

# JAMUNA SPA



**DINSO**  
RESORT & VILLAS

**NIGNETTE**<sup>™</sup>  
COLLECTION

**IHG**<sup>®</sup> HOTELS & RESORTS



# DISCOVER A WILD HAVEN OF *Tranquility*

Nestled amidst a tranquil oasis, Jamuna spa exudes an aura of serenity and calmness. From indulgent massages to invigorating body scrubs and wraps, each service is carefully designed to provide a unique and personalized journey to wellness and relaxation. From the moment you step inside, you'll be transported to a realm of peace and serenity, enveloped in an atmosphere of total relaxation that soothes the senses and calms the soul.

Jamuna Spa derives its name from the river that serves as a lifeline for the locals in India, which is called Jamuna River". The name is reflective of our spa's commitment to provide a sanctuary of wellness to our beloved guests.

At Jamuna Spa, clients can rest assured that every treatment is delivered by expert therapists, proficient in utilizing premium products and techniques to provide a bespoke experience. Indulge in a transformative journey that will leave you feeling rejuvenated, revitalized, and refreshed.

Open everyday, from 10:00 am until 22:00 pm

Dial 0 or 891 to make a reservation  
or contact us at Jamuna Spa reception.

For advanced bookings, email us at  
[dinso.rsvn@ihg.com](mailto:dinso.rsvn@ihg.com)



# SIGNATURE

*Treatments*

## KING OF DINSO

Unwind with a fusion of Thai massage, a heated salt and herb compress, and gentle stretching. Feel tension melt away as circulation improves and skin softens while it dissolves tension, soothes tendons, and softens skin.

**120 MINUTES     3,990 THB**

## QUEEN OF DINSO

Immerse yourself in the healing secrets of Northern Thailand, now available in the heart of Southern region, with our signature "Tok Sen" massage treatment. This highly specialized technique originates from the Chiang Mai region and has been meticulously crafted into a unique experience by our skilled therapists at Jamuna Spa. The "Tok" in Tok Sen refers to the sound of a hammer, while "Sen" signifies the energy lines in the body. With the use of traditional wooden sticks and aromatherapy massage, our expert therapists skillfully stimulate the energy points, promoting healing and overall wellbeing.

**60 MINUTES     1,990 THB**

## COMFORTABLE BODY

Experience a sense of regal grandeur with our two-hour massage, expertly designed to leave you feeling majestic. This luxurious stress-buster treatment blends the ancient techniques of Thai massage with the soothing benefits of aromatherapy. The journey begins with a Thai Herbal Compress placed strategically along the muscle lines, followed by a Hot Oil Massage that stretches the muscles, enhances circulation, and promotes the body's energy pathways.

**120 MINUTES     2,590 THB**

## HOT STONE MASSAGE

Experience the ultimate in muscle relief with our therapeutic hot stone massage. The penetrating warmth of heated stones loosens tight knots, while skilled massage techniques address specific areas of discomfort.

**120 MINUTES     3,990 THB**



## CANDLELIT SERENADE

Enjoy an intense yet nourishing 90-minute massage using warm, soothing candles to melt away stress and tension.

**90 MINUTES     2,490 THB**

## AROMATHERAPY HOT OIL MASSAGE

Indulge in the ultimate spa experience with our signature treatment that seamlessly blends the three most effective therapies, Thai massage, and Aromatherapy. This harmonious combination of techniques delivers both relaxation and healing benefits. The pressure-point therapy of Thai massage stimulates the acupressure points along the body's energy lines, dissolving blockages and relieving muscular stress.

**60 MINUTES     1,590 THB**

**120 MINUTES     2,890 THB**

PRICE IS EXCLUSIVE OF TAX AND SERVICE CHARGE



# TRADITIONAL *Treatments*

## THAI MASSAGE

Discover the ancient art of Thai bodywork with our signature Thai Massage (Nuad Bo-Rarn) treatment. This technique incorporates gentle yoga-style stretches, guided breathing, and choreographed movements to attain a harmonious balance of fluidity and motion. By sending energy freely along the Sen pathways (energy meridians), this technique aligns and balances the body, allowing for the free flow of energy throughout.

**60 MINUTES**      **1,290 THB**  
**120 MINUTES**      **2,190 THB**

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## HEAD, BACK, SHOULDER & MASSAGE

Experience the ultimate full-body relaxation with our Head-to-Back Massage. This indulgent treatment begins with a neck and shoulder massage that targets tension-causing stress and chronic pain, leaving you feeling rejuvenated and renewed. The treatment concludes with a soothing head massage that stimulates scalp circulation and restores energy flow to the temples.

