

## AYURAVADA THERAPY

### ABHYANGA

60 MINS 2,900++ THB / 90 MINS 3,800++ THB

A traditional Ayurvedic therapy using warm herbal oils and rhythmic strokes to nourish the body and calm the mind. Abhyanga using Ayurvedic techniques. Combined with chakra acupressure to stimulate the energy center of the body to create balance. Release stress and muscle aches. At the same time, it stimulates points on the head, neck, back and shoulders.

### POTTALI ABHYANGA

60 MINS 3,400++ THB / 90 MINS 4,300++ THB

Ayurvedic healing process that creates a sense of relaxation. Detoxify and cleanse the residue in the body. Soothe your skin and muscles and calm your mind by using warm Indian herbal and rice compresses to soothe sore muscles, improve circulation, stimulate the lymphatic system, and balance your body and mind.

### SHIROBHYANGA

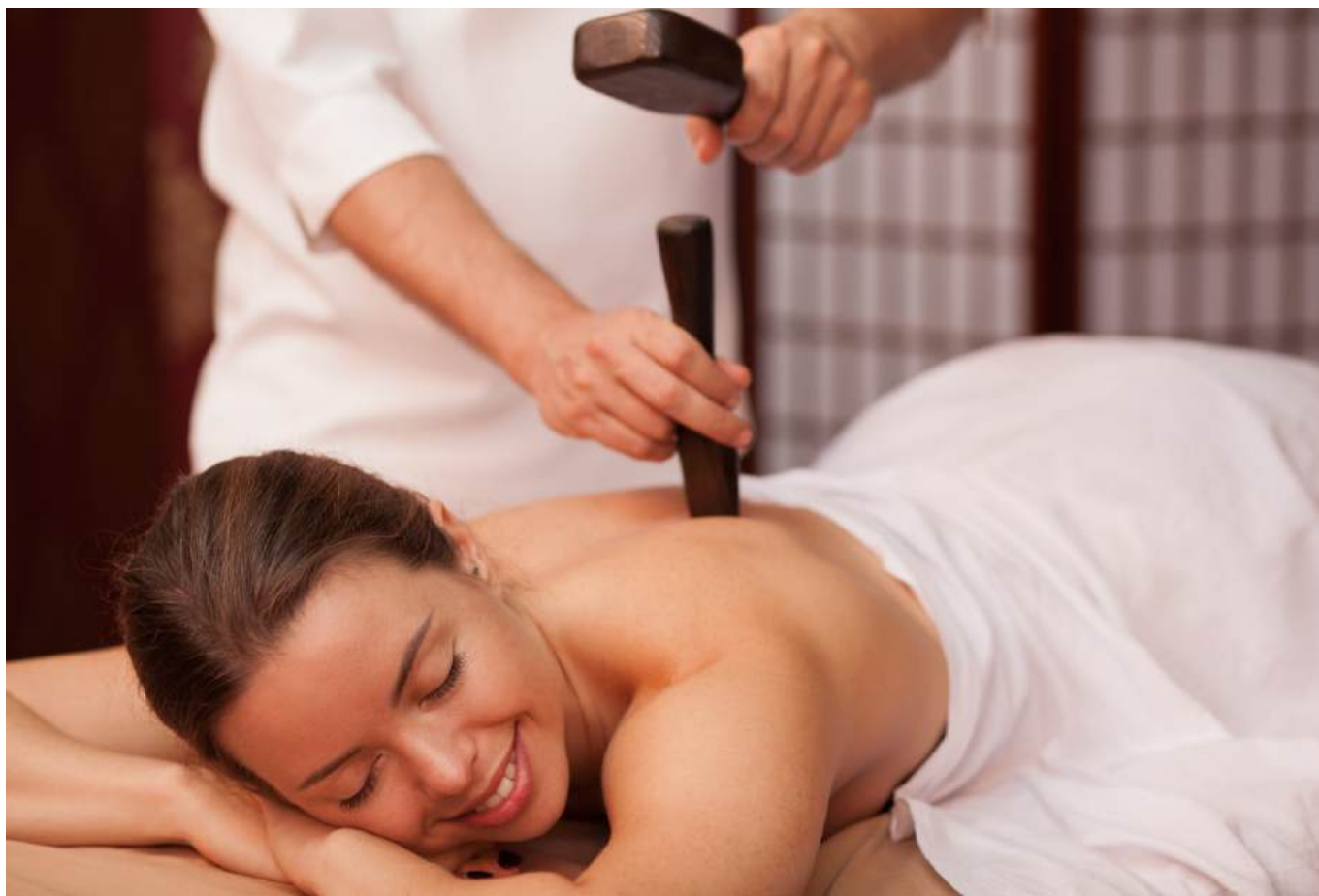
30 MINS 1,800++ THB / 60 MINS 2,500++ THB

