

Sangdao Thai Spa



Treatments Price List

Traditional Thai Massage - Nuat Pan Bo Rarm

'Nuat' means 'to touch' and 'pan bo rarm' is derived from the Sanskrit language, meaning 'ancient, sacred and revered'. This massage will soothe aches and pains, loosen joints, ease and stretch the muscles and tone the inner organs. The massage is given very slowly and a typical massage last two hours - **£50 per hour**

Thai Oil Massage

This full body massage is given using a specially created blend of oils and indigenous ingredients sourced from Thailand. The massage will leave you relaxed, alleviating tired muscles and resting the mind - **£50 per hour**

Thai Foot Massage

This massage of the feet and legs incorporates elements of Shiatsu, Chinese massage and yoga and aims to improve circulation, stimulate lymphatic drainage, and aid the removal of toxins while reducing stiffness and accelerating physical healing - **£25 per ½ hour, £45 per hour**

Facial

Enjoy a facial with relaxing music in a wonderful ambience. Improves circulation, stimulates lymphatic drainage and aids the release of tension and stress. Cleanse, scrub, mask, tone, nourish and protect - **£50 per hour**

Microdermabrasion

This facial exfoliates outer dead skin cells, helping to reduce fine lines and wrinkles. Microdermabrasion is known to diminish acne scarring over a period of time - Prices start at **£50 per treatment. Package of 6 £300 + one free**

Cellulite Treatment

Step into our Infrared Detox Sauna where it is possible to burn up to 600 calories in 30 minutes. (Research suggests that cellulite becomes water soluble at 43 degrees C). This is

followed by 1 hour of massage, during which our therapist will apply Gold Shape Plus, and is completed with 30 minutes of firm massage. - **£75 per treatment OR 4 sessions £295**

Body Wraps Choose 1 of the following:

Banana - Tightening, firming for all skin types

Mud - Acne, cleansing for normal/oily skin

Yoghurt - Moisturising for sensitive skin

£80 per wrap 2½ hour treatment

Scrubs Choose 1 of the following:

Jasmine - A gentle scrub

Green Tea - Normal / Combo skin

Tamarind - Oily skin

Salt - Oily skin

Thai Rice - Sensitive skin

£25 for 30 minutes

Spa Tranquility

Sauna, Jacuzzi, scrub, oil massage - **£80 for 2½ hours**