

SALA THAI SPA

a haven of calm & relaxation

Select from a plethora of massage treatments, all served up with endless Thai hospitality and emerge feeling relaxed and rejuvenated.

SIGNATURE TREATMENTS

Authentic Thai Massage

	Minutes	
Trained therapists use a range of effective techniques like stretches and acupressure to enhance the effects of this ancient, deeply restorative massage.	30	£25
	60	£45
	90	£60
	120	£75

Swedish Massage

	Minutes	
The classic massage and everyone's favourite. The movements in a Swedish massage are designed to warm up your muscles, which helps the therapist to unknot any areas of tension and relax the whole body.	30	£25
	60	£45
	90	£60
	120	£75

Hot Stone Massage

	Minutes	
A supremely relaxing massage treatment with extra pampering from warmed smooth stones. The hot stones work along with your muscles to make the massage and the effects more intense.	60	£55
	90	£80
	120	£100

Aromatherapy Massage

	Minutes	
The scented aromatic oils take you away into deep relaxation as a pampering massage soothes your muscles and calms your mind.	60	£45
	90	£60
	120	£75

Indian Head Massage

	Minutes	
The perfect holistic treatment for you if you need a boost in concentration or alertness. It's also excellent for stress relief, and if you suffer from migraines or insomnia it can help to relieve your symptoms.	30	£25
	60	£45

BODY MASSAGES

Thai Oil Massage

	Minutes	
Our therapists skilfully combine specially chosen Thai massage techniques with the comforting feeling of oil, leaving you feeling calm and relaxed.	30	£25
	60	£45
	90	£60
	120	£75

Deep Tissue Massage

	Minutes	
If you like your massage to be tough, or you're feeling sore after you've been working out, we can unknot your muscles with a deep tissue massage.	30	£25
	60	£45
	90	£60
	120	£75

Thai Poultice Massage

	Minutes	
Hot herbal compresses are used on specific parts of the body, coupled with relaxing massage techniques. Perfect for adding some warmth to your massage.	60	£55
	90	£80

Thai Foot Massage

	Minutes	
Our stress-busting Thai foot massage gets to work on areas where you're holding tension and unravels any stress using the pressure points on your feet.	30	£25
	60	£45

Four Hands Massage

	Minutes	
As you are massaged, two of our professional massage therapists work in tandem to relax tense muscles and unknot any areas of tension they find in your body.	60	£80

Couples Massage

	Minutes	
Treating your loved one to a shared massage is the perfect gift to both of you. It also gives you the chance to reconnect if you've been busy and helps to increase feelings of closeness and intimacy.	60	£90 for two

Back, Neck & Shoulder Massage

	Minutes	
Experience the ultimate in quick stress-busting massage therapies, where we take the best from all our massages and apply it right where you need relief most—your back, neck and shoulders.	30	£25

BODY TREATMENTS

Body Scrub

	Minutes	
	60	£55

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