







### HAI TRADITIONAL MASSAGE

Mins 60/90/120 - BDT 3,800/5,100/6,400

Thai massage according to the Traditional Thai Medical Professions Act, BE 2556 (2013). The art form is also commonly known as "yoga massage" or "Thai yoga massage", as the practice is essentially a form of assisted yoga performed by the giver, with the receiver completely passive throughout.



## SPORT MASSAGE

Mins 60/90/120 - BDT 4,500/6,400/7,600

Sports massage is a large category that encompasses several other massage categories and concepts: 1) It encompasses any technique that the therapist knows and feels are necessary for a particular session, most of the time, those techniques are deep tissue and stretching.



# AROMATHERAPY OIL MASSAGE Mins 60/90/120 - BDT 4,500/6,400/7,600

AromaTherapy uses fragrant oils extracted from herbs, flowers and fruits to naturally enhance the benefits of massage. Before each session begins, you can choose one of four unique oil blends to be used in your massage lotion.



# THAI HERBAL COMPRESS

Mins 90 - BDT 5,700

The Thai Herbal Compress technique offers several potential health benefits: It induces deep relaxation, relieves stress and fatigue, boosts both emotional and physical well-being, assists alignment and postural integrity of the body, improves circulation of blood and lymph and stimulates the internal organs.



# FOOT REFLEXOLOGY MASSAGE

Mins 30/60 - BDT 2,600/3,200

Foot Reflexology massage can be a deeply relaxing and therapeutic modality for those suffering from plantar fasciitis, ankle injuries or even everyday work and play. At Massage Envy, your massage therapist will apply traditional Swedish and sports massage techniques to the foot, calf and upper leg.



# SWEDISH MASSAGE

Mins 60/90/120 - BDT 4,500/6,400/7,600

Swedish massage technique includes mechanically activated muscular tissue and also skin, tendons, fascias, and connected tissue, which indirectly regulates the tonus of the autonomous nervous system. This study set out to examine the effects of Swedish massage on blood pressure.



# DETOX MASSAGE

Mins 60/90 - BDT 4,900/6,400

Manual lymphatic drainage (MLD) is a type of gentle massage which is intended to encouragethe natural drainage of the lymph, which carries waste products away from the tissues back toward the heart.

\*The above rates are inclusive of VAT & Tax.





## BODY SCRUBS

Mins 60 - BDT 4, 100

Sometimes cleansing and moisturising just isn't enough. Add a luxurious exfoliating body scrub to your regular skincare routine to buff away old skin and stimulate microcirculation. Our body scrubs, body polishes and massagers are packed with community trade organic ingredients to leave your skin feeling super-smooth.



#### BODY SCRUBS THAI MASSAGE

Mins 90 - BDT 7.000

Skin feels restored to radiance after a treatment with exfoliating, mineral rich Dead Sea Sea Salt Glowsalt in three crystal sizes to gently and effectively awaken circulation while removing accumulated dead skin cells. A finishing application of hydrating massage lotion leaves the skin renewed and glowing.



### BODY SCRUBS AROMATHERAPY

Mins 90 - BDT 7,600

Full Definition of aromatherapy. Massage of the body and especially of the face with apreparation of fragrant essential oils extracted from herbs, flowers, and fruits; broadly : the use of aroma to enhance a feeling of well-be-



# ANTI STRESS NECK SHOULDER MASSAGE Mins 30/60 - BDT 2,600/3,200

Spending days hunched over a computer, behind a driving wheel, or simply sitting with a bad posture, puts a lot of pressure in the neck and shoulder, resulting in stiff shoulders, lack of flexibility in the neck and headaches. The therapist will work from your upper back up to the top of your head.



#### SILVER COURSE BEAUTY FACIAL

Mins 60 - BDT 6,400

Spending days hunched over a computer, behind a driving wheel, or simply sitting with a bad posture, puts a lot of pressure in the neck and shoulder, resulting in stiff shoulders, lack of flexibility in the neck and headaches. The therapist will work from your upper back up to the top of your head.

# HAND FOOT HEAD SPA

Head spa is a head massage that effectively encourages the health of your scalp and hair, all done at the shampoo area in the hair salon. Because its benefits meet the needs of our stressful society so well, head spa is also being done at beauty salons and head spa-specialty shops.

SPA MANICURE

Mins 60 - BDT 1,600

SPA PADICURE Mins 60 - BDT 1,800

HAND MASSAGE

Mins 30 - BDT 1,600

FOOT HAND MASSAGE Mins 60 - BDT 2,600

HEAD MASSAGE

Mins 60 - BDT 2,800

# **Packages**



THAI RELAXING PACKAGE SET 1



4 Steps - 2 Hours 30 Minutes

**AROMATHERAPY** Mins 60

FOOT REFLEXOLOGY Mins 40

HEAD AND SHOULDER Mins 30

ACUZZI Mins 20

**BDT 12, 100** 



THAI RELAXING PACKAGE SET 2



7 Steps - 4 Hours

AROMATHERAPY Mins 60

FOOT REFLEXOLOGY Mins 40

HEAD AND SHOULDER Mins 30

ACUZZI Mins 20

STEAM OR SAUNA

Mins 20

BODY SCRUB Mins 60

HAND AND FOOT SPA Mins 30

BDT 15,900



SUPER SAVE MINI PACKAGE

3 Steps - 1 Hour 40 Minutes

STEAM OR SAUNA

Mins 20

AROMATHERAPY Mins 60

ACUZZI Mins 20

BDT 7,700

\*The above rates are inclusive of VAT & Tax.



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