



THE THAI SPA

Description: Thai treatments by Thai therapists who originate and are trained in Thailand using Thai-made products. The Thai Spa brings the only wholly Thai spa experience to the UK

Products: Lau Erb products, a premium natural skincare range inspired by ancient Thai herbal remedies and rituals, are used in all treatments. Erb, which means 'glowing' in Thai is the creation of Pattree Bhakdibutra, one of Thailand's leading fashion designers. To create the line studied ancient manuscripts, consulted Thai herbalist gurus and researched the Thai culture further. She launched the line in Thailand in 2000 and it is already recognised as one of the country's top skincare brands. Lau Erb products value the meticulous way of life in ancient Thailand, a way of life that pays attention to every detail and makes life pleasurable at every step.

Facilities: 8 treatment rooms including a Dual treatment room for couples, friends or family, Traditional Thai Massage Room complete with a specialist Thai massage couch, as well as 6 individual treatment rooms.

- The Light Therapy Sauna
- The Crystal Aroma steam room
- The Exotic Rain Shower
- The Monea Light relaxation room
- The Monea Deep relaxation room
- The Cleansing Mud Rasul

Treatments: The Thai Spa offers a series of traditional Thai massages, ritual massages ,facials, mother to be treatments, treatments for men, Golfers treatments, ritual therapies, exotic scrubs, botanical wraps, foot and hand therapies and wet treatments. Prices are from £45 for an Herbal Hand Tonic to £155 for the Thai Detox full day Thai Spa package, inclusive of a Light Spa Lunch. Signature treatments include:

Body Revival – (120 minutes £110)

Lose yourself in an indulgent experience designed to relax your body and rebalance your soul. Beginning with a sweet scented mild scrub to revitalise. You then slip into a deep relaxation with a Thai ritual massage using hot herbal compresses and pressure point techniques to loosen tight muscles, improve circulation, soothe and nurture.

Essential Body Glow – (120 minutes £110) Bring back your glorious self with this luxurious treatment. Your entire body is cleansed and prepared for the holistic application of Divine Massage Oil; Fresh scented Orange, Petitgrain and Bergamot are combined to ensure head to toe rejuvenation. Your body is then cocooned in a body mask of Turmeric, Ylang Ylang, Lemon Grass and Honey to deeply nourish and restore lustre to your skin. You will emerge feeling revived, rejuvenated and radiant.

Definitive Detox Ritual – (120 minutes £110) To detoxify your body and purify your soul, this treatment starts with an exfoliating Scrub to cleanse and nourish the skin. Asian Invasion Detox Clay envelopes your body drawing out toxins and impurities within the skin. Your treatment is then complemented using a unique massage technique to speed up the metabolism and stimulate toxin elimination. The application of Cinnamon, Camphor and Black Pepper infused in the Essential Massage Oil ensures skin rejuvenation and leaves your body feeling radiant.

Opening Times: The Thai Spa is open from 7.00 to 21.30 Monday to Friday and from 8.00 to 21.00 Saturday and Sunday.

Spa Manager: Charlie Cunniffe

Reservations: Tel: +44 (0) 28 6634 5728