



*Prana Spa*

## PRANA SPA

PRANA - is the Sanskrit word for 'life force' - without PRANA life cannot exist.

The focus of Prana Spa treatments is for the mind and body to synchronize in relaxation.

Mind and body relaxation achieves better breathing, more extensive and deeper blood circulation and stress and tension release, this in turn helps the body to cleanse itself of toxins and impurities to achieve a better inner balance and overall feeling of wellbeing.

Prana Spa is a "Green Spa" which means we only use products that have natural active ingredients. Green Spa treatments are considered more effective as the body is more responsive to absorbing natural products rather than synthetic.

In addition to enjoying treatments within Prana Spa we also offer a range of treatments in your room or at our Beach Spa Sala.

Our heartfelt wish is for you to have felt you have escaped to a place of mind and body relaxation and most of all feel pampered from your time with us.

The Prana Spa Team

## MASSAGES

### Aromatherapy Massage      60 Minutes      Bht. 2,000

This therapeutic treatment focuses on the nervous system to energize then relax both mind and body. The application of aromatic oil to the body through massage combines with techniques that stimulate breathing and help synchronise mind and body. This treatment benefits common problems such as headaches, insomnia or stress; it also helps increase blood circulation and removes toxins.

### Prana Oil Massage      60/90/120 Minutes      Bht. 2,000/3,000/3,600

A luxurious blend of Oil and Thai massage with an aromatic oil of your choice. A perfect way to relax the body and boost the psyche with an ultimate outcome of complete relaxation.

### Prana Thai Massage      60/90/120 Minutes      Bht. 1,700/2,400/2,900

Combine the spirit and principle of authentic Thai massage with the application of modern day knowledge of anatomy. Prana's Thai massage is unique as we do not emphasize on over bending, overstretching and twisting techniques but on acupressure. What appears less active is actually more effective in blood flow, general aches and pains and over all alignment and balance of the body.

### Swedish Massage      60/90 Minutes      Bht. 2,400/3,300

Techniques of long strokes, kneading, friction, tapping, and movement is applied along and between muscles and bones. General kneading and stroking in the same direction as the flow of blood returning to the heart makes this both relaxing yet invigorating. Kneading and friction is used to release toxins and move them towards the lymphatic system to be expelled from the body.

### Traditional Herbal Compress      120 Minutes      Bht. 3,500

An ancient aromatic treatment, steamed herbal pouches containing five different Thai herbs known for their healing and rejuvenating properties are used to massage the body for healing and pleasure. A warming massage for those suffering with very stiff, sore muscles. The combination of Prana Thai massage and Thai herbal compressing will soothe the body and foster a feeling of serenity.

### Algae Firming Massage      60 Minutes      Bht. 3,200

Properties within algae are widely known to assist to firm skin and help reduce cellulite. This cream based massage uses a variance of technique including drumming and figure 8 massage to loosen cellulite and firm skin, a massage with benefits to give you a more firm feeling.

### Anti-Stress Massage      60 Minutes      Bht. 1,800

Oil based and performed on a massage mat on the floor (Thai Style) this treatment focuses on the lower and upper back, along with the shoulders, neck, and head is an ideal treatment for those who spend hours confined to a desk. Combining oil massage with Thai pressure point techniques to stimulate blood flow and loosen muscles, this is a massage that leaves you with the feeling of real therapeutic benefits.

## MASSAGES

### Pregnancy Massage

60/90/120 Minutes Bht. 2,000/3,000/3,600

An oil based massage designed specifically to relax, relieve tension and soothe mum to be. The technique allows for comfort and support of both mother and baby and offers a feeling of secure pampering. Massage treatments are recommended only for soon to be mothers that are more than 12 weeks pregnant.

