

# BANLAO

## SPA & SAUNA

### CONTACT INFO:

Address: Mano Village, Thammikalath Road, Luang Prabang, Lao P.D.R

Phone Number: +856 20 56 097 019

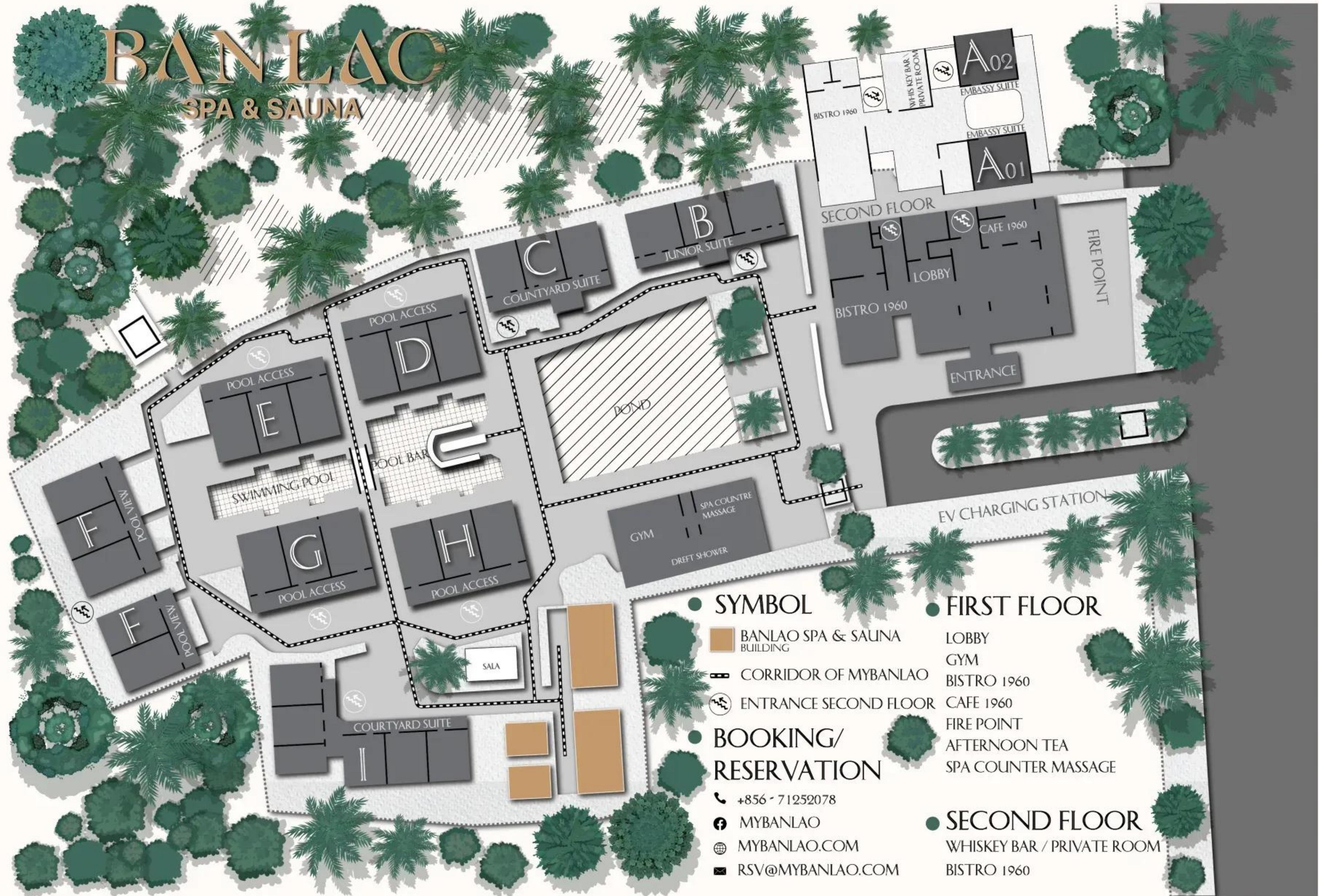
Facebook: MyBanLao

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Website: www.mybanlao.com

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SPA & SAUNA



BanLao Spa and Sauna, where we prioritize creating an ambiance of positive energy and ultimate relaxation. Immerse yourself in our serene environment, where traditional BanLao Massage and the sacred art of Thai Massage seamlessly merge to revitalize your mind and soul. Indulge in the luxury of our Hot Tub and Sauna facilities, designed to enhance your experience of tranquility and rejuvenation.

Our spa is dedicated to facilitating your fundamental needs and ensuring your journey with us is truly memorable. With our highly-trained therapists, who have received professional training from Singaporean experts, you can expect exceptional service tailored to your needs. At BanLao Spa and Sauna, we are committed to providing an unforgettable experience, where BanLao Spa and Sauna, we are committed to providing an unforgettable experience, where every moment is dedicated to your comfort and relaxation.

BanLao Spa and Sauna, ບ່ອນທີ່ພວກເຮົາຈັດລຳດັບຄວາມສໍາຄັນຂອງການສ້າງບັນຍາກາດຂອງພະລັງງານໃນຫາງບວກແລການຜ່ອນຄາຍທີ່ສຸດ. ເຮົາໃຈທ່ານເຂົາໄປໃນສະພາບແວດລ້ອມທີ່ຽບສະຫງົບຂອງພວກເຮົາ, ບ່ອນທີ່ການນວດແບບດັ່ງເດີມຂອງບ້ານລາວແລກສືລະປະວັນສັກສິດຂອງການນວດໃຫປະສົມປະສານຢ່າງບໍ່ຢຸດຢັ້ງເພື່ອຟັ້ນຝູຈິດໃຈແລກຈົດວິນຍານຂອງທ່ານ. ເພີດເພີນໄປກັບຄວາມຫຼູຫ້າຂອງຫ້ອງຈາບນໍ້າຮອນ ແລະຫ້ອງ Sauna ຂອງພວກເຮົາ, ອອກແບບມາເພື່ອເພີ່ມປະສົບການຂອງຄວາມງຽບສະຫງົບ ແລກຄວາມສົດຊົ່ນຂອງທ່ານ.

ສະປາຂອງພວກເຮົາແມ່ນອຸທິດຕົນເພື່ອຈຳນວຍຄວາມສະດວກຄວາມຕ້ອງການພື້ນຖານຂອງທ່ານແລກຮັບປະກັນການເດີນຫາງຂອງທ່ານກັບພວກເຮົາເປັນສິ່ງທີ່ຫນ້າຈົດຈຳຢ່າງແຫ້ຈິງ. ດ້ວຍນັກບຳບັດທີ່ໄດ້ຮັບການຝຶກອົບຮົມຢ່າງສູງຂອງພວກເຮົາ, ຜູ້ທີ່ໄດ້ຮັບການຝຶກອົບຮົມວິຊາຊົບຈາກຜູ້ຊ່ວງຊານຂອງສິງກະໂປ, ທ່ານສາມາດຄາດຫວັງການບໍລິການພິເສດທີ່ເໝາະສົມກັບຄວາມຕ້ອງການຂອງທ່ານ. ທີ່ BanLao Spa ແລກ Sauna, ພວກເຮົາມ່າງຫມັນທີ່ຈະສະຫນອງປະສົບການທີ່ບໍ່ສາມາດລົມໄດ້, ບ່ອນທີ່ BanLao

