



## **Welcome to Tharn Natee Spa**

***Nature has been generous in endowing us with inherent beauty Inundated by the hustle and bustle of daily life and its chores we need to take time to rekindle that inner beauty and peace.***

***At Tharn Natee Spa we promise to restore your strength and reboot your energy and to awake all the senses and sooth your body and mind to create an unforgettable spa experience and holiday at Le Menara.***



## **Etiquette**

### **Reservation**

*Advance booking prior your arrival is recommended to secure your preferred date and time of treatment.*

### **Special cases**

*If you are pregnant you may wish avoid booking treatment that involves use of essential oil massage. Stimulating treatments are not recommended during the first three months of pregnancy.*

*If you have high blood pressure, heart conditions, allergies or other medical complications, we advise that you consult your doctor before having any spa treatment. Please inform your therapist of any medical conditions.*

### **Payment**

*We accept all major credit cards.*

*All prices are equated in Thai baht and are subject to change without prior notice.*

### **Smoking and Alcohol**

*Smoking and the consumption of alcohol within the spa are prohibited.*

**Signature Body Massage**  
**Tharn Natee Secret Massage**  
**60 min 1,800฿/90 min 2,000 ฿**

*Two ways to experience total rejuvenation combining aromatic oil massage followed by a bamboo wooden to concentrate on your body, Special facial treatment with crystal stone face massage and facial compress with skin serum. Whichever massage you choose, our unique techniques combined with this luxurious treatment will be a satisfying experience.*

**Anti-Jet lag Massage 60/90 min** **1,200/1,600฿**

*The perfect massage to overcome jet lag and to relieve stiffness. aches and pains, a soothing massage bringing together elements of back and foot massage combined with the therapeutic qualities of aromatic essential oils, designed to strengthen the body vital energy highly recommended after a long flight.*

**Lymphatic Detoxifying Massage 60 min** **1,500฿**

*This massage manually moves lymph through the body to the bowels carrying a variety of toxins dead cells and old tissues so that it can be released.*

**Indian Head Massage 60 min** **1,500฿**

*Indian Head Massage has been practiced in India for over a thousand years as part of everyday family life as a form of grooming. Benefits of herb oil can really help to calm the mind. The massage concentrates on head, back, neck, and shoulders where a combination of deep massage and melt knots further releases the common spots for holding stress and tension.*

**Hot Stone therapy Massage 90 min** **1,800 ฿**

*This experience incorporates a full aromatherapy massage with a back, face and scalp massage. Using hot stones on vital energy points, this therapeutic massage revitalizes the skin, and relaxes the mind and body.*

**Swedish Fusion Massage 60 /90min**

**1,200/1,600 ₪**

**A distinctly European full body massage that stimulates blood circulation and soothes tensed muscles medium in pressure. It utilizes a combination of basic strokes long firm kneading to reduce stress.**

**Aromatherapy Massage 60 /90 min**

**1,200/1,600 ₪**

**Specifically devised for sunburn or sensitive skin using aroma massage oil for its healing and calming properties. Long palm strokes are applied to assist absorption by the skin and aid skin repair while thumb pressure around the shoulder area relieves tired muscles for best results leave the oil on the skin.**

**Traditional Thai Massage 60/90 min**

**1,000/1,500 ₪**

**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 uses firm thumb pressure, palm and elbow on the body. You will feel physically refreshed strengthened and rejuvenated.**

**Oriental Foot Massage 60 min**

**1,000 ₪**

**Give your feet the attention they deserve after a long day of sightseeing. Start with a foot ritual followed by foot massage on pressure points to soothe those stressed soles of the feet.**

**Back, Neck & Shoulders Massage 45 min**

**800 ₪**

**Is a full back massage with stimulating oils to relieve muscle tension, techniques used palms, thumbs and elbows are applied to relieve tired muscles and improve blood circulation.**

**\*all prices are included of prevailing taxes and charges.**

## Body Therapy

### Tharn Natee Sensation

4,000 Baht per person 3 hrs treatment

*Tharn Natee Signature treatment is your own personal heaven with the flexibility of this treatment combining the nourishing benefits of pearl ingredient and aromatic oil to unleash muscle tensions relieves mental and physical tension.*

*Sweet & Scent Body Scrub	30 min
*Sweet & Scent Body Wrap	30 min
*Tharn Natee Secret Massage	60 min
*Sweet & Scent Facial	60 min

*(Extra choice of Herbal Steam or Sauna 30 min)*

**Skin Smoothing Body Scrub 60 min 1,800฿**

*Prepare your skin before sunbathing and your skin could be smooth with the assistance of nature soya bean to moisturize and balance your skin. This treatment is suitable for all skin types.*

