

## PARADEE RETREAT

**Honeymoon Retreat** 120 mins. 15,000 THB  
• Foot soak • Foot scrub • Body scrub • Body mask • Bath therapy • Deep tissue massage  
The luxurious treatment for couple. Cleanse and smooth skin fresh. Relieving muscular massage and maintain the relaxation.

**Sixth Heaven** 180 mins. 8,800 THB  
• Foot soak • Foot scrub • Steam • Body scrub • Bath therapy • Aroma massage  
The luxurious treatment that treats you as you are in heaven, allow yourself in the steam of Thai Herbs. Follow by the choice of body exfoliates, continue with Bath-Therapy and fulfilled by Aroma massage.

## PARADEE THAINESS

**Khad Nam Rae Chae Nam Wan** 90 mins. 4,400 THB  
• Foot soak • Foot scrub • Body scrub & wrap, Herbal bath soak with Thai herbal secret recipe.  
Wisdom of Thai inherited from ancient times to time, Using herbs in scrub and bath soaks turn the skin to nourishing and healthy. Paradee Spa has taken a dip in the water that come to a secret of Paradee Spa.

**Four Elements Massage** 90 mins. 4,800 THB  
• Foot soak • Foot scrub • Four elements massage  
The Four elements of Wind, Earth, Fire and Water are essential to life and a key part of indigenous healing therapies. To enhance energy flow through the body and relieve chronic conditions whilst strengthen immune system.

**Aromatic Thai Massage** 60 mins. 3,400 THB  
• Foot soak • Foot scrub • Aromatic Thai massage  
A combination between Thai massages technique with scented oil. Help to relief physical complaints such as muscle aches and tense, stressful, relaxing and also body moisturizing.

**Thai Herbal Compress** 60 mins. 3,400 THB  
• Foot soak • Foot scrub • Thai herbal compress  
The herbal-infused pack is both inhaled and absorbed by the skin. To treat muscular aches and pain, while the mind returns to a state of calm alertness.

**Traditional Thai Massage** 60 mins. 2,800 THB  
• Foot soak • Foot scrub • Traditional Thai massage  
Thai massage uses two primary techniques of gentle pressure and a variety of passive stretching movements, a smoother flow of energy when applied in a quiet, meditative atmosphere, the body begins to open and become more flexible.

**Thai Salt Compress** 60 mins. 2,800 THB  
• Foot soak • Foot scrub • Thai salt compress  
Warm salt is a Thai curative remedy effect on muscle and blood circulation. Salt compress will give good relief for suffering from water retention, swollen legs accompanies by severe pain.

## SPA TREATMENT

**Body Scrub** 60 mins. 2,800 THB  
• Foot soak • Foot scrub • Selected choice of Body Scrub  
Cleanse and smooth skin, feeling fresh and supple and relieves muscle tension.

**Body Wrap** 60 mins. 2,800 THB  
• Foot soak • Foot scrub • Selected choice of Body Wrap  
Soothing and moisturizing skin cell renewal, body wrap can be relief for skin stressed by sun exposure or dry conditions, delivering skin-Strengthening to skin layer.

**Luxury Spa Bath** 40 mins. 1,800 THB  
• Foot soak • Foot scrub • Bath therapy

**Thai Herbal Steam** 40 mins. 1,800 THB  
• Foot soak • Foot scrub • Thai herbal steam  
Design to improve blood circulation, inspiration system. Skin will be preparing for perfectly massage treatment.



## MASSAGE THERAPY

### Hot Stone Massage

- Foot Soak • scrub • Hot stone massage

Releasing tension, promote circulation, combat nervous fatigue and create a positive energy flow in the body.

60 mins. 3,400 THB

### Deep Tissue Massage

- Foot soak • Foot scrub • Deep tissue massage

Massage focusing on specific area to relieve muscular tension. Maintain the muscle generally in better condition.

60 mins. 3,400 THB

### Abhyanga Massage

- Foot soak • Foot scrub • Abhyanga massage

Relieves tension and headaches, neck and back pain. Also, alleviates stress, promotes relaxation a popular massage often requested for general well being.

60 mins. 2,800 THB

### Aroma Massage

- Foot soak • Foot scrub • Aroma massage

Essential oils can absorb through the skin and carry on to the muscle tissue, joints and organs. Benefits of an essential oil are designed to balance body, mood and relaxing.

60 mins. 2,800 THB

### Balinese Massage

- Foot soak • Foot scrub • Balinese massage

Balinese massage is the sensual and physical indulgences aromatic oils;Clove, Ginger and Lime to soothe your senses and relieve mental stress. Reduce tension and rebalance your body!!

60 mins. 2,800 THB

### Myanmar Massage

- Foot soak • Foot scrub • Myanmar massage

The techniques of massage combine of Myanmar style with Thai acupressure has apply to the energy points. Designed to have a glow skin: calming and soothing.

60 mins. 2,800 THB

### Swedish Massage

- Foot soak • Foot scrub • Swedish massage

The most common massage in the west, stimulating and revitalizing as the best-known type of bodywork performed. Incorporates the five strokes of western massage technique vary from light to vigorous.

60 mins. 2,800 THB

### Limb Ritual Massage

- Foot soak • Foot scrub • Limb Ritual massage

Limb Ritual massage is performed to relief of aches and pains on lower arms and lower legs. It includes relaxation techniques and pressure on energy points, and aiming for balancing the internal organs of the body.

60 mins. 2,800 THB

### Foot Massage

- Foot soak • Foot scrub • Foot and Leg massage

Naturally inspires your body balance from the inside, uses pressure applied to reflex points in the feet to relieve stress and tension, improve circulation.

60 mins. 2,800 THB

## FACIAL THERAPY

### Paradee Facial

- Clean • Tone • Scrub • Mask • Massage • Sun Sensitive Serum

Deep cleansing, hydrating, anti-wrinkle treatment to improves skin's balance, leaves skin feeling delicate, soft and looking radiant.

90 mins. 4,800 THB



## TERMS & CONDITIONS

### PRICES:

Prices are inclusive of applicable government taxes

### ARRIVAL TIME:

Kindly arrive 10 minutes prior to your appointment time; arriving late will simply limit your treatment time

### CANCELLATION:

2-hour cancellation notice is required prior to the appointment time to avoid cancellation charge

### SPA PROTOCOL:

In the event that you are carrying a mobile phone, kindly tune down to silent mode or to a minimum to maintain serenity of the Paradee Spa.

15 years of age is the minimum suggested for spa treatment while younger child/children must be accompanied by parent. Neither smoking nor consumption of alcohol in the Paradee Spa is strictly prohibited

### SPECIAL CONSIDERATION:

Consultant with your health practitioner is recommended prior to undertaking Spa treatments and/or informs us if you have any medical conditions

The Paradee Resort reserves the right to refuse treatment you agree that neither the Paradee Resort, nor its team members nor management shall be liable or responsible for aggravation of any existing conditions as a result of your treatment

### VALUABLES:

Jewelleries and valuables are recommended to place them in the jewellery box provided during the spa treatment. The management accepts NO responsibilities for loss to money or valuables brought into the Paradee Spa

### ACCIDENT or INJURIES:

Paradee Spa shall not be responsible or liable for any accident or injury suffered during and after treatments