



- ATHLETE RECOVERY
- PERFORMANCE
- RELAXATION

| T R E A T M E N T                                                                                     | D U R A T I O N | P R I C E |
|-------------------------------------------------------------------------------------------------------|-----------------|-----------|
| <b>SPORTS RECOVERY MASSAGE</b>                                                                        |                 |           |
| DEEP THERAPEUTIC MASSAGE FOR ATHLETES<br>FOCUSING ON MUSCLE TENSION, TRIGGER POINTS,<br>AND RECOVERY. | 60 MIN          | 690 THB   |
| <b>BENEFITS:</b> IMPROVES CIRCULATION<br>• SPEEDS RECOVERY • RELIEVES TENSION                         | 90 MIN          | 890 THB   |
| <b>DEEP TISSUE MUSCLE THERAPY</b>                                                                     |                 |           |
| STRONG PRESSURE THERAPY TARGETING DEEP<br>MUSCLE LAYERS AND CHRONIC TIGHTNESS.                        | 60 MIN          | 690 THB   |
| <b>BENEFITS:</b> REDUCES STIFFNESS<br>• IMPROVES MOBILITY • BREAKS ADHESIONS                          | 90 MIN          | 890 THB   |
| <b>THAI STRETCH &amp; MOBILITY THERAPY</b>                                                            |                 |           |
| ASSISTED STRETCHING COMBINING THAI TECHNIQUES<br>WITH SPORTS MOBILITY WORK.                           | 60 MIN          | 690 THB   |
| <b>BENEFITS:</b> ENHANCES FLEXIBILITY<br>• REDUCES INJURY RISK                                        | 90 MIN          | 890 THB   |
| <b>AROMATHERAPY RELAXATION<br/>(HARNN SIGNATURE)</b>                                                  |                 |           |
| FULL-BODY RELAXATION USING PREMIUM<br>HARNN ESSENTIAL OILS.                                           | 60 MIN          | 690 THB   |
| <b>BENEFITS:</b> DEEP RELAXATION<br>• STRESS RELIEF • IMPROVED SLEEP                                  | 90 MIN          | 890 THB   |
| <b>FOOT &amp; LEG RECOVERY</b>                                                                        |                 |           |
| FOCUSED LOWER BODY RECOVERY IDEAL FOR<br>RUNNERS AND ACTIVE GUESTS.                                   | 45 MIN          | 390 THB   |
| <b>BENEFITS:</b> REDUCES SWELLING<br>• RESTORES TIRED LEGS                                            | 60 MIN          | 590 THB   |

LUDUS SPA

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### THAI KINETIC THERAPY MASSAGE

**BENEFITS:** RAPID, HIGH-PRESSURE TARGET WORK TO RESTORE BLOOD CIRCULATION TO OVERWORKED MUSCLES, REDUCE LOWER-LIMB INFLAMMATION, AND ACCELERATE TENDON RECOVERY TIME.

60 MIN

490 THB

90 MIN

590 THB

120 MIN

790 THB

### BACK, NECK & SHOULDER RECOVERY

DEEP MUSCLE RECOVERY THERAPY TARGETING TENSION, STIFFNESS, AND MUSCLE KNOTS

45 MIN

390 THB

**BENEFITS:** FOCUSES HEAVILY ON STRUCTURAL ALIGNMENT AND IMMEDIATE RELIEF

60 MIN

590 THB

### BODY SCRUB

A 30-MINUTE BODY SCRUB IS A HIGHLY EFFICIENT, RESULTS-DRIVEN TREATMENT. IN A SPORTS COMPLEX OR FITNESS-FOCUSED SETTING, IT SERVES AS AN EXCELLENT PREP-TREATMENT BEFORE A MASSAGE OR AS A QUICK, STAND-ALONE SKIN-RECOVERY SESSION.

30 MIN

490 THB

### ATHLETIC RECOVERY BY GUA SHA

**INSTANT DE-PUFFING:** STIMULATES LYMPHATIC DRAINAGE,

**RADIANT GLOW:** BOOSTS MICROCIRCULATION, BRINGING FRESH OXYGEN AND NUTRIENTS TO THE SKIN'S SURFACE.

**TENSION RELIEF:** STRESS HEADACHES, AND NECK STIFFNESS.

20 MIN

390 THB

### HEAD MASSAGE

FOCUSED HEAD & CRANIAL MASSAGE THAT RELIEVES MENTAL FATIGUE, CALMS THE NERVOUS SYSTEM, AND PROMOTES RECOVERY.

30 MIN

390 THB



SCAN TO OPEN MENU