

PRIVATE THAI HERBAL

❖ COMPRESS ❖

PRICE: 1,300 THB PER PERSON

IMMERSE YOURSELF IN THE ANCIENT ART OF THAI HEALING WITH THIS INTERACTIVE, HANDS-ON WORKSHOP.



WHAT YOU'LL LEARN

- ❖ INTRODUCTION TO TRADITIONAL THAI HERBS AND THEIR HEALING PROPERTIES.
- ❖ STEP-BY-STEP INSTRUCTIONS TO CRAFT YOUR OWN HERBAL COMPRESS BALL.
- ❖ PRACTICAL TECHNIQUES FOR USING THE COMPRESS SAFETY AND EFFECTIVELY.

IN JUST ONE HOUR, YOU'LL GAIN THE SKILLS TO CREATE AND USE A TRADITIONAL THAI HERBAL COMPRESS. TAKE HOME YOUR HANDMADE CREATION AND KNOWLEDGE TO BRING NATURAL HEALING INTO YOUR EVERYDAY LIFE AND SHARE IT WITH YOUR LOVED ONES.

INGREDIENTS (1 BALL)

- ❖ PLAI - RELIEVES SPRAIN, BRUISES, SWELLING, INFLAMMATION, PAIN, TIGHT MUSCLES, AND STIFFNESS.
- ❖ TURMERIC - TREATS SKIN DISEASE, PROMOTES WOUND HEALING, REDUCES INFLAMMATION, AND DISINFECTS.
- ❖ KAFFIR LIME PEEL - RELIEVES DIZZINESS AND INTERNAL BRUISING.
- ❖ LEMONGRASS - EASES INFLAMMATION, MUSCLE PAIN, AND JOINT PAIN.
- ❖ TAMARIND LEAVES - RELIEVES ITCHING AND NOURISHES THE SKIN.
- ❖ SOM POI LEAVES - CLEANSSES THE SKIN, STRENGTHENS ITS RESISTANCE TO DISEASE, AND RELIEVES BODY ACHES.
- ❖ SALT - ABSORBS HEAT AND ENHANCES MEDICINAL ABSORPTION THROUGH THE SKIN.
- ❖ CAMPHOR - ADDS A REFRESHING SCENT AND PROMOTES HEART NOURISHMENT.

PRICE IS SUBJECT TO 10% SERVICE CHARGE AND 7% GOVERNMENT TAX.

High Spa



REJUVENATE YOUR BODY & SOUL

TRADITIONAL THAI MASSAGE

60	MINS	1,900
90	MINS	2,500
120	MINS	3,000

AROMATIC MASSAGE

60	MINS	2,500
90	MINS	3,500
120	MINS	4,500

THAI HERBAL COMPRESS

90	MINS	3,000
120	MINS	3,500

HIGH SIGNATURE

90	MINS	3,900
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ASIAN BLEND MASSAGE

60	MINS	2,500
90	MINS	3,500
120	MINS	4,500

SWEDISH MASSAGE

60	MINS	2,500
90	MINS	3,500
120	MINS	4,500

INDIAN HEAD

60	MINS	1,900
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BACK RECOVERY

60	MINS	1,900
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EMOTIONAL FOOT MASSAGE

60	MINS	1,900
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High Spa



BEAUTY & SPA

LEMONGRASS EXFOLIATE

60 MINS 2,500

TAMARIND & HONEY SCRUB

60 MINS 2,500

COFFEE CARAMEL SCRUB

60 MINS 2,500

HIGH SIGNATURE BODY SCRUB

60 MINS 2,500

INDULGENCE SMOOTHING MASK

60 MINS 2,500

WHITENING BODY MASK

60 MINS 2,500

GREEN TEA BODY MASK

60 MINS 2,500



FACIAL TREATMENT & ADD INDULGENCE

FACIAL TREATMENT

RESTORATIVE

60 MINS 3,500

BRIGHTENING

60 MINS 3,000

DEEP CLEANSING

60 MINS 2,300

ADD INDULGENCE

HERBAL STEAM

30 MINS 2,000

SAUNA

30 MINS 2,000

BATH

30 MINS 2,900

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OUR PACKAGE

REVITALIZE (2 HRS.) 4,900

- HERBAL STEAM 30 MINS
- BACK RECOVERY MASSAGE 90 MINS

AWAKEN (2 HRS 30 MINS) 5,500

- SERENITY MILKY BATH 30 MINS
- CHOICE OF BODY MASK 60 MINS
- AROMATIC MASSAGE 60 MINS

INNER BALANCE (2 HRS 30 MINS) 5,500

- HERBAL STEAM 30 MINS
- CHOICE OF BODY SCRUB 60 MINS
- AROMATIC MASSAGE 60 MINS

KOH KOOD SENSATION (3 HRS.) 7,500

- HERBAL STEAM 20 MINS
- CHOICE OF BODY SCRUB 40 MINS
- BATH 30 MINS
- SIGNATURE MASSAGE 60 MINS
- MINI FACIAL 30 MINS



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INTRODUCE

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.

CANCELLATION POLICY

IF YOU HAVE ANY HEALTH CONCERNS OR ARE PREGNANT, PLEASE INFORM OUR SPA STAFF WHEN BOOKING YOUR TREATMENT. GUESTS ARE ALSO REQUESTED TO COMPLETE A PRE-TREATMENT FORM. FOR CANCELLATION, A MINIMUM OF THREE HOURS NOTICE IS REQUIRED; OTHERWISE, THE FULL SERVICE FEE WILL BE CHARGED.

AGE LIMITATION

CHILDREN UNDER THE AGE OF 14 ARE NOT PERMITTED IN HIGH SPA. GUESTS AGED 14 TO 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 DAILY FROM 10.00 AM. TO 07.00 PM.
THE LAST TREATMENT CAN COMMENCE AT 05.00 PM.