Shirobhyanga is an Indian head massage using warm herbal oils and Ayurvedic techniques on the Marma Points of the head. It releases tension from the upper back, neck, and shoulders while helping restore balance of body and mind, relieving stress, improving circulation in the head, and reducing headaches.

### SHIRONASYA

60 MINS 3,000++ THB / 90 MINS 3,900++ THB

Shironasya is very helpful in dealing with congestion in the head and sinuses. Warm herbal oils are used together with an Indian herbal compress to work on all acupressure points on the face and forehead. followed by a light head massage relieve stuffy nose, improve breath, Relieve tension in the head, neck, neck and jaw area.



## SPA PACKAGE

### LANNA KINGDOM

180 MINS 6,900++ THB

Experience the real king Dom of Traditional Lanna massage by spending time together with tok sen (hammer massage), hot herbal compress, Body oil Spirit most relaxing and refreshing. to balance all elements in the body, including Phlai, body Polish to remove dead skin cells and Asian skin care to add moisture and finally relax with a shower under the rain for deep relaxation. for the greatest satisfaction

- Welcome Foot Rituals
- Lanna Massage
- Phlai – Body Polish
- Herbal Compress
- Tok Sen
- Herbal Tea
- Asian White

### ROYAL THAI CEREMONY

180 MINS 6,900++ THB

Open to experience royal pampering, complete with foot rituals, cultural foot washing. For relaxation, followed by a royal Thai massage reserved for royal families only. with a deep touch consistent rhythm individual acupressure create a new sensation throughout the treatment

- Welcome Foot rituals
- Relaxing Foot Massage
- Sarong Bath
- Coconut Body polish
- Herbal Tea
- Dead Sea Mud with Caramel
- Nuad Thai & Herbal Compress

### INDIAN MANTRA

180 MINS 6,900++ THB

The magic of the science of life that has been around for more than 4000 years. Stimulate the six senses, restore the elements and spirit, balance the body with Ayurvedic therapy. from head to toe helps to sleep deeply Relax at the spiritual level rejuvenate

- Welcome Foot rituals
- Shirobhyanga
- Herbal Tea
- Pottali Abhyanga
- Foot Reflexology
- Himalayan salt Scrub
- Detoxifying Phyto Body Mask





## ALTERNATIVE THERAPY

### CHINESE FOOT REFLEXOLOGY

60 MINS 2,800++ THB

A number of reflex zones on the feet correspond to parts of the body, and by applying pressure to tight areas of the corresponding body part will be stimulated and begin to heal itself. Reflexology is recommended for the improvement of general health, to relieve tension and to aid blood circulation.

### ABDOMINAL ORGAN

60 MINS 2,800++ THB

Acupressure points 8 areas on the abdomen It will massage the area above the navel and the area around the abdomen. By adhering to the guidelines of various meridians according to Chinese medicine in the treatment of internal organs around the abdomen to drive wind, detoxify, tension helps the body return to balance.

### LYMPHATIC DRAINAGE TREATMENT

60 MINS 3,000++ THB / 90 MINS 3,900++ THB

A gentle, rhythmic massage technique designed to stimulate the lymphatic system, improve circulation, and support the body's natural detoxification process. This deeply relaxing treatment helps reduce water retention, ease fatigue, and enhance overall vitality, leaving you feeling lighter, refreshed, and revitalized.



