

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

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<b>THAI KINETIC THERAPY MASSAGE</b>		
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
<b>BACK, NECK &amp; SHOULDER RECOVERY</b>		
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
<b>BODY SCRUB</b>		
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
<b>ATHLETIC RECOVERY BY GUA SHA</b>		
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
<b>HEAD MASSAGE</b>		
FOCUSED HEAD & CRANIAL MASSAGE THAT RELIEVES MENTAL FATIGUE, CALMS THE NERVOUS SYSTEM, AND PROMOTES RECOVERY.	30 MIN	390 THB