**Skin Replenishing Body Scrub 60 min 1,800 ฿**

*Ideal for dry to normal skin Vitamin c. is combined with scented essential oils to provide a stimulating body scrub while the Vitamin c. polishes the skin and the oils nourish it.*

**Exotic Coffee Body Scrub 60 min 1,800 ฿**

*The first step for a successful body care program. Natural acids in coffee will help to remove dead skin cells and smooth away roughness. It is well known for detoxification and also firming the skin.*

**Sweet & Scent Body Scrub 60 min 1,800 ฿**

*An exotic exfoliation ritual to energize and revitalize your skin with luxurious exfoliating sea pearl will leave your skin deeply cleansed and softened to perfection.*

**\*Please contact Tharn Natee Spa (-) or Reception (o) for information & bookings**

**Skin Soothe Body Wrap 60 min**

**2,000 ₪**

***This nourishing and moisturizing body conditioner works wonders on dehydrated and dull skin by drawing upon the benefit of cucumber and aloe vera. This treatment will sooth your skin from sunburn which relieves pain while keeping your skin firm.***

**Skin Replenishing Body Wrap 60 min**

**2,000 ₪**

***A nutritious mixed of collagen which provides a moisturizing treatment to balance the skin these are blended with vitamin c. to further enrich and soften the skin.***

**Detoxifying Body Wrap 60 min**

**2,000 ₪**

***This scientifically proven holistic warm Dead Sea mud with seaweed ideal for those proven to deeply nourish skin is rejuvenated and also recommended to eliminate toxins.***

**Sweet & Scent Body Wrap 60 min**

**2,000 ₪**

***Infused with proteins vitamins and minerals found in sea pearl body mask this invigorating body conditioner provides a healthy dose of nutrients for balanced and healthy skin.***

**\*all prices are included of prevailing taxes and charges.**

## Facial Therapy

**Soothing Facial 60 min (for sensitive to sunburn skin) 2,200฿**

*This facial treatment is aimed as an after-sun facial to treat and sooth the skin displaying symptoms of irritation and excessive exposure to the sun calming your senses leave you in a perfectly in relaxed state.*

**Rebalancing Facial 60 min (for normal to all skin type) 2,600 ฿**

*This facial is an instant refresher and anti-stresses your face skin with a luxurious exfoliating to remove impurities dead skin cells follow by a purifying mask to reduce roughness of the skin.*

**Invigorating Facial 60 min (for dry to dull skin) 2,600 ฿**

*An intelligent anti-aging facial with addition of nutrition to adapt to normal and tired face skin. This facial treatment will reveal a positively glowing complexion.*

**Sweet & Scent Facial 60 min 3,000฿**

*This superb tropical facial will cleanse and hydrate your face with the useof natural aromatic to promote cell regeneration. This treatment will balance and restore your skin healthy again. Suitable for all skin type.*

**\*Please contact Tharn Natee Spa (-) or Reception (0) for information & bookings**

## Than Natee Spa Package

### Body Ritual 1 hrs 45 min

1,800฿

*In the serenity of yourself, let the aromas saturate your senses with replenishing body scrub and back massage.*

- **Replenishing Body Scrub** 60 min
- **Back, Neck & Shoulders Massage** 45 min

### Body Revival 2 hrs

2,000฿

*Indulge yourself with cultural experience as old as time spa body brings together:*

- **Oriental Foot Massage** 45 min
- **Swedish Fusion Massage** 60 min
- **Balancing Face Massage** 15min

### Body Soothing 2 hrs 30 min

2,700฿

*This session begins with aloe vera & cucumber body wrap to cool soothe and restore your sunburn skin followed by after sun facial to repair damaged skin then concluded with aroma therapy oil massage.*

- **Sun Soothe Body Wrap** 45 min
- **Aromatherapy Oil Massage** 60 min
- **Soothing Facial** 45 min

### Tharn Natee Couple Retreat 3 hrs

6,200฿ for Couple/3,300฿ for Single

*Relaxing and calming full body treatment will aid you in enjoying a peaceful night's sleep and relaxing your body & mind (Include mixed refreshment & fresh fruit)*

- **Aromatic Floral Bath** 30 min
- **Sweet & Scent Body Scrub** 30 min
- **Aromatherapy Massage** 60 min
- **Sweet & Scent Facial** 60 min

### Spirit Detoxify 3 hrs

3,600฿

*Invigorates the mind and detoxifies the whole body we pamper and nourish your body with all of the treats below:*

- **Herbal Steam or Sauna** 30 min
- **Detoxifying Bath** 30 min
- **Exotic Coffee Body Scrub** 30 min
- **Detoxifying Body Wrap** 30 min
- **Lymphatic Detoxifying Massage** 60 min



