



INTERCONTINENTAL®  
CHIANG MAI THE MAE PING



SPA MENU



## Welcome to The ii spa

Indulge in a world of relaxation and rejuvenation at The ii spa. Welcome to a haven of tranquility where time slows down, and every moment is dedicated to enhancing your well-being. Our spa presents a diverse selection of treatments that cater to your individual needs, ensuring a holistic experience that nurtures both body and soul.

## SIGNATURE JOURNEY MASSAGE

### THE LANNA SIGNATURE MASSAGE

120 minutes THB 3,100

Experience with the traditional massage technique of the Northern style (TOK SEN) hammering the line, combining with a compress herbal ball, that will increase blood circulation including adjusting the energy flow and increases relaxation by using aromatic oil to gentle touch massage to release the tension muscles.

### THE GOLDEN LANNA MASSAGE

120 minutes THB 3,100

A unique massage that we have created for you to unlock the Lanna experience. This massage begins with Lymphatic Drainage to improve circulation, boost the immune system, and detoxify the body. It is followed by the application of pure golden leaf on the massaging area to enhance body oxygen levels. Next, we follow with a relaxing aromatherapy massage, allowing you to indulge and fully experience the Golden Lanna massage. The experience is completed with a mini facial treatment that utilizes a cocoon and pure golden-leaf massage on your face to provide rich skin benefits.

Prices are exclusive of 10% service charge and 7% government tax

## SPA MENU

### TRADITIONAL AND AROMATIC JOURNEY MASSAGE

#### ANCIENT THAI MASSAGE

60/90MINUTES | THB 1,800/THB 2,500

This ancient tradition has been passed down by healing masters throughout the ages. Thai massage involves a combination of gentle rocking, deep stretching techniques, and controlled breathing. The therapist applies pressure to specific points with long, flowing strokes using their hands, elbows, and feet to stimulate the flow of energy through meridians and release tension from the body. You will emerge with an enhanced sense of well-being and increased flexibility. Loose-fitting clothing is provided for this massage.

#### SLEEP WELLNESS MASSAGE

60/90 MINUTES | THB 1,800/THB 2,500

This deeply relaxing massage uses smooth stroking movements of the palm technical with light to medium pressures of the thump technical to encourage an increase in lymphatic circulation and balance the energy meridians in the body. The synergy of aromatic natural plant oils and aromatic plant essences will nourish your skin and help to relieve emotional and physical tension.

#### DEEP TISSUES MASSAGE

90 MINUTES | THB 2,500

An experience recommended for those really tense, knotted and painful areas. Using a variety of muscle release techniques and hot massage oil, the therapist will work within your pleasure/pain threshold to release and relax tension.

#### SWEDISH FUSION MASSAGE

60/90 MINUTES | THB 1,800/THB 2,500

A perfect mix of subtle Thai stretching technical and Swedish massage with medium to strong pressures to balance the body system and stimulate energy flow.

#### HOT STONE MASSAGE

120 MINUTES | THB 3,100

A full body and face massage technique that uses Basalt stones with coconut oil to instill a deep level of calm while relaxing tight muscles, removing blockages, and dissolving stress.

Prices are exclusive of 10% service charge and 7% government tax

## SPA MENU

### TRADITIONAL AND AROMATIC JOURNEY MASSAGE

#### THAI HERBAL COMPRESS MASSAGE

120 MINUTES | THB 3,100

The key to unlock a completed restored, this massage performed with hot compresses of healing aromatic herbs and spices combining with the relaxing coconut massage oil, The therapist uses specialized movements to massage the body improving circulation, soothing muscular aches and pains.

#### FOOT ACUPRESSURE

60 MINUTES | THB 1,800

Reflex points on the feet correspond to every organ and gland in the body. Through the feet, the autonomic nervous, lymphatic and circulation systems are stimulated to heal and balance the body. Experience true relaxation when combined with Indian Head Massage.

#### INDIAN HEAD MASSAGE

60 MINUTES | THB 1,800

Traditionally known in India as “Champissage”, this treatment combines both gentle and stimulating techniques on the upper back, shoulders, neck, and scalp to improve blood flow, nourish the scalp and induce a deep sense of wellbeing and relaxation.

#### SPOT ENERGIZER MASSAGE

30 MINUTES | THB 1,000

This is the massage that you can make your own choices for 30 minutes to focusing your spot area that make your day even more power energy.

Prices are exclusive of 10% service charge and 7% government tax

## SPA MENU

### BODY CLEANSER

#### PURIFYING BODY SCRUB

60 MINUTES | THB 1,800

Tanaka is the well known as the local herb in the north of Thailand, this body scrub is a perfect cleanser ingredient with refreshing a scent of the natural ingredients relax your body as you look forward to refined and radiant skin.

#### DETOXIFYING BODY SCRUB

60 MINUTES | THB 1,800

Natural acids from the apple act as a gentle cleanser while the green tea powder and golden-leaf nourishes the skin with its anti-oxidant properties. The skin feels softer after this treatment and skin cells are naturally renewed.

