



SANCTUARY
ANANDA

HEALTH — & — BEAUTY

TREATMENT GUIDE

Thambyadine Spa
by L'OCCITANE



SIGNATURE TREATMENT

Traditional Burmese Massage

(90 MINS) \$100

Perfect for... A truly traditional Myanmar experience

This firm technique is said to be older than the pagodas. A massage designed to relieve aches and pains by focussing on pressure points and manipulating muscles.

MASSAGE

Relaxing Aromachologie Massage

(60 MINS) \$80

(90 MINS) \$100

Perfect for... Stress-busting relaxation

Swedish, Chinese and Balinese massage techniques come together with relaxing essential oils to stimulate circulation, ease tensions and ensure complete relaxation.

Deep Tissue Intense Relief

(60 MINS) \$80

(90 MINS) \$100

Perfect for... Relieving tension

Massage therapy focused on the deeper layer of the muscle tissue featuring medium to firm pressure and forearm massage sequence to release tensions in the body.

FACIAL



Immortelle Secret of Youth

(60 MINS) \$60

Perfect for... Slowing the aging process

Lifting and firming face massage combined with stimulation of acupressure points to combat fine lines and restore youthful skin.

ADD-ON



Immortelle Youthful Eyes

(25 MINS) \$30

Perfect for... Radiance-boosting

To fight fine lines, dark circles and puffiness and give an instant radiance boost, this treatment features a lifting massage and an Immortelle formula specifically designed for the eye area. Perfect after a journey, a night of festivities or even a long hard work.

TARGET AREA



Aromachologie Foot Relief with Essential Oil

(25 MINS) \$50

Perfect for... Tired feet after a long day of walking
A comforting and relaxing foot massage, combining smoothing strokes and deep circular movements with a Revitalizing essential oil blend, helps the body to unwind, improve blood circulation and release tensions.

Relaxing Aromachologie Massage for the Back

(25 MINS) \$50

Perfect for... Letting the stress melt away
Swedish effleurage strokes, Chinese acupressure and Balinese massage techniques performed specifically on the back area to release tensions and ensure relaxation. The perfect complement to any treatment to further pamper your back.

PACKAGES

Couples Package 1

(85 MINS) \$175

Perfect for... Feeling blissed out

For Him: Deep Tissue Massage (60 mins)

+ Foot Massage (25 mins)

For Her: Relaxing Massage (60 mins)

+ Youthful Eyes (25 mins)

Couple Package 2

(85 MINS) \$175

Perfect for... Spending time with your loved one

For Him: Relaxing Back Massage (25 mins)

+ Facial (60 mins)

For Her: Relaxing Back Massage (25 mins)

+ Facial (60 mins)

Face & Eye Duo

(85 MINS) \$150

Perfect for... Turning back the clock

Immortelle Secret of Youth facial (60 mins)

+ Immortelle Youthful Eyes (25 mins)





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