the skin with pro-collagen promoting the skin's elasticity. Especially designed for mature skin, this stimulating thermal facial also utilizes orange extract and ginseng to regenerate and energize, leaving the skin firm and radiant. During the treatment, gentle heat from a Thermolift Mask provides new energy to regenerate the skin.

Floral Foot Ritual - Liftosome Pro-Collagen Facial - Refreshment.

60 minutes



Aromatic Facial

This relaxing aromatherapy treatment is enhanced by pressure point massage. Find tranquil beauty with this unique method that combines the benefits of essential oils with de-stressing and tension lifting techniques.

Floral Foot Ritual - Aromatic Facial - Refreshment.

60 minutes

Men's Facial

The Treshomme facial is an innovative skin care product designed specifically for men. It combines plant extracts and essential oils to help you look your best. It rejuvenates complexion, revitalizes, and restores health to the skin.

Floral Foot Ritual - Men's Facial - Refreshment.

60 minutes

THE CEREMONIES OF MYANMAR

Escape the limits of time and immerse yourself in one of our exquisitely packaged recipes for relaxation. Whether the occasion merits a celebration of love or friendship, enjoy the luxury of a side by side treatment in one of our spa suites.

Well Being Indulgence

The sun's rays can leave your skin dry and dull. Indulge and energize your body with this treatment which will nourish and moisturize your skin leaving your skin bright & silky smooth.

Floral Foot Ritual - Choice of Scrub - Aromatic Massage - Refreshment.

2 hours

Ritual of Thanaka

Experience the traditions of Myanmar heritage by indulging in the perfect combination of spa treatments that will leave you feeling fabulous.

Floral Foot Ritual - Myanmar Thanaka Scrub - Aromatic Massage - Aromatic facial - Refreshment.

3 hours

Oriental Retreat

Rejuvenate your body from Top to Toe! This blissful package combines massage techniques and blends of herbs to ensure that you feel totally nourished.

Floral Foot Ritual - Aromatic Massage - Herbal Compress - Head Massage - Refreshment.

3 hours

Arrival time

If this is your first visit with us, please arrive to minutes prior to your scheduled time so that you may relax and unwind before your treatment.

What to wear

You may wish to wear your own bikini or briefs, or we can provide you with hygienic disposable briefs. Alternatively, treatments may be enjoyed without clothing. Choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

Personal preferences

We definitely encourage a personal touch. It is your time and you should enjoy the experience to the fullest. Whether it is the room temperature, music selection or massage pressure, please ask your therapist to adjust to suit your needs.

What if I am pregnant?

Please contact our supervisor or receptionists for advice on treatments that are safe to enjoy during pregnancy.

Should men shave before their facial treatment?

It is recommended that men shave a few hours before their facial appointments, rather than just before the treatment.

What about my watch, jewelry & valuables?

For personal belongings, a safety deposit box is provided for you in your room.

Late arrivals

We regret that arriving late will decrease the time of your treatment. Scheduled treatments must end on time so that the next guest is not delayed. Your treatment will last the full duration if no other booking is scheduled after your appointment.

Cancellations / No show

In case you would like to cancel your appointment, please kindly do so at least 4 hours prior to the treatment in order to avoid a 50% cancellation charge.

Health conditions

Please advise us of any health conditions, allergies, or injuries, which could affect your treatment when making your reservation. Advance bookings are highly recommended to secure your preferred date & time of treatment.

We are open every day from 10am to 10pm. Last booking accepted at 8pm.

Enjoy your journey to wellbeing with The Spa experience.