



# THE ROYAL THAI HERBAL COMPRESS

2 HOURS @ THB **2,888** ++/PERSON

“ Complete your well being experiences with the real touch of traditional Thai Massage combine with the homemade herbal ball compress from the Thai herbal remedies ...Let's try!”

## Thai Herbal Steam

Traditional Thai herbal steam therapy is one of the most efficient methods of excreting toxins through the skin and lungs. The highly aromatic medicinal herbs quickly absorb into the body, delivering their therapeutic powers to each and every cell while the hot steam opens the pores and allows the herbal vapours to enter the skin, wash out toxins with sweat. The herbal steam simultaneously cleanses the body from the inside and outside, providing a doubly detoxifying effect as well as very relaxing, soothing, and enjoyable experiences.

## The Royal Thai Massage

The world-renowned ancient Thai art of healing involves applying pressure to the body's energy meridians. Release built-up tension, improve blood circulation, and free your body of toxins that accumulate in tired or overworked muscles.

## The Thai Herbal ball Compress

The healing practice of Thai Herbal compress therapy dates back nearly 5,000 years, to an era when the knowledge of plants, including their effects through ingestion or application on the body, were painstakingly researched and then passed down from one generation

to the next. This herbal therapy was designed to relieve pain and inflammation. A selection of therapeutic herbs, including prai, ginger, turmeric, and lemongrass, are wrapped in a muslin compress, steamed, and then applied to the body in gentle pressing, circular, and rolling movements.

## Book Your Treatment

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