# PRAN SPA

PEACEFULNESS FOR THE MIND AND PURIFICATION FOR THE BODY WITH RESULT-ORIENTED PHYSICAL AND EMOTIONAL THERAPIES



## PRAN SPA

PRAN REPRESENTS THE GENTLE MOTION OF STREAMING WATER, THUS FOR WHAT IT SOUNDS, BHAWA IS SYMBOLIC FOR PEACEFULNESS FOR THE MIND AND PURIFICATION FOR THE BODY WITH RESULT-ORIENTED PHYSICAL AND EMOTIONAL THERAPIES. PRAN SPA PRODUCTS HAVE BEEN THOUGHTFULLY SELECTIVE WITH NATURAL ESSENCE OF TRUE ORGANICALLY GROWN KEY INGREDIENTS SUCH AS CALENDULA OIL, GREEN TEA EXTRACT, BAMBOO EXTRACT AND HYALURONIC ACID. RYN GENTLY NURTURES YOUR MIND AND BODY WITH PASSION AND GOOD THOUGHTS FOR JUBILANT STATE OF SELF- INDULGENCE, BLISSFUL MIND AND JOYFUL BODY.

PRAN SPA THE JOY OF WELLBEING PRAN SPA
CHOOSES TO FORTIFY THE NATURAL ESSENCE OF
TRADITIONAL SPA ROUTINES TO MERGE WITH THE
SIMPLER MODERN LIFESTYLE FOR BETTER EXPLOIT
OF JOY AND WELLBEING FOR THE BODY, MIND AND
BEYOND. EACH TREATMENT THOUGHTFULLY
CATERS TO SPECIFIC REQUIREMENT THROUGH THE
HEALING POWER OF RESULT-ORIENTED TECHNIQUE
AND LOCALLY PRODUCED NATURAL INGREDIENTS
TO DEVOTE AN UNWIND RELAXATION AND
THERAPEUTIC INDULGENCE FOR YOUR INNER SOUL.





#### PRAN SIGNATURE WELLBEING MASSAGE

**ENERGY RECHARGE** 

#### 90 Mins THB 2,500 120 Mins THB 3,000

The fatigue therapy combines aromatherapy massage with the exclusive warm Himalayan Salt Compress. This treatment relieves aches whilst also stimulating circulation and reviving your energy flow. With the power of energizing aroma that help easing respiratory problems.



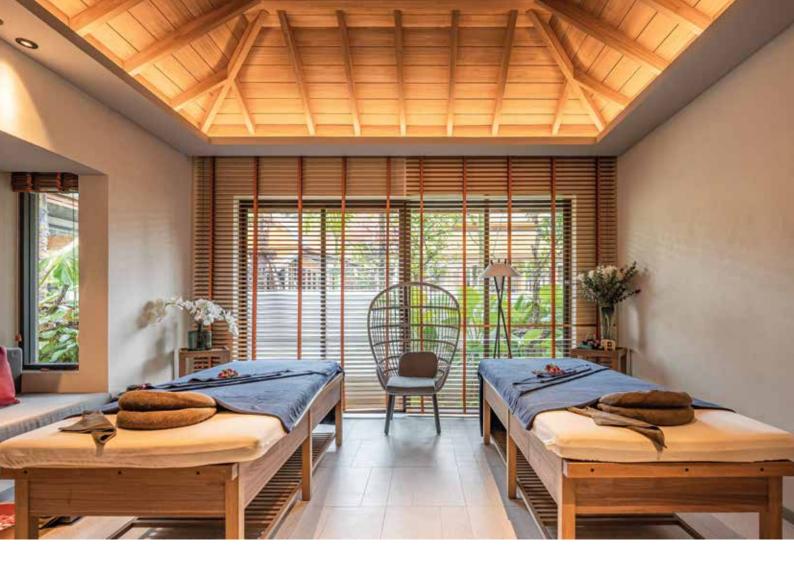
#### **ONLY SLEEPING**

60 Mins THB 1,800 90 Mins THB 2,500

The sleep therapy entices personalized therapeutic full body and scalp massage. The use of long, slow stroking movements combined with the balancing aroma that induces fatigue and calmness, which in turn stimulates melatonin in your brain to send your body into a deep state of total relaxation. Along with Ylang-Ylang sedate anxiety, stress restlessness for mind soothing and leaving you with positive vibes.

## LET IT FLOW 90 Mins THB 2,500

The stress therapy adapts the Thai ancient acupressure technique with essential oils to uplift moods as they stimulate the release of pleasure hormones such as Serotonin and dopamine that cure away anxiety while Cedarwood relieves spasm and muscles stiffness. The treatment is then finished off with a tender facial point pressure upon personal request to distress stiffened nerves on the face.



#### FREE AS A BIRD

60 Mins THB 1,800 90 Mins THB 2,500

The muscle therapy focuses on releasing muscle tension with gentle stretching followed by firm pressure technique with the use of the outer forearm with medium to strong weight. Indulging the therapy with invigo-rating aroma which also helps fading scar and spots and anti-inflammatory property of Sandalwood to relieve pain and strains.

#### SKIN WELLBEING TREATMENT

Body Exfoliation | 60 mins THB 1,500 Body Wrap | 60 mins THB 1,700

The sedative fragrance of fresh petals in the prevailing wind will uplift your moods and bring your exhausted body to another level of restfulness, without even noticing its deep internal cleansing tonic effects until you reopen your eyes to see your complexion evenly toned and flawless. You see the new ravishingly youthful you. You are thankful.



## TRADITIONAL REMEDIES WELLBEING MASSAGE

THAI TOUCH 90 Mins THB 1,500 120 Mins THB 2,000

Traditional Thai Massage The timeless technique of focusing pressure on specific points of contact pairing with gentle body stretching along the body's energy channels to awake the energy flow. The treatment is offered fully clothed without the concern of being oiled.

## SPOT FOCUS REMEDIES WELLBEING TREATMENT

THE FLEEING FEET 60 Mins THB 1,500 Foot Reflexology

A cleansing salt foot scrub, followed by applying sufficient pressure to stretch and improve move-ment in the feet. Therapists view the feet as a mirror image of the body's internal organs. Each particular point may respond to the various tempo types. If the proper technique is applied it will reset itself into a lower tempo, creating stress relief.

### GRAND MERCURE

KHAO LAK BANGSAK

71 MOO 7, BANG MUANG DISTRICT, AMPUR TAKUAPA 82190 CONTACT: TEL 076 490 998