

<b>SPA INDRA MENU</b>	<b>DURATION</b>	<b>PRICE</b>
<b>In-Room Massage</b>		
<i>Indra Thai Traditional Massage</i>	60	1,600
	90	1,800
<i>Indra Aromatherapy/Swedish Massage</i>	60	1,900
	90	2,300
<b>Indra Thai Traditional Massage</b>	30	795
	60	1,300
	90	1,500
	120	2,150
<b>Indra Aromatherapy Massage</b>	60	1,600
	90	2,000
	120	2,500
<b>Indra Swedish Massage</b>	60	1,600
	90	2,000
	120	2,500
<b>Indra Reflexology Massage</b>	30	495
	60	795
<b>Indra Pressure Relief Massage (Hand &amp; Feet)</b>	60	1,600
<b>Indra Therapeutic Back Massage (Back &amp; Shoulder)</b>	30	995
	90	2,300
<b>Indra Body Wrap Treatment</b>	60	2,000
<i>Exotic Dead Sea Mud Wrap</i>		
<i>Organic Detox Body Wrap</i>		
<i>Milk Protein Repair Body Wrap</i>		
<b>Indra Body Glow Treatment</b>	60	1,500
<i>Yin Yang Sesame Body Scrub</i>		
<i>Ancient Siamese Herbal Scrub</i>		
<i>Honey Milk Harmony Scrub</i>		
<b>Indra Facial Therapy (Jurlique)</b>	60	2,200
<i>Deep Cleansing Facial</i>		
<i>Firm and Nourishing Facial</i>		
<i>Nurture and Rejuvenate Facial</i>		
<i>Gentleman's Facial</i>		
<b>PACKAGES</b>		
<b>Heavenly Face &amp; Body Package</b>	2 hrs	2,800
<i>(massage+facial)</i>		
<b>Cellulite Relief Package</b>	2 hrs	2,800
<i>(1 hr G5 massage+body wrap)</i>		
<b>Body &amp; Soul Rejuvenate Package for Men</b>	2 hrs	2,800
<i>(massage+facial)</i>		
<b>Holistic Journey Package</b>	3 hrs	3,995
<i>(scrub+massage+facial)</i>		
<b>Ultimate Indulgence Package</b>	4 hrs	5,500
<i>(scrub+wrap+massage+facial)</i>		
<b>Rekindle Romance Package for Couple</b>	2 hrs	5,500
<i>(massage+facial)</i>		
<b>Thai Herbal Steam</b>	60	500
<b>Sauna</b>	60	500
<b>Floral Milk Bath</b>	60	1,200
<i>Prices subject to change without notice.</i>		
<i>All prices are subjected to 10% service charge and tax.</i>		

# Spa Menu Description

## **Indra Thai Traditional Massage**

Thai Traditional Massage focuses on major channels, based on the concept of vital life force energy that flow along channels of the body called "Sen" to specific energy points. The massage aims to release your energetic potential through a methodical approach to the body. Starting at the feet and progressing up to the head, the masseur exerts pressure on the meridian line with their palms, thumbs, elbows and feet to increase blood circulation and disperse tension.

## **Indra Aromatherapy Massage**

The emphasis is on relaxing your entire being to slow flowing movements along the entire body complemented by gentle kneading and cupping that are infused with aromatic oil of your choice. This treatment is specifically designed to relieve muscle tension and enhance vitality and overall well being.

## **Indra Swedish Massage**

A skilled and caring therapist will sooth your muscles, enhance relaxation, and increase circulation by using deep tissue sport massage technique. Feel the stress melt away as our therapist carry out a deep stroke full body massage, relax muscles and stimulate circulation and fully concentrate on the stress area.

## **Indra Reflexology Massage**

By stimulating reflex nerves in the foot, which are systematically linked to all parts of the body, the energy balance is improved and your sense of well being is enhanced. This holistic healing technique assists in the rebalancing and harmonizing of the entire body.

## **Indra Pressure Relief Massage**

This massage is aimed at healing many aches and pains of the hands and feet. These parts of the body are often neglected but utilized most in daily life.

## **Indra Therapeutic Back Massage**

A short and firm massage technique is applied to relieve stress-related tension in the neck, shoulder and upper back area. Gentle acupressure is applied to restore a sense of balance and harmony to your day. You will enjoy maximum benefit in minimal time.

