



SPA & MASSAGE

“ THE WONDER OF HEALING,  
THE NATURAL WAY ”



## AYURAVEDIC TREATMENTS

Four-Hand Massage

Shiro Dhara

Abyanga Massage

Abyanga Massage

Shirobyanga

Ayurvedic Steam Bath



Duration	Price (THB)
120 minutes	4,000
60 minutes	2,000
120 minutes	1,800
90 minutes	1,500
60 minutes	1,200
30 minutes	750

## AYURAVEDIC PACKAGES

Body Mind & Spirit

(Floral Foot Ritual + Abyanga + Shirobyanga + Shiro Dhara + Shower + Refreshment)

180 minutes 3,700

Purify Me

(Floral Foot Ritual + Abyanga + Shiro Dhara + Steam Bath + Shower + Refreshment)

180 minutes 3,500

Rejuvenate Me

(Floral Foot Ritual + Abyanga + Shiro Dhara + Shower + Refreshment)

150 minutes 2,950

Back Pain Treatment

(Floral Foot Ritual + Abyanga + Special Back Pain Treatment + Shower + Refreshment)

150 minutes 2,700

Relax Me

(Floral Foot Ritual + Shirobyanga + Shiro Dhara + Shower + Refreshment)

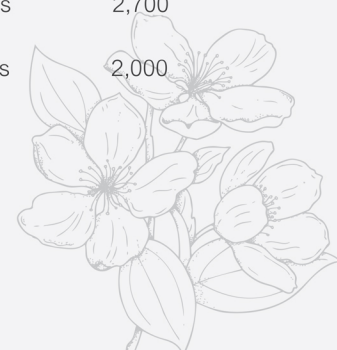
120 minutes 2,700

Energize Me

(Floral Foot Ritual + Abyanga + Shirobyanga + Shower + Refreshment)


120 minutes 2,000

\* Some treatments / packages are available at some branches.



Open daily from 9:00 am - Midnight  
[www.healthlandspa.com](http://www.healthlandspa.com)

## SPA & MASSAGE TREATMENTS



	Duration	Price (THB)
Tourmaline Sauna	60 minutes	300
Thai Herbal Compress	120 minutes	900
Facial Treatment		
♦ Renewal Energy Eye & Face Treatment	90 minutes	3,500
♦ Smooth Lines & Wrinkles Facial Treatment	60 minutes	2,200
♦ Supreme Nourishing & Hydrating Facial Treatment	60 minutes	1,500
Body Polish	60 minutes	900
Foot Reflexology	60 minutes	400
Therapeutic Massage	60 minutes	450
Traditional Thai Massage	120 minutes	600
Aromatherapy Body Massage		
♦ Aromatherapy Body Massage with Thai Herbal Compress	120 minutes	1,600
♦ Aromatherapy Body Massage A	120 minutes	1,300
♦ Aromatherapy Body Massage B	90 minutes	1,000

## SPA PACKAGES

### Spa Jacuzzi (Package for 2 Guests)

♦ Natural Reviver	3 hours 45 minutes	7,600
♦ East Meets West	3 hours 15 minutes	7,000
♦ Mind and Body Uplifting	2 hours 15 minutes	5,600
♦ Facial Rejuvenating	1 hours 15 minutes	5,200

### Vichy Shower Treatment

♦ Body Scrub & Aromatic Body Massage Vichy Shower Treatment	2 hours	3,400
♦ Aromatic Body Massage Vichy Shower Treatment	1 hours 30 minutes	2,500
♦ Body Scrub Vichy Shower Treatment	1 hours 15 minutes	2,400

### Chromotherapy Steam Room Package (Package for 2 Guests)

♦ Natural Reviver	3 hours 30 minutes	6,800
♦ East Meets West	3 hours 30 minutes	6,200
♦ Mind and Body Uplifting	3 hours	5,000
♦ Perfect Harmony	3 hours 30 minutes	5,000
♦ Facial Rejuvenating	1 hours 30 minutes	4,400

### Spa Suit Package (Package for 2 Guests)

♦ Royal Thai Package	4 hours	9,800
♦ De-Stress Head to Toe	3 hours 30 minutes	9,500
♦ Aromatic Body Treatment	3 hours 30 minutes	8,500
♦ Thai Sprit Package	3 hours 30 minutes	8,300

\* Some treatments / packages are available at some branches.

