

CHANN

WELLNESS SPA



# Wellness & Serenity

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Embracing the Eastern wisdom passed down from generation to generation perfected over thousands of years, CHANN Spa, defining a stage of serenity, focuses on restoring natural balance of body and mind. At CHANN, we take pride in our heritage; the legacy of our ancestors is treasured and their wisdom has been embraced with gratitude.

Inspired by the practice of traditional Asian medicine and naturopathy, each CHANN treatment is thoughtfully designed to enrich your relaxing experience to revitalize and invigorate body and soul. Only the finest botanical ingredients are used to create and complete harmony between man and Mother Nature. A tranquil garden setting in the spa, as a complement, contributes a sense of peacefulness. You will return home refreshed, relaxed, and rebalanced.





# Massage Therapy

# Massage Therapy

## CHANN Signature Massage

แก้อาการปวดเมื่อยและความตึงเครียด  
Aches & Tensions Relief

60 mins

2,500 THB

90 mins

3,500 THB

Foot bath | 10 mins

Warm oil deep tissue firm massage | 50/80 mins

Uses the warm oil with thai classic massage technique which releases body fatigue and Stress. It combines vigorous and soothing massage movements adapted to the individual's Specific areas of tension. This massage is highly effective in relieving muscular Aches and pains and promotes general relaxation.

## CHANN Alleviation Massage

ช่วยให้กล้ามเนื้อผ่อนคลาย  
Reduces Muscle Stiffness

60 mins

2,500 THB

90 mins

3,500 THB

Foot bath | 10 mins

Medium to firm massage | 50/80 mins

Areas with poor circulation often develop trigger points - highly irritable spots that refer pain, tingling, or other sensations to other places in the body. Trigger points respond well to our special massage techniques. This is a deep tissue massage which offers a choice of aromatic oils in employing palms strokes, elbows and thumbs pressure to soothe and ease muscle aches.

## CHANN Aromatic Massage

ผ่อนคลายร่างกายและจิตใจ  
Body & Mind Relaxing

60 mins

2,500 THB

90 mins

3,500 THB

Foot bath | 10 mins

Light to medium massage | 50/80 mins

Ease away all your anxiety and tension with a choice of aromatherapy oils specially blended to achieve the effect you desire. This light to medium pressure massage is designed to meet your individual needs and bring your body and mind into perfect equilibrium.

## Thai Traditional Massage

บรรเทาความเครียดหรือความเมื่อยล้า  
Relieve Stress or Fatigue

60 mins

2,500 THB

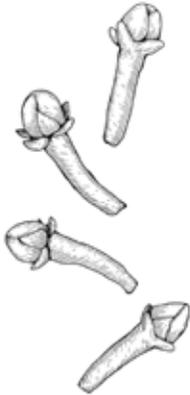
90 mins

3,500 THB

Foot bath | 10 mins

Body deep tissue and Stretching massage | 50/80 mins

This is the classic Thai traditional massage. It works the body's deep tissue using firm strokes and thumb pressure as well as stretching techniques. By concentrating on the "Sen Sib" or 10 meridian lines of the body this treatment restores flexibility and energy flow and alleviates chronic pain in the muscles and joints.



## Detoxifying Massage

ช่วยขจัดสารพิษ  
Toxin Elimination

60 mins	90 mins
2,500 THB	3,500 THB

Foot bath | 10 mins

Body lymphatic drainage massage | 50/80 mins

Eliminate the toxins from your body with manual lymphatic drainage massage technique. This massage concentrates on the skin. By relieving congestion in the tissues, this treatment stimulates the natural cleansing process of the body and promotes a sense of deep relaxation.

## Back & Head Massage

แก้อาการปวดหลัง คอ บ่า ไหล่และปวดศีรษะ  
ช่วยคลายเครียด  
Stress and Tension Relief

30 mins	60 mins
1,350 THB	2,000 THB

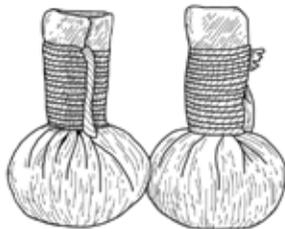
Stimulate the circulation and release tension on the back, neck and head area. This special massage restores the balance of energy flow around the body and relaxes the mind. Using special techniques massage, this treatment also promotes health and well-being.

## Foot Reflexology

เสริมสร้างระบบภูมิคุ้มกันของร่างกาย  
Boosting The Immune System

30 mins	60 mins
1,350 THB	2,000 THB

The art of reflexology applies medium pressure to specific points on the feet that correspond to the body's vital organs. This technique corrects imbalances and promotes your body's natural self-healing mechanisms by boosting the immune system.



