

WELCOME TO **IN BALANCE** MASSAGE BY **NOVOTEL**

Looking for a place to unwind after a day of shopping and sightseeing? Be sure to recharge at InBalance Massage on the 9th floor of Novotel Bangkok Platinum Pratunam! Choose to enjoy exceptional massage experiences in our treatment rooms, by the pool or opt for in-room service.

PRE-APPOINTMENT

Please arrive at InBalance Massage at least 10 minutes before your appointment. Kindly understand that if you are late, your treatment time may be shortened as a courtesy to the next guest.

PERSONAL ITEMS

Please leave your valuable items in hotel room safe, or in the lockers in the changing rooms.

PERSONAL CONSIDERATION

Your therapist will be able to guide you in choosing your preferred treatment. Prior to treatment, kindly inform us of any health conditions you have, including but not limited to: heart disease, high blood pressure, diabetes, recent injury or surgery, sensitivities and allergies, skin conditions or pregnancy.

IN BALANCE
MASSAGE BY **NOVOTEL**

NOVOTEL BANGKOK PLATINUM PRATUNAM
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IN BALANCE
MASSAGE BY **NOVOTEL**

Indulge Your Body,
Mind and Soul

Open Daily | 10:00 am – 01:00 am | 9th Floor

For more information and reservations,
please call **02 209 1700 Ext. 8713** | In-house dial **0**

IN BALANCE

MASSAGE BY NOVOTEL



ALOE VERA GEL MASSAGE

60 mins | THB 950

Give your skin some loving care with this nourishing treatment! Aloe Vera Gel contains Vitamin C and E to hydrate and tone the skin, improve blood circulation and energize the body.



DEEP TISSUE MASSAGE

60 mins | THB 1,000

Feeling sore? This treatment gets to the root of your muscle aches, helping to remove knots and stimulate circulation. Well-suited for athletes!

THAI HERBAL COMPRESS MASSAGE

Experience the healing powers of Thai herbs with this authentic treatment designed to relieve pain and inflammation. The Thai herbal compresses is steamed and then applied to the body in gentle pressing and rolling movements.

60 mins | THB 1,300
120 mins | THB 2,300

BODY OIL MASSAGE

Looking for full body relaxation? This treatment will have you feeling blissful from top to toe! The nourishing oil used during the massage will leave your skin soft and pampered.

60 mins | THB 850

COCONUT OIL MASSAGE

60 mins | THB 950

Return to youthfulness with this treatment! An excellent anti-aging ingredient, coconut oil is a natural moisturizer. Perfectly suited for dry skin, it delays wrinkles and keeps the body supple and firm.



TRADITIONAL THAI MASSAGE

A must try for any visitor to Thailand! Traditional Thai massage uses no oils or lotions, but focuses on rubbing the muscles. The body is pulled, stretched and rocked in order to clear energy blockages and relieve tension.

60 mins | THB 550

HEAD & SHOULDER MASSAGE

60 mins | THB 550

The perfect choice for office-workers! This treatment is pinpointed to help relieve headaches and upper body tension, making it well-suited to soothe signs of office syndrome.



FOOT MASSAGE

Time for your feet to rest! Our experienced spa therapists will stimulate your feet zones via hands, fingers and a wooden stick with fragrant cream. The result: total well-being.

60 mins | THB 550

RECOMMENDED SIGNATURE TREATMENTS



ROYAL THAI MASSAGE

120 mins | THB 1,900

Pamper yourself with the ultimate Royal Treatment! Start off with an exfoliating back and shoulder scrub, then enjoy a back massage with your choice of oil, head massage and a full body Thai massage to release emotional and physical tension and usher in relaxation.



BODY SCRUB & AROMATHERAPY MASSAGE

BACK ONLY

90 mins | THB 1,300

FULL BODY

120 mins | THB 1,800

Time for stress to fall away with a cleansing body scrub to remove dead skin cells. A calming aromatherapy massage rounds off the experience and sets your mind at peace.



AROMATHERAPY MASSAGE

60 mins | THB 950

Let the fragrance of your favorite aromatherapy oil and our skillful therapists banish your stress and aches and pains. You will emerge feeling rejuvenated!