### Hot Stone Massage

90 Minutes

Bht. 3,800

Hot Stone massage offers a combination of relaxing warmth and refreshing coolness that encourages the body to heal and detoxify by increasing lymphatic flow. This treatment combines deep heat therapy using soothing, smooth warm basalt stones and cool marble stones that apply oils in long flowing strokes over the body. The perfect treatment for loosening stiff and sore muscles from over-exercise and stress.

### Head & Neck Massage

30 Minutes

Bht. 900

The perfect mini massage to relieve headaches, neck pain and general tension. This treatment stimulates lymphatic drainage which thereby helps to boost the immune system and remove toxins. The head reaches the body's energy centers where tension accumulates, including the top of the head, base of the skull, neck and shoulders, jaw, forehead and temples.

### Foot Massage & Reflexology

30/60 Minutes

Bht. 900/1,800

Combining massage and reflexology, this centuries old treatment is a technique of using acupressure on the reflex points of the foot to stimulate various glands and internal organs of the body. By pressuring different points you can improve the function of glands and organs, stimulate the nervous system and improve blood circulation. The massage element also allows for relaxation.

## FACIAL TREATMENTS

### Linden Mask

60 Minutes

Bht. 2,800

Ideal for dryer skin types, the Linden Mask is designed to achieve a more balanced, toned and tighter skin appearance - Linden itself is known for soothing and hydrating properties. Combined with cleansing, toning and facial massage the final result is overall relaxation with a smooth and velvety facial complexion.

### Samui Honey Mask

60 Minutes

Bht. 2,200

In the East, sandal honey is used for the treatment of many skin conditions but is also ideal for all skin types. To offer a greater glow and that baby skin feel, a liquid scrub that uses natural enzymatic action is applied. The liquid scrub derives from papaya extract which favors elimination of dead cells to improve complexion radiance. Following sandal honey is applied to further moisturize and nourish the skin.

### Collagen Treatment

90 Minutes

Bht. 4,200

Collagen Sheet mask is formulated to smooth facial lines and reduce wrinkles whilst improving the hydration and elasticity of the skin. Beneficial for those 25 years old and above, the collagen sheet is designed so that skin can absorb essential proteins that make up the connective tissue, which is a major factor to keep skin taut and youthful in appearance. The mask not only provides the skin with Collagen absorption at the time of treatment, it also promotes the ongoing generation of natural collagen within.

### Lifting & Firming

75 Minutes

Bht. 3,900

Algae in the beauty world is known as the wonder ingredient from the sea, not only due to the high vitamin level it holds but the natural benefit of firming it provides. Therapists use a more active style of massage that assists the algae to give results of a more tightened facial skin.

### Pampering Men's Facial

60 Minutes

Bht. 2,800

Uniquely designed for men, this facial delivers the 3 key steps of cleansing, hydrating and moisturizing to assist rejuvenate even the most rugged skin types.

## BODY SCRUBS

### Tamarind Scrub

60 Minutes

Bht. 1,800

The natural freshness of tamarind, which contains alpha hydroxyl acids, helps nourish and soften your skin. This body scrub eliminates the dead surface cells and leaves your body soft, firm and smooth.

### Aromatic Salt Scrub

60 Minutes

Bht. 1,800

This superb skin exfoliation treatment uses aromatic sea salts, which help soften, nourish and revitalize the skin by stimulating the sub-dermal system. The skin is soothed whilst the traditional soothing balm of herbs and coconut oil helps cool and ease sun burnt skin restoring freshness and vitality.

### Coffee & Honey Scrub

60 Minutes

Bht. 1,800

This gentle exfoliating scrub is specifically formulated to balance your skin by gently removing dead skin cells to provide a polished finish.

### Floral Yogurt Scrub

60 Minutes

Bht. 1,800

The floral yogurt scrub assists circulation and invigorates the skin. The cream is rich in yogurt extract and the proteins from the lactic acid aid the removal of dead cells and help smooth wrinkles.

## Body Masks & Body Wraps

Wraps and Masks work through a process of absorption to draw impurities through the pores of the skin whilst infusing it with essential nourishment.