## WELL-BEING MASSAGE THERAPY

### SIGNATURE MASSAGE THERAPIES

Experience the ultimate relaxation with our Well-Being Massage. A deeply relaxing full-body massage designed to release stress, ease muscle tension, and calm the mind. Gentle, flowing strokes restore balance, improve circulation, and promote restful sleep, leaving you feeling refreshed, renewed, and completely relaxed.

### SENSES OF AYURAH MASSAGE

60 MINS 2,700 ++THB 90 MINS / 3,600++ THB

Created exclusively for Ayurah Wellness Centre, our signature massage is deeply relaxing. Using slow, warm, palm and thumb strokes, pressure is applied to key body pressure points to relieve tension and aid blood circulation, leaving you feeling content and rejuvenated.

### AYURAH CROWN CHAKRA HEAD MASSAGE 30 MINS 1,400 ++ THB / 60 MINS 2,300 ++ THB

Clear your mind and relieve nervous tension with our stress leaving massage. Using relaxing strokes and thumb pressure on various outpoints on the head, neck, and shoulders to stimulate and improve energy flow and blood circulation.

### BACK RELIEF MASSAGE

45 MINS 2,000++ THB

This massage has been specially created to relieve muscle tension and sooth away stiffness in the back. Using palm strokes loosen knotted muscles, while thumb pressure is applied to the meridian lines on the back, from the base of the skull down to the lower back, to relieve tension.

### RELAXING FOOT MASSAGE

60 MINS 2,400++ THB

Soothe tired feet and restore your energy with our Relaxing Foot Massage. Gentle pressure on reflex points improves circulation, relieves fatigue, and melts away stress. Ideal after travel or a long day, this treatment leaves you refreshed, balanced, and deeply relaxed.



## TRADITIONAL THAI MASSAGE

### NUAD THAI

60 MINS 2,700++ THB / 90 MINS 3,600++ THB

This traditional Thai massage energizes the body and mind. Using thumb and palm pressure to release muscular tension and apply pressure to specific trigger points in the body. The technique involves some stretching to relieve stiff muscles and joints. A two-piece outfit is worn, and no oil is used.

### THAI HERBAL COMPRESS

60 MINS 3,400++ THB / 90 MINS 4,000++ THB

Steamed herbal pouches from Thailand (called look prakop) are pressed along the meridian points of the body providing comfort, relief, and encouraging absorption of energy through the herbs. Using traditional Thai massage techniques, the hot compresses increase circulation and energy flow.

### LANNA MASSAGE

90 MINS 4,300++ THB

Experience the Traditional Lanna massage Tok Sen (hammer massage), hot herbal compress, Body oil Spirit most relaxing and refreshing. to balance all elements in the body



## SKIN RITUALS

Ayurah Spa and Wellness Center has partnered with I plus Q to design a skin care line utilizing Skin Rituals' basic skin care regimen and four customized skin care treatments: Skin Bliss, Skin Light, Skin Lift, and Skin Pure, including the precious care of Skin Organic to meet the needs of individual skin through botanical extracts, and essential oils Providing a true experience of beauty through the true art of nature.

### BLISSFUL TREATMENT

60 MINS 2,700 ++ THB

Formulated with Sugar Gel and Snow Lotus Extract to rejuvenate the dull and tired skin, this calming massage cream also maintains skin's moisture with Inca Omega Oil, Hyaluronic Acid, and Coconut Oil. The aromatherapy of Lavender, Bergamot and Sandalwood Essential Oil are perfectly enhanced stress relief and reduce tension. Fortified with Vitamin E Acetate and Tocopherol acting as antioxidants, all signs of fatigue and lacking vitality are diminished leaving the refined-texture, smooth and radiance skin.

