



The  Spa



WELCOME TO THE II SPA

a serene sanctuary in the enchanting city of Chiang Mai. Inspired by the timeless wisdom of 'Hong Mor Muang' - the remedy hub of the people in the Lanna Kingdom - our spa illuminates the path to ancient healing. This sacred art invites you to experience exquisite treatments that harmonise the body, mind, and spirit. Each experience is a delicate fusion of Northern herbal remedies and rare local flowers, meticulously crafted to honour Lanna's healing heritage.

Redefine your spa experience by immersing yourself in the captivating world of traditional therapy, with every detail thoughtfully curated to reflect the wisdom of our ancestors. Our neo-classical design seamlessly blends luxurious interiors. Inspired by ancient healing practices, fire-one of nature's finest elements to alleviate ailments-is reflected in the warm atmosphere, featuring shades of crimson and black, creating a tranquil space.

As you journey through the Spa, each treatment room serves as a mini-museum, showcasing the fascinating history. It is adorned with exquisite native flowers, inviting you to explore their timeless, unique healing narratives. More than just a wellness retreat, The ii Spa offers a pathway to holistic harmony, aligning body, mind, and lifestyle. Guided by our advanced integrative diagnostics, each guest embarks on a personalised journey toward enduring well-being within a sanctuary of tranquillity that blends the rich Lanna heritage with luxurious relaxation.

SIGNATURE JOURNEY MESSAGE

The Lanna Signature Massage

120 minutes | THB 4,500

Immerse yourself in the venerable wisdom of 'Tok Sen,' a unique therapy that uses gentle tapping techniques on tendons and muscles to alleviate tension and pain while promoting circulatory balance. Offering a soothing rhythm without bruising while relieving muscle inflammation and tightness. Enhanced by a compressed herbal ball to stimulate circulation and harmonise energy flow, aromatic oils further release muscle tension, guiding you on a serene journey toward wellness.



The Golden Lanna Massage

120 minutes | THB 4,500

Indulge in a full-body massage complemented by a luxurious facial treatment featuring 99% pure gold leaf, renowned for its anti-ageing and radiance-enhancing properties. Conclude with a gentle facial massage using a premium silk cocoon to promote oxygen flow and rejuvenate all skin types. Immerse yourself in a haven of serenity and luxury, emerging refreshed, radiant, and utterly pampered-the perfect escape to revitalise your weary day.



The Lanna Blessing Massage

120 minutes | THB 4,500

Embark on a unique journey where East meets West with our signature massage, inspired by the enchanting Lanna candle tray dance, Phang Prateep. This exquisite treatment seamlessly blends the artistry of this traditional dance with the renowned Hawaiian Lomi Lomi technique, celebrated for its long, flowing strokes warm aroma candle therapy further, enhancing physical and emotional balance while rejuvenating your spirit and elevating your senses enriches the experience

TRADITIONAL AND AROMATIC JOURNEY MASSAGE

Ancient Thai Massage

60 minutes THB 2,600 | 90 minutes THB 3,500

Experience the timeless art of Thai massage, passed down through generations of healing masters. This exquisite treatment blends gentle rocking, deep stretching, and mindful breathing to promote a harmonious energy flow. Our skilled therapists use their hands, elbows, and feet to apply pressure through long, flowing strokes, releasing tension and enhancing flexibility. Dressed in comfortable, loose-fitting clothing, you will embark on a rejuvenating journey that restores inner harmony.

Aroma Bliss Massage

60 minutes THB 2,600 | 90 minutes THB 3,500

This deeply relaxing massage is distinguished by smooth palm strokes and gentle thumb techniques that promote lymphatic circulation and restore balance to the body's energy meridians. The exquisite blend of high-quality aromatic natural plant oils and essences nourishes your skin while easing emotional and physical tension. As you surrender to this luxurious experience, you will feel profoundly rejuvenated, reconnect with your senses, and restore inner harmony.

Swedish Massage

60 minutes THB 2,600 | 90 minutes THB 3,500

This classic massage shortens recovery time from muscular strain by flushing the tissues of lactic acid, uric acid, and other metabolic wastes. Manipulated through individual muscles using percussive, both emotional and physical. Five variations of massage strokes manipulate each part of the body to stimulate the nervous system, improve circulation and flexibility, and enhance physical and mental wellbeing.

Serenity Bliss Massage

60 minutes THB 2,600 | 90 minutes THB 3,500

Experience a beautifully curated Asian-inspired massage ritual that blends the therapeutic techniques of traditional Thai massage enhanced with herbal oil. This harmonious treatment combines deep line pressing with smooth, flowing long strokes, releasing tension, enhancing circulation and restore balance throughout the body. The seamless fusion of touch, rhythm and aroma promotes profound relaxation and leaves the body feeling light, renewed and blissfully restored.

