

# Spa Burasari



## Welcome to Spa Burasari!

**The Burasari, a most delicate and yet potent flower, both unique and effective is the inspiration behind the treatments at the Spa Burasari. '**

Enter our haven from the hustle and bustle surrounding and you will be enriched with a feeling of serenity and a blend of Eastern meets Western cultures. We have created a menu of treatments to provide life enhancing experiences. Our alternative healing rituals and detoxification packages are just a taste of what we offer world weary travelers or those in need of time simply to reflect and unwind.

A haven for individuals and couples, we have treatments to suit each of your needs.



## THE BURASARI PURIFICATION RITUAL

Water elements, singing bowls and herbal cleansing rituals help you get in the right mindframe and connect with the spa environment. This two-part ritual prepares the mind and body before and after the treatment. It is complimentary with all spa packages and wet treatments.

### Pre-Treatment

#### Initiate

Begin with a foot bath soaked in warm water infused with mint, citratus leaf powder, fresh kaffir lime and a natural salt scrub. Our foot ritual cleanses, improves your blood circulation and prepares you for your treatment.

#### Harmonize (Singing Bowl)

The Tibetan singing bowl ritual taps into the vibrations of your circulatory system and restores the body and minds natural rhythms.

### Post-Treatment

#### Rest

Take a few moments to restore the mind as you rest after your treatment, taking in all the benefits to your body, mind and spirit.

#### Replenish

Sip on our specially-created tea and tonics that seal the treatment and prepare you to step back into the world!

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## A Little About Coconut Massage Oil and Cream

Coconut oil is gifted with a lot of antioxidants that can keep you looking young even in your seventies! These antioxidants do not let the skin wrinkle and also protect it from other adverse effects of ageing. Coconut oil is also rich in Vitamin E, your skin's best friend. It keeps your skin rejuvenated, young and healthy!

Coconut oil has been in use as massage oil for centuries, more so, in Coastal areas of India and Indian Subcontinent. You will find many people who show gleaming, smooth and beautiful skin even after they are in their sixties! These are those who were massaged with Coconut Oil in their childhood!

*We hope you enjoy your treatment!*

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## Burasari Signature Treatments

We believe in more! And, our Burasari Massage series will definitely leave you wanting more! If you can't decide which one is right for you, our spa therapists can guide you.

### Burasari Signature Massage

90 minute session (60 minute treatment time)  
120 minutes session (90 minutes treatment time)

THB 1,900  
THB 2,400

An exclusive Spa Burasari treatment you won't find anywhere else, this transformative oil massage relaxes muscle tension, detoxifies the body and rejuvenates the mind. This therapy blends fluid Swedish movements, toning Thai massage stretches, soothing Lomi Lomi massage and gentle acupressure.

### Detox Massage

90 minutes session (60 minutes treatment time)  
120 minutes session (90 minutes treatment time)

THB 1,900  
THB 2,400

A gentle, slow, focused flow massage technique that addresses the lymphatic system. The massage targets the smallest blood vessels, encouraging them to open up and improve blood circulation. It is one of the most relaxing massage experiences created.

### Natural Pressure Point Facial Massage

90 minutes session (80 minutes treatment time)

THB 1,900

Indulge in our natural facial using mother nature's bounty of earth's produce. An utterly relaxing massage which stimulates the blood circulation in the face. Therapists will massage over 20 acupuncture points on the face which follow the body meridians.

### Deep Tissue Massage

90 minutes session (60 minutes treatment time)  
120 minutes session (90 minutes treatment time)

THB 1,900  
THB 2,400

A massage technique that focuses on the deeper layers of muscle tissues and releases the chronic muscle tension through Tui Na strokes, focusing on more specific areas. This is recommended for those who experience consistent pain or those who have exercised strenuously. You may experience some soreness during or right after the massage. However, you should feel better than ever within a day or two! Because many toxins are released during the treatment, it is important to drink plenty of water to help eliminate these toxins from the body.

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## Burasari Signature Treatments

### **Back, Shoulder, Neck Massage with Ginger Zinger**

90 minutes session (60 minutes treatment time)

THB 1,900

Tension is released from your shoulders, neck, lower back and spine areas as smooth, long strokes and thumb and palm pressure are used in this massage. This intensive treatment is complete with a warm ginger wrap. You will feel a slight burning sensation on your back as your blood circulation increases. Now you will be walking with a renewed energy ready to take on the world!

### **Body Exfoliation**

90 minutes sessions (80 minutes treatment time)

THB 1,900

Body scrubs are a fabulous way to exfoliate, cleanse and remove dead skin cells.

Our handcrafted scrubs will leave your skin looking fresh, rejuvenated, revitalized and moisturized.

### **Choices of Body Exfoliation:**

- Coconut moisturizing
- Green tea antioxidant

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## Alternative Healing Therapies

Our alternative healing therapies draw from many cultural traditions. Though the approaches vary, each aims to restore equilibrium and pay equal attention to physical and spiritual well-being. All alternative healing therapies begin with our signature ten-minute foot cleaning ritual.

