



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.

	Time	Price
InBalance Signature Massage	60 / 90	1,700 / 2,200
Aromatherapy Massage	60 / 90	1,500 / 1,900
Sports Massage	60 / 90	1,900 / 2,500
Hot Stone Massage	90	2,900
Relaxing Foot Massage	60	800
Traditional Thai Massage	60 / 90 / 120	900 / 1,200 / 1,500
Thai Herbal Compress	90	1,800
Indian Head Massage	60	1,200
De - Stress Back, Neck & Shoulder	60	800

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

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

IN BALANCE

SPA BY NOVOTEL

SPA MENU

IN BALANCE

SPA BY NOVOTEL

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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.

	Time	Price
Siamese Pampering Treatment Foot Bath · Thai Massage · Herbal Compress	2 h	2,300
Good Bye Jet lag Foot Bath · Aroma Massage Indian Head Massage · Foot Relaxing	2 h	3,000
In Balance Signature Body Therapy Foot Bath · Body scrub · Body Wrap Signature Massage	2 h 30	3,900
De-stress Detoxifying Treatment Foot Bath · Body Scrub · Bath Aroma Massage · Mini Facial	3 h	4,500
Honeymoon Sweet / Couple Foot Bath · Body Scrub · Body Mask · Bath Aroma Massage · Mini Facial	3 h 30	5,000 / 1 person 8,500 / 2 persons



Regenerate skin Treatment

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

	Time	Price
Jasmine Rice Scrub	60	1,250
Invigorating Coffee Scrub	60	1,250
Rejuvenating Body Scrub	60	1,500
Green Clay Body Mask	60	1,850

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.

	Time	Price
Hydration Facial Treatment	60	1,800
Classical Soothing Facial Treatment	60	1,800
Anti-Wrinkle Facial Treatment	60	2,600
Rejuvenating Facial for Men	60	1,800
Eye Lift Treatment	40	1,200

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Additional Service Treatment

Kids Spa specials

Children-Young- Adult (5-12 Years)

	Time	Price
Mini Me Massage	30	800
Mini Me Facial	30	800

Bath & Jacuzzi

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.

	Time	Price
Relaxing Aromatic Milky Bath	30	600
Refreshing Mineral Foaming Bath	30	600
Detoxing Bath	30	600

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



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