



the sanctuary spa

We believe that massage is the sacred art of sensual healing - for the emotions and for restoring balance to the body. Natural elements have been chosen allowing you to benefit from fragrances and elixirs that stimulate all five senses. We offer a selection of treatments to showcase the power of touch and discover true relaxation.

Hours

10:00am - 10:00pm

We encourage our guests to schedule their appointments in advance, to ensure your preferred treatment or appointment time is available. Bookings that are made on the day of service are always welcome, based upon availability.

Please visit reception or dial Ext. 5, to make reservation

Check-In

Our scheduling procedures are based on the correct amount of time needed to complete each treatment. We recommend you to arrive 15 minutes before your treatment to check-in, shower and enjoy the full spa experience.

Cancellations

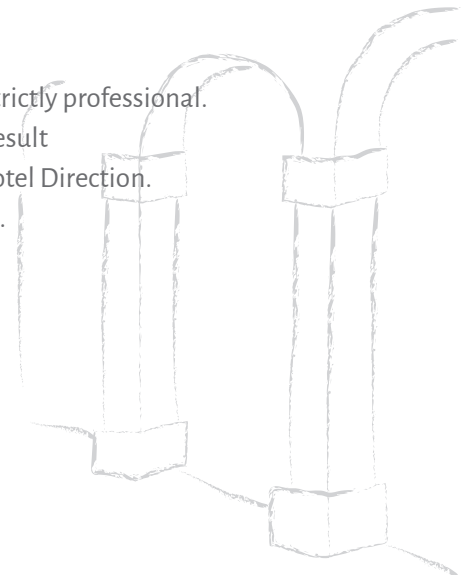
Our spa services are reserved for you. We ask that you notify us at least 4 hours in advance if you need to cancel or reschedule your appointment. 50% of the value of your services will be charged for cancellations or rescheduling within 4 hours. All no shows will incur a 100% charge.

The Sanctuary Spa Ethics

We remind to our guests that services provided in our Sanctuary Spa are strictly professional.

Any unusual behavior towards our staff will automatically result in ending the treatment and be handled by the Sanctuary Spa and Hotel Direction.

Full payment of the treatment will automatically be due.



Natural Facials & Body Treatments

Deep Cleaning Purete Veget

45 min - \$30

Mineral-enriched, organic vegetarian products from Yves Rocher remove impurities and stimulate natural circulation. This treatment will leave your skin looking fresh and radiant. Recommended for combination and oily skin types.

Hydra Vegetal Moisture

60 min - \$45

Botanical saps from Yves Rocher highly moisturize and illuminate the skin, leaving it soft with a healthy glow. Suitable for all skin types, especially dehydrated skin.

Ultra Gentle

75 min - \$60

This facial lightly cleanses the skin, eliminating red spots, soothing inflammation and restoring the skin's balance. This is suitable for sensitive, dry or dehydrated skin.

Sea Salt Scrub and Thanaka Wrap

60 min - \$50

Sea Salt Scrub and Thanaka Warp: (Recommended for tired feet/legs) A Salt Scrub and bath for your tired feet accompanied by a relaxing massage. Follow by a Thanaka warp which helps to cool and heal.

Reflexology

60 min - \$50

The therapist will work on your feet by application of finger-point pressure to reflex zones which link the organs and nerve system. The body is stimulated to heal itself.

Cleansing Ritual

Tamarind Skin Exfoliation

30 min - \$35

A deep cleansing and exfoliating treatment, using tamarind and natural rice meal to remove dead skin cells and impurities. Enjoy the exotic aroma of honey and tamarind while cleansing your body. This regimen removes cellular debris as it nourishes the skin and replenishes moisture.

Traditional Kimbum Scrub: Kimbum powder that we Shan people use as a soap. Scrub to remove dead skin cells off the body and it will help to refresh and smooth the skin.

Honey and Sesame Cleaner: Honey and Crushed Sesame Cleanser will ensure your skin is smooth and shiny.

Manicure

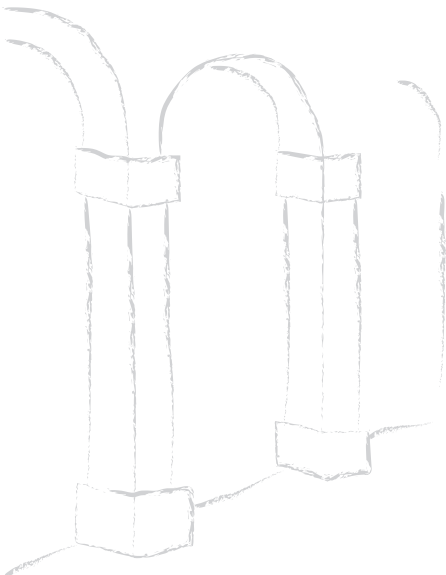
45 min - \$25

Traditional manicure includes cuticle care, hand massage, nail shaping and your choice of polish.

