

# Ryn Spa

## The joy of wellbeing

Ryn Spa chooses to fortify the natural essence of traditional spa routines to merge with the simpler modern lifestyle for better exploit of joy and wellbeing for the body, mind and beyond. Each treatment thoughtfully caters to specific requirement through the healing power of result-oriented technique and locally produced natural ingredients to devote an unwind relaxation and therapeutic indulgence for your inner soul.





### **Ryn Indulgent | 240 mins** **THB 6,000 / 11,000**

Indulge yourself with a half-day session to help reboot your exhausted body. Individual treatments are designed to suit your personality and lifestyle.

*Ryn Welcome Touch - Body Scrub - Body Wrap - Choice of Ryn Signature Wellbeing Massage - Facial - Refreshment*

### **Ryn Relaxing | 165 mins** **THB 5,000 / 9,000**

This relaxing package is perfect for workaholics and insomniacs and aims to provide the ultimate experience of peace.

*Ryn Welcome Touch - Sleep Therapy Massage: "Only Sleeping" - Scalp Massage: "Goodbye Heavy Head" - Facial - Refreshment*

### **Ryn Glowing | 165 mins** **THB 5,000 / 9,000**

Calms your mind and skin from head to toe, making your body glow. This nourishing treatment package helps to replenish lost nutrients, while at the same time restoring, hydrating, healing and soothing your body.

*Ryn Welcome Touch - Body Scrub - Body Wrap - Facial - Refreshment*

### **Ryn Simple | 150 mins** **THB 3,500 / 6,000**

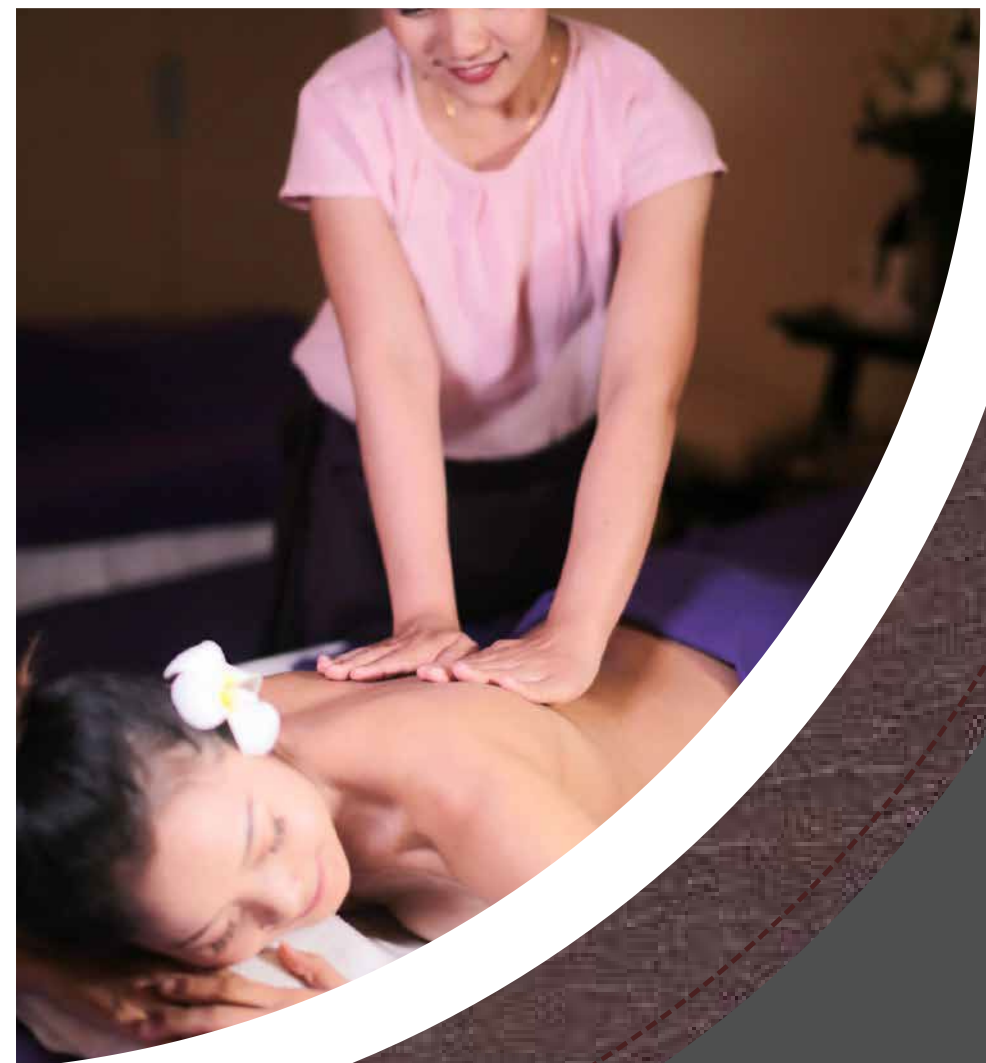
This simple package consists of a full body scrub to polish away all dead skin cells and restore the balance of your body with an aromatic massage to stimulate energy flow, and provide deep relaxation.