### Samui Sun Sooth Mask

50 Minutes

Bht. 2,000

Indulge your sun burnt or sensitive skin in this traditional Thai remedy with the soothing properties of aloe vera, coconut oil, coconut husk, banana and lime water oil to cool and ease sun kissed skin.

### Turmeric & Thai White Clay Mask

50 Minutes

Bht. 1,800

This body mask is suitable for all skin types. The white clay acts as a pleasant deodorant and body cooler.

### Herbal Body Wrap

50 Minutes

Bht. 1,800

The herbal body wrap detoxifies the skin with the use of banana, turmeric, soy bean powder and honey. Unlike the body masks, this wrap is designed to warm the body and open the pores of the skin, therefore once the herbal mix is applied; the body is wrapped to capture natural heat and body warmth.

## HERBAL STEAM & BATHS

### Herbal Steam

30 Minutes

Bht. 1,500

The gentle cloud of steam infused with fresh Thai herbs refreshes your body and is ideal before a massage to cleanse the skin, clear the lungs, and promote good circulation.

### Aromatic Milky Bath

30 Minutes

Bht. 1,600

This unique balancing formula nourishes the skin and is particularly beneficial for sensitive and dry skin conditions and is best enjoyed on its own or after a body scrub.

### Aromatic Salt Bath

30 Minutes

Bht. 1,600

A warm bath of aromatic salts soothes and relaxes the body at the end of the day. The fragrant salts invigorate the body and help to enhance circulation and cleanse the skin.

## TONGSAI'S SIGNATURE PACKAGE

### The Return to Prana - A journey for couples

150 Minutes

Bht. 8,200

Prana is a Sanskrit word meaning "life force" - Return to Prana is to return to one's source of vitality, spirit, energy and love.

Inspired by the 'Nago Pa' story composed by King Rama II, Return to Prana has been designed for couples with the sole purpose to enhance, elevate and rejuvenate the life-force and love between them. Nago Pa is the love story of Prince Sangtong and Princess Rojana, how they had faith in their attraction to each other and had a pure belief that they belong together as a couple - a story where love proved more than just skin deep.

## The Return to Prana (Continued)

### Herbal Steam - The First step in the Return to Prana journey:

Enter your private steam room and immerse yourselves in a cloud of Thai herbal steam. This refreshing treatment detoxifies and intensively cleanses skin whilst increasing blood circulation.

The infusion of Thai herbs such as camphor, wild turmeric and kaffir lime benefits the respiratory system through improved breathing and assists in alleviating congestion within the lungs.

Herbal Steam is the perfect way to begin the process of relaxation of both the body and mind.

### Sangtong Scrub for Men

Prince Sangtong intentionally concealed his highly sought-after and adored radiant gold skin to identify and separate those who judged others based on appearance.

The Sangtong scrub is designed to exfoliate rough and dead skin cells and is composed of brown rice, ginger, lime juice, lemongrass and the 'golden spice' of turmeric powder. Turmeric with its long history of medicinal use in Asia is believed to be an anti-inflammatory agent that can intensely relax muscle tissue.

Sangtong scrub leaves skin radiant yet is also a deeply relaxing treatment.

### Rojana Scrub for Woman

Princess Rojana - the youngest and most beautiful of the 7 princess of Siamese Kingdom. Rojana was of pure heart and genuine nature and dismissed the criticism of others towards Sangtong's appearance; she presented him with a garland of threaded jasmine flowers to signal her deep attraction to him.

The Rojana Scrub is uniquely blended with the alluring and aromatic sent of jasmine which combined with cashew nuts, honey and sesame oil exfoliates dead skin cells and impurities from skin leaving it healthy and balanced. The honey and oil base is perfect for treating dehydrated skin and the intensive moisturizing and anti ageing properties leaves skin youthful, revitalized, smooth and supple.