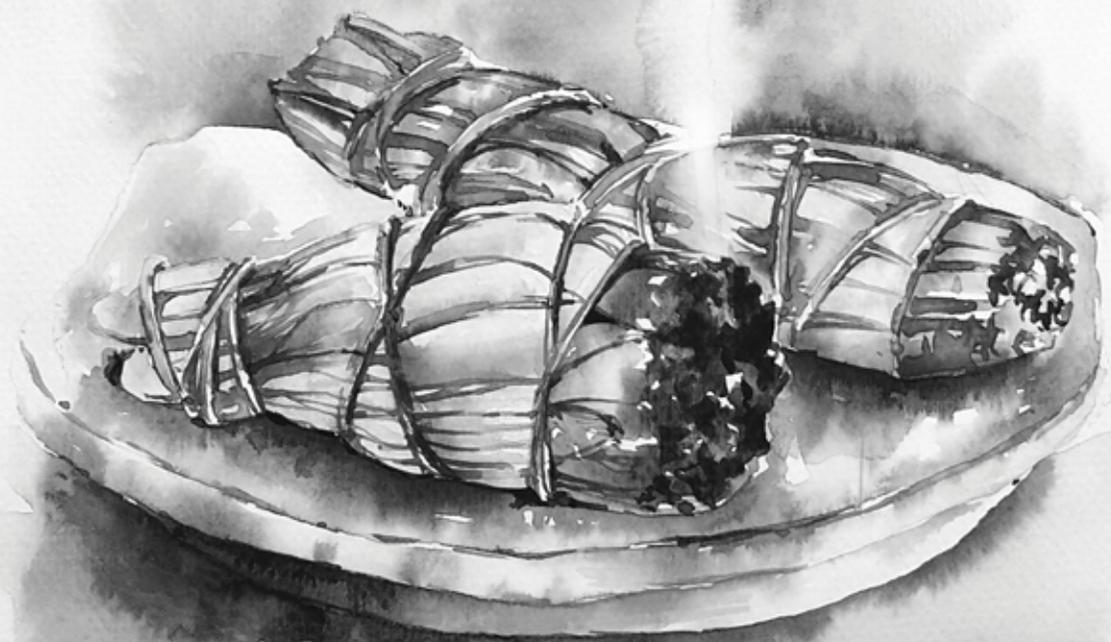
## Luk Pra Kob

ผ่อนคลายกล้ามเนื้อที่เกร็ง  
Relax Tenses Muscle

30 mins  
900 THB

## Herbal compresses massage

A Thai signature herbal therapy, using two steamed herbal bags filled with assorted Thai traditional herbs and other traditional aromatic plants. The warmed herbal bags will be used alternately by rolling and pressing on specific areas of the body to relax tensed muscles and stimulate blood circulation, making it an ideal therapy for people with muscular tension.



# Facial & Body Treatments

# Facial Treatments

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## Sensitive Treatment

ช่วยปลอบประโลมผิวมอบความชุ่มชื้นให้แก่ผิว  
Skin soothing & Calming

60 mins  
**2,500 THB**

A treatment that is extra gentle especially for sensitive skin, suitable for skin with inflammation, fragile capillaries, sun burn or other problems caused by sensitivity. This treatment will soothe your skin and give you a fresh radiant look.

สำหรับผิวที่ละเอียดอ่อน แพ้ง่าย  
For Sensitive Skin

## Hydrating Treatment

เพิ่มความชุ่มชื้นให้กับผิว  
Skin Moisturizing

60 mins  
**2,500 THB**

The effectiveness of this treatment is based on components obtained from natural plants extract, which are easily absorbed. The treatment can improve moisturizing systems in good condition.

สำหรับผิวที่แห้งขาดความชุ่มชื้น  
For Dry Skin

## Oxygenating Facial

ให้ผิวเปล่งปลั่ง กระฉ่างใส  
Skin Radiant

60 mins  
**3,000 THB**

This treatment works on the lymphatic system to relieve congestion within the tissues. Increased muscle tone, tighten the pores, brighten the eyes and the reduction of stress. This brings out the innate beauty and radiance of an individual.

สำหรับทุกสภาพผิว  
For All Skin Type



# Body Treatments

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## Body Scrub

ขจัดเซลล์ผิวที่ตายแล้ว  
Remove dead skin cells

The perfect way to naturally clean and eliminate dead cells that accumulate on the skin's surface. A special blend of coconut exfoliating body scrub with aromatic essential oils leaves your skin feeling wonderfully soft and refreshed as well as the feeling of total relaxation. This aromatic skin treatment is suitable for all skin type.

60 mins  
**2,000 THB**



## Body Polish

ทำความสะอาดผิวอย่างล้ำลึก  
Deep Cleansing and Nourishin

60 mins  
**2,000 THB**

A blend of salt scrub with aromatic essential oils, designed to leaves your skin silky smooth as well as the feeling of total relaxation. This aromatic body scrub is very rich in mineral salt. Also contains anti-aging factor suitable for dull and tired skin, by revealing its natural glow and maintaining the moisture level of the skin. This treatment is suitable for all skin type.