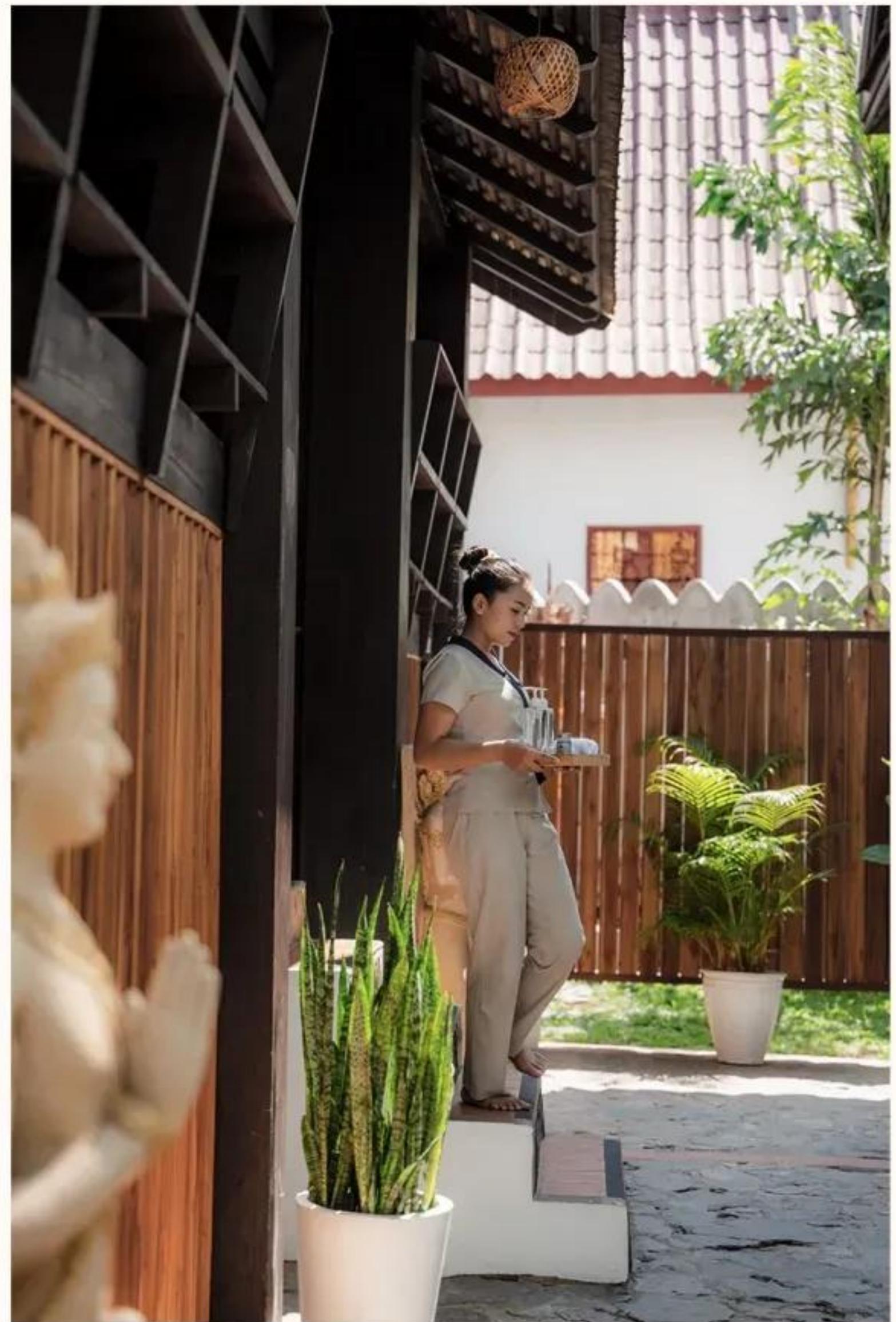
Spa ແລກ Sauna, ພວກເຮົາມ່າງຫມັນທີ່ຈະສະຫນອງປະສົບການ unforgettable, ບ່ອນທີ່ທຸກ ປັດຈຸບັນແມ່ນອຸທິດຕົນເພື່ອຄວາມສະດວກສະບາຍແລການຜ່ອນຄາຍຂອງທ່ານ.

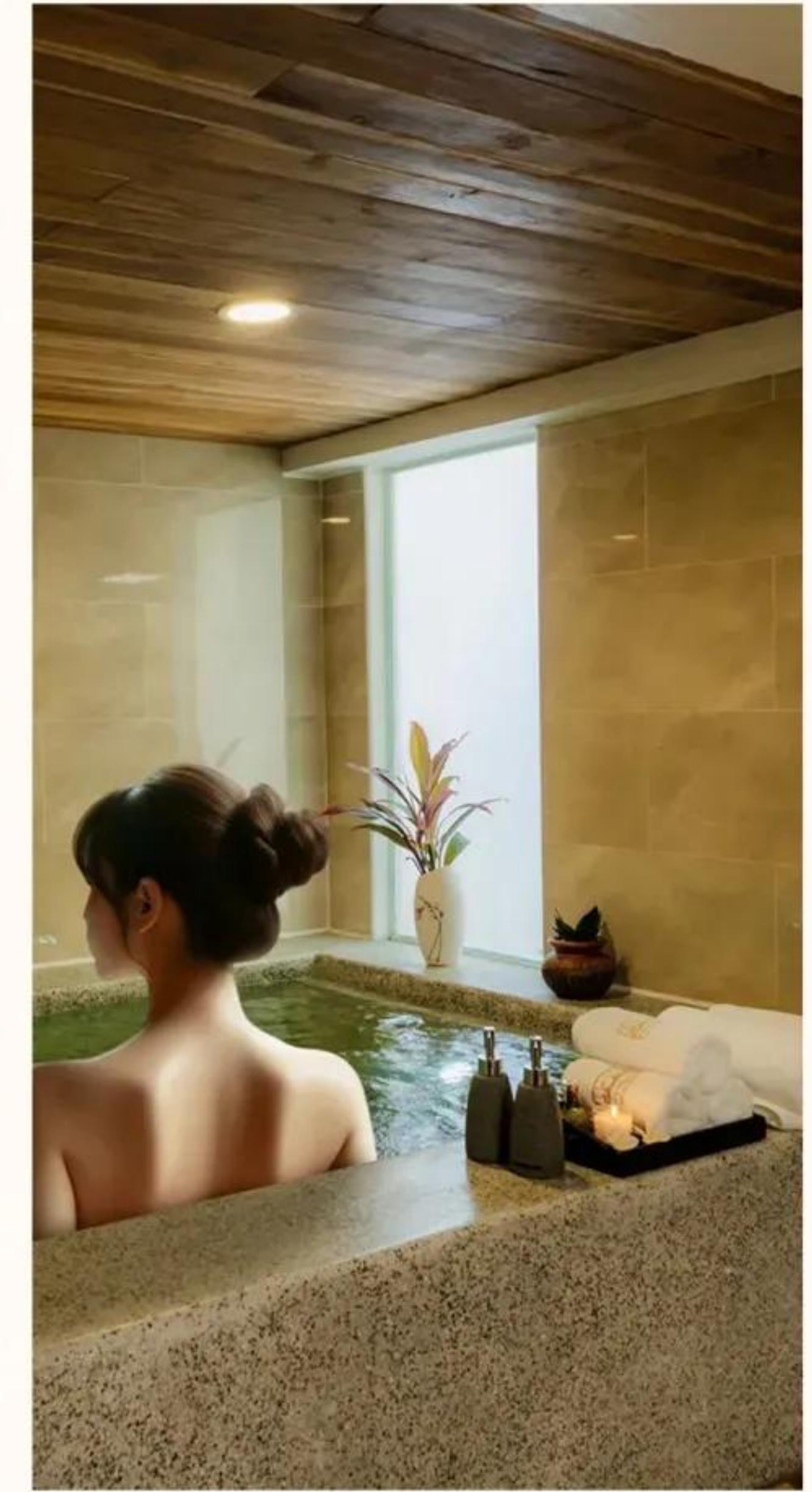
万佬温泉桑拿，我们的首要任务是营造积极能量和终极放松的氛围。沉浸在我们宁静的环境中，传统的万佬按摩和泰式按摩的神圣艺术完美融合，重振您的心灵。尽情享受我们的热水浴缸和桑拿设施的奢华，旨在增强您的宁静和焕发活力体验。

我们的温泉致力于满足您的基本需求，并确保您与我们的旅程真正难忘。我们的高素质治疗师接受了来自新加坡专家的专业培训，您可以期待量身定制的优质服务。在万佬温泉桑拿，我们致力于提供一个难忘的体验，每一

반라오 스파와 사우나, 우리는 긍정적인 에너지와 극한의 휴식 분위기를 조성하는 것을 우선시합니다. 우리의 평온한 환경 속에서 전통적인 반라오 마사지와 태국 마사지의 신성한 예술이 완벽하게 융합되어 마음과 영혼을 살리게 합니다. 트랜퀄리티와 회복 경험을 높이기 위해 설계된 저희의 온수 욕조와 사우나 시설을 풍부하게 즐겨보세요.

우리의 스파는 당신의 기본적인 필요를 용이하게 하고, 우리와의 여정이 정말로 기억에 남는 것을 보장합니다. 싱가포르 전문가로부터 고품질의 트레이닝을 받은 저희의 높은 수준의 치료사들은 당신의 필요에 맞게 훌륭한 서비스를 기대할 수 있습니다. 반라오 스파와 사우나에서는 당신의 편안함과 휴식에 모든 순간이 전념됨을 약속드립니다.





# HOT TUB

ទាក់ស្វ័រទីន  热水浴缸  온수 욕조

Indulge in the ultimate relaxation experience with our luxurious hot tub facility. Unwind and soothe your body as the warm waters of our jacuzzi machine melt away tension and stress. Our spacious hot tub area offers separate rooms for gentlemen and ladies, ensuring privacy and tranquility. Let go of stress, and experience muscle relaxation like never before at BanLao Spa.

