

# ALEENTA RESORTS PRESENT



# SPA & WELLNESS MENU

## WELL-BEING

### Healing Massage Therapy

Exploring these relaxing soothing and deeply healing signature massage Therapies to promote a sense of wellbeing by encouraging blood circulation and lymphatic flow improving muscle tone and skin texture.

#### Ayurah Crown Chakra (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 (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 Reflexology (60 minutes )

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

#### Fusion (60 Minutes)

Fusion massage therapy is a deep tissue massage that combination of Aromatherapy oil with Thai massage technique 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.

#### Sense Of Ayurah (60 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.

#### Swedish (60 Minutes)

Swedish therapeutic massage therapy 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.

## THAI HEALING TREATMENT

#### Nuad Thai (60 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 ) 1800/2400 THB

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 for a truly.

## BODY POLISH

Achieve clarity of mind and self-confidence with the unique Ayurah body treatments use only their ingredients from our sustainable farm and are hand blended by our team to rejuvenation balancing and harmonization that syncs body and mind.

#### Aromatic Salt Glow (45 minutes )

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.

#### Ancient Thai ( 45 minutes )

Treat your skin to this thoroughly natural Thai treatment, using Thai white mud to cleanse and balance the skin, revitalizing skin, correcting blemishes, and tightening the pores. Suitable for normal to oily skin.

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## BODY NOURISHMENT

### **Ancient Thai Herbal And White Mud (60 minutes)**

Phlai and white mud are all natural ingredients with excellent skin purifying properties that make this product ideal for brightening and balances the skin giving a brightening and moisturizing effect.

### **Be Clean Be Fresh (60 minutes)**

Feel the skin cleansed and refreshed with the natural beatifying and purifying properties of Galanga , Peppermint and Ginger, blended with other natural ingredients, make this a gentle detoxifying to lighten blemishes, moisturize and freshness the skin.

## FACIAL ELIXER

### **Ayurah Natural Facial ( 60 minutes )**

Discover the secret of Aleenta 's ancient beauty rituals that achieve younger-looking skin; natural herbs and vegetables enhance the complexion and re-energize tired skin suitable to both men and women.

## BEAUTY ELEGANCE

### **WAXING**

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

## HAND AND FEET

### **Regular color**

- Spa Manicure
- Spa Pedicure
- Spa Manicure & Pedicure
- Nail File and Color change

### **Gel color**

- Spa Manicure
- Spa Pedicure
- Spa Manicure & Pedicure
- Nail File and Color change

# SPA & WELLNESS MENU

## 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.

#### Pilates

Exercise that focuses on the connection between mind, body, and spirit through the use of proper breathing to control the body muscles, improving strength and flexibility. Concentration and mental calmness can be increased by practicing controlled breathing, including the management of the spine. This helps in the development of personality, relieves pain, and reduces stress.

#### 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.

#### Muay Thai

Improve your health and become physically fit by joining Muay Thai training programs. This is the best way to build a stronger body and gain confidence with stronger and more defined arms, stomach and legs. It also helps to gain a sense of inner strength and emotional balance.

#### Stretching

Stretching exercises help to increase your flexibility and freedom of movement.



**AKARYN**  
HOTEL GROUP

SMALL  
LUXURY  
HOTELS  
OF THE WORLD

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