



PANU NATURAL  
SPA





## BODY

### LANNA SIGNATURE MASSAGE

(60MIN. - 1400++)  
(90MIN. - 1700++)

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.

### SWEDISH SPORTS MASSAGE

(60MIN. - 1400++)  
(90MIN. - 1700++)

This massage combines the three key massage elements of kneading, gliding and percussion. It utilises a combination of both light and deep stroke massage to stimulate blood circulation and lymphatic flow thereby soothing tension. This treatment will facilitate the elimination of tiredness and stress, and leave you feeling light and rejuvenated.

++All prices are subject to 7% Government Tax and 10% Service charge





## AROMATHERAPY BODY MASSAGE / HOT AROMATHERAPY MASSAGE

(60MIN. - 1400++) /  
(60MIN. - 1600++)  
(90MIN. - 1700++) /  
(90MIN. - 1900++)

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.

## ALOE VERA MASSAGE

(60MIN. - 1400++)  
(90MIN. - 1700++)

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.



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## THAI TRADITIONAL MASSAGE

(60MIN. - 800++)  
(90MIN. - 1000++)

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.

## HERBAL COMPRESS MASSAGE

(90MIN. - 1700++)

A Thai massage, in which bundles of therapeutic herbs are wrapped in cloth and then steamed before being used as compresses. The healing elements from the herbs are released onto the body and then massaged in, providing a synergy of natural elements combined with touch which stimulates good blood circulation and is especially effective for deep muscle aches and the alleviation of joint pain. The additional of heat in this technique makes its therapeutic elements more powerful. It is highly recommended as an option to follow a Thai Traditional Massage

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## HEAD & BACK MASSAGE

(40MIN. - 700++)

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.

## HOT STONE MASSAGE

(60MIN. - 1600++)

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.



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## KIDS MASSAGE

(40MIN. - 600++)

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.

## THAI HERBAL STEAM

(MIN.20 MIN. - FREE OF CHARGE)

The essence of this treatment can be found in the therapeutic benefits offered by turmeric, plai, lemongrass, camphor and kaffir lime. These Thai herbs contribute towards optimising good health and clearing the complexion as well as helping significantly towards detoxification and the release of tension.

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## BODY SCRUB

(40MIN. - 1300++)

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: Star Fruit, Jasmine Rice, Green Tea

## BODY MASK

(40MIN. - 1300++)

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.



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## FACIAL TREATMENTS

We offer a choice of facial treatments designed to rejuvenate and revitalise your skin. The complete skin care program starts with deep cleansing followed by a scrub. You then enjoy 20 minutes of relaxing massage before a final facial mask chosen specifically to cater to your needs.

### HERBAL FACIAL

(60 MIN. - 1300++)

Utilising a blend of 9 different Thai herbs, this scrub is followed by massage and mask results in hydrated skin that glows with new levels of luminosity and feels renewed.

### DEAD SEA TREATMENT

(60 MIN. - 1500++)

The Dead Sea Minerals which form the core of this treatment combine both Vitamin A and Vitamin E which are known for their powerful antioxidant and strengthening properties. As a result of the synergistic properties of these minerals working together, this treatment produces optimum results both on the dermatological and visual level - a powerful rejuvenator.

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## FOOT REFLEXOLOGY MASSAGE

(60MIN. - 800++)

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 stage of wellbeing.

OPI MANICURE 500++

OPI PEDICURE 500++

GENTLEMAN'S MANICURE 300++

GENTLEMAN'S PEDICURE 300++

FOOT SCRUB (40MIN) 500++



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## PACKAGES

### SIAMESE SECRET

(160 MIN. - 3600++)

Siamese Secret a traditional beauty ritual of Thai Woman since ancient times. This full-body treatment leaves your skin feeling both incredibly soft and phenomenally smooth to the touch.

- 20 min. Herbal Steam
- 40 min. Body Scrub
- 40 min. Body Wrap
- 60 min. Aromatherapy Massage

### ASIAN JOURNEY

(160 MIN. - 3200++)

Asian Journey is the ultimate combination of the world's greatest massage techniques with the magic of Thai herbs. Experience the very best that Thailand has to offer in this unique and timeless journey to blissful contentment.

- 60 min. Thai massage
- 60 min. Herbal Compress
- 40 min. Facial Deep Cleansing & Herbal Mask

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## TROPICAL INDULGENCE

(140MIN. - 1900++)

Pampering the body and uplifting the soul using tropical flower essences, this special package will amplify your senses through pleasure and tranquility as a result of total immersion in this tropical indulgence

- 20 min. Floral Foot Bath
- 60 min. Foot Reflexology Massage
- 60 min. Aromatherapy Massage

## FRESH BREEZE

(120MIN. - 2900++)

This treatment has been designed to treat your body to a totally refreshing and rejuvenating experience. The Fresh Breeze will bring you into a deep stage of relaxation that will lead to a long lasting feeling of comfort and contentment.

- 60 min. Body Scrub and Oil Massage
- 60 min. Herbal Facial Treatment



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## SUN SOOTHE BLISS

(100MIN. - 2100++)

Let Aloe Vera gently treat your skin with it's magical effects. An absolute blessing for sunburn, it will rehydrate, refresh and cool the skin - which also gives a boost to skin repair and rejuvenation. This is the perfect choice for those who have been enjoying the Samui sunshine, and a blessing to those who have over-exposed themselves to sun.

- 20 min. Foot Bath
- 40 min. Aloe Vera Body Wrap
- 40 min. Facial Treatment: Deep Cleansing / Aloe Vera Facial Mask

## LOVELY DAY

(140MIN. - 2400++)

An unforgettable experience of harmony and relaxation exclusively designed for the Panu Natural Spa. Partake in a journey of the senses that will help you find the way to inner harmony and restore your emotional balance.

- 60min. Foot Reflexology
- 60min. Signature Massage
- 20min. Tropical Facial Mask

## COUPLES

Keep that romance alive and treat your loved one to a shared afternoon of sheer bliss at the the Panu Natural Spa. Special promotion for couples:

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“IN TOUCH WITH NATURE”



PANU NATURAL  
SPA



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