

ALEENTA RESORTS PRESENT



ALEENTA RETREAT CHAING MAI ALL SPA INCLUSIVE MENU

BODY SENTIMENTALITY

Harmonizing Body & Mind

BODY NOURISHMENT

Asian White (60 minutes)

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 moisturizing effect.

Contouring (60 minutes)

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 Minerals (60 minutes)

Boost your skin's mineral content with this treatment that encourages toxin and excess fluid elimination; promotes cell regeneration while invigorating your entire body.

BODY POLISH

Ayurah Fleur de Fleur (45 minutes)

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.

Himalayan Salt Glow (45 minutes)

Body Polish: Radiant skin is achieved with this refined Himalayan salt scrub, packed with minerals that deeply ex-foliate and improve circulation.

Tropical Fruit scrub (45 minutes)

Tropical fruits contain enzymes that help fade dark spots, and uneven skin tone. Make 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.

BODY BALANCE

The Four Elements

A Healing Massage therapy formulated and customized to meet the needs of each individual. It will revitalize all the elements of Dinn (Earth), Naam (Water), Lomm (Wind), and Faii (Fire) within the body.

Dinn (Earth) (90 minutes)

Earth element massage therapy is a deep tissue massage that uses long palm and elbow strokes that flow from one to another seamlessly, releasing tension in the body and mind and creating a deep sense of relaxation and rebalancing of your element.

Naam (Water) (90 minutes)

Water element massage therapy is a deeply relaxing therapy which harmonizes your body and mind with our unique synergy massage techniques and our exclusively warm aromatherapy oils. Using palm strokes and gentle stretching, pressure is applied to key meridian points of the body to improve flexibility whilst soothing sore and tired muscles.

Lomm (Wind) (90 minutes)

Lomm therapeutic massage therapy is for wind elements which concentrates on healing the body's imbalances. This massage technique uses the thumb and heels of the palm to soothe aching muscles, aid blood circulation and relieve deep-rooted stress whilst restoring health and a feeling of well-being.

Faii (Fire) (90 minutes)

Created especially for those of fire elements, to relax the body and mind with this 'scent-sational' massage! Perfect for a sensitive soul, this massage uses firm palm strokes to enable its therapeutic properties to penetrate deep into tired muscles.

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WELL-BEING MASSAGE THERAPY

Signature Massage Therapies

Exploring these relaxing, soothing, and deeply healing signature massage therapies to promote a sense of well-being by encouraging blood circulation and lymphatic flow improving muscle tone and skin texture

Ayurah Crown Chakra Massage (30 minutes)

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 minutes)

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

Foot Massage (60 minutes)

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

Lymphatic Drainage Massage (60 minutes)

This relaxing massage promotes enhanced lymphatic drainage and detoxification. Expect reduced water retention, reduced cellulite and less of the dreaded orange-peel effect (with regular visits, that is), and a more refined, toned silhouette overall

Senses of Ayurah Massage (60 minutes / 90 minutes)

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.

THAI HEALING TREATMENT

Traditional Thai Massage

Nuad Thai (60 minutes / 90 minutes)

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 Massage (60 minutes / 90 minutes)

Steamed herbal pouches from Thailand (called lookprakop) 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

Phlai – Body Polish (45 minutes)

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

Lanna Massage (60 minutes)

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

Thai Natural Facial (60 minutes)

Discover the secret of Thailand's ancient beauty rituals that achieve younger-looking skin; natural herbs and vegetables enhance the complexion and re-energize tired skin.

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AYURAH HOLISTIC WELLNESS

Sustainable Path To Happiness

Yoga

Stretch your body and mind with our Specialized Yoga Masters. Enjoy a relaxing and rejuvenating Yoga session in our Yoga wellness center. Our instructors will lead you through a yoga class that is tailored to your own ability and needs. You will be guided through a series of breathing techniques, gentle stretching and bending postures, all performed slowly and consciously with a focus on your inner awareness

Hatha Yoga

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

Ayurah Yoga

Ayurah Yoga and Meditation are very powerful developed by our Yoga Master to help people gain and maintain higher levels of being and awareness, as well as healing their body mind and spirit. This Meditation combines breathing, movement, stretching, meditation and relaxation techniques in sequence, rhythm and sound to work on every aspect of your being

