

The Chedi Chiang Mai – Spa menu

BODY ELIXIR RITUALS

THE CHEDI INDULGENCE

Aromatherapy Foot Polish
The Chedi Massage
Cleansing Facial
Foot Massage
Traditional Scrub
Flower Petal Bath

2.5 Hours

ELEMENTS

Aromatherapy Foot Polish
Warm Stone Massage
Thai Clay Body Mask
Steam Bath
Thai Herbal Clay Bath

2 Hours

SILK

Aromatherapy Foot Polish
Aromatherapy Massage
Silk Body Scrub
Honey and Milk Body Masque
Rose Petal and Milk Bath

2 Hours

SIAM

Aromatherapy Foot Polish
Thai Herbal Steam
Traditional Thai Massage
Warm Herbal Compress
Traditional Thai Facial

3 Hours

BODY ELIXIRS

TRADITIONAL THAI MASSAGE

An ancient technique employing stretching and pressure point work to balance the flow of “chi” through energy channels known as sen lines.

A heated herbal poultice is used to soothe aches and pains, and relieve areas of tension.

This is a non-oil massage.

1.5 Hour or 2 Hours

AROMATHERAPY MASSAGE

A deeply relaxing massage incorporating traditional Thai hot herbal oil massage techniques with aromatherapy. A powerful combination to restore balance for body and mind.

1 Hour or 1.5 Hour

THE CHEDI MASSAGE

A dynamic fusion of five massage styles including Shiatsu, Thai, Swedish, Balinese and Hawaiian Lomi-Lomi.

Two therapists work in synchronization to lull you into a blissful state.

1 Hour

WARM STONE MASSAGE

Warm stones anointed with essential oils are placed over the chakra points and then massaged over the body to melt stress and tension. The heated stones promote a deep state of relaxation creating a sense of balance and calm.

1 Hour

WHITENING BODY SCRUB

A treatment specifically designed to deep cleanse and purify the body with a total skin exfoliation using natural fruit acid, which removes dead skin cells and whitens complexion. The treatment incorporates a replenishing body lotion to hydrate and leave the skin soft and supple.

1 Hour

TRADITIONAL BODY SCRUB

In Asia, body scrubs are considered essential for beauty and health.

The scrub contains natural ingredients to exfoliate dead skin cells and stimulate circulation bringing a vital glow to the appearance of the skin. Choose from Green Tea, Black Sesame, Tanaka or Silk.

1 Hour

THAI CLAY BODY MASK

Relax in a soothing cocoon of warm volcanic clay rich in minerals and herbs essential for health. The masque is processed in a steam bath or sauna to eliminate excess fluid and tone spongy skin.

1/2 Hour

REJUVENATING BODY WRAP

This rescue remedy for skin is based on botanical ingredients for rejuvenation. A potent combination of aloe vera gel, chamomile and lavender is massaged over the body to tone and nourish devitalized skin. While you are wrapped, enjoy a soothing face and scalp massage.

1 Hour

****** ALSO AVAILABLE ******

**FACIALS
MANICURES
PEDICURES
WAXING
HERBAL STEAM BATHS**