## Rehydration Body Wrap

คืนความชุ่มชื้นให้กับผิวที่ถูกแดดเผา  
After Sun Burn

60 mins  
**2,000 THB**

Perfect for sun worshippers, this cooling and soothing wrap, that uses Aloe Vera as the main ingredient, is the ideal choice to pamper a skin that has had too much exposure to the sun.

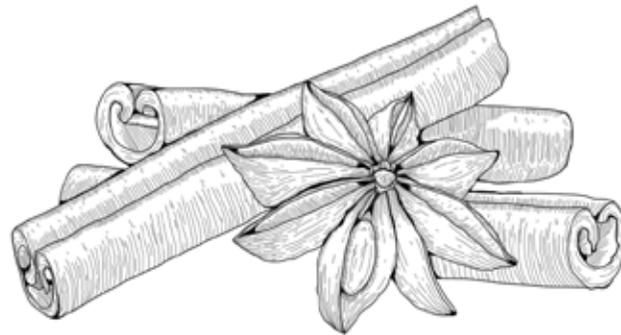


Spa Package

# Spa Package

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At CHANN Spa our massage and treatment combine an emphasis on your body and mind. The package will make you absolutely relaxed, rejoiced and reinvigorated from head to toe.



## CHANN Pre-tanning Package

Relaxing and Renewing

Private steam, Sauna & jacuzzi | 30 mins  
Coconut body scrub | 60 mins  
Tanning massage | 60 mins  
Refreshment

The ideal preparation for your skin to get the most out of the sun with well protected skin. Coconut exfoliating body scrub will slough away dulling debris while the traditional massage will help penetrate the pure virgin coconut oil into your prone to dry skin when expose to the sun. Coconut oil is a natural antioxidant and has been using for centuries by Tropical native to prevent sagging and wrinkle. This package increases the speed of the tanning process and produces a deep, smooth glowing lasting tan.

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Single | 150 mins  
**3,850 THB**

Couple | 150 mins  
**6,950 THB**

## CHANN Experience Package

Oriental Rhythm of Respiratio

Private steam, Sauna & jacuzzi | 30 mins  
Aromatherapy salt body polish | 60 mins  
Chann signature massage | 90 mins  
Refreshment

An Absolute body treatment to deeply cleanse the skin helps the body to eliminate toxins and impurities as well as melts muscle tension and stress away from the body. This experience start with a heat treatment will be performed to help your skin to get rid of impurities, followed by gentle body exfoliation, then massage with our signature massage. A rewarding experience you have deserved to let yourself drift into a blissful serenity. We guarantee that you will feel relaxed and renewed.

Single | 180 mins  
**4,950 THB**

Couple | 180 mins  
**8,350 THB**

## Tranquility De-stress Package

Well-being and Energizing

Private steam, Sauna & jacuzzi | 30 mins  
Aromatherapy salt body polish | 60 mins  
Chann aromatic massage | 90 mins  
Refreshment

Single | 180 mins  
**4,950 THB**

Couple | 180 mins  
**8,350 THB**

Concentrated and calmly mind away from tension by tranquility ambience with high temperature in steam or sauna room for increase self-erection before reduced stressing by body exfoliation, after then activate your energy reflection with light to medium pressure massage.

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## Body & Mind Revival Package

Runaway stiffness

Private steam, Sauna & jacuzzi | 30 mins  
Thai Massage | 90 mins  
Hydrating facial | 60 mins  
Refreshment

Single | 180 mins  
**5,700 THB**

Couple | 180 mins  
**9,900 THB**

Touch of nature and relaxing with special blend aromatic salt scrub that leaves your skin brightness & soften like silk. Then, Thai traditional massage strokes and thumb pressure as well as stretching techniques would stimulate blood circulation and complete with facial treatment soothe to your skin needs. This package will promote the body and mind to a total well-being and energizing.

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## Detoxify Package

Rejuvenating & Energizing

Private steam, Sauna & jacuzzi | 30 mins  
Aromatherapy Salt Body Polish | 60 mins  
Detoxifying Massage | 60 mins  
Foot Reflexology | 60 mins  
Refreshment

Single | 210 mins  
**6,200 THB**

Couple | 210 mins  
**10,100 THB**

Remove toxins and improve from your skin and body. This package stimulates the natural cleansing process of the body through the combined use of heat treatment and body polish. The detoxifying massage specifically relieves congestion in the tissues and boosts the flow of the lymph fluid, flushing out toxin and fat accumulated in the body. You may begin to feel better almost immediately.

# CHANN

WELLNESS SPA

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