#### DEEP CLEANSING BODY SCRUB

60 MINUTES | THB 1,800

The combination of organic green tea and Himalayan salt deeply cleanses and exfoliates your skin all over. Rich in antioxidants and vitamins C and E, will leave your skin vibrant and replenished.

Prices are exclusive of 10% service charge and 7% government tax

## SPA MENU

### BODY TREATMENT

#### DETOXIFYING BODY WRAP

60 MINUTES | THB 1,800

Helps flush out accumulated toxins. Relieves water retention, boosts circulation and purifies the body, helping to combat cellulite.

#### GOLDEN & GLOW BODY WRAP

60 MINUTES | THB 1,800

The pure gold-leaf with Thai white clay is a perfect ingredient to rejuvenate and nourishing skin with allow your skin to brighten and shiny.

#### CHARMING & BLOOMING BODY WRAP

60 MINUTES | THB 1,800

The power of blossoms is the benefit to unlock your healthy skin and provides a moisturizing treatment to revitalize the skin from the pollution.

Prices are exclusive of 10% service charge and 7% government tax

## SPA MENU

### FACIAL TREATMENT

#### BALANCING CARE FACIAL

60 MINUTES | THB 2,500

This facial treatment is specially developed for oily skin. The step-by-step deep cleansing and purifying treatment gently rebalances your skin, ensuring a visible reduction of sebum secretion and impurities.

#### SKIN RADIANT FACIAL

60 MINUTES | THB 2,500

A nutritional boost rich in super foods and essential minerals designed to pack stressed dull skin with energizing, detoxifying actives. Clinically proven to leave skin plumper, radiant and lift up with good health.

#### REGENERATING FACIAL

60 MINUTES | THB 2,500

This facial treatment is ideal to rejuvenate and improve the elasticity of the skin. The treatment revives the skin, reduces wrinkles and leaves you with a more youthful look.

#### PURIFYING FACIAL FOR MEN

60 MINUTES | THB 2,500

This facial is designed specifically for man, treatment ideal to deep pore cleansing facial features an antioxidant mask. The complexion is visibly radiant, and skin regains its natural balance.

#### MINI FACIAL

45 MINUTES | THB 1,500

This facial treatment is suitable for all skin types, easy step by step to cleaning, refreshing and moisturizing.

Prices are exclusive of 10% service charge and 7% government tax



## SPA MENU

### SPA PACKAGE

#### LANNA JOURNEY PACKAGE

2 HOURS 30 MINUTES | THB 3,900

The journey being with detoxifying cleanser to exfoliating your skin be ready for the Golden Lanna signature Massage that rejuvenate your skin, completely your experience with facial treatment that include our signature pure golden-leaf mask to fulling your face brightens and youthful.

Detoxifying Body Scrub: 30 minutes

Lanna Golden Massage: 90 minutes

Golden Facial Treatment: 30 minutes

#### PAMPERING PACKAGE

2 HOURS 30 MINUTES | THB 3,900

To pampering your skin from the pollution day back to the clean and healthy skin with purifying body scrub then following by Golden & Glow Body wrap to rejuvenate and nourishing skin while you are enjoying with the body wrap, the Indian head massage will perform to deeply relaxing then completely with the Facial treatment fulfill your skin pampering day.

Purifying Body Scrub: 45 minutes

Golden & Glow Body Wrap: 45 minutes

A Choice of Facial Treatment: 60 minutes

Prices are exclusive of 10% service charge and 7% government tax

## SPA MENU

### ENHANCING YOUR SPA EXPERIENCE

#### SPA ARRIVAL

Please arrive 15 minutes prior to your spa appointment to allow us to welcome you and prepare for your spa journey treatment, please understand that late arrivals may result in a reduced treatment time.

#### SPA RESERVATIONS

To make a spa reservation please see our Spa reception team who will be happy to advise you on the perfect treatment choice. To help secure your preferred time and services at our spa, we recommend advance bookings. A minimum age of 16 is required for entry into the spa facilities.

#### SPA ETIQUETTE

Our spa environment is one of relaxation and tranquility. Please ensure your mobile phone is turned off and understand the spa is a smoke-free environment.

#### MEDICAL CONDITIONS

When making a reservation, please advise us of any health conditions, allergies or injuries that might affect your spa experience, so we can ensure your optimum comfort.

#### PREGNANCY

We have tailored spa services that are particularly suitable for mums-to-be and nursing mothers. The Spa reception team would be delighted to help and guide you in selecting the most suitable treatments for you during this special time.

## SPA MENU

### ENHANCING YOUR SPA EXPERIENCE

#### CANCELLATION POLICY

A 50% charge will apply for treatments cancelled or re-scheduled without a 4-hour notice period. In case of a missed appointment with no advance notice, a full 100% charge also applies.

#### SPA OPERATING HOURS

Open daily from 10:00am to 10:00pm

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