



GaYaRandra

SPA



BALANCING THE FOUR ELEMENTS OF LIFE



“ T a r d - c h a o - r u a n ”
or the dominant element of the body

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TRADITIONAL THAI medical theory is referred to as the “1000-years ancient wit”. The basis of Thai traditional medical theory states that the human body is composed of four basic elements. These elements (called Tard in Thai) are “earth”, “wind”, “fire”, and “water”. Each element refers not to the physical substance but to the qualities of that substance.

These four elements are self-sustaining. One cannot exist without the other three. Each person has “TARD-CHAO-RUAN”, which is the dominant element of the body, but do contain all four. As they balance each other, they besides work to balance your body and mind. And when one is over or under active, you feel the imbalance.

BALANCING THE FOUR ELEMENTS OF LIFE In order to stay healthy, the four elements must be in perfect balance and harmony. If these elements are out of balance, the body’s ability to repair itself will be weakened and a person will become vulnerable to illness and sadness. Many factors can offset this balance listed here: poor diet, poor lifestyle choices, an inappropriate state of mind, changes in weather, pollution, and poor living and working environments and they must be either removed or alleviated so that healing can take place naturally. Each person has a personal element that is usually determined by the month of birth; however, this may change due to the way a person is raised. This personal element will determine the health of a person throughout their life. There are several ways to balance the elements. Whether eating the elemental diet, or the use of essential oils.

GaYaRandra Spa offers spa treatments to balance and reinforce all the four elements with the use of essential oils. These aromatherapy and cure therapies directly affect our minds and our emotions, since the first inhale and bring rest and well-being to body and mind.



Month of Birth	Element	Attribute	Essential oil
November, December and January	EARTH	Perfect skin health, big bone and joint and muscular health	Patchuli
August, September and October	WATER	Good figure, health complexion, great blood and eyes.	Geranium
May, June and July	WIND	Tall and thin with loose joint and rough skin and active	Bergamot
February, March and April	FIRE	Thin, always hungry,impatient and intolerant to heat and great Metabolism.	Rosemart

Traditional Thai



Siamese – Traditional Thai Massage

THB 1,100 / 60 min
THB 1,600 / 90 min
THB 1,900 / 120 min

'Siam' or 'Thailand' is the land of a 1,000 smiles. Thai massage is an ancient massage that combines gentle rocking, deep stretching movements and firm acupressure techniques, relying on the use of palms, elbows and thumbs.

This massage will help improve your flexibility, stimulate blood circulation and increase vitality. Try this series of Thai stretches and deep pressure point that helps promote the body's natural healing process and make it 1001.



Impressiveness - Thai Massage & Compress

THB 1,700 / 90 min

Thai massage technique with Traditional Herb knowledge to using the herbal and heat to retreat your bodies balance and refresh your soul with massage and enjoy your scent with Thai Herb. A traditional Thai massage techniques (medium to strong) are applied before using the herbal compress. A herbal compress are steamed before applying against the whole body or the aching area. to sustain the warm relaxing experience, improve blood circulation, and alleviate muscle tensions. No oil is being used.



Recharge – Neck & Shoulder Massage

THB 800 / 45 min
THB 950 / 60 min

This is definite a favorite for those looking for quick fix. Try our express massage, by kneading, stretching and acu-pressing to work the boulders out of the areas where most tension accumulates, Neck & Shoulder.

This massage is beautifully relaxing and utterly rejuvenating. Specify your desired level of pressure, whether a strong massage to relieve built-up tension, or gentle experience if just in need of a break.



Oil Massage



Sensational – Aromatherapy Oil Massage

THB 1,450 / 60 min
THB 1,900 / 90 min

The great combination of the potion of oils and our Gayarandra Spa therapists' unique massage techniques is the ultimate pleasure to soothe you from head to twinkly toes. A medium to strong massage focuses with the use of pure essentials oils of your choice on acupressure points, to help strengthen the nervous system, restore the lost energy and relax the mind and body through the combination of delicate fragrances.



C&C - Compress & Chrysanthemum

THB 2,100 / 90 min

Not all journeys are spiritual; especially long-distance travel may leave your body feeling the effects of jet lag. Open your energy pathways and relieve tired muscles with this skillful combination of tension relieving techniques. Allow yourself to slip into oblivion while your muscle stress melts away under a warm Herbal Body Compress.

A full Thai body massage employing long kneading strokes and acupressure, particularly on the legs, lower back, neck and shoulders is complemented with aromatherapy using our unique organic infused blended oil. Enjoy the calming aromas as you complete your journey with a glass of Chrysanthemum tea or our organic tea and feel completely refreshed and rejuvenated.