*Ryn Welcome Touch - Body Scrub - Choice of Ryn Signature Wellbeing Massage - Refreshment*

### **Ryn Refreshing | 150 mins** **THB 2,500 / 4,000**

This refreshing package combines the unique Thai massage technique and Head Massage, helping to release tension and relax stiff muscles.

*Ryn Welcome Touch - Traditional Thai Massage: "Thai Touch" - Head Massage: "Goodbye Heavy Head" - Refreshment*





## Ryn Signature Wellbeing Massage

**Only Sleeping | 60 / 90 mins**  
**THB 1,800 / 2,500**  
 Bergamot | Frangipani

The sleep therapy entices a personalized therapeutic full body and scalp massage. The use of long, slow stroking movements combined with the balancing aroma of Bergamot and Frangipani that induces fatigue and calmness, which in turn stimulates melatonin in your brain to send your body into a deep state of total relaxation. Along with Ylang Ylang to sedate anxiety, stress and restlessness for mind soothing and leaving you with positive vibes.

**Let it flow | 90 / 120 mins**  
**THB 2,500 / 3,000**  
 Cedarwood | Rose

The stress therapy adapts the Thai ancient acupressure technique with Rose essential oils to uplift moods as they stimulate the release of pleasure hormones such as serotonin and dopamine that cure away anxiety while Cedarwood relieves spasm and muscles stiffness. The treatment is then finished off with a tender facial point pressure upon personal request to distress stiffened nerves on the face.

**Free as a Bird | 60 / 90 mins**  
**THB 1,800 / 2,500**  
 Lemongrass | Geranium

The muscle therapy focuses on releasing muscle tension with gentle stretching followed by firm pressure technique with the use of the outer forearm with medium to strong weight. Indulging the therapy with invigorating aroma of Lemongrass and Geranium which also helps fading scar and spots and anti-inflammatory property of Sandalwood to relieve pain and strains.

**Energy Recharge | 90 / 120 mins**  
**THB 3,000 / 3,500**  
 Grapefruit | Ginger

The fatigue therapy combines aromatherapy massage with the exclusive warm Thai herbal healing compress. This treatment relieves aches whilst also stimulating circulation and reviving your energy flow. With the power of energizing aroma of Grapefruit, Ginger and Clove that help easing respiratory problems.





## Traditional Remedies Wellbeing Massage

**Thai Touch | 90 / 120 mins**  
**THB 1,500 / 2,000**  
Traditional Thai Massage

The timeless technique of focusing pressure on specific points of contact pairing with gentle body stretching along the body's energy channels to awake the energy flow. The treatment is offered fully clothed without the concern of being oiled.

**Nature Healing | 120 mins**  
**THB 2,800**  
Thai Herbal Massage

An original companion of traditional method of Thai massage is the use of warming heat and therapeutic scents of Thai herbal compress ball, which comprises primitively of local produces such as Turmeric, Prai, Lemongrass, and Kaffir Skin, Tamarind Leaf, to help cleanse irritated skin. As well as Camphor and salt to stimulate "Prana" or energy flow and easing respiratory system.

## Spot Focus Remedies Wellbeing Treatment

**The Fleeing Feet | 60 mins**  
**THB 1,500**  
Foot Reflexology

A cleansing salt foot scrub, followed by applying sufficient pressure to stretch and improve movement in the feet. Therapists view the feet as a mirror image of the body's internal organs. Each particular point may respond to the various tempo types. If the proper technique is applied it will reset itself into a lower tempo, creating stress relief.

**Goodbye Heavy Head | 60 mins**  
**THB 1,500**  
Scalp Massage

Banish fatigue with this deceptively simple combination of upper body massage focusing on the head and shoulders with a tint of soothing essential oils.

**Goodbye Tired Torso | 60 mins**  
**THB 1,500**  
Back & Shoulder Massage

Revive the upper body by laying faced down to receive an oil massage focusing on key areas to relieve tensions.





## Skin Wellbeing Treatment

**Body Exfoliation | 45 mins**  
THB 1,500

**Body Wrap | 60 mins**  
THB 1,700

### **Bali Lush**

Bergamot | Frangipani | Brightening

The succulent Bali Lush is your flower field wonderland. The sedative fragrance of fresh petals in the prevailing wind will uplift your moods and bring your exhausted body to another level of restfulness, without even noticing its deep internal cleansing tonic effects until you reopen your eyes to see your complexion evenly toned and flawless. You see the new ravishingly youthful you. You are thankful.

### **Woodland of the Versaille**

Cedarwood | Rose | Moisturizing

Woodland of the Versaille is a perfect combination between an honest earthiness of wood and a dreamy flowery essence of roses to balance the cycle of everyday life. It brings about the internal sweetness of rose oil that mindfully releases stress and celebrates a hearty woody element that enriches clear complexion like flowers blooming in spring time.

### **Tropically Mae Ping**

Lemongrass | Geranium | Purifying

Tropically Mae Ping brings out the hidden gem of the Northern Tropical forest of Thailand, the locally found natural pharmaceutical lemongrass that humbly eases agitations and repels insects. Self-esteem is raised high like the sturdy stalks. Reinforced with the proud perfumery essential oil scents to enhance respiratory problems, inflammation and irritation, you are safely rested in good hands of nature healing.

