



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

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## *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

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## *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

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## *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

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## *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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