ເພີດເພີນໄປກັບປະສົບການການຜ່ອນຄາຍທີ່ສຸດຍອດກັບສິ່ງຈຳນວຍຄວາມສະດວກຂອງອ່າງນ້ຳຮ້ອນທີ່ຫຼູຫຼາຂອງພວກເຮົາ. ຜ່ອນຄາຍແລະຜ່ອນຄາຍຮ່າງກາຍຂອງທ່ານຢ້ອນວ່ານ້ຳອຸ່ນຂອງເຄື່ອງ jacuzzi ຂອງພວກເຮົາເຮັດໃຫ້ຄວາມເຄັ່ງຕົງແລະຄວາມກົດດັນຫາຍໄປ. ພຶ້ນທີ່ອ່າງນ້ຳຮ້ອນທີ່ກວ້າງຂວາງຂອງພວກເຮົາມີຫ້ອງແຍກຕ່າງໆຫາກສໍາລັບສຸພາບສະຕິແລະຍົງ, ຮັບປະກັນຄວາມເປັນສ່ວນຕົວແລະຄວາມງຽບສະຫງົບ. ຜ່ອນຄາຍຄວາມຕົງຄຽດ ແລະ ຜ່ອນຄາຍກໍາມຊັ້ນແບບບໍ່ເຄີຍມີມາກ່ອນ ທີ່ BanLao Spa.

在我们豪华的热水浴池设施中尽情放松。当我们的按摩浴缸中温暖的水流缓解紧张和压力时，您的身体也跟着放松。我们宽敞的热水浴池区为男士和女士提供了独立的房间，确保了隐私和宁静。在BanLao水疗中释放压力，体验前所未有的肌肉放松

우리의 호화로운 온수 욕조 시설로 극강의 휴식을 즐기세요. 우리의 자쿠지 기계로 따뜻한 물이 근육의 긴장과 스트레스를 녹여줄 때, 당신의 몸도 함께 편안해집니다. 저희 넓은 온수 욕조 공간은 신사와 아가씨를 위한 별도의 객실을 제공하여 프라이버시와 평온을 보장합니다. 스트레스를 해소하고, BanLao 스파에서 전례 없는 근육 이완을 경험해보세요.

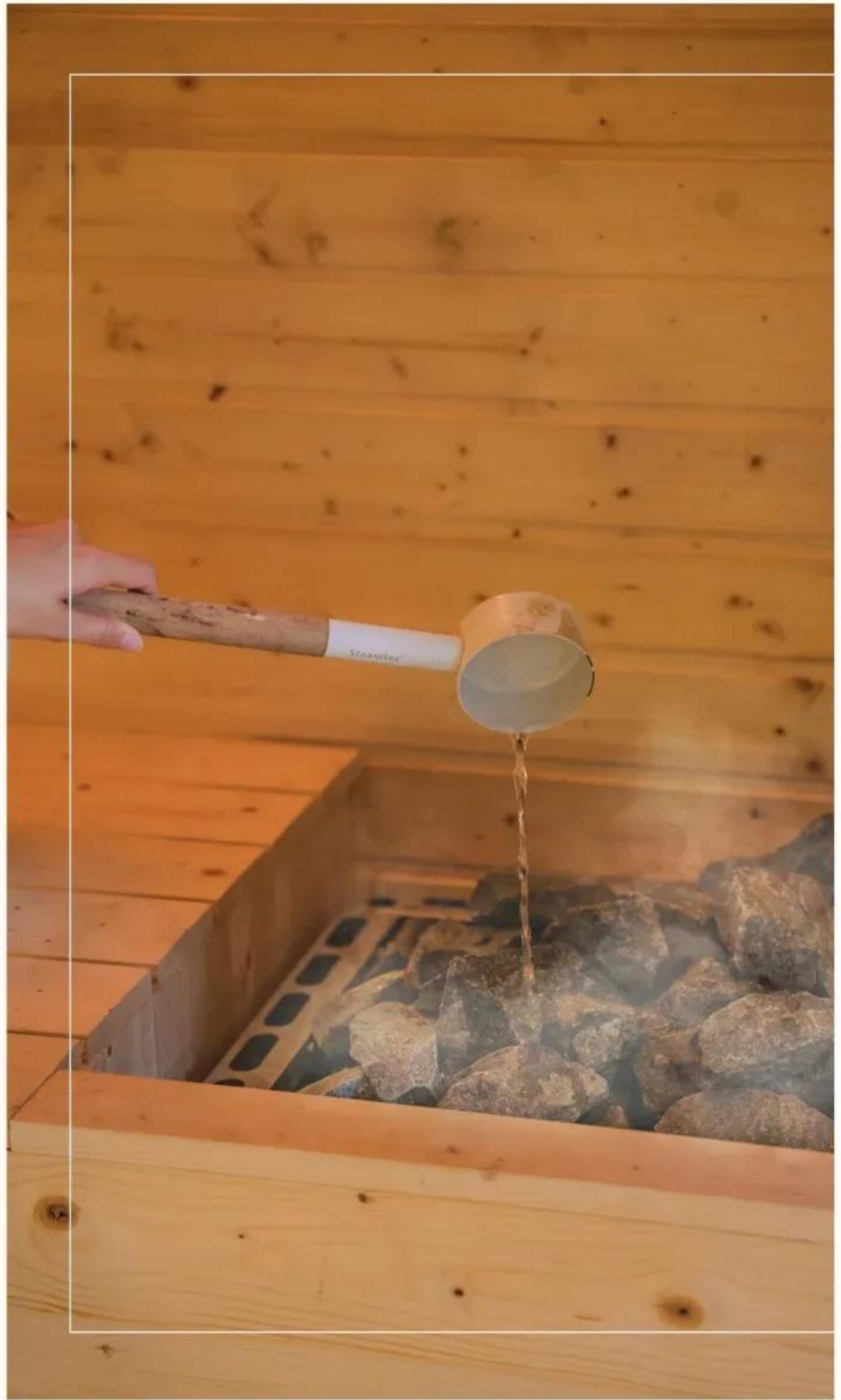


Step into relaxation as you immerse yourself in the soothing ambiance of our BanLao Sauna Room. Infused with aromatic Extracted herbs liquid, our sauna offers a rejuvenating experience for you and your friends. Our spacious sauna room can accommodate up to 8 people simultaneously, blending high-tech features with traditional hot stone steam style. Let go of your stress and unwind in style at BanLao Spa.

ກ້າວເຂົ້າສູ່ການຜ່ອນຄາຍ ໃນຂະນະທີ່ທ່ານຈຸ່ມຕົວໃນບັນຍາກາດທີ່ຜ່ອນຄາຍຂອງ  
ຫ້ອງສະນຸກເກີບ້ານລາວຂອງພວກເຮົາ. ຜະສົມດ້ວຍສານສະກັດຈາກສະໜຸນໄພທີ່ມີ  
ກິ່ນຫອມ, ຫ້ອງຊາວນາຂອງພວກເຮົາໃຫ້ປະສົບການທີ່ສົດຊື່ນໃຫ້ກັບທ່ານ ແລະ ໝູ້  
ເມື່ອນຂອງທ່ານ. ຫ້ອງຊາວນາທີ່ກວ້າງຂວາງຂອງພວກເຮົາສາມາດບັນຈຸໄດ້ເຖິງ 8 ຄົນ  
ພ້ອມໆກັນ, ຜະສົມຜະສານລັກສະນະທີ່ມີເຕັກໂນໂລຢີສູງກັບຮູບແບບກ້ອນທຶນຮ້ອນ  
ແບບດັ່ງເດີມ. ຜ່ອນຄວາມຄຽດ ແລະ ຜ່ອນຄາຍແບບສະບາຍໆ ທີ່ BanLao Spa.

踏入我们BanLao桑拿房，沉浸在舒缓的氛围中。我们的桑拿房  
注入了芳香草本精华液，为您和朋友提供焕发活力的体验。我  
们宽敞的桑拿房可同时容纳多达8人，将高科技特色与传统的  
热石蒸汽风格相结合。在BanLao水疗中放松身心，尽情享受。

우리의 BanLao 사우나 룸으로 들어가 편안함을 경험하세요.  
향기로운 허브 추출물로 가득한 우리의 사우나는 당신과 친구들에게  
활력을 불어넣어줍니다. 우리의 넓은 사우나 룸은 최대 8명까지  
동시에 수용할 수 있으며, 고급 기술과 전통적인 열돌 스타일을  
결합하고 있습니다. 스트레스를 풀고 BanLao 스파에서  
스타일리시하게 휴식을 취하세요.



# SAUNA ROOM

ຫ້ອງຮມອາຍນໍ້າ 桑拿 筷질방

E-mail: rsv@mybanlao.com | Website: [www.mybanlao.com](http://www.mybanlao.com)

# FOOT BLISS MASSAGE

ນັດຕິນ 足部舒缓按摩 발 편한 마사지



Step into tranquility with our Foot Bliss Massage, aiming to rejuvenate and invigorate. Therapists use warm oils, massaging feet and knees with wooden sticks to stimulate meridian points, promoting balance. Our foot spa starts with a soak and exfoliation, followed by a tension-relieving massage. Experience stress relief, improved foot health, and relaxation.