### BRIGHTENING TREATMENT

60 MINS 2,700 ++ THB

With dual effects to diminish dark spots and skin discoloration, Turmeric Extract acts as free radical scavenger while Sake Lees Extract helps to break up existing melanin. Grape Seed Oil and Aloe Butter soothes any irritation that can lead to the melanin production. The balancing aromatherapy of Rose Absolute, Grapefruit and Mandarin Essential Oil nurtures the skin combined with this fascinating formula to reveal natural glow and new brightness.

### REJUVENATING TREATMENT

60 MINS 2,700 ++ THB

With an excellent effect of Quince Yellow Clay and Brown Algae Extract, this deep lifting mask helps restore skin's natural functions to enhance radiance and firmness. Sweet Black Tea and Phytoplankton revitalize and strengthen skin structure inhibiting the formation of aging-signs. The aromatherapy of Lavender, Ylang Ylang and Rosemary Essential Oil balances skin sebum, cleanse and boost skin's natural regenerative process. As an immediate effect, the skin is smoother, firmer and supple as if it is 'lifted' from within.

### DETOXIFYING TREATMENT

60 MINS 2,700 ++ THB

This light aromatherapy-based massage cream is enriched with Phytonutrients. Prominent among these is Oat Extract working synergistically with Oxygen Complex to re-energize and boost cell metabolism. This action is elevated by astringent and anti-inflammatory effects of Aloe Butter and Snow Lotus Extract. The balancing blend of Grapefruit, Black Pepper and Ylang Ylang Essential Oil ensures skin hydration while cleaning out for cell renewal. The purified and oxygenated skin regained its firm, luminous and youthful appearance.





## BODY NOURISHMENT

### ASIAN WHITE

45 MINS 2,000++ THB

Moisturizing effect Phlai & white mud are natural ingredients with excellent skin purifying properties that make this product ideal for whitening treatments. Plant oils of Jojoba, Sweet Almond, and Safflower nourishes and balances the skin giving a brightening and Safflower nourishes and balances the skin giving a brightening and moisturizing effect.

### CONTOURING

45 MINS 2,000 ++THB

Formulated with purifying White Clay and anti-inflammatory Aloe Vera Powder (organic) to soothe any irritation, this Body Wrap formula contains Lotus Leaf, Oat and Brown Algae extracts synergistically deliver the anti-aging and contouring actions.

### DEAD SEA MUD WITH CARAMEL

45 MINS 2,000++ THB

A luxurious body mask enriched with Dead Sea mud and caramel, blended with natural oils and botanicals. It deeply nourishes the skin, stimulates circulation, and helps relieve muscle tension. Rich in minerals, this treatment promotes detoxification, restores balance, and leaves your skin smooth, radiant, and refreshed.

### DETOXIFYING PHYTO BODY MASK

45 MINS 2,000++ THB

This purifying body mask combines mineral-rich clays with natural plant extracts and essential oils to cleanse and revitalize the skin. It draws out impurities, supports circulation, and enhances cell renewal. With detoxifying and aromatic benefits, it helps restore energy, balance, and leaves the skin firm, toned, and rejuvenated.





## BODY POLISH

### AYURAH FLEUR DE FLEUR

45 MINS 2,000++ THB

A blend of floral extracts including Lotus, Hibiscus, and Frangipani that are rich in alpha hydroxyl acid AHA (citric acid, malic acid, tartaric acid) which are natural skin exfoliators, giving way to softer, firmer, and deeply moisturized skin.

### PHLAI BODY POLISH

45 MINS 2,000++ THB

Natural plant-based oils promote deep cleansing & firming, restoring the skin's natural glow, plus benefit from its anti-inflammatory and analgesic properties. This scrub is ideal for enhancing circulation and warming stressed out muscles after exercise or fatigue.

### HIMALAYAN SALT GLOW

45 MINS 2,000++ THB

Body Polish: Radiant skin is achieved with this refined Himalayan salt scrub, packed with minerals that deeply exfoliate and improve Circulation.

### TROPICAL FRUIT SCRUB

45 MINS 2,000++ THB

Tropical fruits contain enzymes that help fade dark spots. and uneven skin tone makes the skin smooth and beautiful naturally. and can also help tighten the skin to be firmer as well Combined with vitamin A and beta-carotene from tropical fruits that help reduce dullness to the skin. And contains antioxidants that stimulate the production of collagen in the skin.