Extra Recharge - Neck & Shoulder Oil Massage

THB 1,100 / 45 min
THB 1,400 / 60 min

Massage and stretching of the spot along with the refreshing scent of natural oil massage also helps relieve muscle spasms of the neck and shoulders, but also helps the mind relax with the scent of essential oils



Foot Massage

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Satisfied – Foot massage

THB 1,100/ 60 min

A 'toe'-tally twist on the classic blend of foot massage strokes helps stimulate circulation, untangle sport-tortured tendons and detox you down to your last little piggy by applying focused pressure to certain known "reflex" points located in the foot, which correspond to certain other areas in the body.



Steam Sauna and Bath

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Steam

THB 700 / 40 min

- **Steam 10 min and break 2 min for 3 times**

Steam is a great warm-up before getting all activities or even to relax. The temperature of the steam room is approximately 47 c that makes it a pleasant place to relax. Steam is a very therapeutic and popular hydrotherapy treatment. As the temperature rises, the body rids itself of toxins and improves both circulation and respiratory functions.



Sauna

THB 700 / 40 min

- **Sauna 10 min and break 2 min for 3 times**

Sauna heat alternated with cold showers. Virtual mimic the body's exposure to natural hot cooling system allows the internal organs and the immune system healthy. The temperature is 80-90 ° C for 10-15 minutes and then takes a shower with cold water for 2 minutes. When the rotation as the third round with a relaxed mind. Then use a natural brush or loofah scrub the skin. Stimulates sweat glands Sebaceous glands and eliminate toxins. And increase blood circulation.



B&B – Blue& Bath

THB 1,000 / 30 min

Sip a glass of "Blue Butterfly pea tea", Thai 'Anchan' wild blue herbal flower tea, while soaking in a heavenly bath infused with calm and relaxing ingredients of Thai Herb in the privacy of your suite. This treat is just perfect for the relief of body, mind and spirit. The Blue Butterfly pea or Anchan contains many vitamins and minerals which can reduce blurry vision, enhance immune system, detoxifies the body, slow aging process and clean vessels.

Blue Butterfly pea: A compound called "Anthony Saiyan" (Anthocyanin), which has served to stimulate the circulation of blood to the parts better: example to the hair roots which leads to the black gloss, eye thus helping to maintain an eye, or to the ends of the fingers, this will help relieve the beriberi and to reduce the risk of blood clots have help prevent cerebral thrombosis. The Blue Butterfly pea that is effective in dissolving blood clots. For those who have anemia, do not eat decisive.



Facial Treatment

Boost up – Facial treatment

THB 1,900 / 45 min

Perfect treatment for any skin type showing signs of age. Your skin will look smooth, clear and wonderful refreshed. The treatment offers the combination of cleansing, toning gentle scrub, mask and massage to give your skin cleaner, healthier and younger. This powerful treatment helps balance and improve the texture, rehydrate and nourish your complexion, also improve the appearance of your face, making you look younger, firmer, relaxed and fresher and lovelier with the high quality international spa products, Metis, and the special technique of our Gayaranda therapists.



Extra Boost – Stem cells mask

THB 2,900 / 60 min

An ideal treatment for relaxing your mind and letting the nourishing creamy massage clarify your skin. This treatment features a stem cells mask to re-hydrate and reactivate the skin defense system to energize, rejuvenate and increases blood and oxygen circulation. This soothing mask is applied to calm, decongest and freshen the skin for a perfectly harmonious complexion. Our Boost up and Extra Boost facial treatment are suitable for both women and men.



Hair Treatment

Head oil Massage

THB 1,200 / 90 min

- Head Massage 60 min
- Hair Washing 30 min

Scent of essential oils with specific techniques to massage the scalp to stimulate blood circulation, it also stimulates the growth of healthy hair root. The essential oil relieves stress and Calm your mind with add shine to the hair.



Hair washing

Short hair THB 390 / 30 min
Long hair THB 490 / 40 min

Health care begins with hair washing which will leave you feeling refreshed, then added with a soft, shiny hair and blow-dry your hair, allowing more cherished.



Manicure



M&M – Manicure & Mint

THB 500 / 45 min

Welcome to the best Manicure in town, hands down. With a soak, scrub and massage, we're completely hands on about this miraculous manicure. Whilst your nails are being made to look glorious, you can refresh your taste buds with a Mint tea. Your Mint and Manicure experience make a splendid treat for yourself or someone special.