## **Indra Body Wrap Treatment**

### ***Exotic Dead Sea Mud Wrap***

A thermal body wrap combining antibacterial Thai herbs and dead sea mud to stimulate lymphatic system to eliminate toxins. This deeply relaxing treatment tones, firms and balance your "chi" (body energy flow).

### ***Organic Detox Body Wrap***

A pampering treatment for the whole body with wonderful detoxifying and cleansing effect. This cocoon features antioxidant papaya and pineapple concentrate blended with soothing aromatic essential oils. A warm blanket wrap will further increase absorption of oil and the finest organic products.

### ***Milk Protein Repair Body Wrap***

Your skin will feel velvety soft, silky and deeply hydrated as the milk protein works to repair and rejuvenate your damaged skin.

## **Indra Body Glow Treatment**

### ***Yin Yang Sesame Body Scrub***

This is a deep cleansing and exfoliating treatment that uses crushed black and white sesame and pure honey to remove impurities and renew skin cells. For all types of skins, the treatment also stimulates circulation, bringing a healthy radiance to your skin.

### ***Ancient Siamese Herbal Scrub***

A refreshing and nourishing scrub using a blend of Thai herbs such as camphor, cumin, and exfoliation body gel to restore the luster to dehydrated skin and invigorate dull senses. Your journey is complete when you've experienced this traditional healing therapy at Spa Indra.

### ***Honey Milk Harmony Scrub***

Natural ingredients such as honey, milk, oat, yogurt, almond oil, jasmine oil, and replenishing body lotion are used to exfoliate and moisturize skin. Your skin will look and feel positively radiant.

## **Indra Facial Therapy (using Jurlique products)**

### ***Deep Cleansing Facial***

A deep cleansing facial to remove impurities. Your skin will benefit from this treatment which enhances your usual cleansing routine. Exfoliation and hydration, using pure botanical products will surely restore the soft radiance of healthy skin.

### ***Firm and Nourishing Facial***

A perfect introduction to facial treatment and aromatherapy. Pure botanical skin care products are used in combination with gentle massage to face, neck and shoulders. This treatment is guaranteed to balance, relax, and restore a healthy glow to your skin. The aromatic bouquet is enough to drift you to a sensory peaceful respite of your own.

### ***Nurture and Rejuvenate Facial***

Eliminate puffiness and reduce fine lines with this facial treatment that concentrates on the eye area. Gentle Cleansing and exfoliation are followed by pressure point massage designed to increase circulation and diminish dark circles.

### ***Gentleman's Facial***

Relax and enjoy a deep cleansing facial which will soothe and soften your skin, nourish and rehydrate your skin and put back what everyday shaving and the environment takes out. Includes a relaxing scalp, neck and shoulder massage.

# Spa Essentials

## **When should I arrive for my spa treatment?**

Our scheduling procedures are based on the correct amount of time needed to complete each service. We recommend that you arrive Spa Indra 15 minutes before your scheduled treatment so as to check in, shower and enjoy your full treatment.

## **What happens if I arrive late for my appointment?**

Because we have other guests within the spa we are unable to provide an additional time for your treatment and the full value rate will be charged.

## **What is our cancellation policy?**

Because your spa services are reserved for you, we ask that you notify us at least 3 hours in advance if you need to cancel or reschedule. Fifty percent of the value of your services will be charged for cancellations or rescheduling within 3 hours. For package cancellations or rescheduling we require 24 hours notice or the above policy will apply. All no shows will incur one hundred percent charge. Credit card details will be requested at time of booking.

## **What do I do with my valuables?**

Please do not bring your valuables to the spa. Please lock them in the safe in your guest room before coming to the spa.

## **What should I wear?**

Although your personal comfort is of utmost importance, we recommend that for all oil massages you remove undergarments (you will be suitably draped with a towel). For facial treatments we advise gentlemen to shave at least 3 hours prior to treatment.

## **What if I have special health considerations or allergies?**

If you have any concerns regarding your health please notify us when booking your treatments including allergies, colds or flu.

## **What if I am pregnant?**

Please notify us when booking your treatments. We have designed treatments with products and techniques that are safe during pregnancy.

## **Spa Etiquette**

To respect everyone's spa experience, please keep noise level to a minimum and ensure that your mobile phone is switched off before you enter the spa. Smoking is prohibited in the spa. We recommend that you avoid alcohol consumption prior to your spa treatment.