



PANU NATURAL
SPA

FACIAL TREATMENTS

We offer a vast range of facials using both traditional and FDA Approved Radio Frequency methods. The complete skin care program starts with a facial exfoliation, followed by your chosen therapy and a mask chosen specifically for your skin.

DEEP CLEANSE MINI FACIAL THERAPY

- * Electronic Muscle Stimulation (EMS) Exfoliation Treatment
- * Aloe Vera Rehydrating Mask & Therapeutic Massage

This mini facial uses Electronic Muscle Stimulation (EMS) technology that pulses and stimulates the deep skin tissue which activates the muscles to strengthen, repair and enhance the facial tissue!

20 minutes | 750
10 Sessions | 5,950

HERBAL FACIAL SCRUB THERAPY

- * Electronic Muscle Stimulation (EMS) Exfoliation Treatment
- * Scrub using 9 Thai Herbs

With the blend of 9 different Thai herbs, this scrub is followed by a massage and mask resulting in luminous and glowing skin.

60 minutes | 1,400
10 Sessions | 12,500



FACIAL TREATMENTS

DEAD SEA TREATMENT

- * Electronic Muscle Stimulation (EMS) Exfoliation Treatment
- * Organic Vitamin & Minerals with Gold extract Paste

The Dead Sea Minerals are the core of this treatment known for their powerful antioxidant and strengthening properties. This treatment produces optimum results both on the dermatological and aesthetic level! A powerful therapeutic rejuvenating treatment!

60 minutes | 1,500
10 Sessions | 13,500

FULL FACIAL SKIN RENEWAL THERAPY

- * EMS Deep Facial Exfoliation
- * ION (egg) Therapy
- * RF Eye Therapy
- * LED Light Therapy

This facial is everything!

We start with the Electronic Muscle Stimulation (EMS) facial exfoliation to prepare your skin for a deep pore cleanse using the ION Egg to stimulate the deep skin tissues that activates the muscles to repair the facial tissue! Next we use the RF Eye Therapy pen to eliminate dark circles, eye bags, fine lines and signs of aging! Finishing with the award winning LED Light Therapy and a mask to reveal your rejuvenated youthful skin. This complete treatment will tighten, brighten and activate the structural muscle and tissue increasing the collagen and elasticity.

90 minutes | 2,250
8 Sessions | 15,750





MASSAGES

LANNA SIGNATURE OIL MASSAGE

East meets West with this fusion of traditional massage with the most effective elements from an eclectic mix of different massage schools. As pure essential oils are massaged into your body their fragrance uplifts your senses; your meridian lines are activated providing the warm sensation of free energy flow while muscles and ligaments are gently kneaded to ease tension. Gentle stretching follows with a finale of a facial and scalp massage to complete this signature treatment.

60MIN | 900
10 Sessions | 7,500

THAI TRADITIONAL MASSAGE

Thai Massage is one of the world's great massage traditions. This incorporates a blend of Indian yoga techniques, relaxing muscles and ligaments as well as improving blood circulation. It also channels the energy fields running stress throughout the body in order to achieve the balance necessary for optimised living. Through the rebalancing of these energy fields, aches and pains will recede to be replaced by feelings of both calmness and well-being.

60MIN | 1,200
10 Sessions | 9,500

AROMATHERAPY MASSAGE

Aromatherapy is an esoteric healing practice which utilises pure essential oils for their therapeutic calming and detoxifying effects. Treat yourself to an hour or more of bliss with this gentle therapeutic massage while in a state of total relaxation. Relax while all stress and tension dissolves as the internal balance of mind body and spirit is brought back into a state of harmony through the combination of fragrant oils and a healing touch.

60MIN | 1,400
10 sessions | 12,000

ALOE VERA MASSAGE

The magical healing powers of organic Aloe Vera Gel have been reported back thousands of years ago. It is known by many as "nature's pharmacy" and is used to help heal a wide range of human ailments. The magic of Aloe Vera has always produced great results. Come and experience its amazing benefits for yourself.

60MIN | 900
10 sessions | 7,500

MASSAGES

HEAD & BACK MASSAGE

Massage focusing on the significant head, back, neck and shoulder muscles. Utilising Tiger Balm, this treatment relieves pain whilst dissolving exhaustion and tension which is then replaced by strength and rejuvenation.

40MIN | 600
10 Sessions | 4900

HOT STONE THERAPY

A deep relaxing massage using hot stones placed in strategic sites on the body to help open up meridians or energy lines. The heated stones make deep tissue manipulation easier to achieve whilst also assisting in the release of toxins and improving circulation. This particular treatment has been found to be particularly effective in the relief of insomnia and is seen as an ideal treatment for the alleviation of stress.

90MIN | 1500
10 Sessions | 12,000

FOOT REFLEXOLOGY

Reflexology is a healing art achieved by applying pressure on reflex points of the feet which correspond to organs in the body as a whole. Through precise massage, reflexology stimulates circulation, induces feelings of relaxation and encourages healing, leading to an optimised state of well being.

30MIN | 600
60MIN | 800

KIDS MASSAGE

We are pleased to encourage parents to share the joy and relaxed feeling of professional massage with their children. It is a lovely way to spend holiday time and introduce your children to the magic of massage. Parents and children will be in the same room during treatment.

40MIN | 500





BODY TREATMENTS

BODY SCRUB

Pure pleasure is experienced through the skin leading to a glowing radiance. This treatment exfoliates and hydrates your skin, removing impurities and encouraging youthful rejuvenation. Tailor make this treatment to your own specifications by choosing one of our natural Thai scrubs.

60MIN | 1200
10 Sessions | 10,000

BODY MASK

This offers a whole host of improvements to your skin including moisturisation, detoxification, firming and tightening, texture smoothing, as well as helping blood circulation. Along with feeling wonderful, this treatment results in fresh silky smooth skin. We have a wide variety of options available to suit the individual including Aloe Vera & Thai herbs.

60MIN | 1,200
10 Sessions 10,000

ANTI-CELLULITE & FAT MASSAGER

In just 10 sessions the results are remarkable! The vibrational energy invigorates the core and activates the muscles tightening and strengthening! Lifts and smooths the skin!

40MIN | 800
10 Sessions | 6000

LUXURY PACKAGES

We've put together some of our favourite treatments for your enjoyment!

PAMPER ME!

- * MOËT & Truffle Treat
- * Deep Clean Facial
- * Gold Leaf Facial Treatment
- * Aromatherapy / Oil Massage
- * Therapeutic Head Massage

160MIN | 3,900

A LITTLE EXTRA

JUST THE TWO OF US

- * MOËT & Truffle Treat
- * Herbal Facial
- * Gold Leaf Mask
- * Aromatherapy / Oil Massage
- * Therapeutic Head Massage

160MIN | 6,900

THAI HERBAL STEAM

20MIN | Complimentary





PANU NATURAL
SPA



LANNA
CELEBRATE FREEDOM



Kalara
KOH SAMUI

Price excludes 10% Service Charge & 7% Government Tax