## Hand & Foot Therapy

*The Tharn Natee Spa offers a full range of beauty manicure & pedicure treatment for ladies and gentlemen.*

<i>Manicure (Men)</i>	<i>60 min</i>	<i>700 ฿</i>
<i>Manicure (Ladies)</i>	<i>60 min</i>	<i>850 ฿</i>
<i>Pedicure (Men)</i>	<i>60 min</i>	<i>800 ฿</i>
<i>Pedicure (Ladies)</i>	<i>60 min</i>	<i>950 ฿</i>
<i>Manicure &amp; Pedicure</i>	<i>120 min</i>	<i>1,500 ฿</i>
<i>French Manicure</i>	<i>60 min</i>	<i>1,000 ฿</i>
<i>French Pedicure</i>	<i>60 min</i>	<i>1,000 ฿</i>
<i>French Manicure &amp; French Pedicure</i>	<i>120 min</i>	<i>1,700 ฿</i>

**\*all prices are included of prevailing taxes and charges.**

## Hydro Therapy

*Get your relaxing time with luxuriously Jacuzzi bath mixed with essential oil helping dead skin irritation promoting new growth and stalling the aging process, thus has relaxing and calming effects.*

<b>Aromatic Floral Bath</b>	<b>30 min</b>	<b>800฿</b>
<b>Detoxifying Bath</b>	<b>30 min</b>	<b>800฿</b>
<b>Vitality Bath</b>	<b>30 min</b>	<b>800฿</b>
<b>Steam</b>	<b>30 min</b>	<b>500฿</b>
<b>Sauna</b>	<b>30 min</b>	<b>500฿</b>

**\*Please contact Tharn Natee Spa (-) or Reception (-) for information & bookings**

## Children Delight

### **Kid's Massage (Age 6-12)**

*A best way to introduce your child to massage to help stress. A therapist providing massage is gender specific.*

<i>Tharn Natee Kid's Massage</i>	<i>45 min</i>	<i>600฿</i>
<i>Tharn Natee Kid's Massage</i>	<i>30 min</i>	<i>500฿</i>
<i>Hand &amp; Face Massage</i>	<i>30 min</i>	<i>400฿</i>
<i>Foot &amp; Head Massage</i>	<i>30 min</i>	<i>400฿</i>

### **Hands & Foot Treatment**

*Experience a basic version of Tharn Natee Spa hands and feet treatments for your child.*

<i>Hand Care (Age 6-12)</i>	<i>45 min</i>	<i>400 ฿</i>
<i>Foot Care (Age 6-12)</i>	<i>45 min</i>	<i>400 ฿</i>

**\*Please contact Tharn Natee Spa (-) or Reception (-) for information & bookings**

Let us help you rejuvenate with our relaxing Spa Retreat Package. With an extensive menu of services that includes traditional massage techniques, aromatherapy, body therapy, facial therapy, hand & feet therapy that special place for you to relaxing your body and mind.

**Three Days of Refreshing**

**3,000 ₺ for Single/ 5,600 for Couple**

**Day 1: Anti Jet Lag Massage 60 min**

**Day 2: Traditional Thai Massage 60 min**

**Day 3: Replenishing Body Scrub 60 min**

**\*Extra Daily Herbal Steam or Sauna 30 min**

**Five Days of Relaxing**

**4,000 ₺ for Single/7,600 for Couple**

**Day 1: Traditional Thai Massage 60 min**

**Day 2: Oriental Foot Massage 60 min**

**Day 3: Skin Smoothing Body Scrub 60 min**

**Day 4: Aromatherapy Massage 60 min**

**Day 5: Rebalancing Facial 60 min**

**\*Extra Daily Herbal Steam or Sauna 30 min**

**Seven Day of Revitalizing**

**6,000 ₺ for Single/10,000 ₺ for Couple**

**Day 1: Anti Jet lag Massage 60 min**

**Day 2: Body Treatment 60 min**

*(Sweet & Scent body Scrub 30 min & Sweet & Scent Body Wrap 30 min)*

**Day 3: Oriental Foot Massage 60 min**

**Day 4: Back, Neck & Shoulders Massage 45 min**

**Day 5: Swedish Fusion Massage 60 min**

**Day 6: Manicure or Pedicure 60 min**

**Day 7: Facial Treatment 60 min**

*(Choices of Soothing facial, rebalancing facial, Invigorating facial and Sweet & Scent Facial)*

**\*Extra Daily Herbal Steam or Sauna 30 min**

**\*all prices are included of prevailing taxes and charges.**