### **Madrid Mercado**

Grapefruit | Ginger | Firming | Contouring

Madrid Mercado supplies oil of empowerment from the vigorous ginger roots to eliminate lingering digestive disorders and abnormal blood circulation. Hand in hand with the aromatic oil from the rinds of citrusy grapefruit that cures mental fatigue while also detoxifies toxins and unwanted fats. It mends broken pieces to revitalize your inner soul so you face the world forward freshly and actively cultivated than ever.

### **The wanderlust Garden**

Jasmine | Rosemary | Anti-aging | Nourishing

The modest Wanderlust Garden surprises you with the rustic scent of the rosemary as in the back of the kitchen in Provence, it tones up the train of thought in your brain while its essential oil enhances your healthy complexion. Then it brings you home to the every so pure of our very own Thai jasmine that poetically sedates an over engaged mood to release unhappy feelings. You feel completely stimulated yet relaxed both the body and mind, leaving you the utmost state of relaxed, home sweet home.





## Facial Treatment

### The Brighter Future | 60 mins THB 3,000

**Anne Semonin White Star Even Skin Tone**  
Brightening | Firming | Moisturizing

Correcting treatment to visibly light up complexion and reduces the appearance of sun and ageing spots to unveil a more even skin tone with the award-winning Anne Semonin, White Star Even Skin Tone Facial. The skin is furthermore detoxified with anti-oxidants neutralizing damage from air pollutants while sea-sourced minerals and moisturizers keep skin glowing.

### The Change of Life | 60 mins THB 3,000

**Anne Semonin Cryotherapie Age Defying**  
Anti-ageing | Brightening | Refreshing

Waking up the skin with the Express Radiance Ice Cubes applied over the face, neck and décolleté delivering instant revitalization. This facial uses the award winning Anne Semonin, Cryotherapie Age Defying with 100% Active Serum to reinforce the skin's firmness at a reinforce the skin's firmness at a cellular level. Complemented by a neuron-cosmetic containing Wild Indigo, this elegant touch stimulates the release of B-endorphins, flooding the body with a total sense of wellbeing.

### Salt of the Earth | 60 mins THB 3,000

**Anne Semonin Purifying**  
Deep Cleansing | Clarifying | Purifying

With the award-winning Anne Semonin, Deep Marine Purifying is ideal for combination and congested skin, a gentle but powerful and complete cleansing treatment, using a peel off detoxifying Seaweed mask and rebalancing lymphatic drainage massage to deeply purify the pores, calming the skin encouraging a well-balanced and clear complexion.

### The Calm After the Storm | 60 mins THB 3,000

**Anne Semonin Soothing Repair**  
Sensitive | Hydrating | Soothing

Calming and soothing exhausting face with healing and comforting therapy for the skin in need of extra gentle care with award winning Anne Semonin, Soothing Repair. To furthermore reduces blotchy high color and heat, hydrates vasoconstrictive and relieves irritation. Re-establishes and stores the skin's defending strength.

### The Apple of My Eye | 40 mins THB 2,500

**Anne Semonin Miracle Eyes**  
Brightening | De-stressing | Refreshing

An exquisite treatment specifically designed for the delicate eye area infusing the award winning, Anne Semonin, Miracles Eyes Treatment to bring together with a unique combination of contour marks and specialized lymphatic massage, definitely ideal for reducing the sings of ageing and melting away stress.



**Etiquette:** Please help maintain a relaxing environment for guests to enjoy Ryn Spa as a serene sanctuary by keeping noise to a minimum. To maximize peace and quiet for our guests, only children taking treatments or accompanied by their parents are allowed inside Ryn spa. Cellular phones and electronic devices are strongly discouraged.

**Attire:** When you visit the spa, casual clothing that can be easily removed is recommended. For your safety and security, we also recommend that you deposit all of your valuable items, especially jewelry, in your in-room safety deposit box.

**Reservations:** Advanced bookings are highly recommended to secure your preferred time and date for your treatment.

**Check-in:** To avoid reduced treatment duration, please arrive at the spa at least 15 minutes before your appointment time. Late arrival will result in your treatment time being shortened in order to accommodate other guests.

**Medical Conditions:** When booking your appointment, please inform the spa of any medical conditions you may have as certain treatments may not be recommended for you.

**Eating and Drinking:** Please try not to eat at least one hour before your treatment. Please also avoid consumption of alcohol and drink plenty of water before and after, especially if receiving a heat therapy.

**Cancellation Policy:** 24-hour advance notice of cancellation is required. Any cancellation with less than 4 hours' notice will incur a 50% cancellation fee. A full fee will be charged for a no-show.

**Refund:** Treatments deemed unsatisfactory by the guest, whether due to the products used or service, are non-refundable.

**Payment:** We accept cash and all major credit cards. Payment may also be charged to the room. All prices are quoted in Thai baht and are subject to service charge and applicable government tax. Prices are subject to change without prior notice.

**Spa Treatment Hours:**  
The spa is open daily from  
09:00 to 22:00