



137

PILLARS HOUSE

CHIANG MAI

SPA TREATMENT MENU



Welcome

Relax...as you escape from the stress of everyday life. Embrace a holistic change and replenish your body's precious energy.

The Spa offers a contemporary treatment menu featuring unique signature ceremonies, sophisticated, face and body therapies and traditional therapeutic massages, which embrace cultural Thai specialties.

Each visit to The Spa begins with an anointment of pure Frankincense oil, known for its ability to stimulate neuro-chemicals that naturally help the mind and body relax. A foot washing ritual using pure sea-salt and plant extracts reminds us that water - a seemingly abundant element - provides an opportunity to not only cleanse physically, but to cleanse the spirit...

Surrender to your holistic journey of self-recovery



Signature

Sukhothai Surrender

120 min

Deep relaxation. Rich aromas. Pure oil blends. Experience a signature “137 Pillars House” treatment combining techniques from Traditional Thai Massage, Luk Pra Kob herbal compress and Swedish massage. Stretching movements, hot compresses and a sublime spinal application of our intensely nourishing and aromatic body oil will leave you in a profound state of relaxation.

Guests of 137 Pillars House will be escorted to their guest room where your therapist will personally prepare a bath using the healing properties of Thai herbs to revitalize mind and body. The scents of kaffir lime, fresh galangal and an assortment of locally grown herbs provide an aromatic sensation.



Massage

Aroma Relaxer

60 min / 90 min

This treatment works from your head to your toes and dissolves away all of your stress and tension. This is an intense massage ritual blending eastern and western techniques enabling our therapist to work on your body, mind and spirit. You choose your blend of natural plant and flower oils with wonderful exotic scents and powerful therapeutic benefits for body and mind.

Enrich

60 min / 90 min

Anti-oxidant and nutrient rich virgin coconut oil provides the base for this sublime full body massage. A hint of seductive ylang ylang and rich vanilla bring their calming, expansive properties to this treatment

Traditional Thai Massage

60 min / 90 min

The renowned healing art of Thai Massage will provide restoration to tired and overworked muscles. Gentle stretching and activation of pressure points along the body’s meridian lines ensures improved flexibility and a renewed sense of vitality.

We supply you with loose-fitting clothing for this treatment.

Siamese Combination

90 min

This unique authentic Thai experience includes perfect synergy of a traditional Thai massage focused on gentle stretching and pressure points followed by an oil massage experience balances energy flow and enhances relaxation throughout the entire body. A truly invigorating experience which will leave you relaxed and tension free.

Luk Pra Kob Herbal Compress

90 min

Begin with Traditional Thai Massage where gentle stretching and pressure point massage will free your body of tiredness to improve your sense of vitality. Finish with an application of hot compresses of locally grown herbs to maintain a free flow of Chi through your body.

Back Stress Release

45 min

Focusing on the back, this is an invigorating massage where therapeutic levels of lavender, rosemary and ginger essential oils work to help release stiffness and discomfort in muscles and joints.

Foot Massage

60 min

Foot Massage is one the most unbelievable relaxing treats to deeply relaxing feet. This technique stimulates the blood vessels in your feet and promotes gentle healing, to make the feet feel better than ever before.



Body Scrub

Awaken

45 min

Anti-oxidant rich coconut provides the basis for this tropically inspired scrub. Mixed with freshly ground, locally grown coffee beans your skin will emerge highly moisturized, energized and fresh.

Spirit

60 min

You choose the blend of high-grade essential oils to mix with natural sea-salts that will leave your skin smooth, soft and glowing. Choose from Relaxed if you need to slow down, De-Stressed if you've been on your feet all day or Enriched if you need a general pick-me-up and feel like something more exotic. Includes Steam.

Revive

60 min

Feeling the need for a little detox? This is the perfect pick-me-up for when you're feeling sluggish or lethargic with out-of-condition skin. Finely ground olive grains, fresh green rosemary and rich, woody juniper are ideal for general well-being and vitality.

