

PRAN SPA

Tranquility for the mind and renewal for the body, guided by result-oriented therapies that harmonize both physical and emotional well-being.



GRAND MERCURE
KHAO LAK BANGSAK

PRAN SPA

Pran represents the gentle motion of streaming water, as its sound suggests. Bhawa symbolizes peace of mind and purification of the body through result-oriented physical and emotional therapies.

Pran Spa products are thoughtfully crafted with the natural essence of 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 positivity, inspiring a jubilant state of self-indulgence, a blissful mind, and a joyful body.

At Pran Spa, we embrace the joy of well-being. We blend the natural essence of traditional spa rituals with the simplicity of modern lifestyles, offering a harmonious journey toward balance and renewal. Each treatment is thoughtfully tailored to individual needs, combining the healing power of result-oriented techniques with locally sourced natural ingredients, devoted to deep relaxation and therapeutic indulgence for your inner soul.





THAI FULL BODY MASSAGE

60 mins 1,500 THB/ Person

90 mins 2,000 THB/ Person

An ancient healing practice rooted in Thai tradition, the Thai Full Body Massage combines gentle stretching, rhythmic pressure, and mindful movements to release tension, improve circulation, and restore the body's natural balance. This holistic therapy not only eases physical fatigue but also calms the mind, leaving you refreshed, revitalized, and deeply restored

THAI AROMATIC MASSAGE

60 mins 1,800 THB/ Person

90 mins 2,300 THB/ Person

A soothing massage that combines the art of gentle Thai techniques with the healing benefits of warm aromatic oils. Designed to melt away tension, improve circulation, and calm the senses, this therapy nurtures both body and mind, leaving you deeply relaxed, rejuvenated, and harmonized.



RELAXING AROMA

60 mins 1,800 THB/ Person

90 mins 2,300 THB/ Person

A restorative treatment that blends ancient Thai acupressure techniques with the healing power of essential oils. Gentle yet effective, this therapy stimulates the release of serotonin and dopamine, the body's natural "happiness hormones", to ease anxiety and uplift the spirit. The calming essence of Cedarwood further soothes muscle stiffness and relieves spasms. For a finishing touch, a delicate facial pressure-point massage may be added upon request, melting away tension and restoring balance to both body and mind.

PRAN SIGNATURE BY SALT COMPRESS

90 mins 3,000 THB/ Person

120 mins 3,600 THB / Person

A rejuvenating therapy that harmoniously blends soothing aromatherapy massage with the healing warmth of Himalayan salt compresses. This exclusive treatment eases muscle fatigue, stimulates circulation, and restores the body's natural energy flow. Infused with revitalizing aromas, it also supports easier breathing and uplifts overall well-being, leaving you balanced, refreshed, and deeply renewed.





RELAXING FOOT MASSAGE

60 mins 1,500 THB/ Person

90 mins 2,000 THB / Person

Begin with a gentle salt scrub to purify and refresh, followed by targeted pressure techniques that encourage flexibility and balance in the feet. Based on the principle that the feet mirror the body's internal organs, each point responds to mindful touch, helping to restore natural rhythm, ease stress, and promote overall well-being.



CALMING BODY SCRUB WITH AROMA THERAPY

90 mins 2,100 THB / Person

Experience the restorative power of nature as this gentle exfoliation blends with soothing aromatherapy. The treatment supports deep relaxation, eases tension, and encourages healthy circulation while removing impurities from the skin. You emerge with a clear, balanced complexion and a renewed sense of inner calm, nurturing both body and mind.





AFTER-SUN ALOE VERA MASSAGE

60 mins 1,800 THB/ Person

Soothe sun-kissed skin and ease tired muscles with this deeply restorative therapy. Gentle stretches and firm forearm pressure release tension and improve flexibility, while the cooling touch of Aloe Vera calms, hydrates, and repairs. Infused with the healing aroma of Sandalwood—renowned for its scar-fading, anti-inflammatory, and pain-relieving properties—this treatment leaves your body refreshed, your skin nourished, and your spirit renewed.



FACIAL REJUVENATION

60 mins 1,800 THB/ Person

Facial massage supports overall wellness by stimulating circulation and lymphatic flow to refresh the skin, reduce puffiness, and aid natural detoxification. It encourages collagen production to keep the skin firm, radiant, and youthful while gently promoting an even, healthy complexion. At the same time, it relaxes facial and neck muscles, relieves tension, and helps ease headaches—bringing balance to both skin and body for a renewed sense of well-being





THE OFFICE ESCAPE

60 mins 1,900 THB/ person

Release the tension of long hours at work with this ancient healing practice. Traditional Thai Massage combines focused pressure and gentle assisted stretches along the body's energy pathways to restore balance, improve flexibility, and awaken vital energy flow. Performed fully clothed and without the use of oils, it offers a deeply refreshing experience that leaves both body and mind recharged.

COUPLE'S PARADISE EXPERIENCE

90 mins 3,700 THB / couple

Immerse yourselves in a blissful journey of togetherness. The delicate aroma of fresh petals drifts through the air, easing the senses and inviting profound relaxation. This indulgent ritual restores balance within, leaving the skin luminous and the spirit harmoniously renewed. Awaken side by side with a radiant glow, a serene mind, and a deeper bond that lingers beyond the experience.



PRAN RELAXING PACKAGE

2.5 hours / 3,999 THB

A complete journey of renewal designed to relax, refresh, and restore your natural balance.

- Relaxing aroma 1 hour
- Body Scrub 30 mins
- Facial Treatment 30 mins
- Herbal stream 15 mins
- Ritual Herbal bath 15 mins.



GRAND MERCURE

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