



# Atmanjai

Detox Yoga Wellness

## SPA MENU



Friendship Beach  
Resort & Atmanjai Wellness Spa

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**Opening Hours 9.00h to 21.00h**

For bookings please dial 680 or 616 (after 18.00h)



# MASSAGES

## Siam Massage

This Traditional Thai Massage is an ancient method of aligning and balancing the energies of the body. This massage originates from the time of Buddha. The technique is using firm thumb and palm pressure on the body's energy lines "Sen", as well as pressure points along with a variety of stretching movements. You will feel spiritually and physically refreshed, strengthened and rejuvenated.

50 Minutes / 707 THB

80 Minutes / 1,060 THB

## Pure Back Massage

This is a deep nurturing massage, focusing entirely on the back. Releasing tension held, that is immersed within a very important area of the body; the shoulders.

50 Minutes / 707 THB

## Indian Head Massage

A specialized Ayurvedic head massage based on an ancient healing system. Specific pressure point techniques to relax and revitalize the body. Excellent for insomnia, chronic headaches, migraines and sinus.

30 Minutes / 471 THB

## Oil Massage

This massage is deeply relaxing, using long, slow movements and strokes to help quiet your mind and bring harmony to your body, mind and spirit.

50 Minutes / 707 THB

80 Minutes / 1,060 THB

Prices including 7% VAT + 10% Service Charge

Please note: A cancellation fee of 50% is applied to all cancellations within 24 hours of appointment.

## Flow Massage

An ancient deep tissue massage from the Asian healing traditions using a combination of thumb pressure, deep muscle manipulation and warm sweeping strokes that help one relax and rejuvenate.

50 Minutes / 707 THB

80 Minutes / 1,060 THB

## Foot Massage

A stimulating reflex foot massage that invites the body to reconnect and harmonize; this holistic healing technique is designed to stimulate the internal organ and helps to remove toxins.

50 Minutes / 707 THB

## Siam Massage with Hot Herbal Compress

Very popular healing of Thai herbals (Luk Pra Kob) preparing the most useful ingredient herbals making it heat then compress on the full body and included Siam massage. This is to allow heat and herb can seep through to heal the swelling and infected parts of muscle tendon, relieve muscle stiffness, increase blood circulation and have a very good night sleep.

80 Minutes / 1,413 THB

Prices including 7% VAT + 10% Service Charge

Please note: A cancellation fee of 50% is applied to all cancellations within 24 hours of appointment.



# FACIAL TREATMENTS

## Purifying Facial

This treatment is a comprehensive detoxification for your skin featuring unique purifying products, powered by rose hip and tea tree cleanser, white clay and moringa oil which is known to be good antiseptic and anti-inflammatory oil. It helps cures minor skin cuts, rashes or even burns. Focused deep cleansing of congested pores, ideal for all skin types.

50 Minutes / 1,531 THB

## Replenishing Facial

A dry to sensitive skin facial which offers a cooling aloe vera cleanser, rose water toner, organic rosehip & jojoba Oil that provides instant radiance by hydrating, soothing, decongesting and minimizing redness. Ideal for those that generally have sensitive skin, redness, rosacea or reactive skin.

50 Minutes / 1,531 THB

## Firming Facial

Well designed treatment for matured skin, to nourish and revitalize while counteracting the signs of aging. Enhanced with tamanu and cucumber face mask. The argan & moringa facial polish helps to combat sun damage and brighten dull skin, also reduces wrinkle and skin blemish. It helps promoting the new cell growth.

50 Minutes / 1,531 THB

Prices including 7% VAT + 10% Service Charge

Please note: A cancellation fee of 50% is applied to all cancellations within 24 hours of appointment.





## Rejuvenate Salt Scrub

Salts from the Thai Sea will be mixed with aromatic oil to purify and cleanse our souls from negativity to be reborn. This treatment removes unwanted old energy and gently allows you the feeling of a new perspective.

50 Minutes / 1,413 THB

## Coffee Scrub

Exfoliating with coffee grounds improves circulation, leaving you with smooth, glowing skin, the caffeine from used coffee grounds can temporarily reduce the appearance of cellulite and give your skin a firmer appearance.

50 Minutes / 1,413 THB

## Honey Body Scrub with Tamarind

Based on tamarind and honey, this treatment uplifts and revives whilst exfoliating the skin with natural rice meal. Thai women over the centuries have relied on honey as a natural skin softener. Tamarind provides cleansing and its nourishing properties give the skin a radiant glow.

50 Minutes / 1,413 THB

## Coconut Butter Body Scrub

Coconut oil is rich in Vitamin E and has anti-oxidant substance to moisture your skin. Aids in the removal of excessive dead skin cells and strengthens new skin tissues. Protect and soothes the skin from irritation caused by heat and sunlight, while reducing roughness and boosting natural moisture to leave your skin soft and smooth.

50 Minutes / 1,413 THB

Prices including 7% VAT + 10% Service Charge

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# BODY WRAPS

## Thai Clay Wrap

This luxurious hot white clay body wrap, helps drain the toxins and impurities out of your body, relaxing and soothing from within. The purest, natural Thai Herbal products are used to ensure a truly marvelous experience.

50 Minutes / 1,413 THB

## Mud Wrap

Treat your skin to this thorough deep cleansing wrap. Well known for its therapeutic properties and ideal for all skin types, the mineral mud relaxes the muscles and enhances blood circulation as it detoxifies and nourishes your skin.

50 Minutes / 1,413 THB

## Green Tea Gel Wrap

Green tea powder is high in antioxidants, chlorophyll and polyphenols that promote beautiful, healthy, vibrant skin. A body wrap can cleanse the body of toxins as well as slim, tone and improve the texture of skin. A green tea body wrap is a great way to rejuvenate the mind, body and spirit.

50 Minutes / 1,413 THB

## Aloe Vera Soothing Wrap

This soothing wrap uses the calming and healing properties of Aloe Vera to rehydrate the skin, leaving it fresh and cool. Green Tea, a natural source of anti-oxidants, provides vital anti-aging benefits and protects the skin against the environment. This treatment will help you maintain your tan longer.

50 Minutes / 1,413 THB

Prices including 7% VAT + 10% Service Charge

Please note: A cancellation fee of 50% is applied to all cancellations within 24 hours of appointment.