踏入我们的足疗按摩中感受平静，旨在焕发活力。治疗师使用温暖的精油，用木棒按摩足部和膝盖的经络穴位，促进身体平衡。我们的足部水疗以浸泡和去角质开始，然后是缓解紧张的按摩。体验压力缓解、改善足部健康和放松。

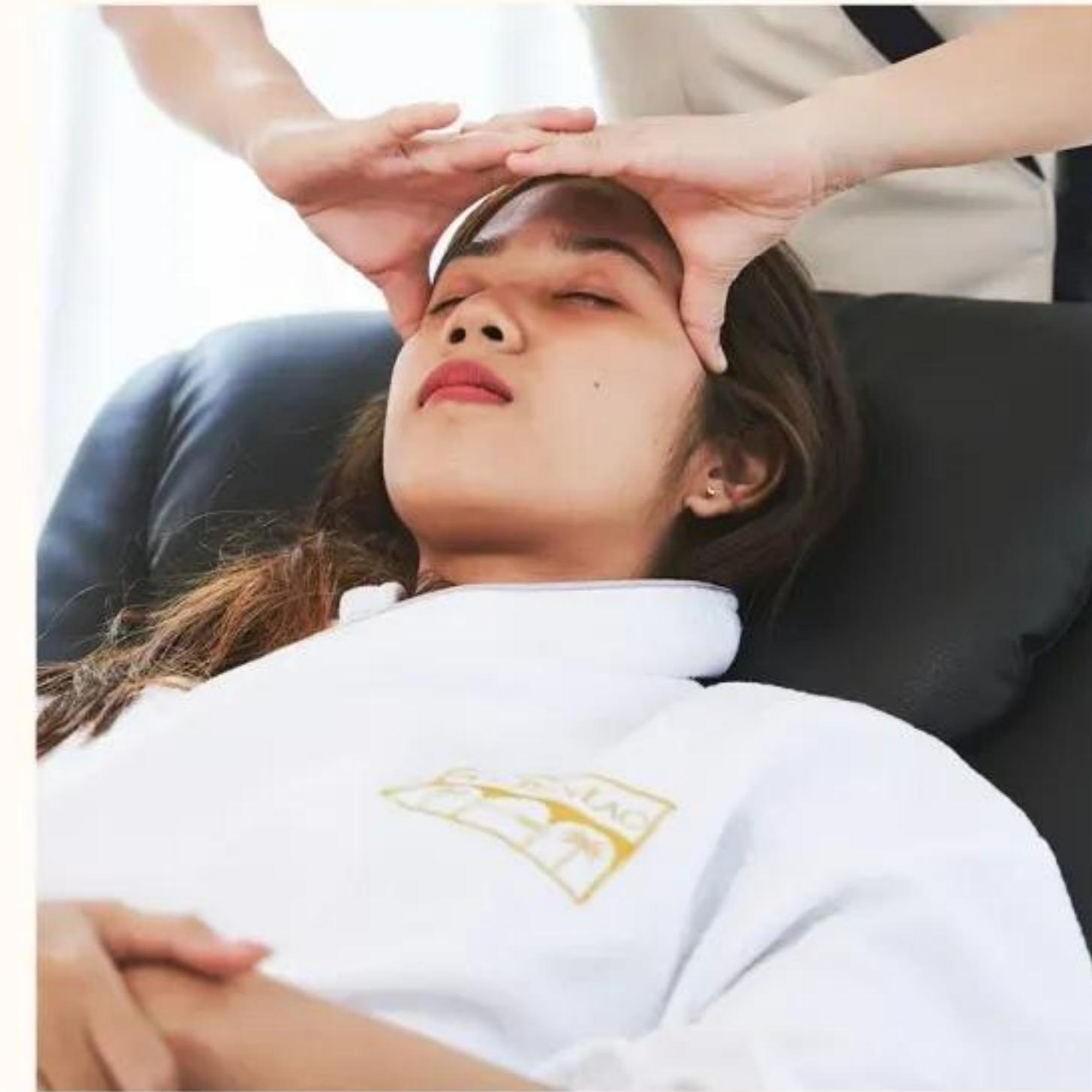
在我们的足疗按摩中感受平静，旨在焕发活力。治疗师使用温暖的精油，用木棒按摩足部和膝盖的经络穴位，促进身体平衡。我们的足部水疗以浸泡和去角质开始，然后是缓解紧张的按摩。体验压力缓解、改善足部健康和放松。

저희의 풋 블리스 마사지로 평온함을 경험하세요. 이 마사지는 활력을 회복하기 위해 목적을 두고 있습니다. 치료사들은 따뜻한 오일을 사용하여 나무 막대로 발과 무릎을 마사지하여 경락점을 자극하여 균형을 촉진합니다. 저희의 풋 스파는 담그기와 각질 제거로 시작하여 긴장을 풀어주는 마사지로 이어집니다. 스트레스 해소, 개선된 발건강 및



Experience ultimate relaxation with our Foot Experience Massage. Skilled therapists use aromatic oils and gentle pressure techniques with wooden sticks to release tension from feet to knees, revitalizing your senses. Following the massage, enjoy a soothing herbal foot soak to absorb traditional medicine's healing properties. Indulge in a luxurious 15-minute shoulder and head massage, leaving you completely rejuvenated. The session includes a 45-minute foot massage and a 15-minute shoulder massage during a 15-minute herbal foot soak.

ປະສົບການການຜ່ອນຄາຍສູງສຸດດ້ວຍການນວດຕິນຂອງພວກເຮົາ. ນັກປິ່ນປົວທີ່ມີຄວາມຊຳນິຊຳນານໃຊ້ນໍ້າມັນຫອມລະເທິຍແລະເຕັກນິກຄວາມກົດດັນທີ່ອ່ອນໂຍນດ້ວຍໄມ້ເຫຼຏາເພື່ອປຶດປ້ອຍຄວາມກົດດັນຈາກຕິນໄປຫາຫົວເຂົ້າ, ພື້ນຟູຄວາມຮູ້ສຶກຂອງທ່ານ. ຫຼັງຈາກການນວດ, ເພີດເພີນກັບການແຊ່ຕິນຢາສະຫມຸນໄພເພື່ອດູດຊົມຄຸນສົມບັດປິ່ນປົວຂອງຢາພື້ນເມືອງ. ເພີດເພີນກັບການນວດບ່າ ແລະຫົວທີ່ຫຼູ້ຫຼາເປັນເວລາ 15 ນາທີ, ເຮັດໃຫ້ທ່ານມີສຸຂະພາບແຂງແຮງ. ກອງປະຊຸມປະກອບມີການນວດຕິນ 45 ນາທີແລະການນວດບ່າ 15 ນາທີໃນລະຫວ່າງການແຊ່ຕິນຢາສະຫມຸນໄພ 15 ນາທີ.



# FOOT EXPERIENCE MASSAGE

足部体验按摩 발 경험 마사지

通过我们的足疗体验按摩，体验终极放松。技艺精湛的治疗师使用芳香精油和木棒轻柔的按摩技巧，从脚部到膝盖释放紧张，唤醒您的感官。按摩后，享受舒缓的草药足浴，吸收传统药物的治疗性能。沉浸在豪华的15分钟肩部和头部按摩中，让您完全恢复

저희의 풋 익스피리언스 마사지로 극한의 편안함을 경험하세요.  
숙련된 치료사들은 향기로운 오일과 나무 막대를 사용하여 발부터  
무릎까지 긴장을 풀어주는 부드러운 압박 기술을 사용하여 감각을  
살려냅니다. 마사지 후에는 진정 효과가 있는 허브 발 담그기를  
즐겨보세요. 이 세션에는 45분간의 풋 마사지와 15분간의 어깨  
마사지가 포함되어 있으며, 이 동안 15분간의 허브 발 담그기를 즐길  
수 있습니다.

E-mail: rsv@mybanlao.com | Website: [www.mybanlao.com](http://www.mybanlao.com)



# HERBAL COMPRESS

한국식한의원 草药熨压按摩 허브 삼키 마사지



Unwind with our Herbal Compress Massage, utilizing steamed herbal compresses and traditional techniques to alleviate tension and stress. Experience the soothing warmth as the herbal compresses melt away worries, leaving you rejuvenated. The heated pouches filled with aromatic herbs and spices are gently applied to release tension, improve circulation, and promote relaxation. This technique alleviates muscle aches, reduces inflammation, and enhances overall well-being for a rejuvenating experience.

