



Opening hours: 11:00 am - 9:00 pm | For Bookings: 076-363-250 ext. 705

## ONSEN

The ultimate way to relax the mind, body and spirit. Leave your stress and worries behind as you soak into the warm, therapeutic waters of our LeSpa Onsen. Rich in minerals, the Onsen does not only nourish and moisturize the skin, but also promotes muscle pain relief, fatigue and blood circulation.

Le Spa by Stay offers a wide range of Onsen baths and facilities:

- **Infrared Sauna with Himalayan Salt Wall:** reduces stress and improves ageing of skin and often used as a respiratory tract and allergies treatment.

Infrared Sauna: heat penetrates more deeply than warmed air. This allows you to experience a more intense sweat at a lower temperature.

Salt Wall: Himalayan salt is rich in negative ions and essential nutrients and minerals. It offers numerous health benefits for the body, such as stress reduction, energy increases, and mood boosts at a biochemical level.

- **Steam Room with essential oil:** improves cardiovascular system, reduce pain and preserve muscle strength, reduce stress and healthier skin by removing toxin.

- **Ice Wall:** constriction of blood vessels, reduces nervous tension, muscular relaxation, and stimulates circulation.

- **Cold Plunge pool at 17 degrees:** blood circulation to alternate with hot water bath, steam or sauna

- **Badu jet:** High pressure ring body and foot massage bath: reduce anxiety level, improve skin, better circulation, healthier heart function, and pain relief.

- **Hot Mineral Bath:** The sodium bicarbonate and calcium found in mineral hot springs help with good circulation in the body. This can have numerous positive impacts, including lower blood pressure. The weightlessness that comes with floating in the water also helps for good circulation.

- **Micro Bubble bath:** Together, the microbubbles form a cloud of oxygen in your bath and give you a delightful, effervescent sensation. Individually, the microbubbles penetrate gently into your pores for a deeper cleansing, while also leaving behind moisture that plumps your skin, reducing fine lines and wrinkles.

Onsen (Wet area access)

Bring your own swimwear

Over 18 years old only

THB 500

All prices are net in THB.



Opening hours: 11:00 am - 9:00 pm | For Bookings: 076-363-250 ext. 705

## PANPURI TREATMENTS

With advocating a 100% Natural and Organic Wellness Lifestyle, PAÑPURI unites into one the intricate art of natural and organic orientation, as well as art and science.

The PAÑPURI experience is designed to create a sense of time, space and calm—a place to be connected and replenished. We aim to connect all five senses and nourish them from the inside through signature scents, delightful aroma and texture, uncluttered visual merchandizing, serene music and tactile materials.

Efficacy is always a priority

"Don't put on your body what you wouldn't put inside it," is one of the key pillars of PAÑPURI's mantra. Scientifically-proven, result-driven and sensorially delightful, PAÑPURI's products are formulated without harmful chemicals

Made with heart in thailand

Complimentary Onsen pass with every spa treatment

### Aroma Massage

55 minutes/THB 1,200

85 minutes/THB 1,700

*The aromatherapy massage is the one of the most popular treatments. The movements are smooth and flowing movements to achieve maximum calming and relaxing sensations.*

### Sport Massage

55 minutes/THB 1,200

85 minutes/THB 1,700

*A medium to strong pressure is used in this massage to relieve tired and sore muscles and improve blood circulations. Recommended before or after exercise.*

### Asian Blend Massage (Thai massage with oil)

55 minutes/THB 1,200

85 minutes/THB 1,700

*This massage is wonderful for relieving aches, pains and strains. It involves the application of pressure and gentle stretching, as in Traditional Thai massage but with the use of oil. This treatment is highly recommended for those who prefer a strong massage.*

### Thai Herbal Compress (without oil)

55 minutes/THB 1,200

85 minutes/THB 1,700

*Thai herbal compress are heated and applied to the body at pressure points to relieve sprains, strains of muscles and tendons, stiffness in the joints, inflammation as well as to stimulate the circulation of the blood. This royal of massages will leave you relaxed and rejuvenated. (combine with oil for only 250 THB additional)*

All prices are net in THB.