

# IN BALANCE

SPA BY NOVOTEL

SPA MENU

Novotel Bangkok IMPACT

94 Popular Road, Banmai, Pakkred District, Nonthaburi 11120, Thailand

Tel: (66) 2 833 4888 ext. 4768 Fax: (66) 2 833 4889

[www.novotelbangkokimpact.com](http://www.novotelbangkokimpact.com)

ENTER A PLACE OF CLAM AND SERENITY  
AND EMBARK ON A PERSONAL  
WELLNESS

DISCOVER OF RELAXATION AND  
REJUVENATION WITHIN A DELIGHTFUL AT  
IN BALANCE SPA

WELLNESS THERAPY, WHETHER  
YOU WOULD LIKE TO DETOX, RELAX,  
ENERGIZE, OR SIMPLY  
RECHARGE. A TRULY REJUVENATING STAY  
WITH US IS MADE COMPLETE BY TAKING A  
LITTLE TIME  
TO ENJOY A HEALING SPA THERAPY.  
RELAXATION, WITH A RANGE OF FACIAL,  
MASSAGE AND BODY TREATMENT.

THE HEALING POWER OF PERSONAL  
BALANCE



## BODY RELEASE MASSAGE

Massage is a treatment that uses different kinds of physical contact to relax, revive and heal the body. It is used to treat a wide range of emotional and physical health problems and is one of the most popular treatments on a spa menu.

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### In Balance Signature Massage

60 mins / 1,700 THB

90 mins / 2,200 THB

The Unique Classic Oil massage is adapted from the Swedish massage combined with Aromatherapy and Traditional Thai Massage. To create a sense of wellbeing by increasing blood circulation, lymphatic drainage, improving muscle tone, skin tone and total relaxation. Choose your oil from our quality blends to suit the needs of your mind and body.

### Aromatherapy Massage

60 mins / 1,500 THB

90 mins / 1,900 THB

Leave the stressful day behind with a gentle and relaxing massage this therapeutic massage uses soothing hand movement. The oil used in the treatment improves the mind and soul alongside a relaxing touch.

### Sports Massage

60 mins / 1,900 THB

90 mins / 2,500 THB

This massage is perfect after a day's activities. This unique deep tissue massage is designed to relieve sore muscles. Sports Massage will help alleviate the likelihood of muscle injury and/or cramp and bring back to a more energetic state.

### Hot Stone Massage

90 mins / 2,900 THB

This specialty smooth massage uses various sizes of basalt stone, massage techniques to relax the whole body. The therapist's movements loosen the muscles and releases stress to instill a deep sense of relaxation, balance and stimulates energy flow.

## Relaxing Foot Massage

60 mins / 800 THB

The feet's reflex points correspond to every organ and gland in the body. This treatment stimulates the autonomic nervous system for stress and tension relief while improving blood circulation and energy flow.

## Traditional Thai Massage

60 mins / 900 THB

90 mins / 1,200 THB

120 mins / 1,500 THB

This treatment is a unique Thai Massage that uses deep tissue pressure points in combination with gentle stretching techniques in order to reduce stress and relieve muscle soreness.

## Thai Herbal Compress

90 mins / 1,800 THB

This unique massage treatment combines Thai Herbal Compress. The therapist starts with a heated herbal compress to improve blood circulation for stress relief, Massage to rebalance the body and mind.

## Indian Head Massage

60 mins / 1,200 THB

This head-focused treatment is designed for people who suffer from stressful headaches. The massage improves blood circulation to the head and alleviates tension.

## De - Stress Back, Neck and Shoulder

60 mins / 800 THB

A perfect introductory massage or for those who are stressed and short on time. Focusing on the back, neck and shoulders, this massage uses oil and combination techniques to relax this particularly tension area.

## REGENERATE SKIN TREATMENT

Body scrubs and body wrap are a type of body care product used to help exfoliate your skin and nourishing.

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### Jasmine Rice Scrub

60mins / 1,250 THB

Exfoliate dead skin cells with the value of jasmine rice germ powder to smooth the skin. Ready to add moisture from the best sources of skin food and minerals that the skin needs.

### Invigorating Coffee Scrub

60mins / 1,250 THB

A coffee scrub, rich in caffeine, will stimulate the circulatory system to work better helps the skin to be smooth, firm and detoxify. Reducing cellulite problems. and help the circulatory system improve reveal radiant, healthy-looking skin.

### Rejuvenating Body Scrub

60mins/ 1,500 THB

A wonderful treatment moisturizes, soothes and regenerates your skin helps to shed old dead skin cells. Reveals new, radiant skin smoother restore youthfulness to the skin. Reduce dark circles and rejuvenate the skin to look strong and healthy.

### Green Clay Body Mask

60 mins / 1,850 THB

Naturel Green Clay helps absorb clogged pores. Exfoliate old skin cells reduce inflammation of the skin helps add water to the skin makes the skin moist, strong, and reduces irritation and can reduce the oiliness of the skin.





## **PAMPERING FACIAL TREATMENT**

A facial is a beautifying skin treatment that cleanses pores, exfoliates dead skin cells, hydrates and moisturizes the skin, and treats common skin concerns with a custom regime. Facial treatments are one of the most popular treatments for spa.

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### **Hydration Facial Treatment**

**60 mins / 1,800 THB**

Treatment for dry and sensitive skin to provide deep moisture to the skin at every step. Helps keep skin healthy, eliminate dryness of the skin. Reduce roughness or flaking. while protecting the skin from losing moisture during the day.