Pedicure

60 min - \$30

Begin with our luxurious foot bath followed by exfoliation, relaxing massage, cuticle care, nail shaping, buffing and your choice of polish.



Healing Massage Treatments

Special Blend of Herbal Medicine Massage 60 min - \$45

A special sport blend is applied all over the body to assist and warm up tight muscles followed by deep tissue massage techniques. Specially blended traditional herbs and medicine are applied with hot compresses to relieve aches and pains.

Traditional Thai Massage 60 min - \$45 / 90 min - \$55

“No oil” massage that uses a combination of healing techniques to promote physical strength and renewed energy. By stimulating pressure points along the energy channels, blockages in the body are released.

Traditional Myanmar Massage 60 min - \$45 / 90 min - \$55

Myanmar massage is essentially a combination of various type of massages techniques is a non oil massage combining acupressure, Indian Ayurvedic principles, uses pressure points and stretching techniques to reduce stress, stimulate life force energy.

Aromatic Bliss Massage 60 min - \$45 / 90 min - \$55

Starting with a specially blended signature oil of your choice, this treatment combines the power of aromatic oils with healing massage practices. Carefully applied moderate pressure stimulates the nervous system while acupressure techniques induce relaxation and promote wellness. This gentle massage is the perfect jetlag tonic.

Swedish Massage 60 min - \$45 / 90 min - \$55

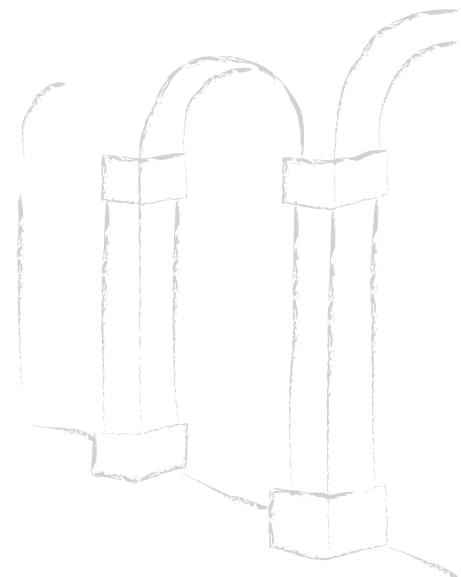
The emphasis is on energizing your entire being. Five variations of massage manipulate the entire body to stimulate the nervous system, improve circulation and enhance overall wellbeing.

Hot Stone Massage 60 min - \$50 / 90 min - \$70

Smooth, heated stones originating from basalt and washed in a blend of essential oils allow the healing energy to penetrate deep into your muscles.

Four Hands Massage 60 min - \$95

Four-hand massage, also known as the ocean wave's therapy, is a form of massage therapy performed by two therapists. It is a way of stimulating unique sensations and producing a lot of benefits within a relatively short session. Two therapists working together in perfect harmony.



Short Break

Foot Massage

30 min - \$30

This fascinating treatment provides physical and spiritual renewal with specific thumb, finger and hand techniques applied to various reflex points on the feet to effectively. Stimulate corresponding organ groups in the upper body.

Distress Back Massage

30 min - \$30

Concentrating only on the head, back and shoulders, this anti-stress massage will leave you feeling calm, revitalized and tension-free.

Head Massage

30 min - \$30

This massage is done by using warm oil and it is especially to offer a full relaxation for your head and mind. If you don't like too much oil on your head please inform the therapist in advance.

Head & Shoulders, Hands & Foot Massage

30 min - \$30

Includes massaging the head, hands and feet with our special blended oil, to release pains and tensions and will end up with a full relaxation massage for the head.

Journeys

Head to Toe Sanctuary

90 min - \$ 75

Starting with a back-neck-and-shoulders anti-stress massage, followed by a foot massage and, finally, an express facial.

Inner Sanctum Journey

135 min - \$ 95

A tamarind skin exfoliation followed by either a 60-minute Aromatic Bliss or Swedish Massage and a deep cleansing facial.

Traditional Spa Treatment

90 min - \$ 65

Natural Kimbum scrub will clean your skin and Traditional "Myanmar" Massage will stimulate your body.

Face & Feet

90 min - \$ 65

First our Therapist will apply a Vegetable Mask, while the mask takes effect, she will give you a complete Foot Massage..

Honey Special

90 min - \$ 75

Honey sesame scrub followed by cool honey facial and completed with Head, Hands & Foot massage.

