

PRAN SPA

PEACEFULNESS FOR THE MIND AND PURIFICATION FOR THE
BODY WITH RESULT-ORIENTED PHYSICAL AND
EMOTIONAL THERAPIES



GRAND MERCURE

KHAO LAK BANGSAK

PRAN SPA

PRAN REPRESENTS THE GENTLE MOTION OF STREAMING WATER, THUS FOR WHAT IT SOUNDS, BHAWA IS SYMBOLIC FOR PEACEFULNESS FOR THE MIND AND PURIFICATION FOR THE BODY WITH RESULT-ORIENTED PHYSICAL AND EMOTIONAL THERAPIES. PRAN SPA PRODUCTS HAVE BEEN THOUGHTFULLY SELECTIVE WITH NATURAL ESSENCE OF TRUE ORGANICALLY GROWN KEY INGREDIENTS SUCH AS CALENDULA OIL, GREEN TEA EXTRACT, BAMBOO EXTRACT AND HYALURONIC ACID. RYN GENTLY NURTURES YOUR MIND AND BODY WITH PASSION AND GOOD THOUGHTS FOR JUBILANT STATE OF SELF- INDULGENCE, BLISSFUL MIND AND JOYFUL BODY.

PRAN SPA THE JOY OF WELLBEING PRAN 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.



PRAN SIGNATURE WELLBEING MASSAGE

ENERGY RECHARGE

90 Mins THB 2,500
120 Mins THB 3,000

The fatigue therapy combines aromatherapy massage with the exclusive warm Himalayan Salt Compress. This treatment relieves aches whilst also stimulating circulation and reviving your energy flow. With the power of energizing aroma that help easing respiratory problems.



ONLY SLEEPING

60 Mins THB 1,800

90 Mins THB 2,500

The sleep therapy entices a personalized therapeutic full body and scalp massage. The use of long, slow stroking movements combined with the balancing aroma 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 Mins THB 2,500

The stress therapy adapts the Thai ancient acupressure technique with 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 Mins THB 1,800

90 Mins THB 2,500

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 invigo-rating aroma which also helps fading scar and spots and anti-inflammatory property of Sandalwood to relieve pain and strains.

SKIN WELLBEING TREATMENT

Body Exfoliation | 60 mins THB 1,500

Body Wrap | 60 mins THB 1,700

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.



TRADITIONAL REMEDIES WELLBEING MASSAGE

THAI TOUCH

90 Mins THB 1,500

120 Mins THB 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.

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.

