

RAILAY PRINCESS SPA

Massage & Spa Treatments

Princess Spa provides various types of Thai-styled massage and spa treatments which can help promote the perfect balance of body and soul. All treatments are created to present deep relaxation, relieve stress, and, most importantly is to recover your body from muscle pain and stiffness. Princess Spa customers will be given a massage service by a professional therapist possessing long-time experience and a massage license.

To get the best results, a 90 minutes massage session is recommended for all customers to ensure that the muscle fatigue will be recovered and to conduct the highest relaxation and satisfaction.

Please reserve in advance
Spa available from 09.00 hrs. - 21.00 hrs.







THAI MASSAGE

The Classic Thai Massage

Classic Thai Massage presents techniques of stretching and acupressure used to massage the whole body oil-free. Since it can be described as a "strong" massage for some customers, this menu is mainly recommended for those who have a massage experience. Otherwise, Classic Thai Massage can help relieve body stiffness and fatigue and improve circulation.

60 MIN: 890.- THB
90 MIN: 1,240.- THB

Classic Thai with Aromatic Oil Massage

A perfect combination of Thai Massage and Aromatherapy Massage is designed to promote better results in relieving muscle tension and fatigue. Adding the Aromatherapy Massage technique with Thai massage increasingly helps ease muscle pain and tension, improve blood circulation, and decrease stress and anxiety, which leaves the entire body healed and feeling relaxed

60 MIN 1,090.- THB
90 MIN: 1,440.- THB

Princess Spa Therapeutic Signature Massage with Oil & Balm

A signature menu of Princess offers fantastic massage therapy that you should experience at Princess Spa It combines Thai Massage and Therapeutic Oil Massage techniques to massage the whole body, focusing on muscle tension in the concerned areas. Only Thai massage cannot completely heal the pain and stiffness, but the addition of therapeutic massage techniques and herbal balm gives the best result in relieving tense and sore muscles.

60 MIN: 1,190 THB
90 MIN: 1,540 THB

Classic Thai and Foot Massage

A regular oil-free Thai massage technique applied on the whole body with add-on Foot Reflexology Massage is to focus more on the foot and leg part by using massage cream together with herbal balm rubbed on specific areas.

60 MIN: 1,190 THB







REFLEXOLOGY MASSAGE

Reflexology Massage will be performed on a recliner chair, focusing on different pressure points of the feet, hands, and head. This type of massage uses light to medium pressure. It is best if you are looking to relax or restore your natural energy levels

Foot Massage

After a long day of exploring, Foot Massage allows you to sit and relax your feet with reflexology techniques. Our therapist massages lower leg parts with massage cream and herbal balm. This treatment is to help promote the oxygenation of tissues of several major body organs by focusing on the reflex points underneath your feet that correspond to them.

60 MIN: 890 THB
90 MIN: 1,140 THB

Foot and Arm Massage

Foot Massage combined with Arm Massage focuses on the arm and lower leg parts to relieve sore muscles, reduce tension in the concerned areas, and increase blood circulation with positive energy flow in the whole body.

60 MIN: 890 THB
90 MIN: 1,090 THB

Foot and Head - Neck - Shoulder Massage

This menu is perfect for those who feel it inconvenient to have full-body treatments since the Foot Massage combined with Head - Neck - Shoulder Massage allows you to relax from head to toe. An excellent refreshment to be ready for your long day of work or travel.

60 MIN: 890 THB
90 MIN: 1,140 THB

Back - Neck - Shoulder Massage with Balm

This menu is invented to focus on healing aches and tension muscles, particularly on the back, neck, and shoulder. The finger pressure and the hands and elbows are applied to the focused area. Using oil and herbal balm efficiently helps relieve muscle pain and stiffness while encouraging relaxation — an excellent treatment after a day of office work or a long flight.

60 MIN: 1,090 THB
90 MIN: 1,340 THB







RELAXING TREATMENTS

Aromatherapy Massage

A relaxing massage treatment using essential oils from flowers applied on your whole body together with aromatherapy massage techniques, an excellent therapy to reward yourself after a long day of work or travel that can help improve blood flow, reduce stress and anxiety, and relieve muscle fatigue.

