



Ton Mai Spa



SPAMENU

Spa Access

200 Baht per visit or 10 visit pass 1750 Baht

Includes access to Steam Room, Dry Sauna, Cold Bath & Pool. No reservation required

Private Ice Bath

100 Baht / 2 Hours plus 30 Baht per 10 kg bag of ice

Ice requirements dependent on customer preference (Maximum 2 hours. 10 to 20 bags standard. Reservation recommended, additional to Spa Access)

1 VISIT

200 Baht

10 VISIT

1750 Baht

50%
off spa access
with any massage

100 THB



Refresh package

Body Scrub & Facial & Oil or Thai Massage

150 mín: 1100

180 mín: 1250

210 mín: 1400

Repair package

Body Scrub & Thai Massage & Sports Massage

150 mín: 1150

Couple Massage

Facial & Aromatherapy or Aloe Vera Massage

120 mín: 1850

150 mín: 2200

180 mín: 2500

Sauna & Massage Benefits

Whether you use the herbal steam room or dry sauna as a tonic for body and soul or you use it to prepare for your massage, the benefits will linger long after

- Relaxes and rejuvenates your muscles
- Prepares your body for Thai Massage
- Promotes the elimination of toxins
- Supports womb healing after Childbirth
- Relieves nasal and lung congestion from cold and flu
- Helps with weight loss



NO SPEAKER PHONE



LISTEN TO MUSIC
ONLY WITH
HEADPHONES



SAUNA BEFORE AND AFTER
USING THE STEAM ROOM/SAUNA
USING THE POOL/COLD BATH
OR HAVING A MASSAGE



QUIET PLEASE



10 YEARS AND OVER ONLY



NO OUTSIDE FOOD AND DRINK

Thai massage

60 mín: 400 90 mín: 580 120 mín: 750

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 mín: 400 90 mín: 580 120 mín: 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

Back & shoulder massage

60 mín: 400 90 mín: 580 120 mín: 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 mín: 500 90 mín: 700 120 mín: 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

Aloe vera massage

60 mín: 500 90 mín: 700 120 mín: 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 mín: 1000 120 mín: 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 mín: 600 90 mín: 850 120 mín: 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 mín: 550

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

Foot massage

60 mín: 350 90 mín: 500 120 mín: 650

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

Body scrub

30 mín: 300

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



WITH OIL OR BALM



ORGANIC COCONUT OIL 100 BAHT



Ton Mai Spa

CBD MASSAGE

CBD Oil CBD Hot Oil



DEEP
RELAXATION
100% NATURAL

CBD Oil Massage

60 mín: 1000 90 mín: 1450 120 mín: 1900

By using CBD mixtures and oils during a massage therapy treatment, you combine the many health benefits of CBD with the relaxation and health benefits of massage. CBD massage is the gold standard of deep relaxation, deep muscle and fascia release, injury treatment, pain relief and skin hydration

CBD HOT Oil Massage

60 mín: 1250 90 mín: 1800 120 mín: 2350

All the benefits of a CBD Oil Massage with the added element of heat. A coconut oil candle provides a hot Coconut CBD oil to penetrate deeper providing further benefits than a standard CBD Oil Massage

CBD Foot Massage

60 mín: 600 90 mín: 900

All the benefits of a CBD Oil Massage to relieve the stress and pain in your aching feet

CBD HOT Oil Foot Massage

60 mín: 700 90 mín: 1050

All the benefits of a CBD Oil Massage with the added element of heat. A coconut oil candle provides a hot Coconut CBD oil to penetrate deeper providing further benefits than a standard CBD Oil Massage



QUIET PLEASE



10 YEARS AND OVER ONLY



NO OUTSIDE FOOD AND DRINK