

# High Spa



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## WELCOME TO HIGH SPA

High Spa is custom designed to embrace the local environment and culture to provide an authentic indigenous experience.

High Spa offers holistic wellness, based on natural organic product ingredients of maintaining the inner health, with complete the rejuvenation and vitality of body, mind and spirit.

# High Spa

## HIGH MASSAGE RETREAT

### Aromatherapy Massage

**60 minutes , THB 2,500/ 90 minutes , THB 3,750**

Aroma massage combines the sense of essential oil, and the power of touch . The various specialized effects are : Lemongrass , which helps the muscles, and promotes nourishment to boost skin repair.

Peppermint refreshes the spirit and stimulates mental agility.

Lavender has a soothing and calming effect on the nerves, relieving tension. It is effective for headaches and insomnia.

### Swedish Massage

**60 minutes , THB 2,500/ 90 minutes , THB 3,750**

Swedish massage technique include circular pressure applied by the hands and palms, with firm kneading and percussion-like tapping. The benefits are decreased muscle toxins, improving circulation and

flexibility while easing tension.

### Invigorate Thai Massage

**60 minutes , THB 2,000 / 90 minutes , THB 3,000**

A combination of both physical and energetic aspects. It is a deep, full body massage progressing from the feet up, and focusing on energy lines throughout the body. The aim is to clear blockages in these lines, and thus stimulating the blood flow throughout the body. The benefit help prompt the relaxation to its' full circle.

**Prices are quoted in Thai Baht and subject to 10% service charge and 7% government tax.**

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## **HIGH MASSAGE RETREAT**

### **Asian Blend Massage**

**60 minutes , THB 2,400 / 90 minutes , THB 3,600**

A fusion massage that combines traditional Thai massage and aromatic oil massage together, to relax body stiffness and reduce muscles aches. The technique would apply a firm to medium pressure to the body .

### **Remedial Back and Shoulder**

**60 minutes , THB 2,400 / 90 minutes , THB 3,600**

The treatment focuses on releasing the tensions from the muscles of the upper body only, where muscle problems often occur . During the massage, acupressure is applied up both sides of the spine and along the lower back, moving up towards the shoulders and neck.

### **Foot Revitalizing – 60 minutes , THB 1,600**

The massage us pressure point therapy and particular areas of the soles of the feet. The aim is to stimulate reflex points that correspond to other parts of the body to the internal organs. The overall goal is to improve blood and lymph circulation.

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## HIGH MASSAGE RETREAT

### **High Blissfulness Massage – 90 minutes, THB 3,000**

A combination of traditional Swedish , Thai ,Abdominal and foot massage, For a truly different pampering and soothing feeling , which rejuvenates those sore and tired muscles.

### **Thai Herbal Compress – 120 minutes, THB 3,600**

An Exotic Thai remedy for tired, aching muscles to release stress, relieve muscle tone and promote healthy circulation , using traditional Thai technique . It combines with hot compress and herbal packs or “Look Pra Kob” with assorted local herbs of Plai, Kaffir Lime, Lemongrass, Camphor, Tamarind leaves and other indigenous aromatic.

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## HIGH BODY RETREAT

### **Awaken Body Scrub – 60 minutes, THB 2,600**

The gentle cream scrub helps to revitalize the body and clear the mind. This exfoliating help to stimulate the glowing and lifting of the skin. The combination of lemongrass and ginger extracts, nourish and detoxify.

### **Radiance Body Scrub – 60 minutes, THB 2,600**

The powerful blend of tamarind & apricot extract are highly nourishing and moisturizing. Helping to rid the skin of impurities and brighten the nutrients of the skin, resulting radiance.

### **Revitalize Body Scrub – 60 minutes, THB 2,600**

A deep cleaning and refreshing exfoliating body scrub of mineral salt, to remove impurities and dead cells. Blended with shea butter and salt sugar, it will leave the body smooth and polished, and leaving the skin energized.

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## HIGH BODY RETREAT

### **Indulgence Soothing Mask – 45 minutes , THB 2,400**

This soothing gel mask contains natural Aloe Vera extracts and has properties that help reduce inflammation and symptoms of skin irritation, redness and burning of skin due to sun burn.

### **Oriental Body Mask – 60 minutes , THB 3,200**

This concentrated Mud Mask contains a combination of natural extracts including Licorice , Kao Lin, Tanaka and anti-oxidants which moisturizes your skin and clears up clogged skin. A mixture of extracts of Kiwi and seaweed helps to firm and tighten the skin for a more youthful look.

### **Renewing Body Mask – 60 minutes , THB 3,200**

This gentle Mud Mask of natural extracts, including green tea which has anti-oxidant properties, Germ oil, Apricot oil which keeps the skin soft and radiant. Grape extracts, Kiwi and honey help the skin look smooth and clear while getting rid of wrinkles. You skin will look firmer and smoother.

It moisturizes the skin and eliminates skin .

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## HIGH FACIAL RETREAT

**Rebalance Facial – 60 minutes, THB 2,800**

The stimulating facial massage combined with CO-Enzyme Q 10 actives, is a powerful energy boost to the cells and the antioxidant prevents premature aging and instantly restores firmness to the skin.

The combination of stimulating facial massage techniques rejuvenate the skin and add moisture and elasticity to the skin surface.

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## HIGH WELLNESS PACKAGE

### Power of Sense – 2 hours ,THB 4,000

- Herbal Steam 30 minutes
- Remedial Back & Shoulder Massage 90 minutes

### Awaken Revitalize – 2.5 hours , THB 5,000

- Herbal Steam 30 minutes
- Choice of Body Scrub 60 minutes
- Aroma Massage 60 minutes

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## HIGH WELLNESS PACKAGE

### **The Harmony – 2.5 hours, THB 5,500**

- Serenity Milky Bath 30 minutes
- Choice of Body Mask 60 minutes
- Aroma Massage 60 minutes

### **Serenity For Your Mind – 3 hours, THB 6,500**

- Herbal Steam 20 minutes
- Awaken Body Scrub 40 minutes
- Serenity Milky Bath 30 minutes
- Signature Massage 60 minutes
- Facial Treatment 30 minutes

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## HOW TO SPA

### **Reserve for Treatment**

Either phone or visit the High Spa to book a reservation at your earliest convenience so we may accommodate your schedule .

### **Arrival Time**

Please arrive at least 15 minutes prior to your scheduled appointment time to complete the check in ,and arrival 30 minutes in advance then you can enjoy our facilities: steam and sauna. Arriving late will limit treatment time as we must complete your service on time in order to accommodate the next guest .

### **Special Health Considerations**

If you have health concerns or are pregnant , please notify our spa staff when booking your treatment. Guest are also requested to complete a pre -treatment form .

### **Cancellation Policy**

Guest wishing to cancel a treatment are requested to provide a three-hour cancellation notice otherwise the full service fee will be charged .

### **Age Limitation**

Children under the age of 14 are not permitted in High Spa. Young adult between the age of 14-17 years must be accompanied by an adult .

### **Service Charge and Taxes**

A 10% service charge and 7% VAT will be added to your bill .

### **Spa Hours**

High Spa is open from 10:00 am to 7:00 pm daily,  
last treatment can commence at 5:00 pm .