Facials

Prescription Facial

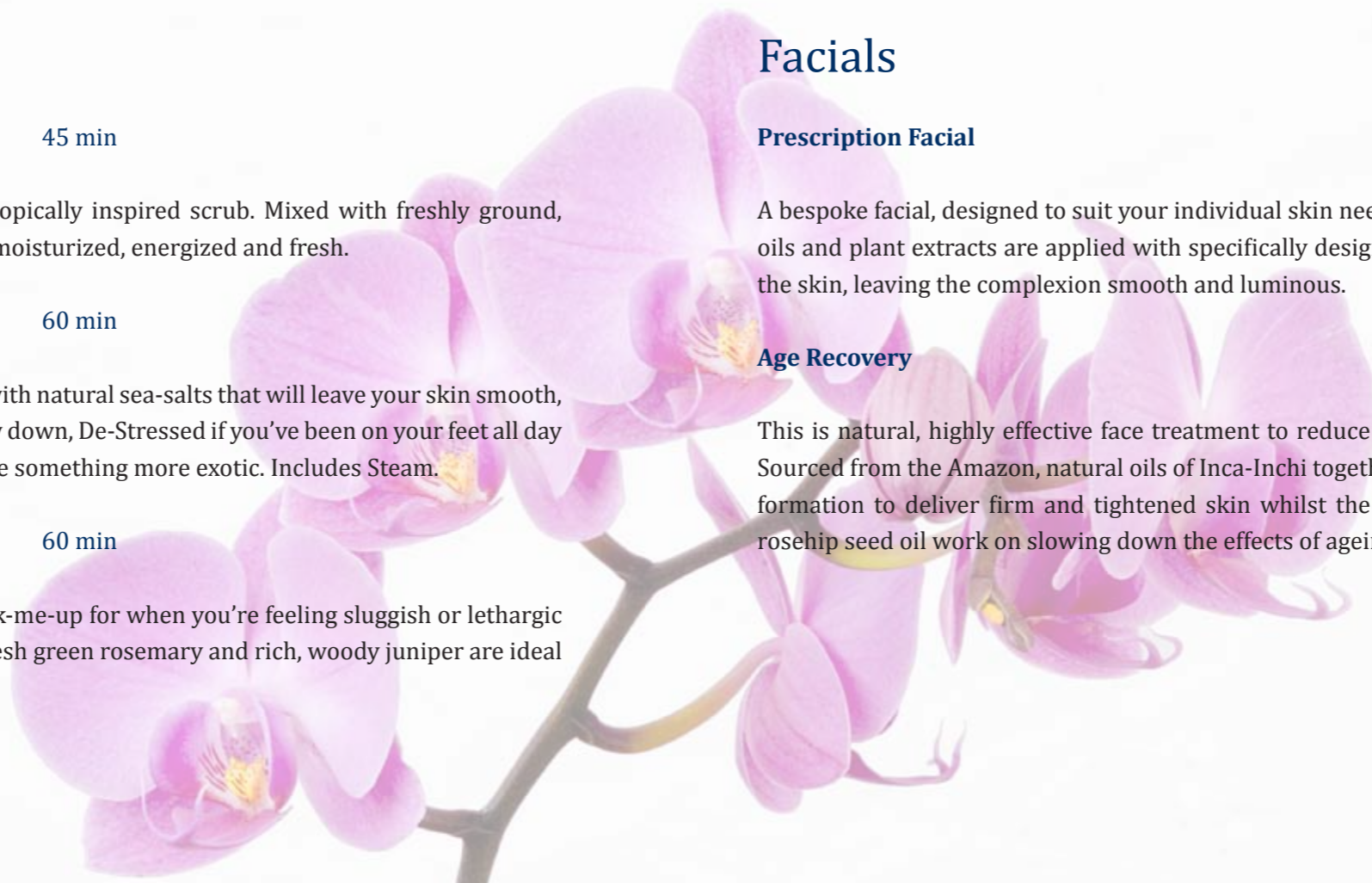
60 min

A bespoke facial, designed to suit your individual skin needs, where a combination of the finest pure essential oils and plant extracts are applied with specifically designed massage techniques, to restore and recondition the skin, leaving the complexion smooth and luminous.