Muscle Tension Release Massage

60 minutes THB 2,800 | 90 minutes THB 3,700

This treatment is ideal for muscle tension, knots, and discomfort. Our skilled therapists use advanced muscle release techniques and luxurious hot massage oil to target specific areas, working within your pleasure pain threshold to release tension and promote relaxation. Enjoy the benefits of this bespoke treatment, which alleviates pain and enhances well-being. Unwind in our serene environment, designed for comfort and rejuvenation, and emerge revitalized.

Indian Head Massage

60 minutes THB 2,400

Traditionally known in India as "Champiassage," this luxurious treatment combines gentle and stimulating techniques on the upper back, shoulders, neck, and scalp to enhance blood flow and nourish the body. Experience the exquisite benefits of this ancient practice, which alleviates tension and stress while promoting relaxation and mental clarity. Enjoy the feeling of the world's weight lifting away, leaving you rejuvenated and revitalised.

Hot Stone Massage

90 minutes THB 4,100

A sanctuary of warmth and serenity awaits smooth, heated basalt stones are expertly guided across the body, harmonizing with the richness of coconut oil to melt away tension. The gentle heat of the basalt stones penetrates your muscles, promoting circulation and enhancing the nourishing properties of the coconut oil, leaving your skin beautifully radiant and deeply hydrated.

TRADITIONAL AND AROMATIC JOURNEY MASSAGE

Thai Herbal Compress Massage

90 minutes THB 3,700

Experience the timeless art of Thai massage, passed down through generations of healing masters. This exquisite treatment blends gentle rocking, deep stretching, and mindful breathing to promote a harmonious energy flow. Our skilled therapists use their hands, elbows, and feet to apply pressure through long, flowing strokes, releasing tension and enhancing flexibility. Dressed in comfortable, loose-fitting clothing, you will embark on a rejuvenating journey that restores inner harmony.

Spot Energizer Massage

30 minutes THB 1,300

Experience the ultimate personalised care with our customised 30-minute massage, expertly designed to target your specific problem areas. This treatment focuses on alleviating tension and discomfort, leaving you feeling rejuvenated and energised for the day ahead. Our skilled therapists utilise a blend of techniques tailored to your unique needs, ensuring each stroke promotes full relaxation and revitalisation.

BODY CLEANSERS

Luminous Glow Body Scrub

60 minutes THB 2,400

Experience an exquisite refining ritual crafted to revive and illuminate the skin. This luxurious treatment delivers soothing, replenishing hydration, restoring balance and vitality to the skin. An uplifting infusion of mandarin, angelica, cajeput envelops the senses in a delicate aromatic harmony, elevating the ritual to pure indulgence and leaving the skin luminously radiant.

Detoxifying Renewal Body Scrub

60 minutes THB 2,400

Immerse yourself in the rejuvenating luxury of our green tea exfoliant, a gentle yet powerful detoxifying ritual that leaves your skin beautifully refreshed and revitalized. Rejuvenate your body with the therapeutic properties of green tea as this exquisite blend nourishes and protects, unveiling a luminous, youthful glow. This transformative ritual softens, brightens and renews your skin, naturally restoring vitality.

Deep Radiance Body Scrub

60 minutes THB 2,400

Delight in pure luxury as fine natural exfoliants deeply cleanse and gently resurface the skin. This refining scrub effectively lifts away dull, dry cells to reveal a smoother, brighter and beautifully polish complexion. Infused with the aromatic richness of jasmine, sandalwood and agarwood, this indulgent treatment envelops the senses in warmth. Enhanced with antioxidants and illuminations leaving your skin refreshed, renewed and exquisitely radiant.

BODY TREATMENTS

Purifying Mud Therapy

60 minutes THB 2,400

Embark on a journey of rejuvenation with our exquisitely crafted treatment, meticulously designed to release accumulated toxins and unveil your body's innate radiance. Through the artful application of time-honoured techniques, experience a profound sense of lightness as we expertly stimulate circulation, alleviate water retention, and target the appearance of cellulite. This transformative ritual gently purifies, leaving your skin visibly smoother, more toned, and your contours more defined.

Golden & Glow Body Wrap

60 minutes THB 2,400

Unveil the luxury of pure gold leaf and exquisite Thai white clay, a harmonious blend that rejuvenates and deeply nourishes your skin, imparting a radiant all-over glow. This indulgent treatment brightens your complexion and enhances its natural luminosity, leaving your skin beautifully revitalised and irresistibly smooth. The unique properties of Thai white clay, revered for centuries, gently detoxify and refine, promoting complete well-being.