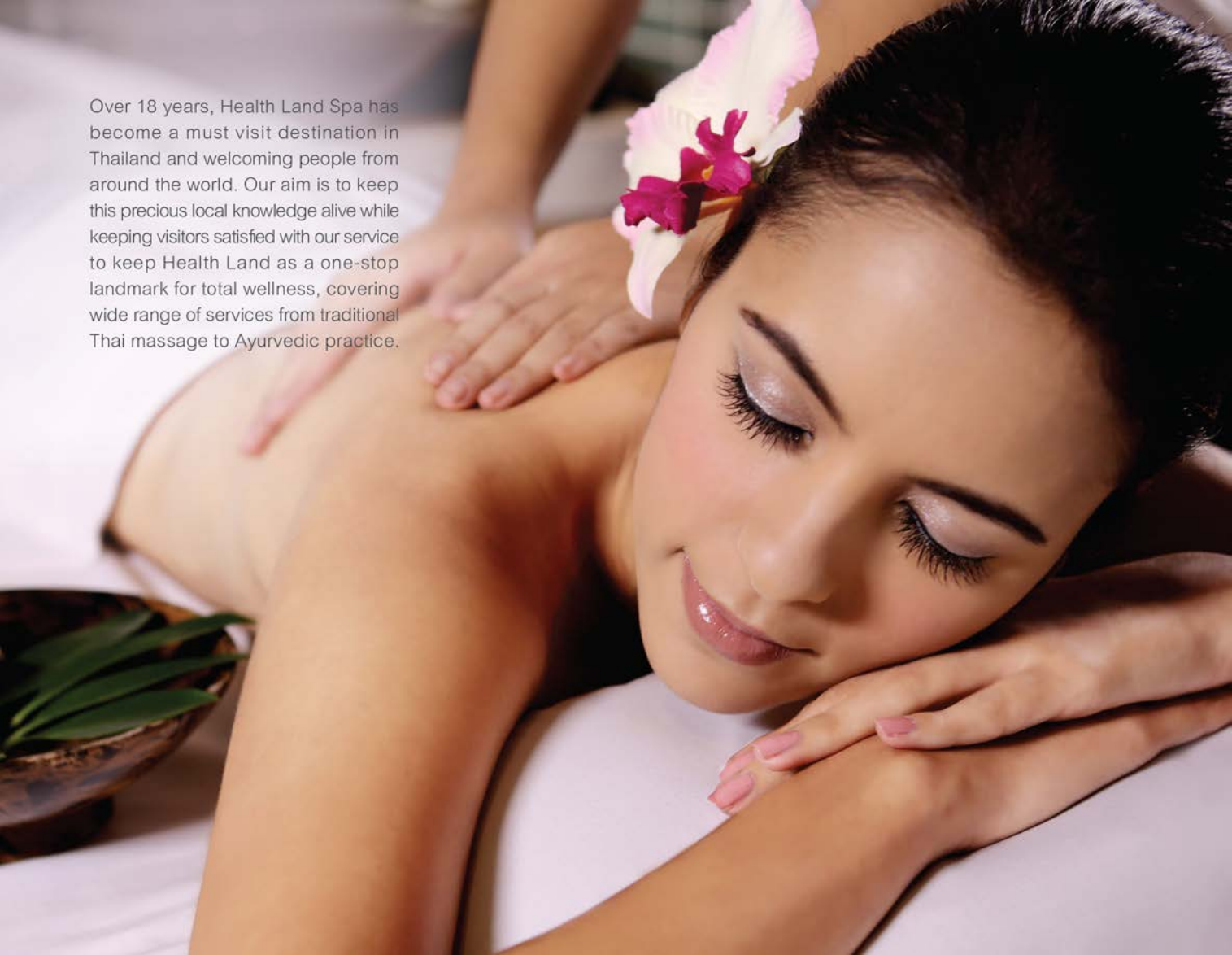


*“ Health Land, the land of health and wellness,  
where art and science of traditional  
Thai wellness harmoniously combined ”*





Over 18 years, Health Land Spa has become a must visit destination in Thailand and welcoming people from around the world. Our aim is to keep this precious local knowledge alive while keeping visitors satisfied with our service to keep Health Land as a one-stop landmark for total wellness, covering wide range of services from traditional Thai massage to Ayurvedic practice.



