



# Lime Leaf

Spa  
Panwa

Open daily from  
10.00 a.m. - 08.00 p.m.





# Lime Leaf

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Indulge in the tranquility of our spacious double private spa treatment rooms. Pamper yourself with an array of treatments all designed for ultimate pleasure and rejuvenation of both body and soul. Our specially trained therapists will ensure that you are pampered with your choice of specially prepared and blended lotions and oils, to provide a level of relaxation and enjoyment that you so rightly deserve.

For more information, please call 076 305 069 or dial 8800 from your in-room telephone

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# Signature Massage

## Lime Leaf Massage

60 mins | 90 mins

Our Signature Spa Treatment. This tailor made massage offers relaxation the way you want. Using a combination of techniques with aromatic essential oils to increase circulation, relieve tension, reduce stress, relieve anxiety and promote relaxation throughout the entire body.



# Recovery

## Hot Salt Pot Compress Massage

60 mins | 90 mins

This therapy is a Thailand-inspired ritual combining aroma oil massage with a hot salt pot compress to soothe away stress and release tense muscles. This heat-transferring treatment features Himalayan salt packed in Thai style clay pot to provide relief to tired muscles.

## Aromatic Hot Stone Massage

60 mins | 90 mins

A variation on classic a massage therapy. Heated evenly, the stones are placed and massaged along the body to relax the muscles, release tension, and alleviate stress. This hot stone massage is an experience that everyone should try.

## Sport Massage

60 mins | 90 mins

This long and firm stroke massage treatment uses palm, thumb, and elbow pressure to soothe those aching muscles and eases tension.

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# Thai Massages

## Traditional Thai Massage

60 mins | 90 mins

A time-honored Thai Traditional massage without oil. Great for relieving stress and promoting the flow of energy to balance the body using deep tissue pressure point massage and stretching techniques. You will feel like a new person after this.

## Back & Shoulder Massage

30 mins | 60 mins

A focused massage for the back, shoulders, and neck to ease tension and muscle stiffness. Helps relieve stress, improve blood circulation, and restore comfort to the upper body using firm pressure techniques — ideal for office syndrome and everyday fatigue.

## Thai Herbal Compress Massage (Luk Pra Kob)

90 mins

Herbal compress or Luk Pra Kob. A Traditional Thai hot herbal massage. They include lime, lime leaf, lemongrass, and kaffir. To promote the body natural healing for relaxation and tired muscles full body massage with herbal compress.

## Foot Relaxation Massage

30 mins | 60 mins

The best way to relax is with a soothing foot massage, particularly after a long day of standing and walking around. A foot massage will also stimulate the lymphatic system and help prevent varicose veins and at the same time help to promote good health.



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# Massages

## Swedish Thai Classic Massage

60 mins | 90 mins

This combination massage of conventional Swedish and traditional Thai massage is designed to soothe sore and tired muscles. Deep palm strokes massage techniques using Invigorating oil on muscles and full body.

## Mother-To-Be Massage

60 mins | 90 mins

Perfect for mother-to-be; this treatment helps to relieve stress and discomfort of pregnancy. Using almond based oil, it promotes relaxation by conditioning the body and balancing the hormones during the pre-natal stage.

## Indian Head Massage

60 mins

Indian head massage is an ancient technique that is proven to balance the mind and the body. Treat yourself to this massage which aims to release tension and stress specifically in the head and neck area.

# Body Scrubs

## White Tea Sea Salt Scrub

45 mins | 60 mins

Delight your senses with aromatic salt scrub consisting of White tea and green tea mixed. This exfoliating treatment will remove all dead skin cells to rejuvenate the skin, leaving it soft and radiant.

## Orange Scrub

45 mins | 60 mins

This orange-based scrub is designed for normal or dry skin. Using aromatic citrus fruit to exfoliate, soften and clean the skin, leaving your skin bright and radiant.