60 MIN: 990 THB
90 MIN: 1,440 THB

Pure Organic Coconut Oil Massage

An aromatherapy massage technique is applied with pure organic coconut oil to enhance deep relaxation and reduce muscle pain and fatigue. And also, according to the moisturizing property of coconut oil, this treatment can help recover your skin from dehydration

60 MIN: 990 THB
90 MIN: 1,440 THB

Sunburn Massage & Treatment with Aloe Vera Gel

Aloe Vera is widely known for its beauty benefits that can heal, moisturize, and strengthen skin. Due to its cooling properties, it is a great way to soothe redness and rashes for sunburnt skin. Aloe Vera Gel Massage is highly recommended for sunburn as it is generated to present high relaxation while repairing damaged skin.

60 MIN: 1,090 THB
90 MIN: 1,440 THB

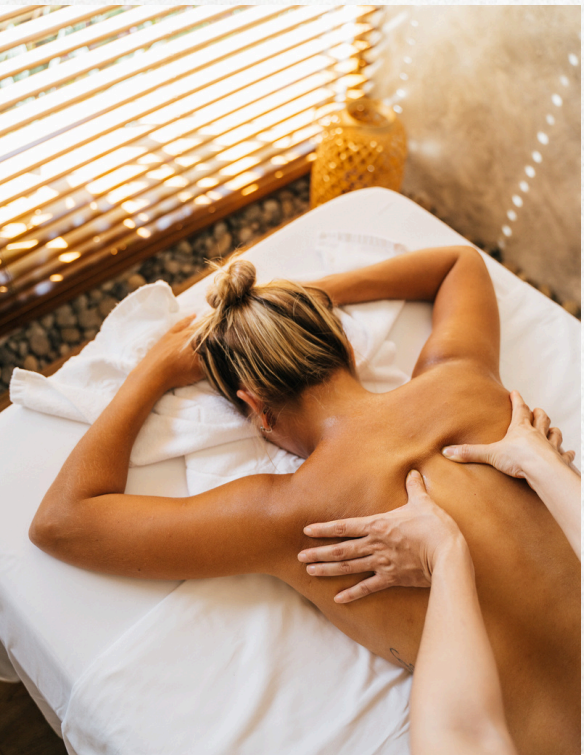
Sport Massage with Aromatic Oil -or- Hot Oil

Sports massage helps to relax your muscles after intense exercise, prepare your body before an event, or function well during training as it emphasizes preventing and healing injuries to the muscles and tendons. Sports Massage is highly recommended for athletes and those who do any activities using specified muscles that cause tension and fatigue. Our professional therapist focuses on the defined muscles and areas you stress during your workout.

60 MIN: 1,090 THB
90 MIN: 1,440 THB







RELAXING TREATMENTS

Warm Aromatic Oil Massage

Aromatherapy massage techniques are applied to massage the whole body enhancing blood circulation and a reduction of anxiety and tension. Yet, the heated oil helps soften and expand deep muscle tissues to relieve stress and fatigue and create a deep relaxation with positive energy flow from the inside.

60 MIN: 1,090 THB
90 MIN: 1,440 THB

HERBAL HOT COMPRESS

Herbal hot compress

Herbal hot compress at Princess Spa, we use a heritage recipe combining many beneficial kinds of fresh Thai herbs steamed at a suitable warm temperature in cotton encased to compress directly on your whole body or focus on the specific areas that need to be healed. The Herbal Hot Compress help relax tense muscles and soothe stiff joints and nerves, increasing blood circulation that encourages deep relaxation.

90 MIN: 1,440 THB

Massage Herbal Hot Compress with Thai Massage

Herbal hot compress at Princess Spa, we use a heritage recipe combining many beneficial kinds of fresh Thai herbs steamed at a suitable warm temperature in cotton encased to compress directly on your whole body or focus on the specific areas that need to be healed. The Herbal Hot Compress help relax tense muscles and soothe stiff joints and nerves, increasing blood circulation that encourages deep relaxation.

90 MIN: 1,440 THB

Herbal Hot Compress with Aromatherapy Massage

A great treat after your long day, the Herbal Hot Compress, combined with the relaxing massage techniques and pleasant scent of Aromatic Oil Massage, offers a superior spa experience. While the massage helps to relieve stress, the herbal hot compress relaxes tense muscles and soothes stiff joints and nerves that, encourage deep relaxation.

90 MIN: 1,540 THB







Organic Body Exfoliation

This spa treatment exfoliates dead skin cells by using spa cream produced from natural Thai fruits and vegetables gently scrubbed on the whole body; you can choose from the selections of scrub that gives different benefits to your skin. The treatment is found to nourish, cleanse, tone the skin, and encourage its renewal process even for the most sensitive skin while also improving blood circulation and reducing cellulite on your skin.

