



TREATMENT	DURATION	PRICE
SPORTS RECOVERY MASSAGE DEEP THERAPEUTIC MASSAGE FOR ATHLETES FOCUSING ON MUSCLE TENSION, TRIGGER POINTS, AND RECOVERY.	60 MIN	1,500 THB
	90 MIN	1,800 THB
BENEFITS: IMPROVES CIRCULATION · SPEEDS RECOVERY · RELIEVES TENSION		
DEEP TISSUE MUSCLE THERAPY STRONG PRESSURE THERAPY TARGETING DEEP MUSCLE LAYERS AND CHRONIC TIGHTNESS.	60 MIN	1,600 THB
	90 MIN	1,900 THB
BENEFITS: REDUCES STIFFNESS · IMPROVES MOBILITY · BREAKS ADHESIONS		
THAI STRETCH & MOBILITY THERAPY ASSISTED STRETCHING COMBINING THAI TECHNIQUES WITH SPORTS MOBILITY WORK.	60 MIN	1,400 THB
	90 MIN	1,700 THB
BENEFITS: ENHANCES FLEXIBILITY · REDUCES INJURY RISK		
FOOT & LEG RECOVERY FOCUSED LOWER BODY RECOVERY IDEAL FOR RUNNERS AND ACTIVE GUESTS.	45 MIN	900 THB
	60 MIN	1,100 THB
BENEFITS: REDUCES SWELLING · RESTORES TIRED LEGS		
AROMATHERAPY RELAXATION (HARNN SIGNATURE) FULL-BODY RELAXATION USING PREMIUM HARNN ESSENTIAL OILS.	60 MIN	1,600 THB
	90 MIN	1,900 THB
BENEFITS: DEEP RELAXATION · STRESS RELIEF · IMPROVED SLEEP		