

Name: SARA SPA AND HEALTH CLUB
Hotel: MAXX HOTEL
Address: 288 Rama 9 Rd., Bkk. Tel: 02-2480011 (80 lines)
 Fax: 02-2471497,02-2485990
Validity 31 Oct.03
Open 10:00 am - 22:00 pm

MASSAGE

PRICE

Aromatherapy Massage	(1H.10 Min)	1,100++ bht
Swedish Massage	(1H.10 Min)	1,100++ bht
Sport Massage	(1H.10 Min)	1,100 ++ bht
Energizing Massage	(50 Min)	800 ++ bht
Reflexology Foot Massage	(45 Min)	700 ++ bht
Thai Massage	(1H.40Min)	700 ++ bht

FACIAL

Revitalising Facial Massage	(1H.15 Min)	1,700 ++ bht
Nourishing Facial Massage	(1H.15 Min)	1,700 ++ bht
Purifying Facial Massage	(1H.15 Min)	1,700 ++ bht
Algae Facial Massage	(1H.40Min)	2,700 ++ bht
Refreshing Facial Massage	(1H.40Min)	2,700 ++ bht

BODY TREATMENT

Aroma Salt Scrub	(30 Min)	700 ++ bht
Exfoliating Body Scrub	(30 Min)	900 ++ bht

PACKAGE

Rejuvenation Package	(3 Hrs)	3,300 ++ bht
Revitalising Package	(3 Hrs)	4,100 ++ bht
Mud Body Mask Package	(2 H.30Min)	3,200 ++ bht



MASSAGE

Aromatherapy Massage is an ancient art of healing which will help to soothe the body, mind and spirit. This gentle massage combines the sense of touch and smell to ease physical and mental tension.

Swedish Massage this rhythmic flowing movement of Swedish massage method which is both invigorating and relaxing. This massage helps to soothe sore muscle, improves circulation and leaves you feeling peaceful and relaxed, improve skin and muscle tone.

Sport Massage a special deep therapeutic massage is designed to relieve and prevent muscle soreness and ease tired joints. This massage creates energy and feeling of overall well begin, ideal after a long work out or sports competition.

Energizing Massage a back massage to stimulate and loosen tight muscle soothes soreness and increase circulation in the neck, shoulder and lower back leaving you relaxed and alert.

Reflexology Foot Massage this ancient oriental method of massage is applied to pressure points of the foot that correspond to individual part of the body. This technique reduces stress, tension and restore the natural flow of energy in the body

Thai Massage is one of the ancient healing arts pressing on the body's energy meridian as well as its veins and muscle tips. This treatment includes some stretching to reduce fatigue and release the sluggish flow of blood.



PACKAGE

Rejuvenation Package a combination of your own choices of massage, facial and aroma salt scrub

- Aromatherapy massage of Swedish massage or Sport massage
- Aroma relaxing salt or Mood elevating aroma salt or aroma calming salt or aroma refreshing salt
- Revitalising Facial Massage or Nourishing Facial Massage or Purifying Facial Massage

Revitalising Package your body is warmed, massaged, scrubbed and pampered with natural marine body mask. A wonderful experience of the sequence healing treatment has been combined into a deluxe package including warm seaweed body mask, a body scrub and body massage.

MUD BODY MASK PACKAGE When the skin is free from toxins, it naturally becomes more receptive to the active ingredients used after. During this treatment the client is wrapped warmly into the marine mud to allow penetration of trace elements and detox.

TREATMENT

Aroma Salt Scrub is massage with a mixture of water, aroma salt and essential oils which helps remove dead skin cells and improves circulation while leaving the skin clean, soft and revitalized. A final soothing touch, the natural yogurt of luxurious body lotion is applied, leaving your skin silky smooth.

- Aroma relaxing salt
- Mood elevation aroma salt
- Aroma calming salt
- Aroma refreshing salt



ESFOLIATING BOYD SCRUB treatment with a mixture of water, scrub and moisturizer which helps remove dull surface skin cells leaving the skin clean, soft and revitalized. A soothing touch, the hydrating body lotion is applied, leaving your skin silky smooth.

- Algae scrub
- Crystal salt scrub

FACIAL

Revitalising Facial Massage For dull and devitalized skin (for all skin type) this micronised algae extract mask is revitalising and rich in trace elements, vitamins A,B and vegetal proteins. It gives the skin the necessary elements for balance, tone and vitality.

Nourishing Facial Massage For Dry skin and sun-Exposure skin

Perfectly nourishing and moisturising, this cream mask brings suppleness, softness and comfort to the skin.

Purifying Facial Massage for Oily skin white creamy mask, it normalizes and balance oily skins and leaves a pleasant feeling of freshness.

Alga Facial Massage for Sensitive, irritated or blotchy skin the spiruline contained in the mask is pure marine plankton, which nourishes through its high quality composition of proteins, amino acids, faces elements and vitamins, and reinforces the skin's natural defences.

Refreshing Facial Massage for asphyxiated skin without vitality due to stress tiredness and city pollution. This mask has been specially formulated to stimulate the exchange of the cellular respiration and to give the skin back its natural protection. This mask helps to purify and normalize the skin as well as to nourish and to remineralize.