### Couples Aromatic Milk Bath

Enhance your 'life force' by the connection of touch in your private open air bathroom by applying honey, lemongrass and ginger cream to each other before immersing in a milk bath blanketed by rose petals.

## The Return to Prana (Continued)

### Prana Oil Massage (60 Minutes)

A perfectly blended massage that encompasses the best qualities of our Prana Spa Thai massage and Oil massage. Using a luxurious aromatic oil of your choice allows for the ideal combination of long massage strokes and muscle relaxation whilst alternating to acupuncture to encourage more effective blood flow and helps realign and balance your body. Prana Oil Massage is a perfect way to relax the body and boost the psyche with the ultimate outcome of complete relaxation and an elevated 'life force'.

### SPA PACKAGES

<b>Samui Secret</b> Herbal Steam Coffee & Honey Scrub Prana Oil Massage Samui Sandal Honey Mask	150 Minutes	Bht. 4,600
<b>Samui Dream</b> Sun Sooth Body Mask Aromatherapy Massage Sun Sooth Facial Mask	120 Minutes	Bht. 4,200
<b>Thai Way</b> Herbal Steam Tamarind Scrub Turmeric & Thai White Clay Mask Flora Bath with Thai Essence Prana Thai Massage	150 Minutes	Bht. 4,400
<b>Trim Off &amp; Firm Up</b> Herbal Steam Coffee & Honey Scrub Herbal Body Wrap Algae Bath Algae Massage	150 Minutes	Bht. 4,800
<b>Tongsai for Ladies</b> Herbal Steam Flora Yoghurt Scrub Pink Clay Mask Aromatic Milky with Flora Bath Swedish Massage	150 Minutes	Bht. 4,700



Tongsai for Men	150 Minutes	Bht. 4,700
Herbal Steam		
Aromatic Salt Scrub		
Herbal Body Wrap		
Aromatic Salt Bath		
Swedish Massage		

Touch of Nature	150 Minutes	Bht. 3,800
Herbal Steam		
Green Bean Scrub		
Herbal Body Wrap		
Flora Bath with Thai Essence		
Prana Thai Massage		

#### Manicure and Pedicure

Manicure	60 Minutes	Bht. 1,200
Pedicure	60 Minutes	Bht. 1,200
Manicure & Pedicure	120 Minutes	Bht. 1,900

#### Payment

- \* Two persons sharing a spa cottage will receive a 15% discount
- \* In room treatment will incur a 20% surcharge
- \* Price is subject to 10% service charge and 7% VAT

The Prana Spa environment is one of tranquility and relaxation. Please respect the peacefulness and privacy of other spa guests. Kindly defer from smoking and from using your mobile phone within the vicinity of Prana Spa.

## How to Spa with Prana Spa?

### What is the operating hours and how do I make a Reservation?

Prana spa operates from 10.00-21.00, with the last booking at 19.00. We request reservations 1 hour prior to treatment commencement time. Reservations can be made by calling Ext. 430 during operating hours.

### What should I wear to the spa?

Wear whatever you feel comfortable in. Bathrobes and slippers are provided in your treatment cottage.

### When should I arrive for my treatment and what if I arrive late?

Please arrive 10 minutes before your scheduled time and relax with a welcoming drink and walk through our pre-treatment consultation your treatment will end as per the original time if you arrive late to prevent the next guest from being delayed. However, if no guest follows your booking, you can enjoy the full duration of your treatment time.

### Is there a limit to the number of spa treatments I could have in a day?

You can indulge in as many as you wish.

### What if I have special health consideration?

Please notify our spa hosts before booking your treatments and again on arrival at the Spa if you have high or low blood pressure allergies, physical ailments, disabilities, recent surgery, epilepsy or if you are pregnant. Please note for expectant mothers some treatments may be limited in the first trimester.

### What do I wear during my treatment?

You may wish to wear your own underwear or you can use the hygienic disposable briefs. Choose what is most comfortable for you; however, do note that we recommend the disposable underwear to avoid oil or products staining your own underwear. Our therapists will always use draping techniques to respect your privacy.

