

**Yaiya spa is the contemporary spa that offers holistic range of treatments and healing, our treatments are influence from indigenous wisdom of Traditional healing arts. Spa ambience promotes peace of body and mind, sense of awareness with vibrational music and natural scent. Prior starting your treatments, brief health questionnaire will be provided, which will help identifying your contra-indication and attention area. The Four Body elements will be observed by selecting the Elemental Aromatherapy Oil that required to harmonizing the state of body and mind; Earth, Water, Air and Fire. And with these basic four elements will guide to customize to therapeutic oil massage treatment.**



## Yaiya spa Menu

### Wellness treatment by Sukkasart Institute of Healing Arts Available by appointment only

**ZenNaTai** 75 mins 4,000

This ancient therapeutic massage is focused on the abdominal region, the energetic centre of the body according to medical Asian tradition. The chest area as well as the head and scalp are also massaged. This treatment aims to improve digestion and breathing and also helps release cranial tension. It improves concentration and stimulates the flow of lymph. It rids the body of toxins and negativity, brings comfort and relief to the abdomen and induces a deep state of relaxation and a peaceful mind.

**Reiki Healing** 60 mins 2,000

Experience the energy of frequencies surrounding and running throughout the body. This treatment helps analyze any imbalance in the body energetic fields and rebalances them to promote vitality. This is a very empowering treatment that will help many areas of your life.

**Sound Healing** 40 mins 3,000

Experience the vibration of sound, with seven chakras bowl that guide you to deeper state of relaxation and allowing this sound frequency to vibrate the body subtle energy to be energize and align as its own body pace, you will be guided to opening your heart and expand your own loving and kindness vibration to your own harmony and entire universal loves.

### Decleor Facial Signature

**Aromaplasty** 60 mins 2,200

Deep cleansing your facial and follow by facial acupressure massage with natural aromatherapy oil, and nourishing facial mask with natural grain of flaxseed, sunflower seed to unite the smooth and brighten your facial skin. It is highly recommend for all skin

**Aromaplasty Double Mask** 75 mins 2,800

A combination of aromaplasty facial with hydra floral mask to moisturizing the skin complex, it is very good for all skin type or sensitive and dry skin

**Aroma Expert Sooth** 90 mins 3,000

Specially designed for delicate, sensitive skin, this soothing treatment calms the most reactive complexion. It refreshes the skin and helps to reduce redness and irritation. It sooth the skin, restores balance and leaves the face looking smooth and velvety. It is recommended to sensitive skin and sunburned skin

**Journey to YaiYa** 2 hrs 30 mins 3,500

YaiYa have long history with Nutmeg tree, This journey is to understanding the essence of Nutmeg that promote deeper state of relaxation, assisting breathing, journey will start with body exfoliation with gentle yogurt-turmeric scrub, herbal steam bath to clarify your thought and follow by nutmeg body massage that allow the body to letting go...and lemongrass refreshment will be served.

### Massage

**Therapeutic oil massage** 1 hrs 30 mins 1,500

The art of aromatic oil massage uses scent to calm the mind and relax the body. The warm oil helps the aromatic oil penetrate the body thereby reducing muscle tension, promoting proper circulation and relaxation. We offer a choice of Orange oil for Earth, Geranium oil for Water, Rose oil for Air, and Sandalwood oils for Fire.

**Thai massage** 1 hrs 30 mins 1,500

This traditional Thai body massage balances the muscular system and regulates the flow of energy. The massage involves the entire body. It reduces muscle tension, improves body tone, relieves pain and stimulates the circulation of lymph.

**with Herbal compress** 2 hrs 2,300

A combination of Thai massage with traditional healing warm herbal compress which help reducing muscle tension and body stiffness

### Body Treatments

**Body Polish** 60 mins 1,200

**Healing Foot Massage** 50 mins 900

**Bath Ritual** 40 mins 900

**Heat Treatment** 30 mins 600

### Facial Treatments

**Phu Klon Mud Facial** 50 mins 1,600

**Silk Facial** 60 mins 2,000

The prices are subject to 10% service charge and 7% government tax.