

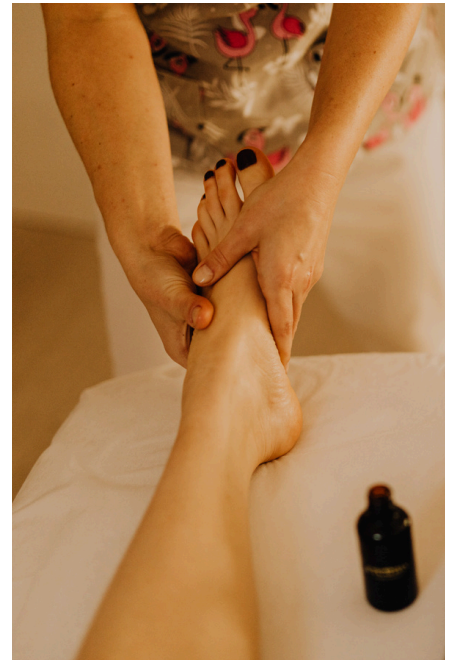


# Embracing the Ancient Art of Lanna Healing

Inside sala lanna chiang mai, our spa is a tranquil sanctuary offering curated massage treatments inspired by traditional healing. Experience the art of wellness with our skilled therapists, trained in a variety of techniques.

Your journey to relaxation begins here.





# SPA MENU

## Foot Reflexology Massage

60 mins

THB 800

This signature treatment targets acupressure points linked to specific internal organs. By applying thumb pressure and massage strokes to these nerve endings, the technique alleviates muscle aches, body tension, and stress. It also enhances blood circulation and supports digestive health.

## Traditional Thai Massage

60 mins / 120 mins

THB 1,050 / THB 1,450

An ancient technique over 2,000 years old, this vigorous massage uses hands, feet, and elbows to work on pressure points, stretch muscles, and improve blood circulation. It eases tension, restores agility, and provides immediate relief and relaxation.

## Back, Neck, and Shoulder Massage

60 mins

THB 1,200

This therapy focuses on relieving tension in the upper body. Using targeted pressure and gentle strokes, it loosens knots, alleviates pain, and improves circulation. Ideal for chronic back and shoulder pain.

## Aromatherapy Massage

60 mins 90 mins

THB 1,600 / THB 2,000

Combining natural aromatic oils, this treatment alleviates stress, fatigue, and muscle tension. It promotes deep relaxation and is perfect for those seeking a soothing, pampering experience.