### Could I ask the therapist to adjust the room to my comfort levels?

Definitely - this is your time and you should enjoy the experience to the fullest. Be it the massage pressure or the selection and volume of the music, lighting or air-conditioning. Please do not hesitate to ask our therapists to adjust them to your comfort levels.

### What about my jewelry and valuables?

It's best to leave these personal valuables in your room safe, but if you happen to be wearing them when you get to the spa, a safe deposit box is provided in your dressing room.

### What if I need to cancel my spa treatment?

Cancellations within 3 hours of the appointment time will incur a fee of 50% of the treatment cost. No-shows will incur a 100% charge.

## SPA LISTING

### Massages

Aromatherapy Massage	60 min	Bht. 2,000
Prana Oil Massage	60/90/120 min	Bht. 2,000/3,000/3,600
Prana Thai Massage	60/90/120 min	Bht. 1,700/2,400/2,900
Swedish Massage	60/90 min	Bht. 2,400/3,300
Traditional Herbal Massage	120 min	Bht. 3,500
Algae Firming Massage	60 min	Bht. 3,200
Anti Stress Massage	60 min	Bht. 1,800
Pregnancy Massage	60/90/120 min	Bht. 2,000/3,000/3,600
Hot Stone Massage	90 min	Bht. 3,800
Head and Neck Massage	30 min	Bht. 900
Foot Massage & Reflexology	30/60 min	Bht. 900/1,800

### Facial Treatments

Linden Mask	60 min	Bht. 2,800
Samui Sandal Honey Mask	60 min	Bht. 2,200
Collagen Treatment	90 min	Bht. 4,200
Lifting & Firming	75 min	Bht. 3,900
Pampering Men's Facial	60 min	Bht. 2,800

### Body Scrubs

Tamarind Scrub	60 min	Bht. 1,800
Aromatic Salt Scrub	60 min	Bht. 1,800
Coffee & Honey Scrub	60 min	Bht. 1,800
Floral Yoghurt Scrub	60 min	Bht. 1,800

### Body Masks & Wraps

Samui Sun Soothe Mask	50 min	Bht. 2,000
Turmeric & Thai White Clay Mask	50 min	Bht. 1,800
Herbal Body Wrap	50 min	Bht. 1,800

### Herbal Steam & Aromatic Bath

Herbal Steam	30 min	Bht. 1,500
Aromatic Milk Bath	30 min	Bht. 1,600
Aromatic Salt Bath	30 min	Bht. 1,600

### Hands & Feet

Manicure	60 min	Bht. 1,200
Pedicure	60 min	Bht. 1,200
Manicure & Pedicure	120 min	Bht. 1,900

### Spa Packages

The Return to Prana for two	150 min	Bht. 8,200
Samui Secret	150 min	Bht. 4,600
Samui Dream	120 min	Bht. 4,200
Thai Way	150 min	Bht. 4,400
Trim Off & Firm Up	150 min	Bht. 4,800
Tongsai For Ladies	150 min	Bht. 4,700
Tongsai For Men	150 min	Bht. 4,700
Touch of Nature	150 min	Bht. 3,800



# PRANA SPA

プラナスパへようこそ！

プラナ・スパは、リラクステクニックを専門とし、特にストレスを減らしたり、またコントロールもしてくれるマインド&ボディーの調和を目指しています。体内の緊張感が和らぐと筋肉が緊縮を中止し、血管は導管の収縮を減らすことによって自由な血液循環を促します。この働きが体内の毒素や不純物を取り除き身体のバランスをうまくとってくれます。

プライバシーが守られていないとストレスやテンションを減らすことはできません。この点からプラナスパのコテージ式トリートメント室は2名1室利用をポリシーにしています。どの部屋もハーブチーム、屋外のバスタブ、マッサージ台、トリートメント台、屋外のフットトリートメント台が設備され、ナチュラルな香りとともに瞑想的なBGMがゲストをリラックスさせてくれます。私共は“グリーン・スパ”です。トリートメントで使用されるプロダクトは全て自然のものから抽出したものです。従ってお肌を傷つけることはありません。

