



### Our Spa Concept

The Burasari, a most delicate and yet potent flower, both unique and effective is the inspiration behind the treatments at the Spa Burasari.

Enter our haven from the hustle and bustle surrounding and you will be enriched with a feeling of serenity and a blend of Eastern meets Western cultures. We have created a menu of treatments to provide life enhancing experiences. Our alternative healing rituals and detoxification packages are just a taste of what we offer world weary travelers or those in need of time simply to reflect and unwind.

*A haven for individuals and couples, we have treatments to suit each of your needs.*



## The Burasari Purification Ritual

*Please allow 30 minutes.*

This ritual draws from the traditional use of hot water, steam, singing bowl and rest, for cleansing and restoration of your whole being. Complimentary to spa packages and wet treatment reservation. The Burasari Purification Ritual is best experienced in two parts, prior to body treatment and after the treatment.

### Pre-Treatment

#### Initiate

Commence with a foot bath soaked in a mixture of hot water with mint, Tea Tree, Citrus leaf powder, Salt scrub and fresh Kaffir lime. Our foot ritual is developed to improve blood circulation and prepare you for your treatment.

#### Purify

Step into the steam room and inhale our special blend of Thai herbs. This opens up the pores and encourages detoxification by lifting the impurities from your body. Be healthy and refreshed with limewater served.

#### Harmonize (Singing Bowl)

Then commence into the relaxation of mind an excellent prelude to massage treatment. From the ancient healing traditions of Tibet, comes a therapy that gently effects and stimulates the water content of your body by harmonizing with the cells through sound, utilizing especially perfectly crafted hand beaten metal bowls. This leaves you in a deep relaxed mode.

### Post-Treatment

#### Rest

Take a few moments to restore the mind as you rest after your treatment, taking in all the benefits to your body, mind and spirit.

#### Replenish

Rehydrate with local elixirs and tea. This step helps your body to replenish and rehydrate itself.

*Enjoy and Renew !*





## Our Coconut Massage Oil and Cream

Coconut oil is gifted with a lot of anti-oxidants that can keep you looking young even in your seventies! These anti-oxidants do not let the skin wrinkle and also protects it from other adverse effects of ageing. Coconut oil is also rich in Vitamin E, your skin's best friend. It keeps your skin rejuvenated, young and healthy!

Coconut oil has been in use as massage oil for centuries, more so, in Coastal areas of India and Indian Subcontinent. You will find many people who show gleaming, smooth and beautiful skin even after they are sixties! These are those who were massaged with Coconut Oil in their childhood!

*We hope you enjoy your treatment!*





## Burasari Signature Treatment

*These treatments have been specially developed for Spa Burasrai to cater to a variety of needs. They will leave you desiring for more!*

### Burasari Signature Massage

90 minute session (60 minute treatment time)	THB 2,500
120 minute session (90 minute treatment time)	THB 2,900

Designed exclusively for Spa Burasari, this transformative oil massage will deeply relax muscle tension, detoxify the body and rejuvenate the mind. This therapy incorporates the fluid Swedish movements, the toning stretches of Thai massage whilst forearms and hands are used to include Lomi Lomi and pressure on acupuncture points.

### Detox Massage

90 minute session (60 minute treatment time)	THB 2,500
120 minute session (90 minute treatment time)	THB 2,900

A slower and more focused flow massage technique that concentrates on opening up the body's smallest blood vessels, resulting in more abundant blood circulation throughout the body and internal organs. This special massage technique increases the flow of the entire lymphatic system. It is one of the most relaxing massage experiences created.

### Healing Hot Stone Therapy

120 minutes session (90 minutes treatment time)	THB 3,900
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An ancient traditional therapy which combines oil massage with warm lava rocks to melt away the tension in your body, easing muscle pains, aches and stiffness. A relaxing and stress releasing treatment.

### Rain Shower Quench - Ultimate indulgence

90 minutes session (60 minutes treatment time)	THB 2,500
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"The quality of mercy is not strain'd it droppeth as the gentle rain from heaven " Merchant of Venice .

An indulgent treat where your body is pampered under the rain shower.

The Rain Shower Quench begins with a full body exfoliation using our specially blended Drench Body Contour. Once you have been scrubbed to a silky smooth softness, the Rain Shower begins. Relax as your body undergoes pure bliss under the showerheads that simultaneously rinse and massage your body. During this soaking experience, you will enjoy our signature head, shoulder and pressure point massage of the head. Heavenly!





## Body Therapies

*"Give your worries wings and let them fly away."*

All our body treatments commence with our 30 minute "Signature Purification Ritual" developed to improve blood circulation and prepare you for your treatment.

### Deep Tissue Massage

90 minutes session (60 minutes treatment time)

THB 2,500

120 minutes session (90 minutes treatment time)

THB 2,900

A massage technique that focuses on the deeper layers of muscle tissues and releases the chronic muscle tension through Tui Na strokes, focusing on more specific areas. This is recommended for those who experience consistent pain or those who have exercised strenuously. You may experience some soreness during or right after the massage. However, you should feel better than ever within a day or two! Because many toxins are released during the treatment, it is important to drink plenty of water to help eliminate these toxins from the body.

### Sun-Burn Relief Treatment

90 minutes session (60 minutes treatment time)

THB 2,900

This is specially designed for all sun-lovers! A soft and gentle massage combined with the healing properties of Alovera gel and cucumber juice. A perfect remedy to soothe the sun exposed skin.





## Body Therapies

### **Back, Shoulder, Neck Massage with Ginger Zinger**

90 minutes session (60 minutes treatment time)

THB 2,900

Tension is released from your shoulders, neck, lower back and spine areas as smooth, long strokes and thumb and palm pressure are used in this massage. This intensive treatment is complete with a warm ginger wrap. You will feel a slight burning sensation on your back as your blood circulation increases. Now you will be walking with a renewed energy ready to take on the world!