Charming & Blooming Body wrap

60 minutes THB 2,400

Experience the enchanting power of blossoms - a transformative journey that unveils the secret to healthy skin. This luxurious treatment offers an indulgent moisturising experience, revitalising your complexion and providing a protective barrier against the harsh effects of pollution. As the delicate essence of blossoms envelops your skin, it hydrates and enhances your natural beauty, leaving you with a luminous glow.

HEALING THERAPIES

Office Syndrome Relief Massage

90 minutes THB 3,700

This therapeutic massage is tailored to your individual needs, with a strong focus on relieving physical and emotional tension in the back, neck and shoulder areas. It also helps to alleviate stress-related conditions, leaving you feeling relaxed and restored.

Thai Herbal Compress Massage

90 minutes THB 3,700

Experience the timeless art of Thai massage, passed down through generations of healing masters. This exquisite treatment blends gentle rocking, deep stretching, and mindful breathing to promote a harmonious energy flow. Our skilled therapists use their hands, elbows, and feet to apply pressure through long, flowing strokes, releasing tension and enhancing flexibility. Dressed in comfortable, loose-fitting clothing, you will embark on a rejuvenating journey that restores inner harmony.

Foot Relaxing Massage

60 minutes THB 2,400

Experience holistic balance and deep relaxation. Physical and spiritual renewal with specific thumb, finger and hand techniques. Using pressure points on the soles of the feet to eliminate blockages and alleviate pain, disorders and stress, this treatment will create harmony within the entire body. Enhanced with a warm herbal compress to soothe tired muscles and circulation. Leaving you recharged for your travels and free from the discomfort of walking.

PURE CARE RITUAL

Mother to be Serenity Massage

60 minutes THB 3,500

A special massage designed to soothe and pamper mum to be. An oil base massage designed specifically with most techniques used during pregnancy massage are effleurage and long, flowing strokes to relax the body, reduce anxiety and muscles tension. Beyond physical benefits, the healing touch provides comfort and support throughout pregnancy. Recommend only for pregnancies 16 - 24 weeks

Pure Bliss Kids Massage

60 minutes THB 2,000

Pamper your loved ones with a gentle nurturing massage experience thoughtfully designed for young guests. This delicate therapy is designed to promote kids' physical well-being and support immune health, allowing children to relax in a calm and comforting environment. A truly soothing treat that leaves them feeling refreshed. Enjoyable Suitable for age 4-12 years old.

FACIAL TREATMENTS

Purifying Renewal Facial

60 minutes THB 3,300

Experience a beautifully refreshed and luminous complexion, meticulously designed for oily skin. This luxurious treatment begins with a thorough deep cleansing and purifying process that effectively reduces excess sebum and impurities, promoting a radiant glow. Each step is carried out with the utmost care, ensuring your comfort and relaxation throughout, leaving your skin revitalized and glowing.

Luminous Radiant Facial

60 minutes THB 3,300

Your journey to radiant skin begins here. This exquisite treatment has been meticulously crafted to elevate your skin's health and radiance, ensuring a remarkable transformation post-procedure. It replenishes essential nutrients, restoring your complexion to its optimal condition and enhancing its natural beauty. Experience the luxurious sensation of revitalized skin as it regains vitality and glow, leaving you with a luminous, sophisticated appearance.

The Gentleman's Facial

60 minutes THB 3,300

This facial treatment, crafted for gentlemen, offers deep pore cleansing and a powerful antioxidant mask. Witness your complexion transform, visibly radiant, restoring your skin's natural balance and revealing a more refined appearance. This luxurious treatment purifies, revitalises, and elevates your presence, leaving you refreshed and confident. Indulge in this bespoke experience designed for the discerning gentleman seeking a rejuvenated complexion.

Youthful Lifting Facial

90 minutes THB 3,900

Lie back and indulge in a rejuvenating facial ritual designed to turn back the clock with a refined blend of natural elixirs and powerful antioxidants, leaving your skin soft, supple and beautifully radiant. Experience the ancient healing benefit of rose quartz, renowned for promoting balance, enhancing circulation and supporting the skin's natural vitality. This lifting treatment helps reduce wrinkles, diminish puffiness and soften dark spots for a visibly smoother and youthful complexion. Includes a serene scalp, neck and hand massage.

Express Facial

45 minutes THB 2,000

Revel in a luxurious treatment for all skin types, crafted to cleanse, refresh, and deeply hydrate. It begins with a gentle cleanse to eliminate impurities, preparing your skin for revitalisation. A refreshing exfoliation reveals a brighter complexion and concludes with a sumptuous, nourishing application, leaving your skin supple and invigorated. Your complexion radiates health and vitality, ideally for those who value sophistication and self-care, even with limited time—like magic.