### SOYBEAN COCONUT SCRUB BODY POLISH

45 MINS 2,000++ THB

Indulge your skin with Soybean Coconut Scrub. Enriched with sweet almond, coconut, and sunflower oils, this gentle yet effective polish smooths and nourishes. It buffs away dull skin, revealing a brighter, softer, and more radiant complexion. Experience the delicious scent and silky feel.



## BEAUTY ELEGANCE

### WAXING

• Lips	800++	THB	• Half Leg	1,000++	THB
• Eyebrow	800++	THB	• Full Leg	1,900++	THB
• Under Arm	800++	THB	• Bikini	1,400++	THB
• Full Arm	1,600++	THB	• Brazilian	2,300++	THB

### HAND AND FEET

Regular color

Spa Manicure	1,400++	THB
Spa Pedicure	1,700++	THB
Spa Manicure & Pedicure	2,800 ++	THB

Soft gel color

• Spa Manicure	1,700++	THB
• Spa Pedicure	2,000++	THB
• Spa Manicure & Pedicure	3,100++	THB



## SUSTAINABLE PATH TO HAPPINESS

PRIVATE CLASSES AVAILABLE

AT 2,500++ THB PER CLASS

### HATHA

In a Hatha class, traditional asana and breathing exercises are practiced in a gentle flow. The emphasis is on working deeper into the asana at your own ability through the principals of alignment, awareness and breath. Poses are sequenced to open the body in a safe and progressive way.

### VINYASA

Vinyasa Yoga is a dynamic practice that links breath with movement, creating a flowing sequence that builds strength, flexibility, and balance. This energizing style enhances focus, reduces stress, and promotes mindfulness. Perfect for cultivating inner harmony, Vinyasa yoga leaves you feeling revitalized, centered, and deeply connected in body and mind.

### QI GONG

Qi Gong is a form of exercise that originated in China. The nature of Qigong is slow and delicate movement of the body, which will help train the body and mind at the same time. Qigong benefits health, helps relieve fatigue, reduce stress and reduce the risk of depression.

### SOUND BATH

Immerse yourself in the healing vibrations of Tibetan singing bowls. This transformative sound bath calms the nervous system, balances energy, and promotes deep relaxation. Harmonic frequencies wash over the body and mind, creating a meditative state of peace, clarity, and inner renewal.

All prices are subject to a 10% service charge and 7% government tax,  
A 24-hour advance reservation is required.  
Cancellations or no-shows within three hours will incur a 50% treatment charge.





## SUSTAINABLE PATH TO HAPPINESS

This private session can accommodate up to two people. A third participant is welcome to join for an additional charge of THB 1,000++

### PATH TO PEACE MEDITATION WITH MONK

3,500 THB ++

Discover the fundamentals of Buddhist meditation in this private 1 hour session led by a revered monk. You'll learn the core principles, goals, and techniques of Buddhist meditation, beginning from the basics and progressing to mindful practice. This session is designed to accommodate participants of all levels, even those with no prior experience.

Our staff will guide you to the nearby temple, located just a 5 minute walk from our hotel.

### SACRED TRAILS: HIKING AND MEDITATION PROGRAM

4,500 THB ++

Experience the natural beauty and spiritual calm of our hiking and meditation program on the Monk's Trail to Wat Pha Lat, a historic temple set in the serene mountains of Chiang Mai. Start with a 30-minute hike through lush landscapes, passing waterfalls and diverse plant life, leading you to the peaceful and ancient Wat Pha Lat, known for its traditional architecture and tranquil surroundings.

Upon arrival, join a 60 minute meditation session led by a Buddhist monk who will guide you through the basics of Buddhist meditation, focusing on mindfulness and inner peace. The session is tailored to meet the needs of each participant, making it accessible for beginners and enriching for those with experience. Enjoy a unique opportunity to explore both nature and your inner self, in an experience that blends physical activity with mental relaxation.

*This program is available by advance reservation only.*