

The Spa

AT BAGAN LODGE

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IN MYANMAR, PEOPLE BELIEVE THAT MASSAGE IS THE SACREDART OF SENSUAL HEALING FOR THE EMOTIONS AND FOR RESTORING BALANCE TO THE BODY.

NATURAL ELEMENTS HAVE BEEN SPECIALLY CHOSEN FOR ALL OF OUR TREATMENTS, ALLOWING YOU TO BENEFIT FROM FRAGRANCES AND ELIXIRS THAT STIMULATE ALL FIVE SENSES.

WE OFFER A SELECTION OF TREATMENTS TO SHOWCASE THE POWER OF TOUCH AND DISCOVER TRUE RELAXATION.

"...LET THE REJUVENATING JOURNEY THAT AWAITS YOU BEGIN..."

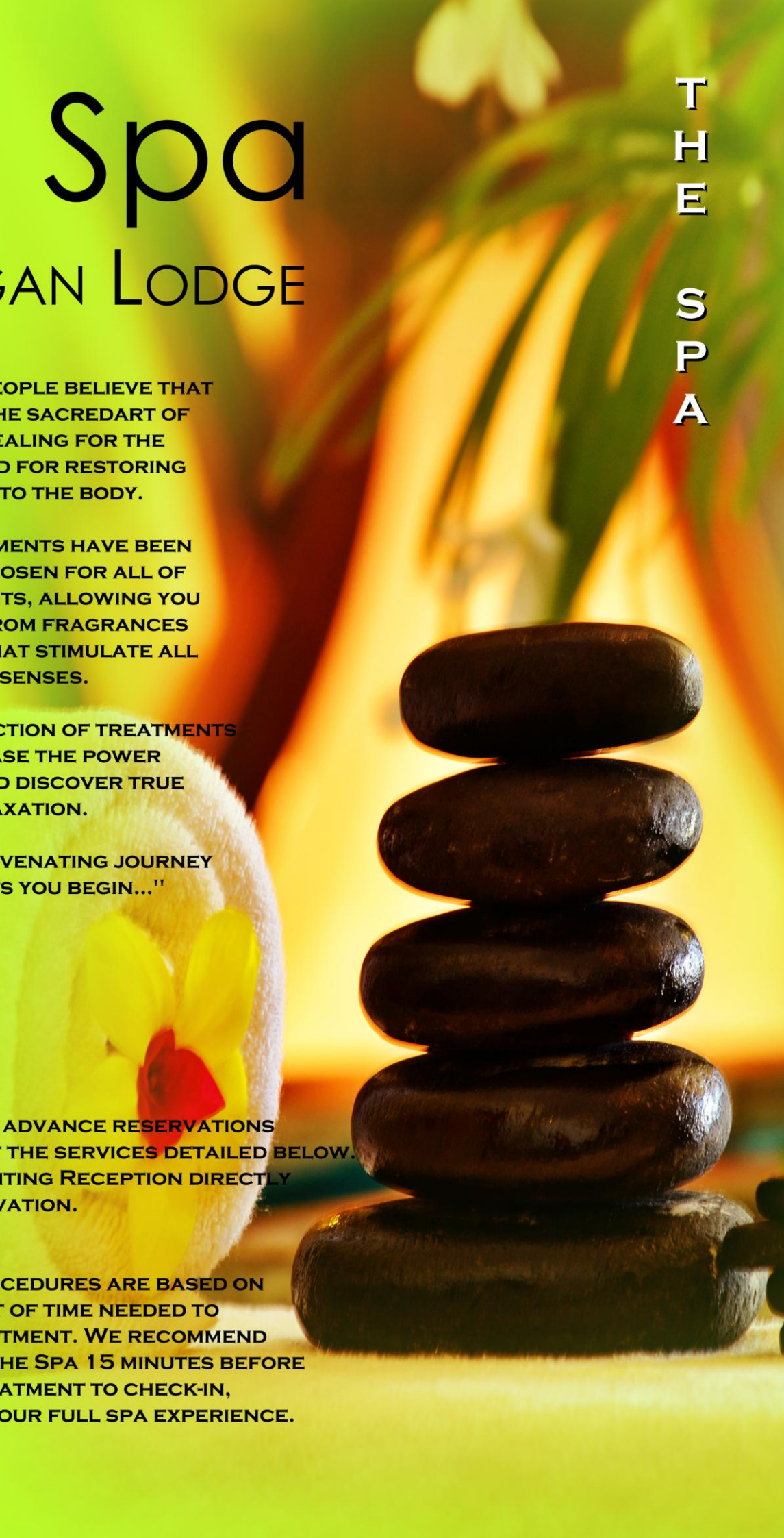
OPENING HOURS

10:00 AM - 10:00 PM

IT IS PREFERRED THAT ADVANCE RESERVATIONS ARE MADE FOR ANY OF THE SERVICES DETAILED BELOW. YOU CAN DO SO BY VISITING RECEPTION DIRECTLY TO MAKE YOUR RESERVATION.

CHECK-IN

OUR SCHEDULING PROCEDURES ARE BASED ON THE CORRECT AMOUNT OF TIME NEEDED TO COMPLETE EACH TREATMENT. WE RECOMMEND THAT YOU ARRIVE AT THE SPA 15 MINUTES BEFORE YOUR SCHEDULED TREATMENT TO CHECK-IN, SHOWER AND ENJOY YOUR FULL SPA EXPERIENCE.