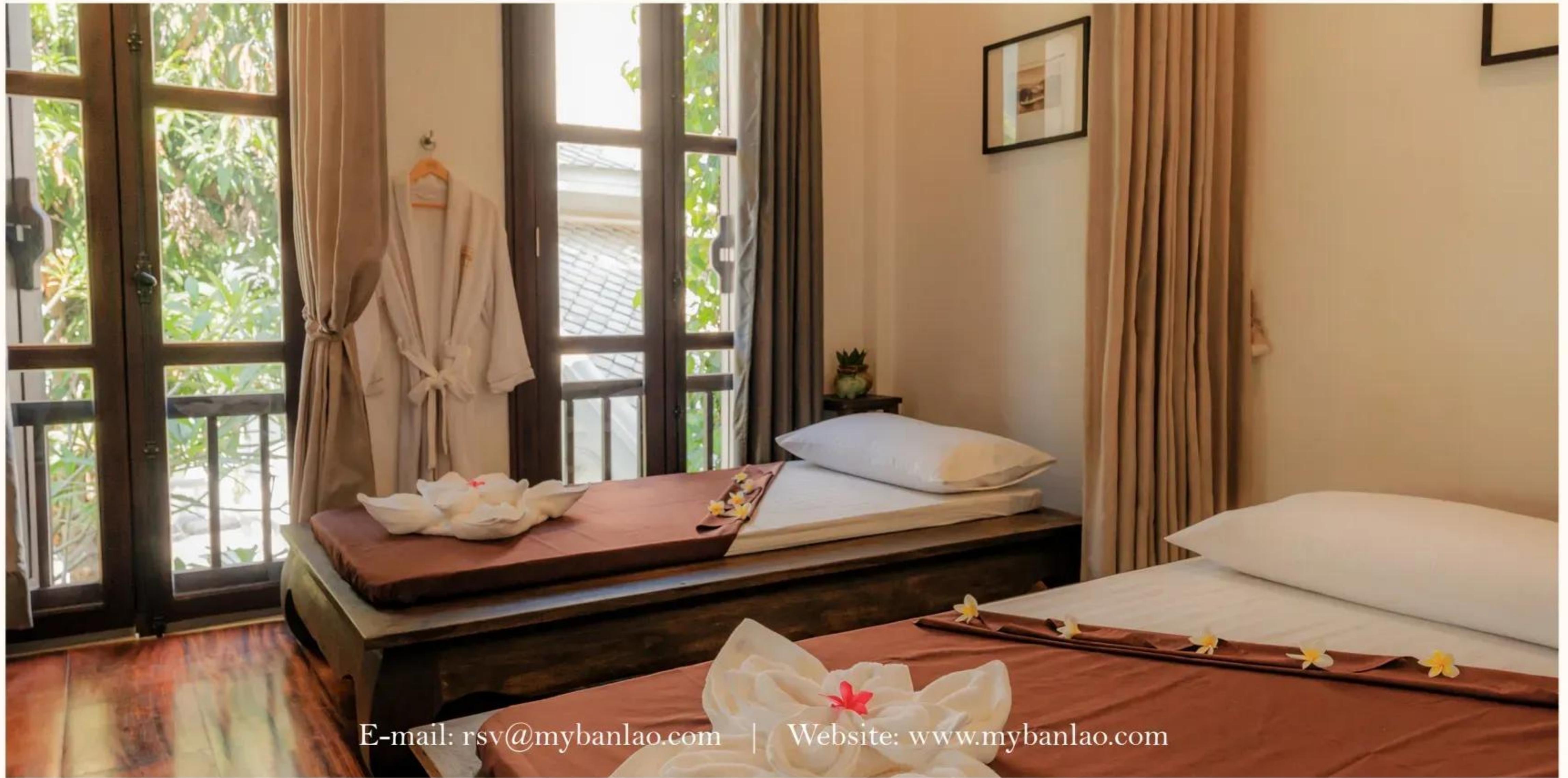
ผ่อนคลายด้วยการนวดผ้าสะหมุนไผ่ของเรารา, นำชาเขียวอัดสะหมุนไผ่ที่หัน และ เตากมิกพื้นเมือง เพื่อบันเทาความตึงเครียด. ประสบกับความอิ่มน้ำที่ผ่อนคลายในขณะที่ป่าสะหมุนไผ่เริดให้ความเป็นห่วง , เริดให้เจ้ามีสุขภาพดี. ทุ่งไส่ความร้อนที่เต้มไปด้วยยาสะหมุนไผ่ที่มีกินทนอมและเขื่องเหดแม่นได้ถูกอย่างเพื่อปิดป้ออยความกัดดัน, ปับปุ่กงานใหญ่ runway, และสิ่งเสิมงานผ่อนคลาย. เตากมิกนี้ช่วยบันเทา อาบน้ำปัดก้ามเนื้อ, หุดผ่อนคลายอักเสบ, และปับปุ่กสุขภาพโดยล้อมสำลับประสบการณ์พื้นญี่.

尽情放松，体验我们的草药袋按摩，利用蒸汽草药袋和传统技巧缓解紧张和压力。当草药袋释放出温暖时，体验舒缓的温暖，让您感觉焕然一新。装有芳香草药和香料的加热袋轻柔地应用于释放紧张，改善循环，并促进放松。这种技术能缓解肌肉疼痛，减轻炎症，并增强整体健康，让您感受焕发的体验。

우리의 허브 보관 마사지로 풀어내세요. 이 마사지는 증기로 가공된 허브 보관과 전통 기술을 활용하여 긴장과 스트레스를 완화합니다. 허브 보관이 걱정을 녹이는 따뜻함을 경험하세요. 향긋한 허브와 향신료가 가득 담긴 뜨거운 파우치는 긴장을 풀어주고, 혈액 순환을 개선하며 편안함을 촉진합니다. 이 기술은 근육통을 완화하고 염증을 줄이며 전반적인 웰빙을 향상시켜주는 특별한 경험을 제공합니다. 편안함을 경험해보세요.



Discover the rejuvenating power of Traditional Lao/Thai Massage, an ancient technique that applies targeted pressure to pain points using hands and palms to relieve tension and stress. Rooted in Lao culture, this massage incorporates elements of spirituality and mindfulness, offering not just physical benefits but also emotional and mental relaxation. Experience a holistic approach to health and wellness, connecting mind, body, and spirit for complete rejuvenation.