それではごゆっくりトリートメントをご堪能下さい。

プラナスパ  
The Tongsaí Bay

## Massages

### マッサージ

アロマセラピーマッサージ (Aromatherapy Massage) **60分 THB2,000**  
エッセンシャルオイルを使ったソフトタッチなマッサージでストレス解消と共に 身体に活気を取り戻します。

プラナオイルマッサージ (Prana Oil Massage) **60/90/120分 THB2,000/3,000/3,600**  
お好みのオイルでタイ・マッサージ。血液循環が良くしストレスを減らします。

プラナタイマッサージ (Prana Thai Massage) **60/90/120分 THB1,700/2,400/2,900**  
トラディショナル・タイマッサージ。自然要素の土、水、空気、火の調和をもとにヘルシーな身体づくりを。

スウェーデンマッサージ (Swedish Massage) **60/90分 THB2,400/3,300**  
血液の循環を良くするため筋肉痛を和らげます。またスムーズでロングストロークのマッサージが体内の毒素を取り除きます。

ハーバルコンプレス (Traditional Thai Herbal Compress) **120分 THB3,500**  
タイ・マッサージとハーブを包んで蒸した袋(ルックラコップ)のコンビネーションがコリ、筋肉痛を解消します。

アルゲー(海藻) マッサージ (Algae Firming Massage) **60分 THB3,200**  
海藻クリームを使用した強めのマッサージはセルライトを減らす効果があります。

ストレス解消マッサージ (Anti-Stress Massage) **60分 THB1,800**  
首や肩、そして背中を集中的に行うマッサージ。アロマオイルを使用し強張った筋肉を和らげます。

マタニティマッサージ (Pregnancy Massage) **60/90/120分 THB2,000/3,000/3,600**  
妊娠中のお客様にお勧めのマッサージ。オイルを使用したマッサージが体の緊張を解します。妊娠12週以降のお客様にお勧めです。

ストーンマッサージ (Warm and Cool Stone Massage) **90分 THB3,800**  
温かいものと冷たい2種類の石とオイルを使ったマッサージでストレスや運動などで強張った筋肉を和らげます。

頭と首のマッサージ (Head & Neck Massage) **30分 THB900**  
頭と首の間接部分の機動性と柔軟性をもたらし、血液循環とリンパ系の流れを改善します。

フットマッサージ (Foot Massage and Reflexology) **30/60分 THB900/1,800**  
足に溜まった緊張を取り除き、活力を与えることによって体全体の血液循環やリンパ系を刺激します。

