

ไอร่ว่าน

A I W A A N

S P A

# A SANCTUARY FOR THE SENSES

In order to preserve the peace and tranquility of the spa environment and ensure the best possible experience for all our guests, we respectfully suggest the following guidelines for your visit:

- Arriving 10 minutes prior to your scheduled appointment will allow you time to fill in a consultation card and discuss any concerns you may have with our spa consultants.
- Guests are asked to refrain from using mobile phones within the spa.
- Smoking is not permitted in the spa.
- Valuables and jewellery are best kept in your suite's safety box.
- Pregnancy: Please inform us if you are pregnant so that our spa consultants can guide you in choosing treatments suitable for this special time.
- Health: Please inform us of any health conditions, allergies or injuries which may affect your treatment experience when you make your booking.
- Cancellation: Three hours' notice is required should you need to cancel or reschedule your appointment.
- A 50% charge will apply for cancellations of less than three hours' notice and a 100% charge will apply for cancellations with no notice.
- Children: To preserve the tranquility of the spa environment for all of our guests, children under the age of 7 years are not permitted in the spa.
- All treatments and services are subject to 10% service charge and 7% government tax and will be billed directly to your suite account.

Advance bookings are highly recommended to ensure your preferred time and treatment is available.

# THE HERITAGE THROUGH THE TIME

Since ancient times, one of the naturalistic branches of traditional Thai medicine is the herbal steam sauna which the healing power of herbal saunas and steam baths has been well known. In Thailand, herbal saunas are popularly used after childbirth and for many other health-promoting purposes. In recent times, it has also been employed as part of drug rehabilitation programs and in spas for weight reduction.

The benefits of herbs transformed into the subtle medium of steam help remove toxins, boost wellness, increases body energy and relieve respiratory ailments such as asthma, bronchitis, sinusitis and allergies, refreshes the blood circulation, while at the same time easing muscle tension and stiff joints. Importantly, the ethereal quality of steam uplifts the spirit and promotes inner peace and reduces stress.

Our steam sauna uses only locally-sourced, natural herbs such as lemongrass, acacia, ginger leaves, kaffir lime leaves and croton leaves as main ingredients which generate the reduction cause of skin problems such as carbuncles, itching or even eczema, cold and flu, joint pain and bacterial infection.

Several therapists recommend that a herbal steam sauna before a massage initiates a synergistic rapport and adds to the ability to cure of a wide range of internal and external pain and illness syndromes, besides being deeply restorative for the mind and the emotions.

## **Raya Heritage Herbal Steam**

30 minutes:1,000++

# RIVER SANCTUARY PACKAGE

## The Romance Relaxation Package

165 minutes: 9,800++ / 2 persons

### **A romantic spa journey**

**which truly alleviate you with the organic rose scent.**

Experience the true heritage of mixed organic herbal treatment by spending the time together with the most relaxing and refreshing hot herbal steam gathered by local guru. Treat yourself by applying the natural sweet scent of rose petal body oil, to balance out all of the elements inside the body. Pleasing the Romance Sanctuary Package with facial treatment is a must. Stimulating the growth cell, moisturizing, and detoxifying the face will create the most pleasure results and satisfaction.

- Footbath
- Herbal Steam
- Rose Tea
- Four Element Massage
- Detoxifying Facial

## The Stretching Crossroad Journey Package

195 minutes: 7200++

### **An immerse spa experience that will submerged you into a deep relaxing massage.**

Embark on the crossroad journey with a soothing Thai Herbal Steam which helps remove toxins, boost wellness, and relieves respiratory ailments. Then experience the cross cultural combination treatment of oil free northern Thai and old traditional Myanmar massage which helps improve body movement and flexibility along with reducing the aches and pain in certain areas of the body. Wrap up the journey with a Tanaka facial treatment which the softening and whitening of skin.

- Footbath
- Herbal Steam
- Rose Tea
- Four Element Massage
- Detoxifying Facial

## The Sanctuary Voyage Package

195 minutes: 7000++

### **Savour a peaceful and release muscle tension experience with truly excellent well-ness**

Loosen up and cruise in with the tropical herbal steam treatment. Eliminating toxins from the body while leaving the feeling of refreshed and calm. Soothing your body with a compression massage using a natural gentle oils which blends in the harmonization and help taking the cure of gingival fluid. Sequentially, Thai Herbal scrub treatment offered an outstanding exfoliated experience of wellness and nourishing the overall skin to give the paramount peace through the voyage.

- Footbath
- Au-Mann Massage
- Herbal Tea
- Herbal Steam
- Herbal Scrub

## The Revitalizing Sensation Package

195 minutes: 7800++

### **Hot Stone therapy experience prevents muscles soreness and helps rejuvenate**

Underlying stress and revitalizing the skin with an enriched herbal steam treatment followed by one of the renowned signature hot stone massage experience, with the basalt and colored chakra stones releasing the muscle tension, improving blood circulation and excellent at loosening tight and sore muscles while eliminating toxins from inner body. Furthermore, to get the fullest reawakening, Tanaka facial treatment has you covered offering an enhancing wellness and help rejuvenate the facial skin.

- Footbath
- Hot Stone Massage
- Herbal Tea
- Herbal Steam
- Tanaka Facial

# RITUALS

## **Raya Heritage Signature Massage** (Relieves muscle tension)

75 minutes: 3,700++

105 minutes: 5,200++

In this signature massage, traditional Thai herbal compresses are heated with aromatic oils and then used to massage the body and limbs. The treatment improves muscle tone and imparts a feeling of total relaxation by soothing away accumulated tension and stress throughout the body.

