

## **Pimalai Spa**

### **Massages:-**

#### **Royal Siam – 1 hr**

*This traditional Thai massage is an ancient way of aligning and balancing the energies in the body and will leave you spiritually and physically refreshed, strengthened and rejuvenated.*

#### **Asian Aroma – 1 hr**

*This is a deeply relaxing massage using oils chosen by you. The long slow movements and strokes will calm your mind and bring harmony to your body and spirit.*

#### **Pimalai Sports – 1 hr**

*This massage, using hard and soft pressure, will soothe any aching muscles caused through over exertion in sport.*

#### **Swedish massage – 1 hr**

*The king of relaxing massages, this will relieve stress and tension through smooth hand movements*

#### **Anti stress head, back and shoulder massage – 45 mins**

*This tension relieving massage will rid you of any tightness around the shoulders and neck and the head massage will invigorate you.*

#### **Foot & Leg massage – 1 hr**

*After a long walk on the beach this combination of reflexology and massage will relieve your aching feet and legs and restore balance and harmony to your body.*

#### **Oriental Fusion – 1 hr**

*An ancient form of Thai massage using oils, this deep tissue massage will really get to the point of any pain or aches and relieve stress.*

#### **Tension relief – 1 hr**

*This special full body massage is designed to prevent muscle soreness and ease tiredness. Soft and strong pressure, this massage will leave you feeling calm and tension free.*

## Body scrubs

### **Ageless Thai herbal scrub**

*Using herbs, spices and root vegetables such as tumeric, ginger and galangal, this ancient Thai recipe gives the skin an invigorating cleanse whilst also helping aching muscles and generally refreshing the mind.*

### **Thai cooling scrub**

*Using sesame seeds to provide the exfoliation, sandalwood cools the body while honey is also used to moisturise.*

*All 30 mins*

## Body wraps

### **Thai Lanna herbal wrap**

*This traditional recipe from Chiang Mai uses green tea and mint and is therefore rich in nutrients, minerals and essential elements helping the skin to maintain great tone and beautiful texture.*

### **Moor mud body wrap**

*Moor mud is a natural therapeutic mud which purifies the skin and removes excess oils while improving blood circulation and detoxifying your system.*

*Both 1hr 30 mins*

## Spa packages

### **Pimalai pampering package (2.5 hrs)**

*Choice of massage: Royal Siam, Asian Aroma or Pimalai sport*

*Choice of facial*

*Spa drink*

### **Ultimate detox (2.5 hrs)**

*Private Jacuzzi for complete body cleansing followed by your choice of body wrap.*

*Then choose from massage: Royal Siam, Asian Aroma, Pimalai sport or Swedish massage*

*Spa drink*

**Royal “Koo Rak” package (for couples) - 3 hrs**

*Herbal steam bath*

*Private Jacuzzi*

*Choice between 3 scrubs: Thai cooling scrub, Andaman sea salt scrub or ageless Thai herbal scrub*

*Choice of massage: Royal Siam, Asian Aroma or Pimalai sport*

*Choice of facial*

*Spa drink*

**\*\*\* More treatments available on request \*\*\***