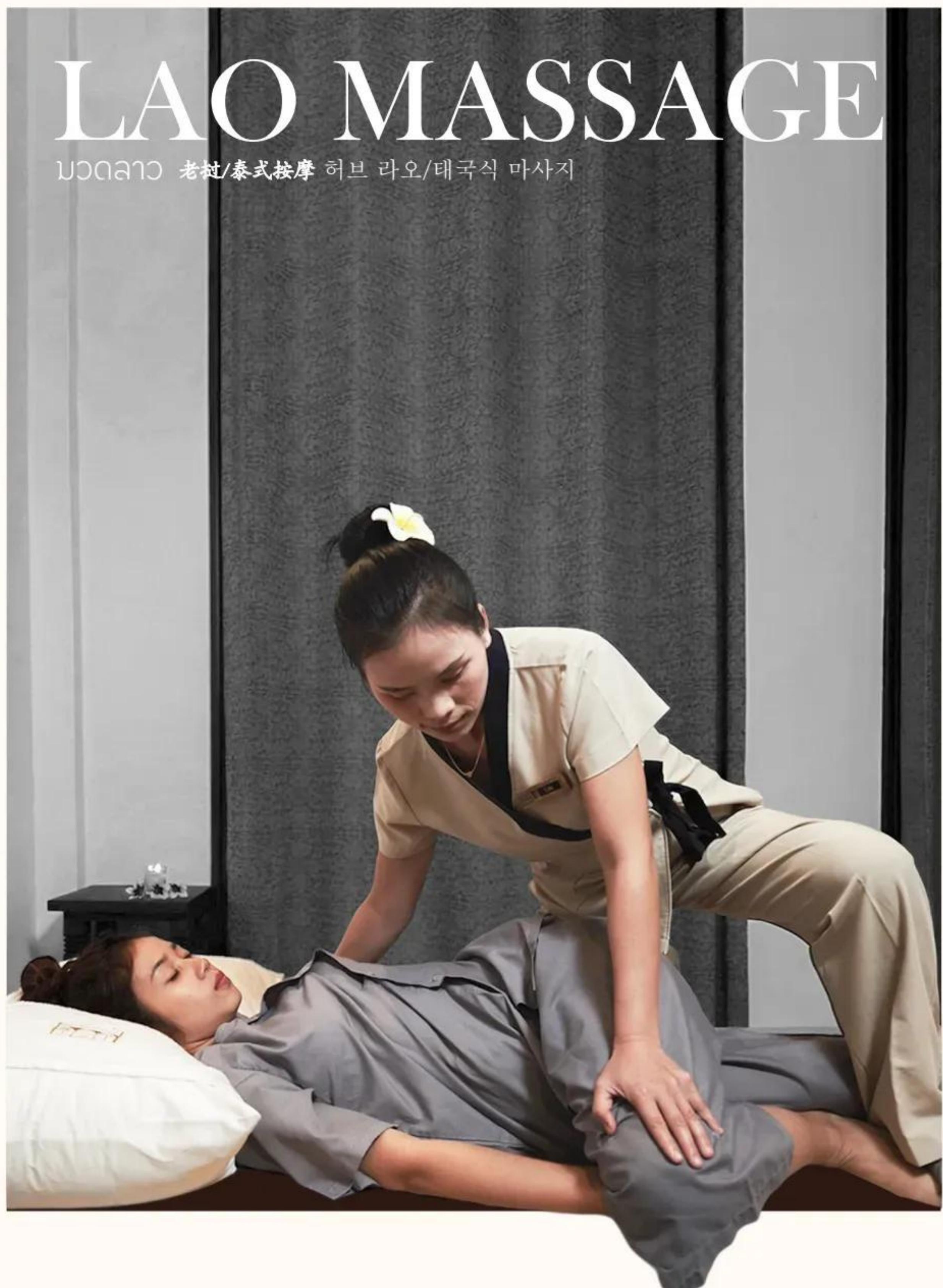


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ຄົ້ນພົບພະລັງຄວາມສົດຊື່ນຂອງການນວດພື້ນເມືອງລາວ/ໄທ, ເຕັກນິກບູຮານທີ່ນຳໃຊ້ແຮງດັນເປົ້າໝາຍໃສ່ຈຸດເຈັບປວດໂດຍໃຊ້ມີ ແລະ ຜາມີເພື່ອຜ່ອນຄາຍຄວາມຕຶງຄຽດ. ຮາກຖານຢູ່ໃນວັດທະນະ ທໍາລາວ, ການນວດມີລວມເຮົາອົງປະກອບຂອງຈິດໃຈແລະສະຕີ, ບໍ່ ພຽງແຕ່ໃຫ້ຜົນປະໂຫຍດທາງດ້ານຮ່າງກາຍເທົ່ານັ້ນ, ແຕ່ຍັງເປັນ ການຜ່ອນຄາຍອາລົມແລະຈິດໃຈ. ປະສົບການແຕ່ມັນສ່ວນເພື່ອ ສຸຂະພາບແລະສຸຂະພາບ, ການເຊື່ອມຕໍ່ຈິດໃຈ, ຮ່າງກາຍ, ແລະ ວິນ ຍານເພື່ອການພື້ນພູທີ່ສົມບູນ.

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Experience ultimate relaxation with our Aromatherapy Massage. Immerse yourself in aromatic essential oils expertly massaged into your skin, soothing your mind and soul. Let the healing properties of the oils envelop your body, leaving you feeling rejuvenated and refreshed. This therapeutic treatment combines massage therapy with essential oils extracted from plants, and applied to the skin during the session.

# AROMATHERAPY MASSAGE

นวดน้ำมัน

芳香疗法按摩

아로마테라피 마사지



ປະສົບການການຜ່ອນຄາຍສູງສຸດດ້ວຍການນວດຫອມລະເທີຍຂອງພວກເຮົາ. ເອັນນໍາມັນຫອມລະເທີຍທີ່ມີນໍາມັນຫອມລະເທີຍທີ່ນວດເຂົ້າໄປໃນຜິວຫນັງຂອງເຈົ້າ, ຜ່ອນຄາຍຈິດໃຈແລະ ຈິດວິນຍານຂອງເຈົ້າ. ໃຫ້ຄຸນສົມບັດປິ່ນປົວຂອງນໍາມັນຫຼຸມຮ່າງກາຍຂອງເຈົ້າ, ເຮັດໃຫ້ທ່ານຮູ້ສຶກສົດຊື່ນແລະສົດຊື່ນ. ການປິ່ນປົວດ້ວຍການປິ່ນປົວນີ້ປະສົມປະສານການປິ່ນປົວດ້ວຍການນວດດ້ວຍນໍາມັນທີ່ຈຳເປັນທີ່ສະກັດຈາກພິດ, ແລະນຳໃຊ້ກັບຜິວຫນັງໃນລະຫວ່າງກອງປະຊຸມ.

通过我们的芳香疗法按摩体验终极放松。沉浸在专业按摩师巧妙按摩到您的皮肤中的芳香精油中，舒缓您的心灵和灵魂。让精油的治疗特性包裹您的身体，让您感觉焕发和清爽。这种治疗性疗法将按摩疗法与植物提取的精油结合起来，在整个疗程中涂抹于皮肤上。

저희의 아로마테라피 마사지로 극한의 편안함을 경험하세요. 향기로운 에센셜 오일에 담긴 전문가의 마사지로 피부에 푹 스며들어 마음과 영혼을 달래보세요. 오일의 치유적 특성을 몸에 품게하여 활력과 상쾌함을 느껴보세요. 이 치료적인 치료는 식물에서 추출한 에센셜 오일을 마사지 치료와 결합하여 세션 동안 피부에 바르는 것으로 진행됩니다.





Experience intense pressure relief with our Deep Tissue Massage, perfect for those seeking profound tension release. Skilled therapists apply strong force using aromatic oils and specialized creams to target specific areas of tension. Through sustained pressure and deliberate strokes with hands, fingers, elbows, and forearms, we focus on releasing deep-seated tension and knots within muscles and connective tissues. Ideal for enthusiasts of robust massages.

ประสบการณ์การบันเทิงความกัดดันย่างเข้มข้นด้วยการนวดเนื้อเยื่อเลิกของพวกร้า, ที่สมบูรณ์แบบสำหรับผู้ที่ต้องการความกัดดันย่างเลิกได้. ผู้ป่วยเป็นปีวที่มีความจำเป็นสำหรับการใช้กำลังที่เข้มแข็งโดยนำให้เข้ามั่นท่องละเทียบและสกัดพิเศษเพื่อเป้าหมายของการนวดที่ต้องการ. โดยผ่านความกัดดันที่ยืนยันและจัดห่วงโดยเจดตะนาด้วยมือ, นิ้วมือ, สอง, และ forearms, พวกร้าสูมใส่การนวดที่ต้องการความกัดดันที่เลิกและ knots พายในก้ามขึ้นและเนื้อเยื่อเขื่อนต่อ. เท่านี้สำหรับผู้ที่ต้องการลืมงานนวดที่เข้มแข็ง.

通过我们的深层组织按摩，体验强烈的压力缓解，非常适合寻求深度释放紧张的人士。技艺精湛的治疗师使用芳香精油和专业的乳霜，施加强大的力量，针对特定的紧张区域进行按摩。通过持续的压力和有意识的手法，包括手、手指、肘部和前臂，我们专注于释放肌肉和结缔组织中深层的紧张和结节。非常适合喜欢强力按摩的爱好者。

저희의 딥 티슈 마사지로 강력한 압력을 경험하세요. 깊은 긴장을 해소하는 분들에게 완벽한 선택입니다. 숙련된 치료사들은 특정 긴장 지역을 대상으로 강력한 힘을 가하는 향기로운 오일과 전문적인 크림을 사용합니다. 손가락, 손, 팔꿈치 및 전원을 사용하여 지속적인 압력과 의도적인 획을 통해 근육과 결합 조직 내 깊숙한 긴장과 매듭을 해소하는 데 중점을 둡니다. 튼튼한 마사지를 좋아하는 사람들에게



ນວດເນື້ອເຢືອເລິກ 深层组织按摩 딥 티슈 마사지

# DEEP TISSUE MASSAGE

# BACK SHOULDER HEAD MASSAGE

ນັດ ຫົວ ບ່າ ຫຼັງ

背部肩部头部按摩

등 어깨 머리 마사지



Indulge in targeted relaxation with our Back Shoulder Head Massage, perfect for upper body relief. Therapists use balm to ease tension and boost circulation in your back, shoulders, and head. This therapeutic treatment focuses on releasing tension and promoting relaxation in the upper body, offering benefits such as stress relief, improved circulation, reduced muscle pain, and enhanced relaxation. Ideal for alleviating stress and tension while promoting overall wellness.

พักผ่อนตามเป้าหมายด้วยการนวดทั่วบ่าหัวใจและหัวของเรา, 亥มาส์สำลับกานผ่อนคลายร่างกายส่วนบน. Therapists ใช้ balm เพื่อผ่อนคลายความเครียดและเพิ่มการไหลเวียนของเลือดไปที่บ่า, หัวใจ และหัวใจหัว. การนวดเป็นปัจจัยหลักในการนวดที่ช่วยให้ร่างกายผ่อนคลายและฟื้นฟูสุขภาพ. การผ่อนคลายยังช่วยลดความเครียดและบรรเทาอาการปวดที่เกิดจากความตึงเครียดทางกายภาพ. การนวดที่นี่จะช่วยให้ร่างกายผ่อนคลายและฟื้นฟูสุขภาพโดยรวม.

沉浸在我们的背部肩部头部按摩中，享受有针对性的放松，非常适合缓解上半身的压力。治疗师使用香膏缓解背部、肩部和头部的紧张，并促进血液循环。这种治疗性疗法专注于释放上半身的紧张并促进放松，提供诸如缓解压力、改善循环、减轻肌肉疼痛和增强放松等好处。非常适合缓解压力和紧张，同时促进整体健康。

우리의 등 어깨 머리 마사지로 특별한 휴식을 즐기세요. 상체의 해소를 위한 완벽한 선택입니다. 치료사들은 바르듯이 마사지할 수 있도록 유액을 사용하여 등, 어깨 및 머리의 긴장을 완화하고 혈액 순환을 촉진합니다. 이 치료적인 치료는 상체의 긴장을 해소하고 휴식을 촉진하는 데 중점을 두어, 스트레스 해소, 혈액 순환 개선, 근육통 감소 및 휴식 향상과 같은 이점을 제공합니다. 전반적인 웰빙을 촉진하면서 스트레스와 긴장을 완화하는 데 이상적입니다.





