



PARADEE RETREAT

Sixth Heaven

180 mins. 7,000 THB

• Foot soak • Foot scrub • Steam • Body scrub • Bath therapy • Aroma massage
The luxurious treatment that treats you as you are in heaven, allow yourself in the steam of Thai Herbs. Follow by the choice of body exfoliates, continue with Bath-Therapy and fulfilled by Aroma massage.

PARADEE THAINESS

Aromatic Thai Massage

60 mins. 3,400 THB

• Foot soak • Foot scrub • Aromatic Thai massage
A combination between Thai massages technique with scented oil. Help to relief physical complaints such as muscle aches and tense, stressful, relaxing and also body moisturizing.

Four Elements Massage

90 mins. 4,400 THB

• Foot soak • Foot scrub • Four elements massage
The Four elements of Wind, Earth, Fire and Water are essential to life and a key part of indigenous healing therapies. To enhance energy flow through the body and relieve chronic conditions whilst strengthen immune system.

Traditional Thai Massage

60 mins. 2,400 THB / 90 mins. 3,400 THB

• Foot soak • Foot scrub • Traditional Thai massage
Thai massage uses two primary techniques of gentle pressure and a variety of passive stretching movements, a smoother flow of energy when applied in a quiet, meditative atmosphere, the body begins to open and become more flexible.

Thai Herbal Compress

60 mins. 2,400 THB

• Foot soak • Foot scrub • Thai herbal compress
The herbal-infused pack is both inhaled and absorbed by the skin. To treat muscular aches and pain, while the mind returns to a state of calm alertness.

Thai Salt Compress

60 mins. 2,400 THB

• Foot soak • Foot scrub • Thai salt compress
Warm salt is a Thai curative remedy effect on muscle and blood circulation. Salt compress will give good relief for suffering from water retention, swollen legs accompanies by severe pain.

Khad Nam Rae Chae Nam Wan

90 mins. 3,400 THB

• Foot soak • Foot scrub • Body scrub & wrap, Herbal bath soak with Thai herbal secret recipe.
Wisdom of Thai inherited from ancient times to time, Using herbs in scrub and bath soaks turn the skin to nourishing and healthy. Paradee Spa has taken a dip in the water that come to a secret of Paradee Spa.

SPA TREATMENT

Thai Herbal Steam

40 mins. 1,200 THB

• Foot soak • Foot scrub • Thai herbal steam
Design to improve blood circulation, inspiration system. Skin will be preparing for perfectly massage treatment.

Luxury Spa Bath

40 mins. 1,400 THB

• Foot soak • Foot scrub • Bath therapy
Spa bath furthermore bathing in the water, get skin fresh, soft and ready for body scrub indeed.

Body Scrub

60 mins. 2,400 THB

• Foot soak • Foot scrub • Selected choice of Body Scrub
Cleanse and smooth skin, feeling fresh and supple and relieves muscle tension.

Body Wrap

60 mins. 2,400 THB

• Foot soak • Foot scrub • Selected choice of Body Wrap
Soothing and moisturizing skin cell renewal, body wrap can be relief for skin stressed by sun exposure or dry conditions, delivering skin-Strengthening to skin layer.



MASSAGE THERAPY

Abhyanga

- Foot soak • Foot scrub • Abhyanga massage

Relieves tension and headaches, neck and back pain. Also, alleviates stress, promotes relaxation a popular massage often requested for general well being.

60 mins. 2,400 THB

Aroma Massage

- Foot soak • Foot scrub • Aroma massage

Essential oils can absorb through the skin and carry on to the muscle tissue, joints and organs. Benefits of an essential oil are designed to balance body, mood and relaxing.

60 mins. 2,400 THB / 90 mins. 3,400 THB

Balinese Massage

- Foot soak • Foot scrub • Balinese massage

Balinese massage is the sensual and physical indulgences aromatic oils;Clove, Ginger and Lime to soothe your senses and relieve mental stress. Reduce tension and rebalance your body!!

60 mins. 2,400 THB / 90 mins. 3,400 THB

Swedish Massage

- Foot soak • Foot scrub • Swedish massage

The most common massage in the west, stimulating and revitalizing as the best-known type of bodywork performed. Incorporates the five strokes of western massage technique vary from light to vigorous.

60 mins. 2,400 THB / 90 mins. 3,400 THB

Deep Tissue Massage

- Foot soak • Foot scrub • Deep tissue massage

Massage focusing on specific area to relieve muscular tension. Maintain the muscle generally in better condition.

60 mins. 2,400 THB / 90 mins. 3,400 THB

Myanmar Massage

- Foot soak • Foot scrub • Myanmar massage

The techniques of massage combine of Myanmar style with Thai acupressure has apply to the energy points. Designed to have a glow skin: calming and soothing.

60 mins. 2,400 THB / 90 mins. 3,400 THB

Foot Massage

- Foot soak • Foot scrub • Foot and Leg massage

Naturally inspires your body balance from the inside, uses pressure applied to reflex points in the feet to relieve stress and tension, improve circulation.

60 mins. 2,400 THB

FACIAL THERAPY

Paradee Facial

- Clean • Tone • Scrub • Massage • Mask • Moisturizer

Deep cleansing, hydrating, anti-wrinkle treatment to improves skin's balance, leaves skin feeling delicate, soft and looking radiant.

60 mins. 2,400 THB



TERMS & CONDITIONS

PRICES:

Prices are inclusive of applicable government taxes

ARRIVAL TIME:

Kindly arrive 10 minutes prior to your appointment time; arriving late will simply limit your treatment time

CANCELLATION:

2-hour cancellation notice is required prior to the appointment time to avoid cancellation charge

SPA PROTOCOL:

In the event that you are carrying a mobile phone, kindly tune down to silent mode or to a minimum to maintain serenity of the Paradee Spa.

15 years of age is the minimum suggested for spa treatment while younger child/children must be accompanied by parent
Neither smoking nor consumption of alcohol in the Paradee Spa is strictly prohibited

SPECIAL CONSIDERATION:

Consultant with your health practitioner is recommended prior to undertaking Spa treatments and/or informs us if you have any medical conditions

The Paradee Resort reserves the right to refuse treatment you agree that neither the Paradee Resort, nor its team members nor management shall be liable or responsible for aggravation of any existing conditions as a result of your treatment

VALUABLES:

Jewelleries and valuables are recommended to place them in the jewellery box provided during the spa treatment
The management accepts NO responsibilities for loss to money or valuables brought into the Paradee Spa

ACCIDENT or INJURIES:

Paradee Spa shall not be responsible or liable for any accident or injury suffered during and after treatments