### **Classical Soothing Facial Treatment**

**60 mins / 1,800 THB**

Treatment for the care of sensitive skin. by cleaning and nourishing the skin with specific products make your skin healthy Reduce swelling and redness from allergies. Ready to nourish the skin to be gentle.

### **Anti-Wrinkle Facial Treatment**

**60 mins / 2,600 THB**

An effective treatment for eliminating and preventing wrinkles. Stimulates the creation of new skin cells Collagen and Elastin make the skin look firmer, revealing new smooth and radiant skin.

### **Rejuvenating Facial for Men**

**60 mins / 1,800 THB**

This facial offers deep cleansing for male skin, removing toxins from the surface while making full use of healing ingredients to clear the complexion. Gentle massage movements help soothe irritation caused by sun or shaving, restoring a glowing, confident appearance to one's skin.

### **Eye Lift Treatment**

**40 mins / 1,200 THB**

Brightens and relieves stress on tired eyes, eliminates wrinkles and improves firmness around the eyes. stimulate blood circulation and reduce dark circles around the eyes.

## THE WELLNESS JOURNEY

Wellness treatments at a spa can be facials, body treatments or massages, as long as they feature one or more of the elements featured above, and that the aim is holistic rather than targeted.

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### Siamese Pampering Treatment

2 hrs. / 2,300 THB

*(Foot Bath • Thai Massage • Herbal Compress)*

This is a traditional Thai massage. It works the deep tissues of the body using strokes and thumbs. Pressure as well as stretching techniques along with the treatment with the benefits of herbal compress. This treatment restores flexibility and relieves pain in muscles and joints.

### Good Bye Jet lag

2 hrs. / 3,000 THB

*(Foot Bath • Aroma Massage • Indian Head Massage • Foot Relaxing)*

Designed to recover from fatigue and sleep disturbance resulting from disruption of the body's normal circadian rhythm as result of jet travel. This treatment includes a body massage with your choice of special blended balancing oils to promote relaxation, followed by an Indian head massage to encourage blood circulation to head, neck and shoulder. Complete your journey with a relaxing foot massage to relieve heavy and tired legs.

### In Balance Signature Body Therapy

2.30 hrs. / 3,900 THB

*(Foot Bath • Body scrub • Body Wrap • Signature Massage)*

This popular treatment begins with a relaxing exfoliation and perfect choice and massage. Choose from our specially designed Body scrub and Mask, and pamper yourself with De-stress body massage. Afterwards, your skin will feel smooth and your body relaxed.

## De-stress Detoxifying Treatment

3 hrs. / 4,500 THB

*(Foot Bath • Body Scrub • Bath • Aroma Massage • Mini Facial)*

This treatment provides maximum relaxation and the elimination of toxins, while releasing physical and nervous tension. Enjoy the benefits of a choice of body scrub combined with a detoxifying bath infused with subtle oils and herbs and Aroma massage with chakra balancing; restore the clarity of your facial skin with a pampered facial massage.

## Honeymoon Sweet

3.30 hrs. / 5,000 THB

Couple / 8,500 THB

*(Foot Bath • Body Scrub • Body Mask • Bath • Aroma Massage • Mini Facial)*

This package treatment is designed for couples to enjoy a tender and blissful spa experience together. The treatment begins with a choice of body scrub followed by a romantic milk in out Jacuzzi, with relaxing aroma massage.



All prices are in Thai baht and inclusive of 10% service charge and 7% government tax



## ADDITIONAL SERVICE TREATMENT

### KIDS SPA SPECIALS

Children-Young- Adult (5-12 Years)

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#### Mini Me Massage

30 mins / 800 THB

This special massage uses gentle touches with aromatherapy oil to relax the body, relieve tension within the child's body and energize them for a fun day.

#### Mini Me Facial

30 mins / 800 THB

This pure and simple spa facial for kids will cleanse, tone and hydrate the skin. The therapist will share lessons on the importance of clean skin.

## BATH

Hydrotherapy is the use of water in the one of an original spa treatment to eliminate ease many kinds of illnesses. There are several techniques, including baths and Jacuzzi

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_Relaxing Aromatic Milky Bath	30mins/ 600 THB
_Refreshing Mineral Foaming Bath	30 mins/ 600THB
_Detoxing Bath	30 mins/ 600 THB

\*\*A bath can be booked as an individual or additional treatment.

## HOW TO SPA

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### Booking your spa service

IN BALANCE SPA opens for reservation daily between 10.00 a.m. – 8.00 a.m. Please make reservation by dialing 02-833-4888 or send us an e-mail to h8059-th@accor.com. For hotel guest, simply call our spa extension 4768 or visit us in person.

### Service condition

Your health is our priority, please let our team know about any existing health conditions when booking your appointment, including high blood pressure, heart conditions, allergies, any recent surgeries or pregnancy.

### Guest arrival

Please check in at the SPA reception 15 minutes prior to your appointment time to avoid reduced treatment time. If you are late, please note that your treatment time will be limited accordingly as courtesy to the next guest.

### What to wear

We will provide disposable underwear, bathrobe and slippers for your convenience.

### Cancellation policy

On cancellation made less than 3 hours prior to your appointment or no show, a 50% cancellation fee of your spa treatment price will be applied to your account.

### Payment

We accept cash and major credit cards. The same can be added to guest room account. All prices are net and include 7% tax and 10% service charge.

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*For the safety of our guests and colleagues, if you are experiencing any symptoms of Covid-19, including dry cough, fever or shortness of breath within the last 14 days, please contact our Spa Reception prior your arrival so we can obtain further information.*