Tai Chi

Tai Chi is a form of exercise that originated in China centuries ago (as a martial art) and uses a combination of breathing and relaxation techniques with gentle movements

Personal Training

You'll learn techniques for staying motivated and inspired, and your personal trainer will work with you, cheering you on, keeping you up when you're feeling down and giving loads of advice on nutrition, diet and more

Cardio Workout

Cardio is one of the most important things you can do for your body, whether you want to lose weight, burn fat or improve your health. Our fitness Center is quipped with state of the art Cardio and strength equipment

Stretching

Stretching exercises help to increase your flexibility and freedom of movement

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

Meditation

Meditation is the practice of using concentration, focus and steadfastness on one thing for a certain period of time. which will help the practitioner to be calm Consciousness, or mindfulness, meditation has been practiced for thousands of years. Initially, it was a religious practice. Nowadays, meditation has spread all over the world. which can be applied to daily life

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AYURAVADA THERAPY

Abhyanga (60 minutes / 90 minutes)

Abhyanga massage comes from Ayurveda. Medicine has been considered sacred in India for more than 4000 years. There, Ayurveda is a true art of living that aims to reconcile the mind and body. In Sanskrit, it means the science of life. 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 minutes / 90 minutes)

Pottali Abhyanga It is part of Panchakarma, an 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 a warm Indian herbal compress and body massage on the marma points, suitable for all elements. but not fire element

Shirobhyanga (60 minutes / 90 minutes)

Shirobhyanga is an Indian head massage using warm herbal massage oils. with ayurvedic massage techniques on the "Marma Points" of the head, back, face and hands. Shirobhyanga will help restore the balance of body and mind. stress relief Helps the circulatory system within the head work better. Helps reduce various headaches.

Shironasya (60 minutes)

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

ALTERNATIVE THERAPY

Acupuncture (45 minutes)

Acupuncture is the science of restoring health. Immunity One of the branches of Chinese medicine that has been around for over 5,000 years, using small needles (about 0.1-0.3 mm.) embedded in acupuncture points on the meridian. It is an adjustment to various organs and systems. within the body to return to a state of equilibrium

Chinese Reflexology (60 minutes)

Part of traditional chinese medicine Chinese reflexology is the ancient art of pressing points on the feet, hands and ears corresponding to different parts of the body. Detoxify, stimulate circulation and support the immune system restores the yin and yang balance of the body

Abdominal Organ (60 minutes)

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

Ingham style Reflexology (60 minutes)

Western reflexology was developed in the early 1930's by Dr. Eunice Ingham, an American physical therapist. This method uses the thumb-finger walking technique to pinpoint the pain in your body and then pressure is put on the corresponding location on the hands and feet to heal the ailment. It also improves blood supply. This technique is meant to promote wellness by providing health and healing to where it is most needed

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SPA PACKAGES

Lanna Kingdom (190 minutes)

- Lanna Foot Rituals
- Tok sen
- Lanna Herbal Compress
- Lanna Massage
- Phlai – Body Polish
- Asian White
- Vichy Shower
- Herbal Tea

Royal Thai Ceremony (190 minutes)

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

- Foot rituals
- Coconut Body polish
- Vichy Shower
- Royal Thai massage
- Coconut Mask
- Foot Massage
- Sarong Baht
- Royal Herbal Tea

Indian Mantra (190 minutes)

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

- Indian Foot rituals
- Himalayan salt Scrub
- Vichy Shower
- Detoxifying Phyto Body Mask
- Abhyanga
- Shirobhyanga
- Padabhyanga
- Indian Herbal Tea

HAND AND FEET

Regular color

- Spa Manicure
- Spa Pedicure
- Spa Manicure & Pedicure

Gel color

- Spa Manicure
- Spa Pedicure
- Spa Manicure & Pedicure

BEAUTY ELEGANCE

WAXING

- Lips
- Under Arm
- Full Arm
- Eyebrow
- Half Leg
- Full Leg
- Bikini
- Brazilian



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