Sauna & Massage Benefits

Using the sauna before your massage allows you to relax and warm up your muscles allowing for a more effective massage.
Enjoying the sauna after a massage is a great way to prolong the healing and restorative benefits you achieve during a massage, giving you time to integrate the work of the massage before rushing back into the world.

Ton Mai Spa

MASSAGE MENU

Thai Massage

60 MIN: 350/ 90 MIN: 500 / 120 MIN: 650

Traditional Thai massage where the therapist stretch's and pulls your limbs while using rocking motions to relieve stress and improve flexibility and circulation, leading to the deep relaxation.

Oil Massage

60 MIN: 400 / 90 MIN: 580 / 120 MIN: 750

Oil Massage is about giving relaxing pressure, gliding, rolling, stroking, rubbing, and stretching movements using the palms and thumbs while using unscented massage oil.

WITH ORGANIC COCONUT OIL: 100 BAHT EXTRA

Back & Shoulder Massage

60 MIN: 400 / 90 MIN: 580 / 120 MIN: 750

Back & Shoulder massage is similar to an Oil Massage but focuses only on the back and shoulders. This area holds allot of tension for many people and a massage focused here brings relief from physical and mental stress.

Aromatherapy Massage

60 MIN: 500 / 90 MIN: 700/ 120 MIN: 900

Aromatherapy Massage uses essential oils from various plants and herbs which are beneficial to the body. This massage will focus on relaxation to reduce fatigue and muscle stiffness.

** Organic Coconut Oil 100 Baht

** With oil or balm

Aloe Vera Massage

60 MIN: 500 / 90 MIN: 700 / 120 MIN: 900

Aloe Vera Massage is a treatment using Aloe Vera Gel to treat a sunburn and provide the healing and revitalizing benefits of Aloe Vera to skin.

Herbal Compress Massage

90 MIN: 1000 / 120 MIN: 1400

Herbal compress massage, which originated in Thailand, is a type of alternative therapy which is applied on your soft tissues such as muscles and fascia to help you relieve stress, improve your sleep, improve general well-being, promote blood circulation & stimulate the lymphatic system.

Sport Massage

60 MIN: 600 / 90 MIN: 850 / 120 MIN: 1100

A form of intense deep massage involving the manipulation of soft tissue to benefit a person engaged in regular physical activity and provide relief from injury.

Facial & Face Massage

60 MIN: 550

A Thai facial is a five step treatment including a facial cleanse, exfoliation, massage, deep cleansing mask and finally moisturizing.

Foot Massage

60 MIN: 300 / 90 MIN: 450 / 120 MIN: 550

A foot massage improves circulation, stimulates muscles, reduces tension, and often eases pain in the legs and lower back.

Body Scrub

30 MIN: 300

A body scrub consists of an oil base with exfoliating granules which slough off dead skin when it's massaged over your body. This boosts blood circulation and drains your lymph nodes by increasing the blood flow to your skin's surface.

50% OFF SAUNA & POOL ACCESS WITH ANY MASSAGE (75 THB)