1. SRINAKARIN



2. SATHORN



# HEALTH LAND SPA 10 LOCATIONS

3. PINKLAO



*"The Wonder of Healing,  
The Natural Way"*

4. PATTAYA NUA



5. EKAMAI



6. CHAENG WATTANA



7. ASOKE



8. RAMA II



9. PRADIT MANUTHAM



10. PATTAYA SUKHUMVIT Rd.





1. **Srinakarin**  
70/21 Moo 2, Srinakarin Road, Nongbon, Phawat, Bangkok 10260  
Tel : +66 (0) 2748 8135-9, +66 (0) 2746 5376-8 Fax : +66 (0) 2398 6062
2. **Sathorn**  
120 North Sathorn Road, Silom, Bangrak, Bangkok 10500  
Tel : +66 (0) 2637 8883 Fax : +66 (0) 2634 5353
3. **Pinklao**  
142/6 Charansanitwong Road, Arun Amarin, Bangkok Noi, Bangkok 10700  
Tel : +66 (0) 2882 4888 Fax : +66 (0) 2882 4612
4. **Pattaya Nua**  
159/555 Moo 5, Pattaya Nua Road, Naklua, Banglamung, Chonburi 20150  
Tel : +66 (0) 3841 2989 Fax : +66 (0) 3841 2996
5. **Ekamai**  
96/1 Soi Sukhumvit 63 (Ekamai), Sukhumvit Road, Prakanong Nua, Wattana, Bangkok 10110 Tel : +66 (0) 2392 2233 Fax : +66 (0) 2392 2234
6. **Chaeng Wattana**  
5/55 Moo 3 Chaeng Wattana Road, Klongkiau, Pakkret, Nonthaburi 11120  
Tel : +66 (0) 2573 3355 Fax : +66(0) 2573 9254
7. **Asoke**  
55/5 Sukhumvit 21 Road, (Asoke), Khlongtoeinuea, Wattana, Bangkok 10110  
Tel : +66 (0) 2261 1110 Fax : +66(0) 2398 6062
8. **Rama II**  
5/5 Rama II Road, Thakam, Bangkhuntian, Bangkok 10150  
Tel : +66 (0) 2451 1155 Fax : +66 (0) 2451 1755
9. **Pradit Manutham**  
288 Praditmanutham Road, Wangthonglang, Bangkok 10310  
Tel : +66 (0) 2148 1155 Fax : +66 (0) 2148 1044
10. **Pattaya Sukhumvit Rd.**  
111/555 Moo 11, Nongprue, Banglamung, Chonburi 20150  
Tel : +66 (0) 3841 2995 Fax : +66 (0) 3841 2771



# SPA

## AYURVEDIC WELLNESS TREATMENTS



### Ayurvedic Steam Bath

*Herbal Steam Bath • Shower • Refreshments*

In Ayurvedic Steam Bath, precious herbal leaves are boiled and the resulting medicated vapors are passed to a steam chamber, in which our guest is sitting for a period of 20 to 30 minutes. The steam will open up tiny pores in the skin, thereby removing toxins and balancing the Three Doshas. Ayurvedic Steam Bath is a great therapy for toning the skin and giving it a special glow.

### Shiroyanga

*Floral Foot Ritual • Shiroyanga • Shower • Refreshments*

Warm herbal oil is applied to Marma Points on the head, back, face and hands, using soothing Ayurvedic massage. This procedure helps regulate the mind and body and has a de-stressing effect. It also improves blood circulation to the head, which helps to relieve certain types of headaches.

### Shiro Dhara

*Floral Foot Ritual • Pre-Treatment Head Massage • Shiro Dhara  
• Post-Treatment Head Massage • Shower • Refreshments*

Shiro Dhara is the traditional Ayurvedic practice of applying a continuous, gentle flow of warm oil to the forehead, focusing on the area between the eyebrows known in Ayurvedic belief as the

"Third Eye." With the oil being specifically selected by our Ayurvedic specialist, this procedure coordinates and deeply calms the mind, body and spirit. It is very effective in relieving conditions such as hypertension, anxiety, insomnia and headaches. In addition, it also aids in memory-improvement.

### Abyanga Massage

*Floral Foot Ritual • Abyanga Massage • Shower • Refreshments*

Abyanga is one of the most popular forms of traditional Ayurvedic massage, involving the use of soft to medium pressure and warm herbal oils applied from head to toe. This herbal oils seep deep into the skin and release fat-soluble toxins from body tissues, improving muscle recovery and flexibility. This treatment has a stimulating effect on the skin, the heart, muscles and veins, as well as the circulatory and nervous systems.

### Four-Hand Massage

*Floral Foot Ritual • Four-Hand Massage • Shower • Refreshments*

Four-hand massage involves two therapists working simultaneously to create a choreographed massage experience. Originating from ancient Ayurveda, the dynamic flow of two massage therapists working together in harmonious synchronicity is an experience that is difficult to match.