### Traditional Thai Massage

60 minutes session (50 minutes treatment time)  
90 minutes session (80 minutes treatment time)

THB 1,200  
THB 1,700

A blend of assisted stretching and acupressure compressions along the body's energy pathways leaves you remarkably relaxed yet energized. You will be placed in the able hands of our Thai therapists who have been immersed in this traditional method of healing for centuries.

### Thai Herbal Compress Massage

90 minutes session (80 minutes treatment time)

THB 1,900

A blend of Thailand's finest therapeutic herbs and spices are steamed and massaged into the body to release tension, delivering deep muscle relaxation, and ensuring long lasting fatigue relief. This, combined with the Thai stretching massage technique, is sure to stimulate energy and treat stiffness in aching joints.

### Foot Massage

60 minutes treatment (50 minutes treatment time)

TTHB 1,200

A powerful and effective healing art based on century old principles that the feet are the "mirror" of the body. Working on specific points of the feet, signals are sent to benefit the body organs. A head-to-toe sensation of balance and health will radiate from your entire being when your feet return to earth.

### Foot Massage with Ginger Zinger

90 minutes session (80 minutes treatment time)

THB 1,700

Exclusively developed for the weary traveler who has just arrived, or is just leaving and of course, the fatigued shopper. An intensive treatment commencing with a reflexology session followed by a warm spice wrap to draw out the toxins from tired legs. You will feel a slight burning sensation in your legs as the blood circulates throughout. Now you will be walking out

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## Burasari Spa Packages

Calm your mind and draw in the serenity of your surroundings. Drift away on a cloud of contentment as our therapists work wonders. All our spa packages include our signature 30-minute purification process.

**Buralicious ...** Indulge your senses!  
180 minutes session

THB 3,800

Truly the first step with a luxuriating hair cream massage, and then follow with detoxification process with your choice of one of our specially designed exfoliation scrub, Burasari Signature massages then a Natural Facial with pressure point massage and refreshment

**Truly Thai ...** Enjoy all that is authentically Thai!  
180 minutes session

THB 3,800

This treatment begins with a herbal compress to ease all your tension, followed by our signature Thai Massage and a soothing Thai natural facial treatment.

**Renewal Package**  
150 minutes session

THB 2,800

Truly the first step in the detoxification process, it begins with a gentle full body exfoliation to prepare the body for the benefits and changes it will undergo during its transformation. With a gentle healing body massage, Face and Foot Massage, you are truly on your way to a new and improved you.

**Purification Body Polish with Healing Massage**  
150 minutes session

THB 2,800

Truly the first step in the detoxification process, it begins with a gentle full body exfoliation. This prepares the body for the benefits and changes it will undergo during its transformation. With a gentle healing Burasari body massage.

**Herbal Detoxification Wrap with Lymphatic Zone Massage**  
150 minutes session (120 minutes treatment time)

THB 2,800

We begin this treatment with Dry brushing involves brushing the skin a bristle brush to exfoliate the skin and remove dead skin cells. And boost circulation promotes lymph drainage and boost the immune system.

An application of our healing herbal mask, followed by a shower. After the body is cleansed, a lymphatic stimulating massage will secure this truly detoxifying experience.

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## Spa Etiquette

Our list of helpful do's and don'ts to help you get the most out of your spa experience!

### **What is the best time for a treatment?**

Anytime! But we recommend not scheduling a treatment right after a meal. It's best to take your meal after the treatment.

### **What should I wear?**

We will provide you with a robe, slippers, and disposable underwear. Please leave your valuables in your room safe.

### **Should I shower before a spa treatment?**

No, it is not necessary. We recommend you enjoy our steam room before your treatment and that men shave before a facial. Allow 10 minutes for the steam before your appointment.

### **What is the best time for a treatment?**

Anytime! But we recommend not scheduling a treatment right after a meal. It's best to take your meal after the treatment.

### **Smoking and mobile phones**

Please refrain from smoking in the spa and to ensure you and other guests enjoy the tranquility, kindly switch off your mobile phone and other electronic devices.

### **Treatment concerns**

Your spa experience is all about you. Please feel free to ask the therapist to adjust the pressure of the massage. We recommend you refrain from drinking alcoholic beverages prior to any treatments and that you have a meal at least one hour prior to treatments.

### **What products will be used?**

We pride ourselves in using the most natural and purest of ingredients. We use only all-natural coconut massage oil in all our treatments. Our body scrub is formulated specially for Spa Burasari. It is made from 100% natural ingredients.

### **Why Coconut massage oil?**

We use 100% locally-sourced, cold-pressed coconut oil because it is a skin and beauty miracle! Packed with Vitamin E and antioxidants, it helps protect against skin damage, prevents wrinkles and keeps your skin silky soft and youthful.

### **Late arrival**

Please arrive 10 minutes before your scheduled appointment, as late arrival may result in a shorter treatment.

### **Cancellation policy**

A-4-hour notice is required for rescheduling and or canceling an appointment. Failure to do so will result in a 50% charge of the treatment cost.

We hope you enjoy your treatment