Mint is a delicious and refreshing way to boost your overall health in a number of ways, due to its ability to improve digestion, reduce pain, eliminate inflammation, relax the body and mind, cure bad breath, aids in weight loss and boosts the immune system. Its impact on the digestive system is considerable, and its base element of menthol is perhaps the most valuable part of its organic structure.



Pedicure



P&P – Pedicure & Pandanus

THB 600 / 45 min

Our perfect signature pedicure is designed to decompress and impress. Once soaked, buffed and scrubbed, we'll give your soles a mini massage. Then we'll trim, clip, and file. Happy feet. What a treat! During your treatment you will be served a Pandanus tea. Alternatively as you sit back and unwind with a delightful pedicure.

Pandanus The benefit to the heart and blood vessels, level of blood pressure to normal, tonic and nervous system, Rejuvenate



Spa Package



SS&S - Steam, Scrub & Safflower

THB 1,900 / 90 min

- Steam 10 min break 2 min: 2 time
- Scrub 40 min
- Body lotion 20 min

This invigorating polish starts with herbal steam experience to cleanse and purify the body and top-to-bottom buffing with Coffee Scrub. Skin is left soft smooth and ready for the "lime-light. After your special treat, cool down with Safflower Herbal Tea.

Safflower tea may help calm and soothe the nerves, help lower cholesterol levels, relieve intestinal disorders and facilitate bowel movement, strengthen the immune system.



SMG - Sauna, Oil Massage and Ginger

THB 2,100 / 90 min

- Sauna 10 min break 5 min: 2 time
- Oil Massage 60 min

Rejuvenate your body with the heat of sauna alternated of cold showers, return yourself with Thai Oil Massage to relieve fatigue and reduce muscle stiffness with aroma oil and the ginger tea will refreshing your mind.

Ginger is among the healthiest spices on the planet and has many health benefits; fights cancer, protects against Alzheimer's disease, relieves gas, helps manage blood sugar levels, boosts nutrient absorption, improves blood circulation.



Sabai Gaya- Steam, Aroma Oil Massage & Bath

THB 2,900 / 90 min

THB 5,500 / 90 min / Couple

The steam is warm and making enlarged pores sweat and waste from the body, stimulating the flow of his blood and respiratory systems. And then Massage with essential oils to nourish and rehabilitation Surface tension and soothe tense muscles and nervous system. You feel fresh and relaxed with herbal bath. Sabai-sabai.

- Sauna 10 min break 2 min: 2 time
- Aroma Oil Massage 45 min
- Bath 20 min



Gaya Aromdee- Steam, Scrub & Aroma Oil Massage THB 2,900/ 120 min

THB 5,500 / 120 min / Couple

Steam making sweat and waste from the body, then help stimulate exfoliation and massage with essential oils to reduce tension and relax your muscles and nervous system. The scent of coffee scrub and essential oil relieve any anxiety that your body and mind feel good mood "Arom Dee".

Awaken your senses, tension leave. Top to Bottom treatment from your head to whole body treat with-

- Steam 10 min break 2 min: 2 time
- Scrub 40 min
- Aroma Oil Massage 50 min



Gaya Abhirom -Top to Bottom

THB 4,500 / 150 min

THB 8,500 / 150 min / Couple

essential oil massage and herbal bath to make you feel most pleasant. "Abhirom"

- Head Treatment Massage 20 min
- Facial Treatment 40 min
- Bath 20 min
- Aroma Oil Massage 40 min
- Hair Washing 20 min





Spa Package



COUPLES' COMFORT: Side By Side Spa Treatments

Enjoy a special moment together while enjoying our special massage in the same room with therapists who will use customized to each individual's needs.

Sabai Gaya- Steam, Aroma Oil Massage & Bath THB 5,500 / 90 min / Couple

- Sauna 10 min break 5 min: 2 time
- Aroma Oil Massage 45 min
- Bath 20 min



Gaya Aromdee-Steam, Scrub & Aroma Oil Massage THB 5,500/ 120 min / Couple

- Steam 10 min break 2 min
- Scrub 40 min
- Aroma Oil Massage 50 min



Gaya Abhirom -Top to Bottom

THB 8,500 / 150 min / Couple

- Head Treatment Massage 20 min
- Facial Treatment 40 min
- Bath 20 min
- Aroma Oil Massage 40 min
- Hair Washing 20 min



OPEN DAILY: 10.00 - 21.00

For spa reservations, please call our front desk at “0”