60 MIN: 1,090 THB

SUPERIOR PACKAGE

Superior 1: Muscle Prepare and Recovery

Program:

- Thai Massage (60 min)
- Sport Massage with Aromatic or Hot Oil (60 min)

This package is to combine Thai Massage with Sports Massage. The session starts with a 60-minute Traditional Thai Massage that helps relieve muscle tension and stiffness through stretching and acupressure techniques. Next, the 60-minute Sports Massage technique is applied to the whole body to help you recover from muscle pain and fatigue, including those who do intense workouts.

Medium / Strong

120 MIN: 2,090 THB

Superior 2: Cool Down and Hydrate

Program:

- Sunburn Massage & Treatment with Aloe Vera Gel (60 min)
- Pure Organic Coconut Oil Massage (60 min)

With the moisturizing and cooling properties of coconut oil and aloe Vera gel, this package is recommended for those who have sunburned or dehydrated skin. The therapist alternately applies coconut oil and aloe Vera gel on the whole body using the relaxing oil massage technique. This can help recover damaged skin, relieve body tension, and promote relaxation. A perfect treatment after a long day of exploring!

Relax / Medium

120 MIN: 2,090 THB



Superior 3: A Peaceful Balance

Program:

- Aromatherapy Massage (60 min)
- Facial Massage & Treatment (60 min)

A good spa experience that makes you amazingly relaxed! Glowing Skin package lets you relax from head to toe, starting with 60 minutes of Aromatherapy Massage that helps reduce muscle fatigue and enhance blood flow. After that, a 60-minute Organic Facial Massage & Treatment is applied to help brighten, moisturize, and rejuvenate facial skin from damage.

Relax / Medium

120 MIN: 2,190 THB



Superior 4: Glowing Skin Treatment

Program:

- Organic Body Scrub (60 min)
- Aromatherapy Massage (60 min)

This package allows you to refresh your skin with 60 minutes of Organic Body Scrub that gently exfoliate dead skin cells on the whole body. Next, you will get to relax with a 60-minute Aromatherapy Massage which helps relieve tensed muscles, improve blood circulation, decrease stress and anxiety, and promote deep relaxation.

Relax / Medium

120 MIN: 2,190 THB



Superior 5: The Total Relieve

Program:

- Sport Massage with Aromatic or Hot Oil (60 min)
- Herbal Hot Compress (60 min)

The session begins with a 60-minute Sports Massage focusing on the specified parts to relieve all muscle stiffness and tension. And finish with 60 minutes of Herbal Hot Compress to deeply recover the muscle pain and fatigue with fresh Thai herbs. This treatment is highly recommended for those who have an intense sport or activity causing body muscle pain.

Medium / Strong

120 MIN: 2,190 THB







DELUXE PACKAGE

Deluxe 1: The Real Heal

Program:

- Classic Thai Massage (60 min)
- Sport Massage with Aromatic or Hot Oil (60 min)
- Herbal Hot Compress (60 min)

The Real Heal package is suitable for those who have an intense sport or activity causing body muscle pain. The session begins with 60 minutes of Thai Massage to warm up all muscles, then activates the use of sports massage techniques focusing on the specified parts for 60 minutes. And finish with a 60-minute Herbal Hot Compress to deeply recover those muscles from pain and fatigue with fresh Thai herbs. A great spa experience that you should try!

Medium / Strong

180 MIN: 2,840 THB

Deluxe 2: Office Syndrome Treatment

Program:

- Princess Therapeutic Signature Massage with Oil & Balm (120 min)
- Herbal Hot Compress (60 min)

Office Syndrome Treatment focuses on the specified parts of your body that need to be healed from pain and stiffness, mainly on the back-neck-shoulder, head, hands, and arms. The package starts with 120 minutes of Princess Therapeutic Signature Massage with a combination of Thai and therapeutic oil massage techniques using oil and herbal balm to relieve sore muscles and finish with the Herbal Hot Compress to relax muscles, ease the pain, and improve blood circulation.

Medium / Strong

180 MIN: 2,840 THB



Railay Princess Resort & Spa
Krabi, Thailand

Railay Princess Resort & Spa
145/1 Moo 2, Ao Nang Muang Krabi, 81180 Thailand
Tel: +66(0)75-819555 | Mobile: +66 (0) 62 973 3003
Email: reservation@krabi-railayprincess.com | Website: www.krabi-railayprincess.com