*“Heal the body,  
Relax your mind ”*





# SPA

## AYURVEDIC WELLNESS PACKAGES



### Purify Me

*Abyanga • Shiro Dhara • Steam Bath • Shower • Refreshments*

Health Land Wellness and Ayurvedic Centre encourages our guests to take their spa experience to another level. Moving beyond mere relaxation, these treatments focus specifically on your wellbeing as we help you harmonize the many different elements that affect your health: environmental, emotional and spiritual. Three hours of pure bliss relax the senses and invigorate your body from head to toe.

### Rejuvenate Me

*Abyanga • Shiro Dhara • Shower • Rejuvenation*

The complex processes of the human body are interrelated and influenced by the external environment. When imbalances occur, internally or externally, many types of disease can develop. This programme involves a holistic approach that focuses on treating the whole body, rather than just specific symptoms. The goal of this rejuvenation package is to slow down, stop or reverse signs of premature aging.

### Back Pain

*Abyanga • Special Back Pain Treatment • Shower • Refreshments*

The aim of this program is to promote overall spinal health - treating existing spinal conditions and preventing potential problems in the future. A special Ayurvedic massage with a herbal bolus and Kati Vasthi (warm medicated oil treatment) are included in the program.

### Body Mind & Spirit

*Abyanga • Shirobyanga • Shiro Dhara • Shower • Refreshments*

Relax and unwind in the calm, tranquil environment of Health Land. The stresses and pressures of everyday life can greatly strain a person, both physically and mentally, and it is important for healthy living to escape these stresses and replenish your inner energy. Our BMS package helps you to manage and reduce your stress with a combination of treatments and activities that balance and relax all the body, mind and spirit.

### Relax Me

*Shirobyanga • Shiro Dhara • Shower • Refreshments*

A shorter version of BMS, this treatment offers our guests with relaxing benefits of both head massage and Shiro Dhara.

### Energize Me

*Abyanga • Shirobyanga • Shower • Refreshments*

Recharge your vital organs with aged old Ayurvedic Abyanga massage followed by relaxing head massage.





*“ CNN recommended Health Land  
one of The World Happiest Places ”*

*Please visit us at [www.healthlandspa.com](http://www.healthlandspa.com)*



# SPA

AYURVEDIC & WELLNESS



## SPA TREATMENTS

Four-Hand Massage

Shiro Dhara

Abyanga Massage

Shirobyanga

Ayurvedic Steam Bath

120 minutes

60 minutes

90/120 minutes

60 minutes

30 minutes

## SPA PACKAGES

Body Mind & Spirit

(Abyanga + Shirobyanga + Shiro Dhara)

Purify Me

(Abyanga + Shiro Dhara + Steam Bath)

Rejuvenate Me

(Abyanga + Shiro Dhara)

Back Pain Treatment

(Abyanga + Back Pain Treatment)

Relax Me

(Shirobyanga + Shiro Dhara)

Energize Me

(Shirobyanga + Abyanga)