- Footbath
- Herbal Refreshment
- Muscle Soothing Oil Massage with Signature Hot Compresses

## **Silk Massage** (Body stretching)

75 minutes: 3,700++

105 minutes: 5,200++

This ancient northern traditional massage promotes peace of mind and a relaxed state by using lengths of silk for body stretching. This is followed by a deep-tissue herbal oil massage focusing on the neck, shoulders, scapula, upper and lower back, feet and lower legs.

- Footbath
- Herbal Refreshment
- Deep-Tissue Body Stretching Oil Massage with Silk

## **Ayatana Ritual** (Body and mind relaxation)

75 minutes: 3,000++

105 minutes: 4,000++

In Buddhism, there are six internal Ayatana (sense-bases), consisting of the eyes, ears, nose, tongue, body and mind, and six external Ayatana, which are visible form, sound, aroma, flavour, touch and perception. The balance of these sense-bases affect our health, and this massage therapy employs carefully blended, natural aromatic oils to bring the body back to a state of equilibrium.

- Footbath
- Herbal Refreshment
- Full Body and Mind Balancing Tradition Massage

### **Bamboo Massage** (Deep relaxation and well-being)

75 minutes: 3,700++

105 minutes: 5,200++

Chinese and Northern Thai cultures regard bamboo as a symbol of life energy, prosperity, longevity, sexuality and fertility due to its soft, holistic appearance contrasting with its tensile strength. Massage using lightly heated, thick joints of bamboo is an ancient therapy, revived at Raya Heritage, which helps alleviate pain, particularly in the neck and shoulders. Bamboo massage also produces a deep sense of relaxation, serenity and well-being.

- Footbath
- Deep Relaxing Bamboo Therapy Massage
- Herbal Refreshment

### **Raya Heritage Hot Stone Massage** (Deep relaxation)

75 minutes: 3,700++

105 minutes: 5,200++

Raya Heritage's Hot Stone Massage uses heated basalt and coloured chakra stones to relax the body, release muscular tension, and improve blood circulation and oxygen flow while at the same time eliminating toxins and waste products. Especially good for loosening up tight, sore muscles, this therapy re-energises the body and promotes well-being.

- Footbath
- Re-energises Coloured Heated Chakra stone Massage
- Herbal Refreshment

### **Aromatic Four-Element Massage** (Deep relaxation)

75 minutes: 3,200++

105 minutes: 4,700++

The basic principle of this therapy is that the human body mirrors nature on a smaller scale, and everything that exists in the external universe also appears in the internal cosmos of the human body, in altered form. This traditional Thai concept of healing using the four elements works with natural aromatic oils carefully blended to harmonize the corresponding elements in the body.

- Footbath
- Elements Aromatic Oil Massage
- Natural Four
- Herbal Refreshment

## **Au-Mann Thai Burmese Massage** (Energy and circulation)

105 minutes: 3,700++

120 minutes: 5,600++

This classic oil-free Northern Thai massage originated in Myanmar as a way to prevent disease and treat people experiencing chronic pain by focusing on stretching techniques to improve the body's motor responses. With regular Au-Mann treatment, physical stability and flexibility can be improved and unwanted stiffness and other symptoms can be prevented.

- Footbath
- Herbal Refreshment
- Northern – Myanmar Classic Stretching Massage

## **Back, Neck & Head Massage**

75 minutes: 2,800++

Tight muscles reduce circulation, letting waste products accumulate, which can leave you feeling fatigued and sore and can irritate nerves, causing pain to spread. This massage releases contracted muscles, increases circulation and relaxes the nervous system. Toxins are flushed away and replaced with oxygen and nutrients. This massage promotes better sleep with the first treatment.

- Footbath
- Back/Neck/Head Massage
- Herbal Refreshment

## **Foot Massage**

75 minutes: 2,800++

Indulge in a soothing foot bath followed by the art of reflexology, which applies medium massage pressure to specific points on the feet that correspond with the body's vital organs. This technique corrects imbalances and promotes your body's natural self-healing mechanisms by boosting the immune system.

- Footbath
- Soothing Foot Massage
- Herbal Refreshment



# FACIALS

## **Thanaka Facial Treatment**

75 minutes: Baht 3,500++

Thanaka is a health and beauty-promoting natural face powder ground from the bark of the Thanaka tree. The Burmese have applied Thanaka powder to protect and beautify their faces for over 2,000 years. Its nourishing, hydrating and cooling effects make it an excellent choice after exposure to the sun.

- Footbath
- Natural Thanaka herb Facial Treatment
- Herbal Refreshment

## **Detoxifying Facial**

75 minutes: Baht 3,000++

This extremely rich facial treatment is excellent for promoting skin cell rejuvenation. Using essential oil blended with fine gold, it stimulates cell growth and maintains moisture and suppleness. The result is a younger and fresher-looking face. This firming facial therapy is suitable for dry, mature skin.

- Footbath
- Skin Rejuvenating Facial Treatment
- Herbal Refreshment

# BODY TREATMENTS

## **Thai Traditional Herbal Scrub**

75 minutes: 3,000++

Daily environmental exposure, a busy schedule and a stressful lifestyle affect your whole appearance, leaving skin tired, dull and lacking radiance. This treatment uses a blend of fresh Thai herbs designed to leave dry skin silky, smooth and naturally glowing. This treatment also promotes a sense of well-being.

- Footbath
- Tradition Thai Herbal Scrub Treatment
- Herbal Refreshment

## **Enhancing Body Wrap**

75 minutes: 3,000++

Wrap your body in a mixture of purifying and mineral rich white clay powder, tamarind paste, honey and Thanaka to melt away fatigue and detoxify the skin.

- Footbath
- Purifying Body Wrap Treatment
- Herbal Refreshment