**60 MINUTES**      **1,390 THB**

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## BALM MASSAGE

Make the skin soft and comfortable. Cools and refreshes.  
Reduces tightness in muscles and tendons.

**60 MINUTES**      **1,890 THB**

## AYURVEDIC HEAD MASSAGE

A combination of head massage with an emphasis on ancient Thai lines, helps relieve stress and reduce migraine headaches.

**60 MINUTES**      **1,390 THB**

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## DINSO FOUR HANDS

Experience the ultimate indulgence with our Four-Handed Massage, where the synergy of two therapists working in unison creates a sublime sense of relaxation and rejuvenation. The synchronized waves of the therapists' movements, combined with fragrant oils, envelop your body in a blissful state. The therapists' skilled and intuitive movements, including intertwined hand motions, create a sense of resonance and multiple sensations in your body

**90 MINUTES**      **3,890 THB**

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## THAI HERBAL HOT COMPRESS MASSAGE

This unique treatment combines the benefits of traditional Thai massage with the soothing warmth of herbal compresses. The compresses, filled with aromatic herbs, are gently pressed and rolled onto the body, stimulating the senses and inducing deep relaxation. This treatment helps increase energy flow, improve circulation, and relax deep muscle tissue, while also targeting hard-to-reach energy lines and stimulating nerve endings to promote the body's natural healing process.

**120 MINUTES**      **2,390 THB**

# TRADITIONAL *Treatments*

## HIMALAYAN HOT SALT MASSAGE

A Himalayan salt stone massage is a therapeutic treatment that combines the benefits of warm Himalayan salt stones with traditional massage techniques. These salt stones, carved from pure Himalayan salt crystals, are rich in essential minerals like magnesium, potassium, and calcium. When heated, the stones are used to glide over the body, providing a soothing and detoxifying effect.

**90 MINUTES      3,690 THB**

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## HARMONY WITHIN ABDOMINAL MASSAGE

Discover inner harmony and unwind during a 1-hour session blending abdominal massage techniques for optimal relaxation.

**60 MINUTES      1,890 THB**

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## TRANQUIL TOUCH

Experience deep relaxation and relief with a 1-hour acupressure massage.

**60 MINUTES      1,790 THB**

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## COCO-GLOW

Experience a unique and revitalizing massage using a one-eyed coconut shell to invigorate your body.

**60 MINUTES      1,990 THB**



PRICE IS EXCLUSIVE OF TAX AND SERVICE CHARGE

# FACIAL *Treatments*

## DINSO SPECIAL CLEANSING TREATMENT

This specialized treatment is designed to cater to those with delicate or sensitive skin, providing a gentle yet effective solution to soothe and repair any irritation. It involves a comprehensive skincare regimen that encompasses cleansing, toning, and a gentle facial scrub, followed by a nourishing mask and massage to remove dead skin cells and reveal a brighter, healthier complexion.

**75 MINUTES      2,890 THB**

## FACIAL YOGA

Experience the luxury of jade stone, revered for centuries as more valuable than gold, in this transformative treatment. Our skilled therapists use Gua Sha massage techniques and sacred lotus to combat the effects of aging, bringing balance and vibrancy to your whole self. The result is beautifully toned and radiant skin that erases all signs of time passing

**60 MINUTES      1,690 THB**



PRICE IS EXCLUSIVE OF TAX AND SERVICE CHARGE

# BODY & FOOT *Scrubs*

## AROMATHERAPY BODY SCRUB WITH HOT HERBAL COMPRESS

Hot herbal compresses are applied in combination after body scrub. This soothing treatment increases energy flow, improves circulation, relaxes deep muscle issue, treats energy lines that are otherwise unreachable and stimulates nerve ending to promote the body's natural healing process. The aromatic herbs used in hot compresses stimulate the senses and aid deep relaxation; they include Kaffir Lime, Prai, and Camphor.

**150 MINUTES 2,790 THB**

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## BODY SCRUB & BATH

Indulge in a complete body transformation. A stimulating scrub removes dead skin cells, followed by a relaxing soak in a warm bath. Finish with a nourishing wrap, leaving your skin feeling silky smooth and refreshed.

**120 MINUTES 2,590 THB**

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## ENERGIZING COFFEE GLOW

Achieve vibrant skin and a brighter mood with this stimulating coffee scrub. Exfoliation and caffeine work together to diminish stress, enhance energy, and leave you feeling radiant.