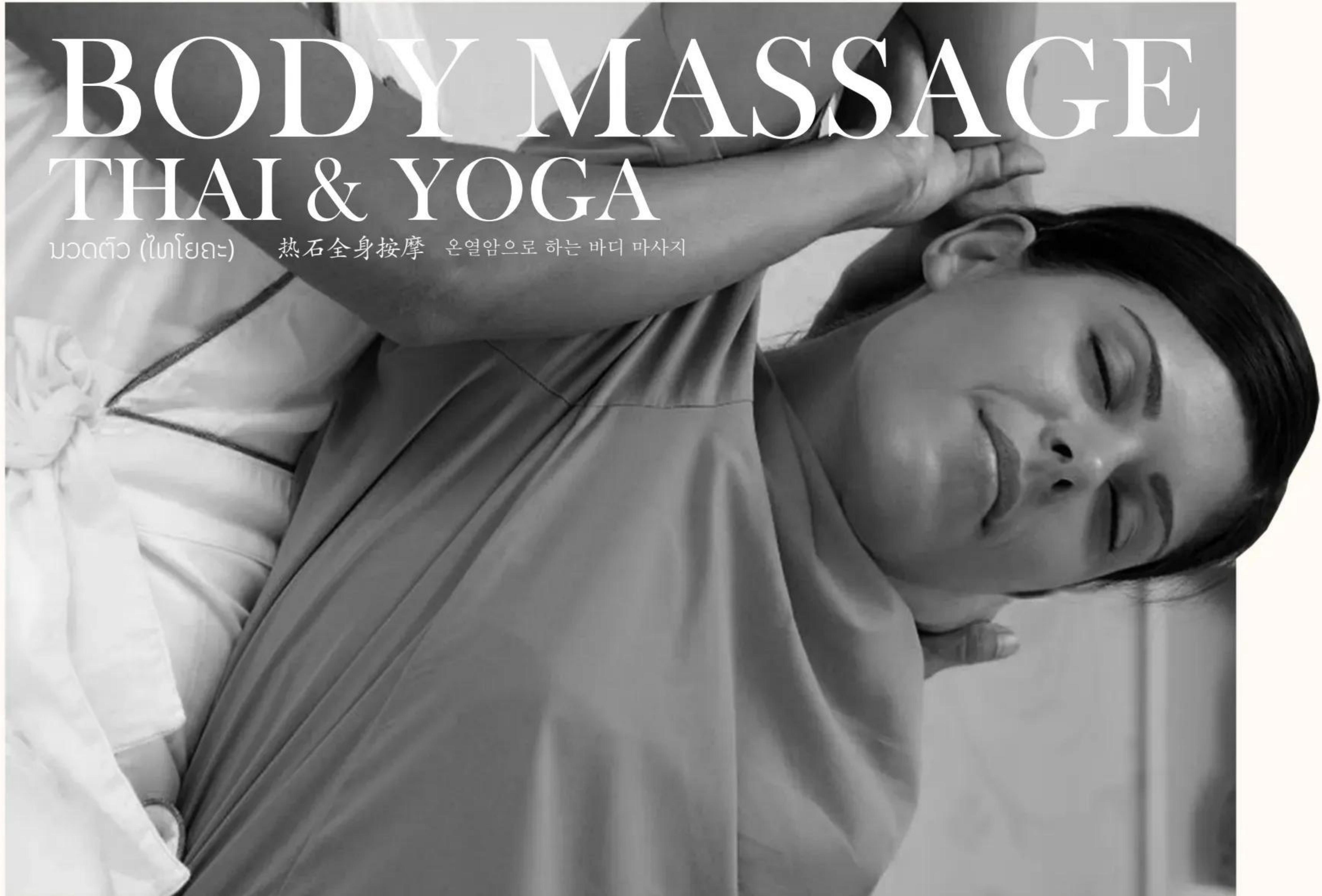
Experience the rejuvenating blend of Thai massage and yoga with our exclusive Body Massage (Thai & Yoga). Tailored for those with body stress and tension, this special massage follows the traditional Thai Yoga style. Our therapists, trained by yoga masters from Singapore, use their feet to apply deep pressure techniques, targeting tight muscles for relaxation and flexibility. This holistic approach combines Thai massage's acupressure and energy work with yoga principles for complete rejuvenation.

ประสบการณ์การนวดที่ผสมผสานความสดชื่นของกิจกรรมนวดไทย และโยคะด้วยการนวดร่างกายสะเพาะ (ไทย และโยคะ)。กิจกรรมนวดแบบพิเศษนี้เน้นไปตามแบบโยคะพื้นเมืองของไทย。นักบำบัดของพวงเริ่ง, กิจกรรมฝึกหัดโดยแม่บิดโดยผู้เชี่ยวชาญสิงห์บุป, ใช้ต้นของพวงเริ่งเพื่อเข้ามือให้เต็มที่กับกิจกรรมกีดดันเลิก, เป้าหมายก้ามธันญ์แห่งนั้นสำลับกิจกรรมผ่อนคลายและความยืดหยุ่น。วิธีการนวดแบบล้อมตัวนี้ล้อมเข้ากิจกรรมนวดแบบเลี้ยวลัดของไทย และกิจกรรมเรัดวຽກพะลังงานกับหุ้นกิจกรรมโยคะเพื่อกิจกรรมฟื้นฟูป่าสัมบูรณ์。

体验泰式按摩和瑜伽的焕发融合，尽在我们的独家全身按摩（泰式与瑜伽）。这种特别按摩专为那些有身体压力和紧张的人而设计，遵循传统的泰式瑜伽风格。我们的治疗师受新加坡瑜伽大师的训练，使用脚施加深层压力技巧，针对紧张的肌肉进行放松和增加柔韧性。这种整体方法将泰式按摩的穴位按摩和能量调理与瑜伽原理结合起来，实现完全的焕发。

# BODY MASSAGE THAI & YOGA

ນັດຕົວ (ໄທໂຍຄະ) 热石全身按摩 온열암으로 하는 바디 마사지



# BODY MASSAGE WITH HOT OIL

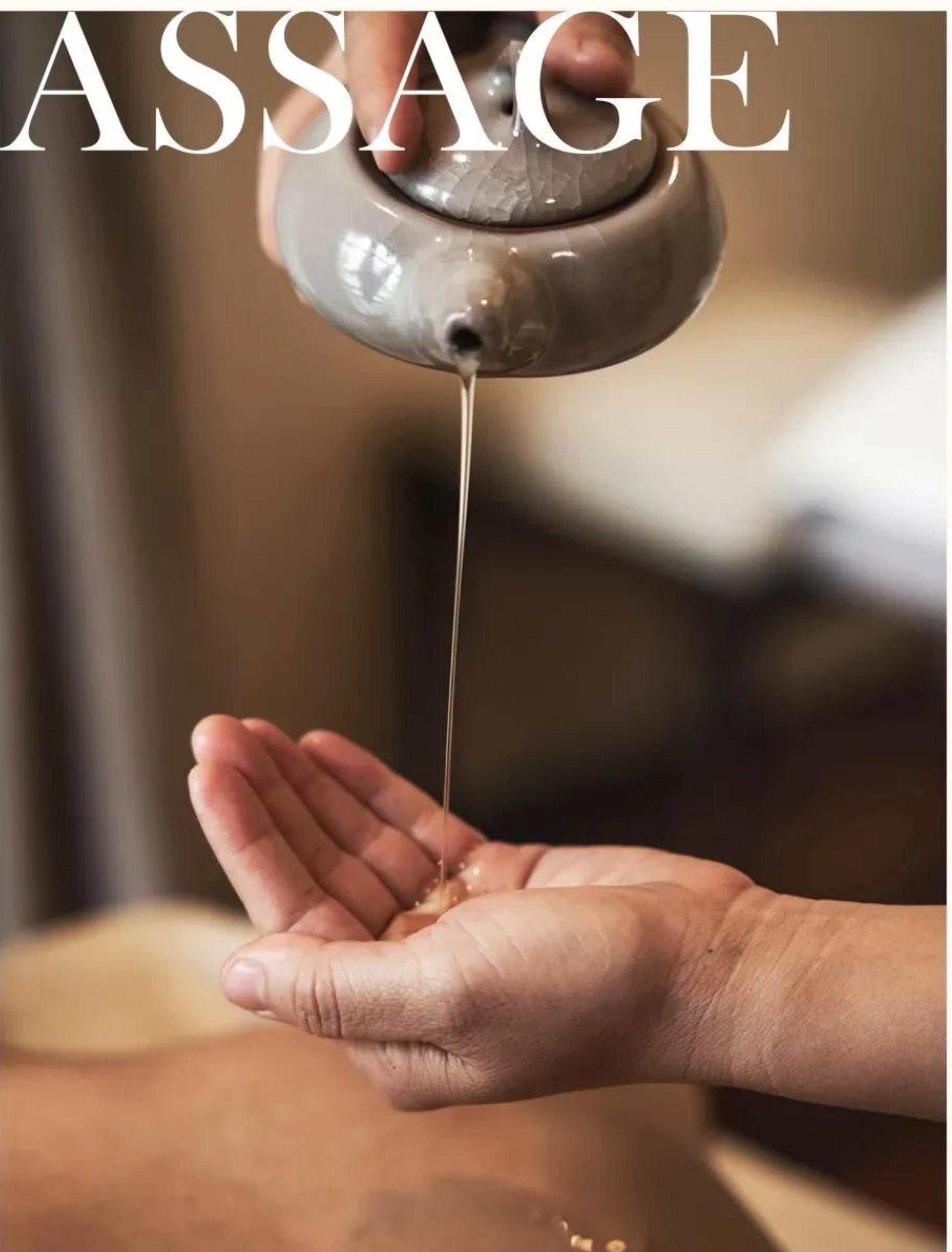
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热油全身按摩

