

Face

Aromatic Face Rituals

Phytomer Aroma Discovery

THB 1,190

*allow 30 minutes

This expresses facial ritual; was formulated to offer maximum beauty results and well-being in a minimum amount of time.

Phytomer Aromaplasty Double Mask

THB 1,990

*allow 60 minutes

Anti-Ageing Expression - A dual action treatment designed to nourish and hydrate the skin by using two masks. Suitable for all skin types.

Phytomer After Sun Rejuvenate Facial

THB 1,990

*allow 60 minutes

After a long day in the sun, our aromatherapy experts will treat your face with sun-repairing treatment with a mask and cool Aloe Vera

Phytomer Exclusive Deep Clean Men facial

THB 1,990

*allow 60 minutes

Gently eliminate the dead cell and impurities with a double cleansing leaving the complexion refreshed.

Thai Herbal Facial

THB 690 /THB 1,290

*allow 30/60 minutes

Using only natural products such as Turmeric and honey, your face will look brighter and softer.

Body

Aromatic Body Rituals

Abhyanga

THB 1,790/THB 2,090

*allow 55/80 minutes

The Ayurvedic oil massage including Indian Head Massage – is very gentle pressure. Drains, relieves fatigue and ensure perfect sleep.

Absolute Traditional Thai

THB 1,090/THB 1,490

*allow 55/80 minutes

An ancient Healing Thai Massage that helps to relieve muscle pains and unblocks the meridian lines of the body.

Balinese

THB 1,790/THB 2,090

*allow 55/80 minutes

Calming experience massage which is a favorite for many guests to evacuate stress and soften the skin.

Custom Made Massage

THB 690/THB 1,090

***allow 30/55 minutes**

The 100% massage combination on or two zones selected amongst those that need it most: back, scalp, hands or feet.

Summer Solstice by In Balance

THB 1,790/THB 2,090

***allow 55/80 minutes**

Signature massage combines with aromatherapy, Hawaiian Lomi Lomi and Swedish strokes. Also focusing on Japanese Shiatsu points on the face.

Oriental Thai Massage

THB 2,090

***allow 80 minutes**

Combination of the two most popular techniques. Start with the Absolute Traditional Thai massage and finish with the soft feeling of the Balinese massage on your body. The perfect choice to evacuate your stress.

Therapeutic Massage

THB 2,190

***allow 80 minutes**

Combines Thai traditional massage with heated herbal ball compresses. Filled with traditional Thai herbs, it will reduce tension, muscle cramps, fatigue and soothe your skin.

Extremely Duo Massage

THB 2,490*

*** allow 55 minutes**

Two Aromatherapy expert will work simultaneously, creating a choreographed massage. An unforgettable experience.

* (No discount applied)

Plus Body Exfoliation with Massage only (For an all over body glow choose one of the following with your massage)

The Honey Orange Scrub

THB 890

***allow 30 minutes**

Leaves the skin revitalized and relaxed with dried-orange and natural honey. For all skin types.

Triple White Gentle Body Scrub

THB 890

***allow 30 minutes**

This sublime blend of white sesame, coconut and milky powder yields one of our gentlest full body exfoliations, leaving your skin smooth and intensely hydrated. For sensitive skin only.

Apple Delight Exfoliating

THB 890

***allow 30 minutes**

The perfect formula for daily scrub, this gentle exfoliation of dry green apple and natural honey leaves your skin clear and clean. For all skin types.

Body Wrap (For an all over body nourishing choose one of the following with your massage)

Sun Set **THB 1,490**
*allow 45 minutes

The perfect wrap treatment to calm your skin from the sun aggression. While aloe vera is applied all over your body, your face will be taking care of with a sun-repairing treatment.

Traditional Thai Clay Mask **THB 990**
*allow 45 minutes

A pure delight, leaves the skin nourish and softer by the blend of Thai Natural Clay, honey and milk.

Tropical Anti- Cellulite Body Wrap **THB 990**
*allow 45 minutes

The fresh ginger property use at his best. Reduce the cellulite and firm your skin.

Kids Treat
Aromatic Body Ritual

My Mommy and Me **THB 990**
*allow 30 minutes

Have your kids discover the joy and relaxed feeling of a professional massage. Within the same treatment room, you will receive the treatment of your choice.

For my Mommy:

Foot fit massage [or](#)

Tension Back Massage [or](#)

Indian Head Massage

For Me:

Happy Feet [or](#)

Aromatic Kid Massage [or](#)

Strawberry Yogurt Scrub [or](#)

Banana creamy cleanser

For two “The bubbly reflection”

Extreme Relaxation **THB 5,980**
*allow 3 hrs.

Foot ritual, steam, exfoliation, relaxing shower, Jacuzzi, body and face massage. Enhance your Spa experience with In Balance Aromassage signature rituals for him & her.

Together in Peace **THB 5,980**
*allow 3 hrs.

Foot ritual, steam, massage, facial, Jacuzzi. Take time out to side by side. Enjoy the traditional Thai Massage combined with aromatic massage techniques. Finish off with our Aroma Essential Facial.

Flower Power Collection

Our Signature Body Rituals (Scrub +Wrap + Massage)

Flower Power
*allow 2 hrs.