**120 MINUTES 2,890 THB**

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## LAVISH BLISS: SCRUB, BODY MASK, AND HOT OIL WRAP

Surrender to ultimate luxury with a 3-hour experience, embracing a rejuvenating scrub, nourishing body mask, and a blissful hot oil wrap.

**180 MINUTES 3,590 THB**

PRICE IS EXCLUSIVE OF TAX AND SERVICE CHARGE

# BODY & FOOT *Renewals*

## HOLISTIC FOOT MASSAGE

A pampering treatment that focuses on massaging the feet, ankles, and lower legs. It typically involves the use of hot towels, aromatic oils, and specialized massage techniques to help improve circulation, reduce tension, and promote relaxation. The treatment is designed to provide a rejuvenating and soothing experience for both the feet and the mind, leaving you feeling refreshed and revitalized.

**90 MINUTES    1,890 THB**

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## COMFORTING HAND MASSAGE

A soothing and relaxing experience that helps to ease tension and promote feelings of calmness and tranquility. This gentle massage involves the use of warm oils or lotions, as well as gentle strokes and kneading techniques to relieve stress and improve circulation in the hands and fingers. Whether you spend your days typing on a keyboard or engaging in other repetitive hand motions, a comforting hand massage is the perfect way to unwind and soothe tired, achy hands.

**60 MINUTES    990 THB**

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## ALOE VERA SUNBURN

Our Aloe Vera Sunburn Treatment is designed to soothe and heal sun-damaged skin. Aloe Vera is renowned for its natural healing properties and is a powerful anti-inflammatory agent. Our treatment uses pure Aloe Vera gel to hydrate, cool, and calm the skin, reducing redness and irritation. The gel is applied generously to the affected area and left to absorb, providing relief from sunburn discomfort and promoting skin repair.

**60 MINUTES    1,690 THB**

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## FOOT BLISS

Indulge in an hour of pure foot bliss. This revitalizing massage targets pressure points, eases tension, and helps soften tired, rough feet, leaving you feeling light and rejuvenated.

**60 MINUTES    1,290 THB**

PRICE IS EXCLUSIVE OF TAX AND SERVICE CHARGE



# FAMILY *Package*

SCRUB BODY  
AROMATHERAPY  
FACE YOGA

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FOOTS TREATMENT  
THAI HOT HERBAL COMPRESS  
THAI MASSAGE

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AYURVEDIC HEAD  
FACE TREATMENT  
BACK SHOULDER NECK

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90 MINUTES      3,990 THB

# COUPLE *Package*

SALT SCRUB  
HOT CANDLE  
BLISS BOMB

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BODY SCRUB  
THAI HOT HERBAL COMPRESS  
BLISS BOMB

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FACE YOGA  
HEAD BACK SHOULDER  
BLISS BOMB

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90 MINUTES      3,990 THB

All these packets will use the specified total time

# A SPA DAY FOR

*Our lovely mothers & children*

## SAMSARA MOTHER TO BE TREATMENT

This gentle side-lying massage is specifically designed for expecting mothers to release tension in the back and legs. Using organic virgin coconut oil, which nourishes the skin without causing allergic reactions, this treatment is recommended after the first trimester.

**60 MINUTES**

**1,590 THB**

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## ANGEL BLISS

A gentle treatment, uses pressure on the scalp, legs, and feet, along with a grounding oil massage on the back and arms, to improve children's sleep quality, relax their body, and strengthen their immune system. It is recommended for children between the ages of 6 and 12.

**60 MINUTES**

**990 THB**

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## RADIANT YOU: BREAST MASSAGE

Foster self-care and well-being through a 1-hour breast massage designed for relaxation and rejuvenation, enhancing blood circulation.

**60 MINUTES**

**2,290 THB**



PRICE IS EXCLUSIVE OF TAX AND SERVICE CHARGE

# ROSE PATAL & BUBBLE

## *Bath oasis*

### VILLA OCEAN BATH

Immerse yourself in the warm and luxurious milky bubbles of our Wonderful Smooth Foam Milk Bath, infused with the heavenly essential oils of citrus. As you soak, the bath calms your mind, improves circulation and provides relief from stress, anxiety, and muscular pain. Enjoy a moment of pure relaxation and rejuvenation.

890 THB

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### VILLA MILKY BATH

Indulge in a luxurious milk bath experience to soothe your body and calm your mind. Our milk baths are specially handcrafted with a blend of nourishing milk, fragrant roses, and essential oils to provide ultimate relaxation and rejuvenation. The warm and comforting soak helps to ease muscle aches, joint pain, and promotes better sleep. After your bath, your skin will feel soft, moisturized, and renewed, making it the perfect pre or post-bedtime ritual.

890 THB