## Facial Treatments

### フェイシャル・トリートメント

#### リンデンマスク(Linden Mask)

60分 THB2, 800

西洋の民族医学で有名なリンデン(シナノキ)は鎮痛、水和、リラックス効果をもたらすことで知られています。リンデンフェイシャルマスクはお肌の潤いを保つ補助をします。

#### サムイハニーマスク(Samui Honey Mask)

60分 THB2, 200

サンダルハニーは様々なお肌のコンディションに使用されます。ハーブパウダーによるクレンジングの後サムイサンダルハニーマスクを行います。

#### コラーゲンマスク(Collagen Mask)

90分 THB4, 200

コラーゲンがフェイシャルラインを滑らかにし、しわを減らして弾力性を取り戻します。

#### リフティング(持ち上げて)&ファームング(引き締めて) (Lifting & Firming) 75分 THB3, 900

“モロッコの黄金”とも呼ばれているアルガンオイルがお肌に活力を与え、バランスを整え、潤いを与えます。また肌のきめを細かくし弾力と張りを与えます。

#### メンズフェイシャル(Pampering Men's Facial)

60分 THB2, 800

男性向けにデザインされたトリートメント。お肌をクレンジングして潤いを与えます。ラスールマスクが余分な皮脂を取り除き、ソフトで健康な肌を保ちます。

### Body Scrubs

#### ボディースクラブ

#### タマリンドスクラブ(Tamarind Scrub)

60分 THB1, 800

アルファヒドロキシ酸を含むタマリンドの果汁が毛穴の奥までクレンジングをすると共に角質を取り除き弾力性があるソフトなお肌をもたらします。

#### アロマティックソルトスクラブ(Aromatic Salt Scrub)

60分 THB1, 800

アロマティックソルトが角質を取り除き、皮下組織を刺激。活力と新鮮さを与えます。

#### コーヒー&ハニースクラブ(Coffee & Honey Scrub)

60分 THB1,800

やさしいスクラブで角質を取り除き、お肌のバランスを保ちます。トリートメント後はソフトで若干“小麦色”のお肌となります。

#### フローラルヨーグルトスクラブ(Floral Yogurt Scrub)

60分 THB1,800

乳酸を含んだヨーグルトのエキスでお肌をクレンジング。

## Body Masks & Body Wraps ボディーマスク&ボディーラップ

サムイサンズマスク(Samui Sun Sooth Mask) 50分 THB2,000  
日焼けをしすぎてしまった方用。ココナツ&ハーブでお肌の火照りを抑えます。

ターメリック&タイホワイトクレイマスク(Turmeric & Thai White Clay Mask) 50分 THB1,800  
様々なスキンタイプに適応。ホワイトクレイ(白粘土)はデオドラント効果があると同時に体をクールダウン。

ハーバルボディーラップ(Herbal Body Wrap) 50分 THB1,800  
ハーブがお肌をスムーズにし健康な肌をつくれます。

## Aromatic Steam & Herbal Baths アロマスチーム&ハーバルバス

ハーバルスチームサウナ(Herbal Steam) 30分 THB1,500  
新鮮なタイハーブのスチームが体をリフレッシュ。お肌のクレンジング、肺をきれいにする、体内の循環向上の効果がありマッサージトリートメントを受ける前にお勧めです。

アロマティックミルキーバス(Aromatic Milky Bath) 30分 THB1,600  
ユニークでバランスのとれた成分がお肌に栄養を与えます。敏感肌や乾燥肌向け。

アロマティックソルトバス(Aromatic Salt Bath) 30分 THB1,600  
アロマソルトが体にリラックス感を与えると同時に体内の循環を良くし、お肌のクレンジング効果もごさいます。

## Manicure and Pedicure

### マニキュア&ペディキュア

(お客様の爪のコンディションによっては 45 分以上要する場合もございます。)

マニキュア(Manicure)	45分	THB1,200
ペディキュア(Pedicure)	45分	THB1,200
マニキュア&ペディキュア(Manicure & Pedicure)	90分	THB1,900



## Tongsai's Signature Package トンサイオリジナルパッケージ

### リターン・トゥ・プラナ (The Return To Prana) 150分 2名様 THB8,200

当ホテルオリジナルのカップル専用コース。スチームサウナ～スクラブ～バス～マッサージがトータルで受けられます。“プラナ”とは、生命のエネルギー。風の素因で愛する者=プルーシャと愛される者=プラクルティを引き付け合う力を持ちます。

サントン・スクラブ(男性用)レモングラス、ジンジャー、ライム、蜂蜜等のミックスで血液循環を良くするとともに潤いを与えます。

ロジャナ・スクラブ(女性用) カシューナッツ、蜂蜜、ごま油（肌のプロブレムを治す効果大のビタミンを大量に含有）で、肌をソフトにして十分な潤いを与えます。

カップル・アロマミルクバスでお互いへの思いは一層高まります。

プラナ・オイルマッサージ(60分)では肌にやさしく浸透するエッセンシャルオイルが全身の活力を取り戻させ、ストレスからの回復を図ります。

## Spa Packages スパパッケージ

サムイシークレット (Samui Secret) **150分 THB4,600**  
ハーバルスチームサウナ  
コーヒー&ハニーボディースクラブ  
プラナオイルマッサージ  
サムイサンダルハニーフェイシャルマスク

