



# IN BALANCE

BY NOVOTEL

EXPERIENCE THE  
ESSENCE OF  
WELLNESS

## BODY MASSAGE

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### **GOLDEN TOUCH MASSAGE**

**90 minutes THB 1,400**

The signature massage uses coconut oil together with a blend of essential massage oils. Using a fusion of different massage techniques with a range of pressure from medium to firm, this indulgent treatment leaves you feeling totally calm and deeply relaxed.

### **AFTER SUN MASSAGE**

**60 minutes THB 1,100 / 90 minutes THB 1,500**

This healing massage is perfect for sun-exposed skin and uses a blend of Aloe Vera and massage oils, rich in vitamins and minerals for soothing and cooling the skin.

### **AROMATHERAPY MASSAGE**

**60 minutes THB 1,100 / 90 minutes THB 1,550**

Slow rhythmic relaxing massage using aromatic oils to improve blood circulation and to release tension in muscles. Leave your worries behind.

### **DEEP TISSUE MASSAGE**

**60 minutes THB 1,100 / 90 minutes THB 1,550**

This therapeutic massage involves deep pressure strokes focusing on specific areas such as neck, upper and lower back to relieve body tension and to restore normal movement.



## BODY MASSAGE



### **HOT STONE MASSAGE**

**60 minutes THB 1,300 / 90 minutes THB 1,700**

This soothing massage uses warm, sanitized basalt stones to melt muscle tension, ease stress, and restore balance. Enhanced with chakra alignment, it offers a deeply grounding and healing experience.

### **HERBAL HEALER OIL MASSAGE**

**90 minutes THB 1,500**

Melt away the body ailments with our healing treatment. The hot compresses are ideal for alleviating pain, stiffness, soreness and backaches. The blend of traditional Thai herbs used in these compresses has a relaxing and invigorating effect on the body and mind while the full body massage soothes muscle tension and stiffness.

### **THAI MASSAGE**

**60 minutes THB 900 / 90 minutes THB 1,200**

An ancient traditional Thai Massage is a fusion of acupressure, energy work and stretching techniques. They reduce muscular tension, improve circulation, boost the immune system and keep both body and mind balanced.

### **JUNIOR MASSAGE**

**60 minutes THB 500**

Let your child discover the world of well-being. This massage provides comfort, relaxation, reduction of stress hormones, and improves quality of sleep and strengthens the immune system. (\*\*Children from ages 4 to 10 must be accompanied by an adult)

## ON THE SPOT

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### FOOT MASSAGE

**30 minutes THB 650 / 60 minutes THB 900**

Relaxing foot massage is highly recommended for those with tired legs and feet. The massage aids in alleviating stress and boosting body circulation.

### TENSION RELIEF MASSAGE (ENERGIZING)

**30 minutes THB 850 / 60 minutes THB 1,200**

An experience recommended for knotted and painful areas, especially over upper back, neck and shoulders. Our therapist will work to release tension and restriction on those areas.

### INDIAN HEAD MASSAGE

**30 minutes THB 700 / 60 minutes THB 1,300**

Clear your mind with this massage to relax and remove fatigue caused by mental stress.

## BODY TREATMENTS

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### COCONUT GINGER SCRUB

**60 minutes THB 1,450**

Coconut is a natural moisturizer while ginger is a gentle body exfoliating herb rich in vitamins, minerals and enzymes. Leaves you with a smooth and healthy skin.

### COFFEE SCRUB

**60 minutes THB 1,400**

Rich in anti-oxidant and the aromatic scent of the coffee helps to relax your body and mind while honey moisturizes, softens and radiates the skin.

### WHITE MUD WRAP

**60 minutes THB 1,300**

Allow the clay's natural properties to eliminate the body toxins. The white mud is rich in minerals and nutrients, helps the skin to detoxify and stimulates the body to nourish the skin.

### ALOE CUCUMBER WRAP

**60 minutes THB 1,250**

Excellent for sun burn or sensitive skin. Combination of Aloe Vera and cucumber will reduce redness and irritation to calm the skin.

## FACIAL

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### **TROPICAL FACIAL**

**60 minutes THB 1,500**

Refine the skin using natural cleansing and gentle exfoliation followed by face massage using finest honey and mask of fresh cucumber. Leave with your skin feeling soft and smooth.

### **BALANCING FACIAL**

**60 minutes THB 1,700**

Suitable for specific skin types *Dry skin, Oily Skin, Sensitive Skin*, increases hydration, clears unflattering breakout and removes skin irritation.



## SPA PACKAGES

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### TROPICAL PACKAGE

#### 180 minutes THB 4,150

Enjoy our wholesome spa experience. Starts with a steam bath to open the skin pores and makes it ready for oatmeal honey scrub. It's later followed by the signature coconut massage, Tropical facial and complete the session with a milk bath. Leaves your body and mind enriched, relaxed and stress-free.

- Steam 15 minutes
- Coconut Oil 60 minutes
- Milk Bath 15 minutes
- Oatmeal Honey Body Scrub 30 minutes
- Tropical Facial 60 minutes

### ROYAL SIAM PACKAGE

#### 180 minutes THB 3,500

Discover ancient Thai remedies with an exquisite treatment. Pamper your skin with a fresh coconut scrub, white mud wrap and then complete your experience with Thai massage and a herbal bath.

- Coconut Ginger Scrub 30 minutes
- Herbal Heat Treatment 30 minutes
- Thai Massage 60 minutes
- White Mud Wrap 45 minutes
- Herbal Bath 15 minutes

### PEACE PACKAGE

#### 120 minutes THB 2,550

Start with a natural body scrub to exfoliate dead skin cells and prepare for a soothing wrap which moisturizes your skin leaving the skin glowing and radiant.

- Body Scrub 45 minutes
- Milk Bath 30 minutes
- Body Wrap 45 minutes

### REJUVENATION PACKAGE

#### 90 minutes THB 2,000

This treatment can be tailored to suit your individual requirements. Begin with a body scrub followed by the body massage. Enjoy a luxurious treatment, leaving your skin soft, smooth and relaxed.

- Choice of Body Scrub 30 minutes
- Choice of Body Massage 60 minutes

### SPIRIT PACKAGE

#### 90 minutes THB 1,650

A wonderful total relaxation package begins with full body massage of your choice followed by foot or head massage. Feel totally relaxed and unwind.

- Body Massage 60 minutes
- Foot massage or Indian Head massage 30 minutes

## SPA PACKAGES

### SERENITY & SOUND PACKAGE

**60 Minutes THB 1,300 / 90 minutes THB 1,700**

The soothing vibrations of the Tibetan singing bowl, combined with the relaxing touch of an Aromatherapy Massage, restore energy flow and bring a sense of deep balance and well-being.

• Sound Bowl Therapy

• Aromatherapy Massage



## SPA PACKAGES

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**STEAM**  
30 minutes THB 600



**SAUNA**  
30 minutes THB 600



**MILK BATH**  
30 minutes THB 1,200



**HERBAL BATH**  
30 minutes THB 1,200