Age Recovery

90 min

This is natural, highly effective face treatment to reduce the signs of ageing without using harsh chemicals. Sourced from the Amazon, natural oils of Inca-Inchi together with traditional plant extracts stimulate collagen formation to deliver firm and tightened skin whilst the anti-inflammatory properties of pomegranate and rosehip seed oil work on slowing down the effects of ageing skin.



Wellbeing

Jet Lag Recovery

60 min

Long distance travel is physically and mentally exhausting and this treatment works on both levels to help you recover from the journey and adjust to your new environment. Perfect for ending the work week and beginning your weekend or a much awaited vacation, juniper berry and rosemary bring mental clarity and vertivert, sandalwood and chamomile calm and sedate both body and mind to enable you to get a good night's sleep.

Sleep Deeply

90 min

A powerful body and mind switch-off to induce a serious state of relaxation! Beginning with a warming foot ritual this deeply sedating full body massage harnesses rich earthy essential oils of vertivert, chamomile and sandalwood, renowned for their intense calming and grounding effects. Prepare for a deep sleep.

Intensive Muscle Release

60 min

This deeply restorative treatment is specifically designed for tight, stressed and aching muscles. Whether it's a heavy exercise schedule or too many hours spent sitting at your desk, when you push yourself to your limit, your body can easily become stiff, tight and painful. Black pepper, rosemary and ginger warm the muscles and help disperse stiffness and pain.

Immune Recovery

60 min

Keep your respiratory tract and sinuses clear and your immune system strong with this purifying, fortifying upper body treatment, perfect for those recovering from seasonal allergies or chest complaints, or anyone who spends too much time in office environments. Eucalyptus, tea tree and lavender help boost your natural immunity and keep your airways free.



MEN'S TIME OUT

Radiance Body Scrub

60 min

This combination of sea salt with aromatherapy oil helps remove dead skin cells and detoxify the body leaving your skin smooth and glowing and with an overall feeling of well being

Hot Oil Massage

60 min / 90 min

A luxurious deep tissue massage using warmed oil. Combining full palm techniques with smooth, gentle strokes to release tension from the body, this massage promotes blood circulation and revives a tired body.

Deep Recharge Facial

60 min

A powerful men's facial using essential oils of lavender, ylang ylang and tea tree. With their natural antibacterial properties this is ideal for oily and combination skin. As relaxing as it is cleansing, this treatment also includes a scalp and arm massage for complete care.

Exclusive Men's Package

120 min

Start with a soothing Body scrub, followed by Hot Oil Massage for deep tissue relaxation then rejuvenate with Deep Recharge Facial, this advanced treatment replenishes the skin and promotes a healthy, complexion.

Men's Manicure

30 min

Men's Pedicure

30 min

Holistic and Wellness

With a focus on new-age techniques and experiences, these treatments provide a gentle, luxurious and spiritual way to achieve a relaxing union of mind, body and soul.

Drift

120 min

A complete mind and body relax, Thai-style, where a gentle sesame and oatmeal scrub is used to exfoliate your body ensuring you emerge soft and smooth. A traditional Thai massage stretches and manipulates your body to leave it feeling more flexible and supple topped with a 30 minute focus on your feet for heavenly finish.

Release

120 min

You choose from one of our delicious, fresh body scrubs to pair with a relaxation massage using your choice of De-Stress Mind Oil or De-Stress Muscle Oil. Finishing with a mini-facial, this is sure to reflect off your tiredness or jet lag.

Renew

90 min

Renew and balance body and mind with a treatment ritual harnessing the powerful benefits of essential oils. An oil blend that addresses your specific needs is used for a soothing body massage before finishing with a prescriptive aromatherapy facial go ensuring you emerge feeling restored.