サムイドリーム (Samui Dream) **120分 THB4,200**  
サムイサンスーズボディーマスク  
アロマセラピーマッサージ  
サムイサンスーズフェイシャルマスク

## Spa Packages スパパッケージ (続き)

<u>タイ・ウェイ(Thai Way)</u> ハーバルスチームサウナ タマリンドボディースクラブ ターメリック&タイホワイトクレイボディーマスク タイエッセンス入りフローラルバス プラナタイマッサージ	150分 THB4, 400
<u>トリムダウン&amp;ファームアップ(Trim down &amp; Firm Up)</u> ハーバルスチームサウナ コーヒー&ハニーボディースクラブ アルゲー(海藻)ボディラップ アルゲー(海藻)バス アルゲー(海藻)マッサージ	150分 THB4, 800
<u>トンサイ・フォー・レディース(Tongsai For Ladies)</u> ハーバルスチームサウナ フローラルヨーグルトスクラブ ピンククレイボディーマスク アロマティックミルク&フローラルバス スウェーデンマッサージ	150分 THB4, 700
<u>トンサイ・フォー・メン(Tongsai For Men)</u> ハーバルスチームサウナ アロマティックソルトボディースクラブ 死海泥ボディラップ アロマティックソルトバス スウェーデンマッサージ	150分 THB4,700
<u>タッチオブネイチャー(Touch Of Nature)</u> ハーバルスチームサウナ グリーンビーンボディースクラブ ハーバルボディラップ タイエッセンス入りフローラルバス プラナタイマッサージ	150分 THB3,800
<u>フットケア(Foot Care)</u> フットソーク フットスクラブ フットマスク フットマッサージ	105分 THB3,800

## インフォメーション

### ご予約:

プラナスパの営業時間は朝10:00～夜21:00まで(ご予約受付は夜19:00まで)。混み合う場合もございますので事前のご予約をお勧め致します。内線430まで。

### スパへのご到着時間:

トリートメント開始時間の10分前にお越し下さいませ。お客様のご到着が遅れた場合トリートメント時間が短くなる可能性もございますので予めご了承下さい。

### キャンセルについて:

トリートメント開始の3時間前以降にご予約お取り消しの場合、ご予約されているトリートメント料の50%をキャンセル料として徴収致します。ご連絡無しのノーショウはトリートメント料の100%を徴収致します。

### 返金について:

プラナスパで行っている全てのメニュー及びプロダクトにつきまして全て返金、交換、及び譲渡は出来ませんのでご了承下さい。

### 喫煙と飲酒について:

プラナスパでの喫煙及び飲酒につきましてはご遠慮させて頂いております。

### 携帯電話:

トリートメント中、必ず携帯電話のスイッチをお切り下さい。

### その他の注意事項:

以下の状態にある方は、トリートメントをお受けにならないで下さい。

- ❖ 癌
- ❖ 進行性心身機能障害
- ❖ 心臓疾患
- ❖ 重度の喘息
- ❖ 手術後間もない方
- ❖ 重度の静脈りゅう
- ❖ 高血圧
- ❖ てんかん
- ❖ インフルエンザ、高熱その他健康状態が不良の方
- ❖ 妊娠中又は生理中の方 :メニューが限られます。十分気をつけて受けて下さい。

### 料金について:

- メニューに表示されている料金に別途税(7%)とサービス料(10%)が加算されます。
- 2名様スパトリートメントルーム1部屋シェアの場合のみ 15%の割引がございます。
- ルームサービスは20%のサーチャージが加算されます。(尚、ルームサービスではご利用頂けるメニューが限られますので予めご了承下さい。)