THB 1,790

In Thai culture, the birthday is an auspicious date. Thai people believe that the birthday can be used to forecast a person's birthday behavior. We trust that using the day and month of birth, a horoscope can be made to analyze and forecast the character and fortune of each person. Certain objects or actions also have special significant, and can increase good fortune in life.

Flowers have special meaning for Thai people. We use them as a symbol for many opportunities in life. We believe that our character is like a flower .The beauty of the flower is a representation of your spirit and mind. The color, the fragrance and the beauty of each flower is as unique as each person's personality. We believe that flower promote our live force. If you giving us your birth date. Our therapist will find your flower match .Relax and clam your mind with our triple flower treatment.

Flower Power Collection

Monday

Jasmine Flower

A person born in this day is very warm and make comforting, so cheerful, so fun in loving but prone to sudden anger.

Tuesday

Orchid Flower

So very kind, Tuesday's children are inclined to leadership, Strong and easy to loving someone.

Wednesday

Lotus Flower

So friendly, thoughtful and respectful, for the career they can get successful but can be emotional and sensitive.

Thursday

Jampaka Flower

So honest, open hearted and modest, Thursday's children love to help people and enjoy being surrounded by others, although can sometimes be a little arrogant.

Friday

Lavender Flower

Young dreamer, artistic, with a calm and melodic grace, Friday's children make people fall in love but can sometimes be over emotional.

Saturday

Lily Flower

So confident, freedom loving and dignified, Saturday's children like a challenge, are simple and beautiful in love but sometimes very jealous.

Sunday

Rose Flower

Can blind people by them words, clam but can do anything fast, also in love where they can rush. Be careful not to take too many risks.

At In balance Spa we represent the ancient Thai health rituals, which have been passed on from generation to generation for the last 1000 years.

Throughout Thai culture and indeed many cultures throughout the world, the belief is that the human anatomy is made up of four elements.

The Four Elements

Earth - Represents Balance / Harmony

Water- Represents Stress levels in the body and mind

Fire - Represents Energy levels

Air - Represents Attractiveness / Beauty

Maintaining a balance of each of the four elements is necessary for a healthy body and mind.

The delicate balance can be upset for many reasons including eating habits, exercise levels, social life, pollution and working environment.

About In Balance Spa treatments and products

In Balance Spa's treatment concept is based on the principles of balancing the chakras to enhance a smooth flow of energy in the body. Natural and powerful essential oils are captured in our signature massage oils. Utilizing the techniques of aromatherapy, Swedish strokes and In Balance Spa's Signature Massage bring about harmony & balancing experience.

With belief in the therapeutic power of aromatic plants, we have carefully created the collection of aromatic products under aromatherapy philosophy, so that they can offer optimal benefits of healing power improving physical, mental and emotional wellbeing.

Every In Balance Spa's Signature Treatment, unique and outstanding, promises a journey like no other. Prepare to be pampered.

"In Balance Spa is also proud to offer a fine selection of products from PHYTOMER treatments for face".

How to Spa

Meeting your needs

Upon your arrival at, your receptionist will conduct a brief consultation to determine your four element sign and ensure that you have the treatments best suited to your needs. Please advise the receptionist if you are pregnant or have any health issues. Our receptionists are experienced in all treatments and would be delighted to assist you in planning your spa program if you are staying the hotel for more than one day.

Preparing for your treatment

For ladies, no preparation is necessary. Turn up and enjoy! For men, we recommend shaving prior to having a facial for maximum comfort and benefit to the skin. Other treatments require no preparation.

What to wear

There is no need to bring or wear any special clothing, as spa wear is provided in your treatment suite. Facial gowns are provided for facials, as are Thai pajamas for Thai massage. Comfortable disposable underwear is provided for all other body treatments and massages.

Privacy

Your privacy will be protected at all times. Your therapist will leave you to change in private and throughout the treatment you will be draped with towels, covering all parts of the body not being treated. Ladies will be given the option of including the bust area in all body treatments.

Reservation

Advance booking prior to intended treatment time is recommended. Please either call or visit, Should you wish to discuss your personalized treatment.

Arriving time

To make the most of your spa experience, please arrive at least 10mins before your appointment.

Late Arrivals

In the event that you are running late, we will endeavor to conduct your full treatment. However, please note that the treatment may need to be shortened should there be another booking immediately afterward.

Spa etiquette

To preserve the harmony within the spa kindly turn off your mobile phone.

Minimum age

To maintain a peaceful environment, children under 16 yrs are not permitted in the spa.

Cancellation

In consideration of other spa guests, as your treatment requires that facilities be reserved, we request a minimum of 12 hrs notice if you are unable to keep your appointment, Please call our staff, who will be happy to reschedule, No shows or appointments cancelled within 12 hrs will incur a 50 percent cancellation fee.

Your comfort- Do let us know!

Although we do our best to anticipate your needs, we appreciate that a spa is very individual experience. Please let your therapist know if there is any way that she can improve your treatment or comfort for examples, heavier or lighter massage pressure, an extra towel, sound or lighting levels, etc, we appreciate your feedback and encourage you to kindly fill in a guest questionnaire following your treatment. **Enjoy the ...Spa experience! We look forward to seeing you soon.**