핫 오일을 사용한 바디 마사지

Indulge in ultimate relaxation with our Body Massage with Hot Oil. Immerse yourself in aromatic essential hot oil, soothing your mind and soul while restoring balance. Experience deep relaxation and tension relief as the therapist applies warmed oil, allowing for deeper pressure to work out knots effectively. The warmth of the oil enhances circulation, promoting oxygen and nutrient flow, and aiding toxin removal.

ເພີດເພີນກັບການຜ່ອນຄາຍສຸດທ້າຍດ້ວຍການນວດຮ່າງກາຍຂອງພວກເຮົາດ້ວຍນໍາມັນຮ້ອນ. ເຮົາຕົວຫ່ານເຂົ້າໄປໃນນໍາມັນຮ້ອນທີ່ມີກິ່ນຫອມ, ຜ່ອນຄາຍຈົດໃຈແລະຈົດວິນຍານຂອງເຈົ້າໃນຂະນະທີ່ເພີ້ນຝູຄວາມສົມດູນ. ປະສົບການການຜ່ອນຄາຍຢ່າງເລີກເຊິ່ງ ແລະບັນເທົາຄວາມຕົງຄຽດ ໃນຂະນະທີ່ຜູ້ປິ່ນປົວໄດ້ໃຊ້ນໍາມັນທີ່ອົບອຸ່ນ, ຊ່ວຍໃຫ້ມີຄວາມກົດດັນທີ່ເລີກເຊິ່ງກວ່າເພື່ອເຮັດວຽກອອກ knots ໄດ້ຢ່າງມີປະສິດທິພາບ. ຄວາມອົບອຸ່ນຂອງນໍາມັນຊ່ວຍເພີ່ມການໃຫ້ວຽນຂອງອົກຊີເຈນ, ສົ່ງເສີມການໃຫ້ວຽນຂອງອົກຊີເຈນແລະສານອາຫານ, ແລະຊ່ວຍກຳຈັດສານພິດ.





尽情享受我们的热油全身按摩，体验终极放松。沉浸在芳香的热精油中，舒缓您的心灵和灵魂，恢复平衡。治疗师施加温热的精油，帮助深度压力有效解开结节，让您体验深度放松和缓解紧张。油的温暖增强了血液循环，促进氧气和营养物质的流动，有助于排除毒素。

저희의 핫 오일을 사용한 바디 마사지로 극한의 편안함을 즐겨보세요. 아로마 향기로 가득 찬 핫 오일에 몸을 담그며, 마음과 영혼을 달래고 균형을 회복합니다. 치료사가 따뜻한 오일을 바르면서 깊은 압력을 가해 매듭을 효과적으로 풀어내어 깊은 휴식과 긴장 완화를 경험할 수 있습니다. 오일의 따뜻함은 혈액 순환을 촉진하고 산소와 영양분의 흐름을 증진시켜 독소를 제거하는 데 도움을 줍니다.



Indulge in ultimate relaxation with our Body Massage with Hot Stone. Enjoy a soothing aromatic oil massage followed by hot stone application. Skilled therapists use the stones' heat for gentle pressure, promoting deep muscle relaxation. Feel rejuvenated as stress melts away. This therapeutic treatment combines massage therapy with heated stones and oils, alleviating tension and promoting overall well-being.

Piedpen กับการผ่อนคลายสุดท้ายด้วยการนวดร่างกายช่องพอกเร้าด้วยหินร้อน. Piedpen ไปกับการนวดน้ำมันหอมระ夷ตามด้วยการใช้หินร้อนทิ่น. นักป่นปือที่มีความชำนาญใช้ความร้อนช่องหินร้อนทิ่นสำลับความกดดันที่ต้องโนย, ส่งเสริมการผ่อนคลายร่างกายอุ่นเลิก. รู้สึกสดชื่นเมื่อความตึงเครียดหายไป. การป่นปือด้วยหินเป็นปือด้วยการป่นปือปะส์มปะสานกับป่นปือด้วยหินที่มีความร้อนและน้ำมัน, หุ่ดผ่อนคลายถึงตัวและส่งเสริมสุขภาพโดยรวม.

尽情享受我们的热石全身按摩，沉浸在舒缓的芳香精油按摩后，接着是热石的应用。技艺精湛的治疗师利用石头的热量施加轻柔的压力，促进深层肌肉放松。感受到压力消失时焕然一新的感觉。这种治疗性疗法将按摩疗法与加热石头和精油相结合，缓解紧张，促进整体健康

핫 스톤을 사용한 바디 마사지로 극한의 편안함을 누려보세요. 진정한 향기로운 오일 마사지를 즐기신 후 핫 스톤을 사용한 마사지를 받으세요. 숙련된 치료사들은 돌의 열기를 이용하여 부드러운 압력을 가해 근육을 깊게 이완시킵니다. 스트레스가 사라질 때 새로워지는 느낌을 느껴보세요. 이 치료적인 치료는 마사지 치료와 가열된 돌과 오일을 결합하여 긴장을 완화하고 전반적인 웰빙을 촉진합니다.

# BODY MASSAGE WITH HOT STONE

นวดตัวด้วยหินร้อน 热石全身按摩 온열암으로 하는 바디 마사지





# FACEIAL ACUPRESSURE MASSAGE

领悟面部穴位按摩 面部穴位按摩 얼굴 경락압 마사지

Revitalize your skin with our Facial Acupressure Massage. Our skilled staff cleanse with organic products, followed by gentle scrubbing. Acupressure stimulates key points, enhancing circulation and skin health. Feel rejuvenated as your skin becomes smoother and firmer. This therapeutic technique combines traditional acupressure with tailored massage for relaxation and overall well-being, focusing on key facial points for a youthful glow.

เพิ่มฟูผิวช่องท่านด้วยการนวดใบหน้าช่องพอกเรา. พะนักງานที่มีความชำนาญช่องพอกเรารีดความสะอาดด้วยผงลิดตะพันอินธิ, ประติบัตตามด้วยการขัดป่าก่ออ่อนโยน. Acupressure กะตุนจุดสำคัญ, เสิมชะ่ายากาณให้รุ่นช่องและสุขภาพผิวหนัง. รู้สึกสดชื่นมีผิวหนังช่องท่านอ่อนนุ่มขึ้น และ แน่นหนา. เต็กลูกากานเป็นปีวนี้ล้มເเรากานนวดแบบดั้งเดิมด้วยการนวดแบบปับแต่งสำคัญกานผ่อนคลายและสะท้อนดิพาบโดยล้ม, โดยเน้นใช้จุดสำคัญช่องใบหน้าเพื่อความสะท้อนช่องไวหนุ่ม.

使用我们的面部穴位按摩焕发您的肌肤活力。我们技艺娴熟的员工使用有机产品进行清洁，然后进行轻柔的磨砂。穴位按摩刺激关键穴位，促进血液循环和皮肤健康。当您的皮肤变得更加光滑紧实时，感受到焕发的感觉。这种治疗性技术将传统穴位按摩与量身定制的按摩相结合，旨在放松和促进整体健康，重点关注面部关键穴位，带来青春的光彩。

페이셜 경혈 마사지로 피부를 활기차게 만들어 보세요. 저희 숙련된 스태프가 유기농 제품으로 클렌징한 후 부드러운 스크럽을 따라옵니다. 경혈 마사지는 주요 지점을 자극하여 혈액 순환과 피부 건강을 증진시킵니다. 피부가 더 부드럽고 탄력있어지면서 활력을 느껴보세요. 이 치료적인 기술은 전통적인 경혈 마사지를 특별히 디자인된 마사지와 결합하여 편안함과 전반적인 웰빙을 위해 중요한 얼굴 지점에 초점을 맞춥니다.