THE WONDER OF HEALING, THE NATURAL WAY
"Health Land, the land of health and wellness, where art and science of traditional Thai wellness harmoniously combined"
Over 20 years, Health Land Spa & Massage has journeyed to become a must-visit destination in Thailand, welcoming guests from around the world. Our aim is to preserve and promote the local wisdom of traditional Thai massage while keeping visitors satisfied with our service to keep Health Land as a one-stop haven for all things wellness, covering a wide range of services from traditional Thai massage to Ayurvedic practices.
1. Asoke
55/5 Sukhumvit 21 Road (Asoke), Khlongtoey Nua, Wattana, Bangkok 10110
Tel : +66 (0) 2261 1110 Fax : +66 (0) 2398 6062

2. Sathorn
120 North Sathorn Road, Silom, Bangrak, Bangkok 10500
Tel : +66 (0) 2837 8883 Fax : +66 (0) 2634 5353

3. Ekkamai
96/1 Soi Sukhumvit 63 (Ekkamai), Sukhumvit Road, Prakanong Nua, Wattana, Bangkok 10110
Tel : +66 (0) 2392 2233 Fax : +66 (0) 2392 2234

4. Praditmanutham
288 Praditmanutham Road, Wangthonglang, Bangkok 10310
Tel : +66 (0) 2148 1155 Fax : +66 (0) 2148 1044

5. 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

6. Pinklao
142/6 Charansanitwong Road, Arun Amarin, Bangkok Noi, Bangkok 10700
Tel : +66 (0) 2882 4888 Fax : +66 (0) 2882 4612

7. Chaeng Wattana
5/5 Moo 3 Chaeng Wattana Road, Klongkluai, Pakkret, Nonthaburi 11120
Tel : +66 (0) 2573 3355 Fax : +66 (0) 2573 9254

8. Rama II
5/5 Rama II Road, Thakam, Bangkhuntian, Bangkok 10150
Tel : +66 (0) 2451 1155 Fax : +66 (0) 2451 1755

9. Pattaya Nua
159/555 Moo 5, Pattaya Nua Road, Nakhon Chonburi 20150
Tel : +66 (0) 3841 2989 Fax : +66 (0) 3841 2996

10. Pattaya Sukhumvit Rd.
111/555 Moo 11, Nongprue, Banglamung, Chonburi 20150
Tel : +66 (0) 3841 2995 Fax : +66 (0) 3841 2771
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.

Shirobhyanga (Indian Head Massage)

*Floral Foot Ritual • Shirobhyanga • 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.

Shirodhara

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

Shirodhara 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.

Abhyanga

*Floral Foot Ritual • Abhyanga • Shower • Refreshments*

Abhyanga 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 Hands Massage

*Floral Foot Ritual • Four Hands Massage • Shower • Refreshments*

Four Hands 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”
Purify Me
*Floral Foot Ritual • Abhyanga • Shirodhara • 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
*Floral Foot Ritual • Abhyanga • Shirodhara • Shower • Refreshments*
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 Treatment
*Floral Foot Ritual • Abhyanga • 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
*Floral Foot Ritual • Abhyanga • Shirobhyaanga • Shirodhara • 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
*Floral Foot Ritual • Shirobhyaanga • Shirodhara • Shower • Refreshments*
A shorter version of BMS, this treatment offers our guests with relaxing benefits of both head massage and Shirodhara.

Energize Me
*Floral Foot Ritual • Abhyanga • Shirobhyaanga • Shower • Refreshments*
Recharge your vital organs with aged old Ayurvedic Abhyanga massage followed by relaxing head massage.
“CNN recommends Health Land as one of The World’s Happiest Places”
AYURVEDIC TREATMENTS

Ayurvedic Steam Bath 30 Mins
Shirobhyanga (Indian Head Massage) 60 Mins
Abhyanga 90 / 120 Mins
Shirodhara 60 Mins
Four Hands Massage 120 Mins

AYURVEDIC PACKAGES

Energize Me 120 Mins
(Shirobhyanga + Abhyanga)

Relax Me 120 Mins
(Shirobhyanga + Shirodhara)

Back Pain Treatment 150 Mins
(Abhyanga + Back Pain Treatment)

Rejuvenate Me 150 Mins
(Abhyanga + Shirodhara)

Purify Me 180 Mins
(Abhyanga + Shirodhara + Steam Bath)

Body Mind & Spirit 180 Mins
(Abhyanga + Shirobhyanga + Shirodhara)

* Some treatments / packages may be available at some branches.
## SPA & MASSAGE TREATMENTS

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Traditional Thai Massage</td>
<td>120 Mins</td>
</tr>
<tr>
<td>Traditional Thai Massage with Thai Herbal Compress</td>
<td>120 Mins</td>
</tr>
<tr>
<td>Foot Reflexology</td>
<td>60 Mins</td>
</tr>
<tr>
<td>Therapeutic Massage</td>
<td>60 Mins</td>
</tr>
<tr>
<td>Aromatherapy Body Massage with Thai Herbal Compress</td>
<td>120 Mins</td>
</tr>
<tr>
<td>Aromatherapy Body Massage</td>
<td>90 / 120 Mins</td>
</tr>
<tr>
<td>Facial Treatment: Renewal Energy Eye &amp; Face Treatment</td>
<td>90 Mins</td>
</tr>
<tr>
<td>Facial Treatment: Smooth Lines &amp; Wrinkles Facial Treatment</td>
<td>60 Mins</td>
</tr>
<tr>
<td>Facial Treatment: Supreme Nourishing &amp; Hydrating Facial Treatment</td>
<td>60 Mins</td>
</tr>
<tr>
<td>Tourmaline Sauna</td>
<td>60 Mins</td>
</tr>
<tr>
<td>Body Polish</td>
<td>60 Mins</td>
</tr>
</tbody>
</table>