En-Suite Spa Experience

Choose your preferred experiences and we'll turn your room into your own private spa.

Soak, Relax and Unwind.

Foot Express

30 min

Revive your weary feet with this invigorating massage, incorporating reflexology points.

Back, Neck and Shoulder Massage

30 min

Tight muscles deserve a massage. This treatment will help you relax chronic tension in your neck, shoulders and even your back by relieving muscle tension and stress.

Touching Hands Therapy

30 min

A hand massage is both relaxing and beneficial for relieving stress in the hands and wrists. This therapy can be extremely beneficial and relaxing for many people who have chronic muscle pain or simply need to relax and reduce stress levels.



Nails

Nail care is an underestimated way of easily feeling good about your appearance. We treat your cuticles and nails to maximize health, encourage growth and maintain vitality. You can select from one of our seasonal colors or a natural buff.

Flashed

20 min each hands or feet

40 min for both hands and feet

An express nail grooming treatment where you choose either a color removal and reapplication or a nail reshape and natural buff.

Manicure

60 min

Our Manicure is full cosmetic beauty treatment for the fingernails and hands. To prevent hang-nail formation, nail damages such as splits, tears and fragile tips.

Pedicure

60 min

Designed to stimulate tired feet as well assist in dispersing of any unwanted stress, eradicate unwanted dry skin and invigorate blood circulation.

Additional services

Any of these treatments can be added on to a body scrub, massage or facial to ensure complete care.

Foot Luxe

Soften and smooth out of condition, dry feet with restorative oils to deeply nourish feet. Rose extracts support cellular renewal and a gentle exfoliation, hot wrap and application of evening primrose oil leaves them feeling smooth, soft and comfortable.

Foot Relaxer

Refresh and support tired, aching feet after a long day on the go with this specially selected combination of essential oils to stimulate and invigorate. Spicy, rich black pepper and fresh, green rosemary stimulates circulation while warming ginger lends an energizing effect.

Hand Recovery

Refresh and support aching, fatigued hands and arms after a long day touring with this specially selected combination of essential oils to stimulate and invigorate. Spicy, rich black pepper and fresh, green rosemary stimulates circulation while warming ginger lends an energizing effect. Blackberry thumbs will be a thing of your past!

Hand Repair

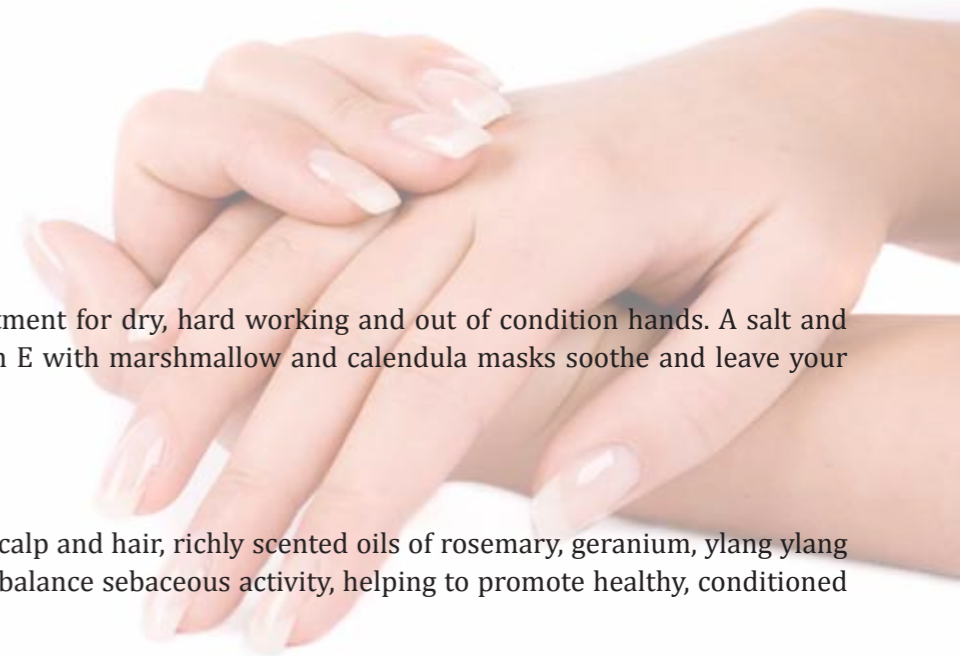
An indulgent yet deeply restorative treatment for dry, hard working and out of condition hands. A salt and coffee exfoliation, applications of vitamin E with marshmallow and calendula masks soothe and leave your hands feeling extremely revitalized.

