

NANDANA SPA

MASSAGES

Type	Minutes	Price	Description
Swedish	60	\$135	This classic massage uses European techniques and penetrating acupressure to improve circulation and promote relaxation.
Thai	60	\$135	Traditional Thai massage is a deep, full-body treatment that is both stimulating and relaxing. Pressure-point massage along the body's ten major energy channels or "sen" lines releases blocked energy, increasing awareness and vitality. Gentle stretching of the joints and muscles relieves tension, enhances flexibility, and induces a deep state of tranquility. Traditional Thai massage is like nothing else in the world of massage – it must be experienced to truly appreciate its rejuvenating and healing benefits.
Stone	60	\$150	Therapeutic and relaxing, this treatment alleviates stiffness and soreness while restoring energy and balance. Smooth, warmed basalt stones glide across your body in long, flowing strokes. The stones' heat relaxes the muscles and has a soothing effect on your emotions. Simultaneously, other stones are placed on your body's energy centers, deeply infusing muscles with heat to melt away tension.
Deep Tissue	60	\$135	Melt away hidden tension and muscle discomfort as joint mobility improves. Your therapist will customize the treatment to incorporate deep-tissue work. The massage of choice for those who prefer deep, concentrated pressure.

Aromatic	60	\$135	Our most aromatic and relaxing massage, with a choice of specially blended oils. Using a combination of strokes and acupressure techniques, this soothing and gentle massage allows the healing properties of these natural oils to penetrate into the skin leaving you relaxed and with a sense of well-being. A definite jetlag tonic.
Oriental Sole	60	\$105	Another staple of traditional Thai medicine, an ancient healing system developed over thousands of years in Thailand. Traditional Thai Sole massage is a uniquely invigorating and relaxing experience. Gentler than Chinese reflexology, to which it is often compared, Traditional Thai Sole massage works the pressure point in the foot to free the flow of energy, and relieve stress thorough the entire body. A cooling herbal massage lotion stimulates the senses, and enhances the feeling of total relaxation.
Namaste	25	\$60	A massage for the back, neck, and shoulder, this is the perfect massage for the person who sits in an office all day or just stepped off a plane. Focused concentration on these problem areas ensures a feeling of total relaxation. Also a great massage to improve your golf swing!
Drifting Ocean Breeze	60	\$150	Performed beachside, the cool ocean breezes and sounds of the ocean waves lapping the shore inspire the total relaxation.
Shiatsu	60	\$140	This massage combines the ancient eastern arts of health, balance and restoration. This dry massage is based on centuries old acupressure techniques to release stress and unblock the body's energy pathways. You will be guided through simple energy balancing movements to stimulate positive energy flow.
Indian Head	60	\$140	A treatment that uses Ayurvedic oils and pressure-point Indian head massage techniques to relax and

revitalize the body. Excellent for insomnia, chronic headaches, migraines, and sinusitis.

Poolside	60	\$150	Experience a Traditional Thai massage near nature, in our sala setting by our pool overlooking pristine ocean blue waters. <i>Subject to weather conditions.</i>
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All massages begin with a floral foot bath.

Massages can also be provided in the privacy of your room, between the hours of 10am and 8pm.