## SPA & MASSAGE PACKAGES

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

- Royal Thai Package                                   | 270 Mins |
- De-Stress Head to Toe                                 | 210 Mins |
- Aromatic Body Treatment                               | 210 Mins |
- Thai Sprit Package                                    | 210 Mins |

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

- Natural Reviver                                       | 240 Mins |
- East Meets West                                        | 210 Mins |
- Perfect Harmony                                        | 210 Mins |
- Mind and Body Uplifting                                | 180 Mins |
- Facial Rejuvenating                                    | 90 Mins  |

### Spa Jacuzzi (Package for 2 Guests)

- Natural Reviver                                       | 240 Mins |
- East Meets West                                        | 210 Mins |
- Perfect Harmony                                        | 210 Mins |
- Mind and Body Uplifting                                | 180 Mins |
- Facial Rejuvenating                                    | 90 Mins  |

* Some treatments / packages may be 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.”
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 one of the most professional Wellness and Ayurvedic Centres 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.
Open daily from 9:00 am - Midnight
www.healthlandspa.com
# Ayurvedic Treatments

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Duration</th>
<th>Price (THB)</th>
</tr>
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<tbody>
<tr>
<td>Ayurvedic Steam Bath</td>
<td>30 Mins</td>
<td>750</td>
</tr>
<tr>
<td>Shirobhyanga (Indian Head Massage)</td>
<td>60 Mins</td>
<td>1,200</td>
</tr>
<tr>
<td>Abhyanga</td>
<td>90 Mins</td>
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</tr>
<tr>
<td>Abhyanga</td>
<td>120 Mins</td>
<td>1,800</td>
</tr>
<tr>
<td>Shirodhar</td>
<td>60 Mins</td>
<td>2,000</td>
</tr>
<tr>
<td>Four Hands Massage</td>
<td>120 Mins</td>
<td>4,000</td>
</tr>
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</table>

# Ayurvedic Packages

<table>
<thead>
<tr>
<th>Package</th>
<th>Duration</th>
<th>Price (THB)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energize Me (Abhyanga + Shirobhyanga)</td>
<td>120 Mins</td>
<td>2,000</td>
</tr>
<tr>
<td>Relax Me (Shirobhyanga + Shirodhar)</td>
<td>120 Mins</td>
<td>2,700</td>
</tr>
<tr>
<td>Back Pain Treatment (Abhyanga + Special Back Pain Treatment)</td>
<td>150 Mins</td>
<td>2,700</td>
</tr>
<tr>
<td>Rejuvenate Me (Abhyanga + Shirodhar)</td>
<td>150 Mins</td>
<td>2,950</td>
</tr>
<tr>
<td>Purify Me (Abhyanga + Shirodhar + Steam Bath)</td>
<td>180 Mins</td>
<td>3,500</td>
</tr>
<tr>
<td>Body Mind &amp; Spirit (Abhyanga + Shirobhyanga + Shirodhar)</td>
<td>180 Mins</td>
<td>3,700</td>
</tr>
</tbody>
</table>

* Some treatments / packages may be available at some branches.

Open daily from 9:00 am - Midnight
www.healthlandspa.com
### SPA & MASSAGE TREATMENTS

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<td>120 Mins</td>
<td>950</td>
</tr>
<tr>
<td>Foot Reflexology</td>
<td>60 Mins</td>
<td>400</td>
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<tr>
<td>Therapeutic Massage</td>
<td>60 Mins</td>
<td>450</td>
</tr>
<tr>
<td>Aromatherapy Body Massage with Thai Herbal Compress</td>
<td>120 Mins</td>
<td>1,650</td>
</tr>
<tr>
<td>Aromatherapy Body Massage B / A</td>
<td>90 / 120 Mins</td>
<td>1,000 / 1,300</td>
</tr>
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<td>Facial Treatment : Renewal Energy Eye &amp; Face Treatment</td>
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<td>3,500</td>
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<td>300</td>
</tr>
<tr>
<td>Body Polish</td>
<td>60 Mins</td>
<td>900</td>
</tr>
</tbody>
</table>

### SPA & MASSAGE PACKAGES

**Spa Suite Package** (Package for 2 Guests)
- Royal Thai Package                                           | 270 Mins | 9,600     |
- De-Stress Head to Toe                                        | 210 Mins | 9,500     |
- Aromatic Body Treatment                                       | 210 Mins | 8,600     |
- Thai Sprit Package                                            | 210 Mins | 8,400     |

**Chromotherapy Steam Room Package** (Package for 2 Guests)
- Natural Reviver                                               | 240 Mins | 6,300     |
- East Meets West                                               | 210 Mins | 6,300     |
- Perfect Harmony                                               | 210 Mins | 5,100     |
- Mind and Body Uplifting                                       | 180 Mins | 5,000     |
- Facial Rejuvenating                                           | 90 Mins  | 4,400     |

**Spa Jacuzzi** (Package for 2 Guests)
- Natural Reviver                                               | 240 Mins | 7,600     |
- East Meets West                                               | 210 Mins | 7,100     |
- Perfect Harmony                                               | 210 Mins | 5,900     |
- Mind and Body Uplifting                                       | 180 Mins | 5,800     |
- Facial Rejuvenating                                           | 90 Mins  | 5,200     |

* Some treatments / packages may be available at some branches.