BATH THERAPIES

Lanna Herbal Bath

30 minutes THB 1,500

Indulge in the restorative properties of the exquisite Lanna herb, 'Som Poi,' renowned for its remarkable ability to alleviate muscle pain and revitalise energy. Steeped in therapeutic benefits, this herb's soothing embrace rejuvenates both body and mind, leaving you invigorated and balanced. Elevate your wellness journey with this exceptional natural remedy meticulously crafted by us to offer a rare therapy that embodies the essence of well-being.

The ii Floral Bath

30 minutes THB 1,500

The transformative power of flowers transcends mere visual beauty. By harnessing their restorative properties, we unveil a radiant, youthful glow that reflects health and the exquisite beauty of nature. Each floral infusion is carefully selected to nourish and rejuvenate the skin, promoting vitality. Experience nature's finest offerings, where the elegance of flowers meets sophisticated self-care, allowing your skin to flourish and your spirit to be uplifted.

SPA PACKAGES

Lanna Journey Package

150 minutes THB 5,200

A transformative journey begins with detoxifying cleansers and gentle exfoliation to refresh your skin. The experience culminates in a luxurious facial treatment enhanced with our signature pure gold leaf to illuminate your skin and restore its youthful glow.

The steps include

- ◆ 30-Minutes Luminous Glow Body Scrub
- ◆ 90-Minute Lanna Golden Massage
- ◆ 30-Minute Golden Facial Treatment

Each step is meticulously crafted to enhance your natural beauty, leaving you feeling rejuvenated and radiant. Indulge in this holistic experience and discover the ultimate in skincare luxury.

Ultimate Rejuvenation Journey Package *150 minutes THB 5,200*

Designed with sophistication, this exclusive package combines rejuvenating elements to restore physically exhausted souls, offering an immersive wellness experience through the following steps:

- ◆ 30-Minutes Deep Radiance Body Scrub
- ◆ 60-Minute Aroma Relaxing Massage
- ◆ 60-Minute Facial Treatment

Expertly delivered by our skilled therapists, each step of this exquisite package provides gentle treatments, ensuring a complete head-to-toe experience. As you enter our serene sanctuary, the calming scents and soothing sounds envelop you, creating an atmosphere of tranquility that enhances your relaxation journey.

A Peace of Mind Retreat Package

180 minutes THB 6,500

Dive into a realm of relaxation and rejuvenation with this ultimate holistic experience thoughtfully designed to incorporate the finest elements of four rejuvenating treatments. Each step is crafted to restore balance and harmony, letting you unwind and escape the stresses of daily life through the following steps:

- ◆ 60-Minute Choice of Massage
- ◆ 30-Minute Golden & Glow Body Wrap
- ◆ 60-Minute Choice of Facial Treatment
- ◆ 30-Minute Bath Therapy

Experience the soothing touch of our skilled therapists, guiding you through a transformative journey that nurtures both body and mind.

ENHANCING YOUR SPA EXPERIENCE

Spa Arrival

To ensure a seamless and relaxing experience, please arrive 15 minutes before your appointment. This allows us to warmly welcome you and prepare you for your tranquil spa journey. If you wish to indulge in our luxurious Bath House facilities beforehand, please be aware that arriving late may limit your treatment time. We look forward to pampering you and making your visit truly unforgettable.

Spa Reservations

For your convenience, we recommend booking your spa reservation in advance to secure your preferred time and services at the ii Spa. Please visit our welcoming spa reception team, who will be delighted to assist you in selecting the ideal treatment for your needs. Kindly note that a minimum age of 16 is required to enter our spa facilities. We look forward to providing you with a truly relaxing experience.

Spa Etiquette

To enhance your journey of relaxation, we invite you to turn off your mobile phone upon entering the ii Spa, allowing a serene atmosphere to envelop you. We also kindly remind you that our Spa is a smoke-free sanctuary. We eagerly anticipate the opportunity to pamper you and create an unforgettable experience of tranquility.

Medical Conditions

For your comfort and safety, we kindly ask that you inform us of any health conditions, allergies, or injuries when making your reservation. This information allows us to tailor your spa experience to your specific needs and ensure your utmost satisfaction. Your health and well-being are our top priorities, and we are dedicated to caring for every detail of your experience.

Our dedicated and skilled spa reception team is here to support expectant and nursing mothers by recommending the most suitable treatments for a safe and nurturing experience. We understand this is a unique journey and aim to alleviate your worries. Your comfort and well-being are our top priorities, and we are committed to providing you with exceptional care every step of the way.

Cancellation Policy

Please note that a full charge will be applied for cancelled or rescheduled treatments without a minimum of five hours' notice. In the event of a missed appointment without prior notification, a 100% charge will also be automatically processed to your credit card. We appreciate your understanding and cooperation in helping us maintain a seamless experience for all our guests.



INTERCONTINENTAL®
CHIANG MAI THE MAE PING