180 minutes

180 minutes

150 minutes

150 minutes

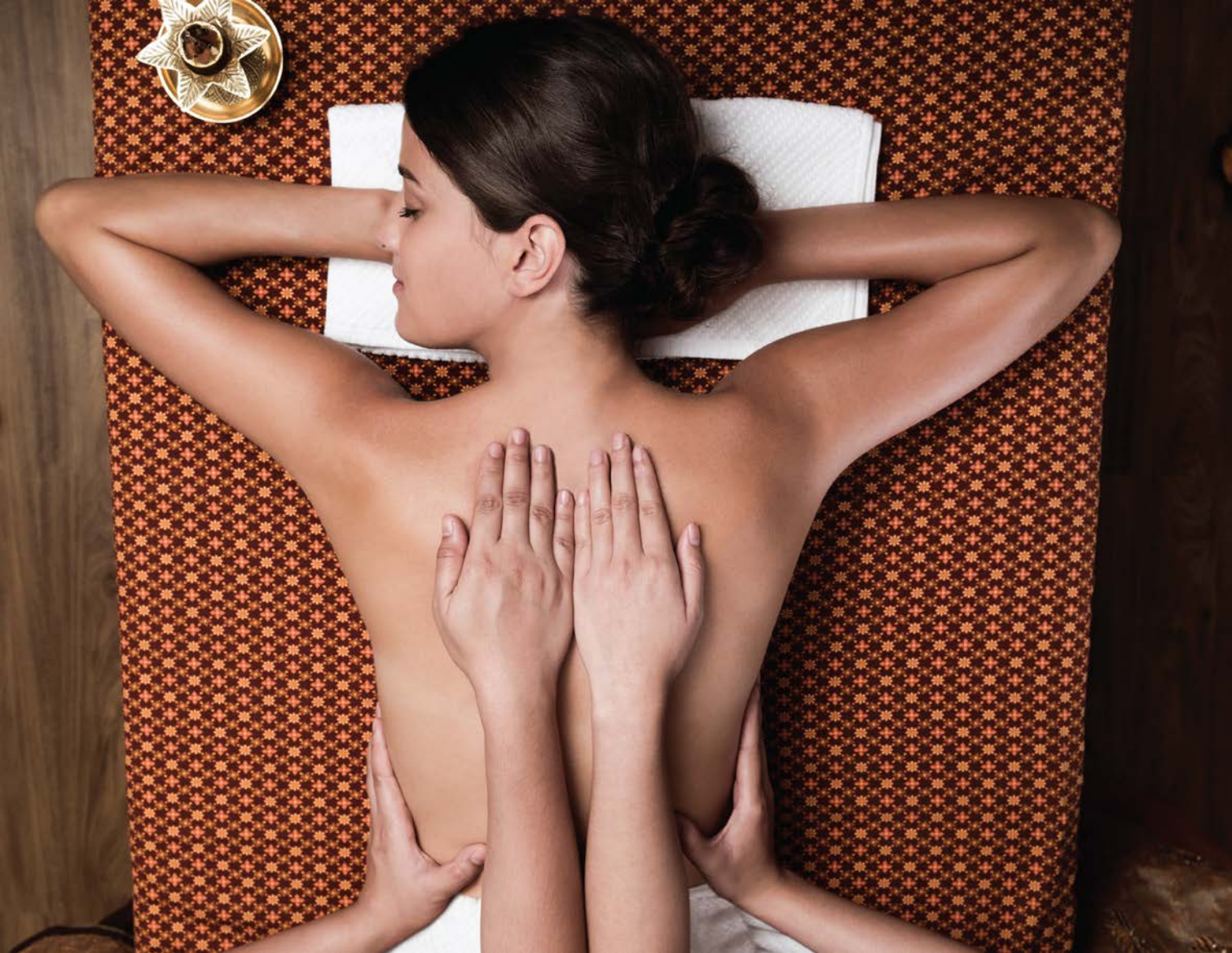
120 minutes

120 minutes

\* Some treatments / packages are available at some branches.







# THAI MASSAGE



## SPA TREATMENTS

Therapeutic Massage  
Traditional Thai Massage  
Foot Reflexology  
Facial Treatments  
Aromatherapy Body Massage  
Aromatherapy Body Massage with Thai Herbal Compress  
Thai Massage With Herbal Compress  
Body Polish

60 minutes  
120 minutes  
60 minutes  
60/90 minutes  
90/120 minutes  
120 minutes  
120 minutes  
60 minutes

## SPA PACKAGES

### Spa Suite Package (Package for 2 Guests)

Royal Thai Package  
De-Stress Head to Toe  
Aromatic Body Treatment  
Thai Spirit Package



4 hours  
3 hours 30 minutes  
3 hours 30 minutes  
3 hours 30 minutes

### Chromotherapy Steam Room Package (Package for 2 Guests)

Natural Reviver  
East Meets West  
Mind and Body Uplifting  
Perfect Harmony  
Facial Rejuvenating

3 hours 30 minutes  
3 hours 30 minutes  
3 hours  
3 hours  
1 hour 30 minutes

### Vichy Shower

Body Scrub and Aromatherapy Massage / Vichy  
Aromatherapy Massage / Vichy  
Body Scrub / Vichy

2 hours  
1 hours 30 minutes  
1 hours 15 minutes

\* Some treatments / packages are available at some branches.







*“A visit to Health Land promises  
to be a rejuvenating experience.  
An ideal place to unwind, shape up and  
discover a renewed sense of well-being.”*



## HEALTH LAND'S PERSONAL CARE

HERITAGE OF WELLNESS



### Six Sensuous Aromatherapy

1. Romeo's Romance
2. Lemony Lush
3. Whisper of The Wind
4. Mandarin Martini
5. Soul Serenity
6. Angel's Amethyst



Health Land has been well perceived as the most professional Wellness and Ayurvedic Centre in Thailand and now we are proud to present our signature Healthy Meeting / Seminar Package @HEALTH LAND. If your esteemed company wants to create a new program of meeting / seminar for your valued customers or your executive members, our Healthy Meeting / Seminar Package is your choice. The package consists of healthy meals (breakfast / lunch / snack / coffee break / drinks), massage / spa experience and wellness lecture from our Ayurvedic therapist master.

## HEALTH LAND HEALTHY MEETING SEMINAR PACKAGE







Open daily from 9:00 am. - Midnight  
[www.healthlandspa.com](http://www.healthlandspa.com)



CNN recommended Health Land one of The World Happiest Places