

# Our Signature Treatments



SPARADISE  
MASSAGE & SPA

**60 Min \$65** (cash 62) | **90 Min \$98** (cash 93)

## Swedish Massage

This traditional massage uses firm, regulated pressure and long, strong movements to release muscle knots and tension in the body. The combination is particularly effective for easing tired, backs and limbs.

## Combination Massage

A fabulous blend of East and West Thai aroma massage blends East and West techniques. Thai-style deep massage with yoga stretching is combined with sophisticated western-style Swedish massage. The client is undressed for this massage (proper draping ensured) This type of massage slowly takes away the strain of the daily grind, revitalizes your energy and leaves you feeling totally relaxed and peaceful.

## Deep Tissue

A variety of modalities are used to relieve muscle tensions and body aches. This customized treatment involves acupressure. It is not only a great way to rejuvenate your body, but enhance your physical performance, prevent injuries, improve circulations and reduce stress. You are on your way to wellbeing with this therapeutic treatment.

## Traditional Thai

Performed wearing loose Thai-style clothing, A combination of gentle rocking motions, rhythmic acupressure and assisted stretching serve to deeply relax and revitalize body and mind. Benefits include increased flexibility, relief of joint and muscle tension and a balance of the body's energy system.

**60 Min \$75** (cash 71) | **90 Min \$113** (cash 107)

## Combination Massage with Hot Stone

Smooth stones are water heated and place at key points with the incorporation of Swedish massage. The perfect treatment to loosen tight muscles, relieve stress, relax the body and the mind. Hot stone massage therapy directs heat of the stones to relax muscles, allowing the therapist access deeper muscle layers. Combining hot stone with a full body massage provides a very healing and effective experience, expanding blood vessels, which encourages blood flow throughout the body.

## Thai Therapeutic Massage

In Thai therapeutic massage the massage therapist develops a massage session to address specific concerns a client may have, such as muscle stiffness or pain in a particular area of the body. Therapeutic massage is performed by one of our senior therapists with advanced training.

## Pregnancy Massage (3-8 months only)

Can be very helpful in treating back muscles that become sore and tense as they counter balance the extra weight in the abdominal area.

**60 Min \$115** (cash 110) | **90 Min \$150** (cash 140)

## Customized Massage with Hot Stone Aromatherapy and Reflexology

## Stress Release Back & Shoulder

30 Min \$47 (cash 44) | 45 Min \$57 (cash 54)

# SPA Treatments



SPARADISE  
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60 Min \$75 (cash 71) | 90 Min \$113 (cash 107)

## Aromatherapy

A deeply therapeutic holistic treatment which combines the power of essential oils with the best of eastern and western massage techniques, to create a feeling of physical relaxation and calm, whilst mentally uplifting and clearing the mind.

90 Min \$113 (cash 107) | 120 Min \$150 (cash 142)

## Body Scrub & Massage

A full body exfoliation and warming essential oils help to relax aching muscles. The treatment begins with an application of muscle gel infused with soothing oils, followed by a deep tissue massage concentrating on tired muscles and joints. The warm oils further aid to ease fatigue with focus on the back, neck, shoulders and feet. A soothing scalp massage finishes the treatment.

2.5 Hours \$193 (cash 183) | 3 Hours \$231 (cash 219)

## Royal Thai Ceremony

The Royal Thai Massage has been used for centuries in Royal Thai Palaces. This massage is for the person who enjoys an intense, strong massage. Start with herbal foot soak then followed by Thai foot reflexology, deep-pressure Thai style dry massage with acupressure movements yoga stretching combines with sophisticated western-style Swedish massage incorporated with aroma and hot stone. The experience ends with aromatherapy body scrub.

## Add-on Services

CBD Oil	\$20		
Hot Oil	\$10		
Tiger Balm	\$10		
Aromatherapy	\$10		
Foot Reflexology	15 Min \$25		30 Min \$47 (cash 44)
Foot Spa & Scrub	30 Min \$47 (cash 44)		
Body Scrub	30 Min \$47 (cash 44)		45 Min \$70 (cash 66)