

A vertical banner for a spa. The background is a soft-focus photograph of a spa setting. In the upper left, a lit candle sits in a white ceramic holder. Below it is a white ceramic jar with intricate cut-out patterns. To the right, a portion of a brown wicker basket is visible. In the foreground, several white and yellow flowers are in bloom, slightly out of focus. The overall color palette is warm and relaxing, with oranges, yellows, and browns.

# THE SPA



SANCTUARY

LUANG PRABANG HOTEL



### TRADITIONAL LAO MASSAGE

60 MIN - 450,000 KIP

A massage to relieve stress off both the body and mind. The masseuse rests on the body's pressure points with rhythmic repetition, using her body weight to add force. The set routine starts with some foot reflexology and moves its way up to your head.

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### TRADITIONAL LAO MASSAGE WITH OIL

60 MIN - 565,000 KIP

A massage to nourish the skin and relieve muscular tension. The oil massage is comprised of long rubbing and stroking motions.

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### BODY SCRUB THERAPY

60 MIN - 630,000 KIP

A scrub or body polish is a spa treatment which exfoliates the skin on your body leaving it feeling fresh, smooth, moisturized and soft. A grinding product is rubbed vigorously, and massaged across and into your skin, and is then rinsed away to reveal a moisturized layer of fresh, clean and smooth skin. A scrub can be really invigorating as well, and improve the circulation of blood and lymph to the surface of the skin, helping to fight cellulite and improve your skin tone.

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### BODY SCRUB THERAPY + 30 MIN LAO MASSAGE

90 MIN - 745,000 KIP

A good body scrub or polish forms the basis of other body treatments and including a relaxing 30 min massage could be the way to combine relaxation times and body treatment.

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### FOOT MASSAGE

60 MIN - 340,000 KIP

The foot reflexology helps your whole organism to recuperate and offers a pure instant of relaxation.



### NATURAL HERBAL FOOT SOAK

30 MIN - 340,000 KIP

Foot baths can relax the body, stimulate blood flow, calm the emotions, moisturize the skin, aid digestion, and heal various other complaints. A detox soak is a natural way to draw your toxins out of the body and leave a relaxing sensation.

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### HERBAL STEAM MASSAGE

60 MIN - 630,000 KIP

The Herbal Steam Massage is a warm pouch of steamed local herbs pressed against the body meridians. This type of herbs is said to be particularly good for sore muscle, aches, increase blood circulation, and toning the skin.

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### FACIAL MASK

30 MIN - 340,000 KIP

Treat your skin with masks that help hydrate skin, smooth fine lines, slough away dead cells and unclog pores.

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### BACK, SHOULDER AND HEAD MASSAGE

45 MIN - 315,000 KIP // 60 MIN - 360,000 KIP

The head and shoulder massage helps cure headaches and leaves a real relief feeling. Back & Shoulder Massage is typically a 45-minute massage that uses finger pressure and so with the hands and elbows which focuses on tension areas of back and shoulder. Good for jet lags, eases strain and tension, mobilizes stiff joints and improve blood circulation.

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### FACIAL MASSAGE

60 MIN - 360,000 KIP

Facial Relaxation cleanses and improves the complexion of the face include gentle exfoliation, application of facial mask and moisturizer, and a facial massage.



### TRADITIONAL LAO MASSAGE

60 MIN - 20 USD

A massage to relieve stress off both the body and mind. The masseuse rests on the body's pressure points with rhythmic repetition, using her body weight to add force. The set routine starts with some foot reflexology and moves its way up to your head.

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### TRADITIONAL LAO MASSAGE WITH OIL

60 MIN - 25 USD

A massage to nourish the skin and relieve muscular tension. The oil massage is comprised of long rubbing and stroking motions.

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### BODY SCRUB THERAPY

60 MIN - 28 USD

A scrub or body polish is a spa treatment which exfoliates the skin on your body leaving it feeling fresh, smooth, moisturized and soft. A grinding product is rubbed vigorously, and massaged across and into your skin, and is then rinsed away to reveal a moisturized layer of fresh, clean and smooth skin. A scrub can be really invigorating as well, and improve the circulation of blood and lymph to the surface of the skin, helping to fight cellulite and improve your skin tone.

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### BODY SCRUB THERAPY + 30 MIN LAO MASSAGE

90 MIN - 33 USD

A good body scrub or polish forms the basis of other body treatments and including a relaxing 30 min massage could be the way to combine relaxation times and body treatment.

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### FOOT MASSAGE

60 MIN - 15 USD

The foot reflexology helps your whole organism to recuperate and offers a pure instant of relaxation.



### NATURAL HERBAL FOOT SOAK

30 MIN - 15 USD

Foot baths can relax the body, stimulate blood flow, calm the emotions, moisturize the skin, aid digestion, and heal various other complaints. A detox soak is a natural way to draw your toxins out of the body and leave a relaxing sensation.

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### HERBAL STEAM MASSAGE

60 MIN - 28 USD

The Herbal Steam Massage is a warm pouch of steamed local herbs pressed against the body meridians. This type of herbs is said to be particularly good for sore muscle, aches, increase blood circulation, and toning the skin.

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### FACIAL MASK

30 MIN - 15 USD

Treat your skin with masks that help hydrate skin, smooth fine lines, slough away dead cells and unclog pores.

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### BACK, SHOULDER AND HEAD MASSAGE

45 MIN - 14 USD // 60 MIN - 16 USD

The head and shoulder massage helps cure headaches and leaves a real relief feeling. Back & Shoulder Massage is typically a 45-minute massage that uses finger pressure and so with the hands and elbows which focuses on tension areas of back and shoulder. Good for jet lags, eases strain and tension, mobilizes stiff joints and improve blood circulation.

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### FACIAL MASSAGE

60 MIN - 16 USD

Facial Relaxation cleanses and improves the complexion of the face include gentle exfoliation, application of facial mask and moisturizer, and a facial massage.

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[WWW.SANCTUARYHOTELSANDRESORTS.COM](http://WWW.SANCTUARYHOTELSANDRESORTS.COM)

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