## Fresh Coconut Scrub

45 mins | 60 mins

Enjoy the fresh young coconut scrub, rich with vitamins, minerals and enzymes mixed with honey, oatmeal, and turmeric. This perfect ingredient to nourish skin is designed ideally for sensitive skin.



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# Body Wraps

## Aloe Vera Hydration Wrap

60 mins

This deeply hydrating treatment begins with the application of mixed fresh Aloe Vera and cucumber to reduce body temperature and calm skin irritation. A mask is then applied to moisturize the skin, improving the skin condition, and promoting new cell growth.

## Traditional Thai Herbal Wrap

60 mins

Combining Thai herbs with Thai white mud, this time-honored treatment is great for treating skin disorder and recommended for normal to oily skin as it cleanses, balance the skin, and tighten pores.



# Facial Treatments

## Youth Renewal Facial

60 mins

Address indications of aging across all areas, fostering cellular rejuvenation. Enhances skin plumpness, diminishes wrinkles, tightens the skin, and reinstates a radiant complexion. Effective in minimizing the visibility of dark spots, resulting in a noticeably more youthful appearance of the skin.

## Soothing Repair Facial

60 mins

Safeguard and enhance the resilience of blood capillaries while providing soothing benefits to the skin, preventing sensitive reactions like tightness and redness. Strengthens the protective barrier of the epidermis and supports the skin's innate defenses. Results in a comfortable and supple skin feel.



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## Revitalizing Packages

### Fairway Rejuvenation

120 mins

|                      |         |
|----------------------|---------|
| Sport Massage        | 90 mins |
| Herbal Ball Compress | 30 mins |

### Jetlag Recharge

90 mins

|                                                       |         |
|-------------------------------------------------------|---------|
| Coffee and Honey Scrub                                | 30 mins |
| Re-Hydrating Body Wrap and<br>Foot Relaxation Massage | 30 mins |
| Mini Cleansing Facial                                 | 30 mins |

### Journey of Recovery

120 mins

|                               |         |
|-------------------------------|---------|
| Hot Salt Pot Compress Massage | 60 mins |
| Indian Head Massage           | 60 mins |
| Fresh Coconut Juice           |         |
| Mixed-Fruit Miang Kham        |         |

### Ultimate Indulgence

150 mins

|                            |         |
|----------------------------|---------|
| Choice of Body Scrub       | 30 mins |
| Aroma Oil Massage          | 60 mins |
| Choice of Facial Treatment | 60 mins |

### Lime Leaf Delight

150 mins

|                            |         |
|----------------------------|---------|
| Young Lime Leaf Body Scrub | 30 mins |
| Lime Leaf Massage          | 90 mins |
| Floral Milky Bath          | 30 mins |

### Heavenly Bliss

180 mins

|                              |         |
|------------------------------|---------|
| Fresh Coconut Scrub          | 30 mins |
| Traditional Thai Herbal Wrap | 60 mins |
| Swedish Thai Classic Massage | 90 mins |

## Milky Bath

### Floral Milky Bath

30 mins

A milky bath with the sensual aroma of rose petals to enhance the romancing spirits within and soften your skin.

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## Spa Etiquette

**Operating Hours:** Open daily: 10.00 a.m. - 08.00 p.m.

**Reservations:** It is recommended that bookings are made at least one day in advance to secure your preferred date and time of treatment. A credit card number is required at the time of booking for outside guests.

**Check-in:** Please arrive at least 15 minutes prior to your scheduled treatment to complete health consultation and enjoy our welcome procedures. Late arrival will result in a shortened treatment time. We will provide slippers, bathrobes and all amenities required for use during your visit.

**Cancellation Policy:** The treatments you select are reserved especially for you. If you wish to cancel your spa appointment, at least 4 hours notice is required. The full treatment fee will be imposed for a 'no-show' or any cancellation with less than 4 hours notice. Please give at least 24 hours notice for any re-scheduling, subject to availability.

**Special Consideration:** Please inform the spa therapist of any health conditions and medical complications so that we can recommend a suitable treatment for you.