Hair Repair

Known for their beneficial effect on the scalp and hair, richly scented oils of rosemary, geranium, ylang ylang and patchouli encourage circulation and balance sebaceous activity, helping to promote healthy, conditioned hair.

Visible Eye Repair

Refresh and brighten your eyes with this revitalizing eye treatment. Specialized massage techniques improve microcirculation and drainage, helping reduce puffiness while herbal extracts of black tea, cranberry and strawberry delicately firm the skin while working on dark circles and fine lines.



Your Spa Experience

Our Spa offers three Spa suites, each with natural light, private rain shower, toilet and dressing facilities. Or couples we also offer a couples suites. We value our reputation as a spa that both excels in technical services and creates an atmosphere of genuine caring and consideration for your well-being. Please don't hesitate to approach one of our spa representatives if you need any assistance or have any questions. We are here to help.

Appointments

Being on time for your appointment is greatly appreciated, both in consideration of our other guests and in order for you to receive your full service. Please arrive 15 minutes in advance of your appointment to allow time to change into a robe, complete our Guest Pre-Treatment Form and relax before your treatment.

Cancellations

Should you need to cancel your appointment, please contact us three hours before your appointment time. Cancellation less than 3 hours' notice may incur a 50% cancellation fee. No fee is charged for rebooking to an alternative time. Full charges are imposed for a "no-show".



Guest Pre-Treatment Form

Before your service, you may be required to complete a Guest pre-treatment form to safeguard your well-being and comfort, and to allow us to safely deliver our services by minimizing any risk of injury. Please read our Explanatory Information Sheet to obtain further details on why the conditions and questions included on the pre-treatment form are relevant to the services we provide. The Spa assures and maintains confidentiality of the strictest standards. If you have high blood pressure, heart conditions, allergies, are pregnant or have any other medical conditions, we recommend to consult your doctors before booking any spa services.

For Your Comfort

We request that you disclose any medical conditions and/or prescription medications, as some services may be contra indicated. Please advise our professional staff of any allergies or sensitivities or if you are pregnant, we do not perform any massage treatments during the first trimester of pregnancy. Our therapists are highly trained to be sensitive to your comfort and modesty at all times. For the comfort of all of our clients, The Spa is a smoke-free environment. So you may fully enjoy your spa experience, and as a courtesy to other guests, cell phone should be turned off.

What Should I Wear?

Robes and slippers are provided to help you relax during your stay in the spa. For the protection of your clothing, we ask that you wear the robe that is supplied. During your experience, our spa team use draping techniques to respect your privacy and cover the areas of the body not involved. If you would feel more comfortable you may wear your own undergarments, or we can provide hygienic disposable briefs. We regret that we cannot be responsible for the loss or damage of personal articles. We recommend that you leave your valuables at hotel's room safe. Please keep all valuables with you during your appointments.

Method of Payment

We accept cash and major credit cards. 137 Pillars House guests can charge to their room account. 7% value-added tax and 10% service charge will be added to your bill.

What to expect

On arrival one of our team will discuss your history of spa use and any personal preferences so that we may tailor your spa experience. Whether it is the room temperature, music volume or massage pressure, we will be happy to adjust to suit your needs. It is your time and you should enjoy the experience to the fullest.