THE SPA

HEALING MASSAGE TREATMENTS

BODY MASSAGE

AROMATIC BLISS MASSAGE (60 MINS - \$45)
(90 MINS - \$60)

OFFERING A SPECIALLY BLENDED SIGNATURE OIL OF YOUR CHOICE, THIS TREATMENT WITH OUR PROFESSIONAL THERAPIST CAN MAKE YOUR BODY, YOUR SOUL MORE RELAXING AND CALM.

SWEDISH MASSAGE (60 MINS - \$50)
(90 MINS - \$60)

THE EMPHASIS IS ON ENERGIZING YOUR ENTIRE BEING STIMULATE THE NERVOUS SYSTEM, IMPROVED BLOOD CIRCULATION, FLEXIBILITY, ENHANCE PHYSICAL AND MENTAL WELLNESS TO YOUR BODY.

HOT STONE MASSAGE (75 MINS - \$65)

HEAVENLY FULL BODY MASSAGE TO MELT AWAY YOUR TENSION, OUR SIGNATURE "HOT STONE" MASSAGE FOLLOWS THE ANATOMY PHYSICAL SYSTEM AND GOOD TECHNIQUE TO HELP AND STIMULATE WEAK MUSCLE, RELIEVE THE DEEP PAIN ALONG THE BODY, KEEP BODY BACK TO A BALANCE. SPECIAL A HEALING TREATMENT.

TRADITIONAL THAI MASSAGE (60 MINS - \$40)
(90 MINS - \$55)

BY STIMULATING PRESSURE POINTS ALONG THE ENERGY, CHANNELS, BLOCKAGES IN THE BODY ARE RELEASED, CAREFUL MANIPULATION OF THE BODY THROUGH PASSIVE STRETCHING HELPS IMPROVED FLEXIBILITY BY A DEEPLY TECHNIQUE TO RENEW THE ENERGY.

HERBAL COMPRESS (45 MINS - \$40)

THIS TREATMENT IS BASED ON THE HOLISTIC PRINCIPLES OF AYURVEDIC AND THE MEDICINE HERBS ARE BLENDED, RELEASING THE STRESS MUSCLES ALONG THE BODY STIMULATE THE ENERGY LINES AND POINTS, REDUCES TENSION PAINS.

ORIENTAL FOOT MASSAGE (50 MINS - \$35)

THIS FASCINATING TREATMENT PROVIDES PHYSICAL AND SPIRITUAL RENEWAL WITH SPECIFIC THUMB, FINGER AND HAND TECHNIQUES APPLIED TO VARIOUS REFLEX POINTS THE FEET TO EFFECTIVELY STIMULATE CORRESPONDING ORGAN GROUPS IN THE UPPER BODY.

BACK NECK & SHOULDER MASSAGE (30 MINS - \$30)

THIS ANTI-STRESS MASSAGE CONCENTRATES ONLY BACK NECK & SHOULDER TO RELIEVE THE TENSION AND REVITALIZED, RELAX THE MUSCLE AND CALM.

BODY TREATMENTS

PEPPERMINT SALT SCRUB (60 MINS - \$45)

A DEEP CLEANSING AND EXFOLIATING USES SEA SALT SCRUB WITH PEPPERMINT TO REMOVE DEAD CELL SKIN ALONG THE BODY, HELP NEW GROWING STRONG AND HEALTHY.

HARMONY BODY SCRUB (60 MINS - \$45)

SMELL OF LAVENDER & EUCALYPTUS CREAM SCRUB WILL MAKE YOUR BREATH MORE CLEAR, ALSO ANTIBACTERIA, SKIN WILL BE SMOOTH, SOFTER, SHINY, BRIGHTENING, COOL AND CALM.

FACIAL TREATMENTS

CLASSIC FACIAL (60 MINS - \$45)

DEEP CLEANSING TO ALL SKIN TYPES, ANTI-OXIDANT, NOURISHING SKIN WITH SEAWEED MASK, THE SKIN ACHIEVE YOUTHFUL LEAVE YOUR STRESS AND RELAXATION LOOK HEALTHY & FRESHLY.

ULTRA GENTLE FACIAL (75 MINS - \$60)

THIS FACIAL LIGHTLY CLEANSSES THE ALL SKIN TYPES, SOOTHING INFLAMMATION AND RESTORES THE SKIN BALANCE SUITABLE, ADD MORE VITAMIN C TO YOUR FACE MAKE BRIGHTENING, SOOTHER AND YOUNGER.

SPA PACKAGES

PLEASE ENJOY YOUR TIME WITH OUR SPA PACKAGES

SIGNATURE SPA RITUALS 2 HRS. \$85

- PEPPERMINT SALT SCRUB 60 MINS.
- SWEDISH MASSAGE 60 MINS.

STATE OF CALM 2:30 HRS. \$95

- HARMONY BODY SCRUB 60 MINS.
- AROMATIC BLISS MASSAGE 90 MINS.

JOURNEY OF BAGAN 2:30 HRS. \$115

- HOT STONE MASSAGE 75 MINS.
- ULTRA GENTLE FACIAL 75 MINS.

EXECUTIVE DELIGHTS 3:30 HRS. \$145

- TRADITIONAL THAI MASSAGE 60 MINS.
- HERBAL COMPRESS 40 MINS.
- FACIAL CLASSICS 60 MINS.
- ORIENTAL FOOT MASSAGE 50 MINS.