### **Back Cleansing Therapy**

90 minutes session (60 minutes treatment time)

THB 2,900

A concentrated stress release treatment begins with the back, one of the most important but neglected areas of the body. This treatment concentrates on releasing the tense muscles of the back, shoulder and neck. To further revitalize the senses, you will be treated to a complete back treatment utilizing steam exfoliation and a hydrating mask. Enjoy the most intensive yet relaxing back massage.

### **Pregnancy massage**

90 minute session (80 minute treatment time)

THB 2,900

A ritual therapy designed exclusively for the expectant mother. This luxurious treatment helps relieve the common effects of pregnancy such as dry skin, aching muscles and fluid retention. Using a unique massage technique the therapy relieves aching backs and soothes swollen legs. The body is left feeling lighter, smoother and more relaxed. Regular treatments can combat pregnancy fatigue, boost circulation and prevent stretch marks.





## Quality of Life, Detoxifying Rituals

*"Treatments to Revive Your Body, Mind and Spirit."*

All our "Quality of Life, Detoxifying Rituals" massages commence with our 30 minute "Signature Purification Ritual" followed by a 10-minute Vichy Shower Drench. This is a great experience to prepare you for your body therapy massage.

### Purification Body Polish with Healing Massage

150 minutes session (120 minutes treatment time)

THB 4,200

Truly the first step in the detoxification process, it begins with a gentle full body exfoliation under the Vichy Shower. This prepares the body for the benefits and changes it will undergo during its transformation. With a gentle healing body massage, you are truly on your way to a new and improved you.

### Herbal Detoxification Wrap with Lymphatic Zone Massage

150 minutes session (120 minutes treatment time)

THB 4,200

We begin this treatment with an application of our healing herbal mask, followed by a relaxing Vichy Drench. After the body is cleansed, a lymphatic stimulating massage will secure this truly detoxifying experience.

*"Treatment should not be taken directly after meals and we recommend that you do not eat for an hour after the treatment."*



## Alternative Healing Therapies

Applying Yin and Yang as two opposing states, Chinese medicine defines healthy as the equilibrium between the two. Utilizing the concept of "vital energy" or Qi which flows throughout the body on invisible pathways called meridians. These alternative healing therapies are both transformative and healing. All "Alternative Healing Therapies" treatments begin with a 10-minute traditional "Foot Cleansing and Massage" ritual. Hot water is used to increase blood circulation which aids in muscle relaxation.

### Traditional Thai Massage

60 minutes session (50 minutes treatment time)

THB 1,800

90 minutes session (80 minutes treatment time)

THB 2,500

A blend of assisted stretching and acupressure compressions along the body's energy pathways leaves you remarkably relaxed yet energized. You will be placed in the able hands of our Thai therapists who have been immersed in this traditional method of healing for centuries.

### Thai Herbal Compress Massage

90 minutes session (80 minutes treatment time)

THB 2,900

A blend of Thailand's finest therapeutic herbs and spices are steamed and massaged into the body to release tension, delivering deep muscle relaxation and ensuring long lasting fatigue relief. This, combined with the Thai stretching massage technique, is sure to stimulate energy and treat stiffness in aching joints.

### Reflexology

60 minutes treatment (50 minutes treatment time)

THB 1,800

A powerful and effective healing art based on century old principles that the feet are the "mirror" of the body. Working on specific points of the feet, signals are sent to benefit the body organs. A head to toe sensation of balance and health will radiate from your entire being when your feet return to earth.

### Reflexology with Ginger Zinger

75 minutes session (65 minutes treatment time)

THB 2,200

Exclusively developed for the weary traveler who has just arrived, or is just leaving and of course, the fatigued shopper. An intensive treatment commencing with a reflexology session followed by a warm spice wrap to draw out the toxins from tired legs. You will feel a slight burning sensation in your legs as the blood circulates throughout. Now you will be walking out with a renewed boost!

*"Those who have health have hope, those who have hope have everything."*





## Burasari Spa Packages

Calm your mind and draw in the serenity of your surroundings. Drift away on a cloud of contentment as our therapists work wonders. All our spa packages include our signature 30-minute purification process.

### **Buralicious ...** Indulge your senses!

210 minutes session

THB 5,900

Truly the first step in the detoxification process with your choice of one of our specially designed exfoliation scrub, Burasari Signature massages then a Natural Facial with Tui Na pressure point massage. Complete your indulgence with a luxuriating bath, and refreshment.

### **Truly Thai ...** Enjoy all that is authentically Thai!

180 minutes session

THB 4,900

This treatment begins with a herbal compress to ease all your tension, followed by our signature Thai Massage and a soothing Thai natural facial treatment.

### **Sun Worshippers Relief ...** Designed for those of you who love to bask in the sun but need relief from over basking!

150 minutes session

THB 4,200

Light massage with our signature coconut oil, aloe Vera gel body wrap and a hydrating mini facial and you are on your way to enjoy the rest of the evening! We recommend you leave the healing products on your body to hydrate your skin.

### **Renewal Package**

150 minutes session

THB 4,200

Truly the first step in the detoxification process, it begins with a gentle full body exfoliation to prepare the body for the benefits and changes it will undergo during its transformation. With a gentle healing body massage, you are truly on your way to a new and improved you.



## BURASAKIDS SPA TREATS

These spa treatments have been specially created with young children in mind.

### **Bura Kids Massage**

60 minutes session (50 minutes treatment time)

THB 1,200

Designed for you to take a break from playing hard and come in and enjoy a gentle relaxing massage.

### **Bura Kids "Happy Feet"**

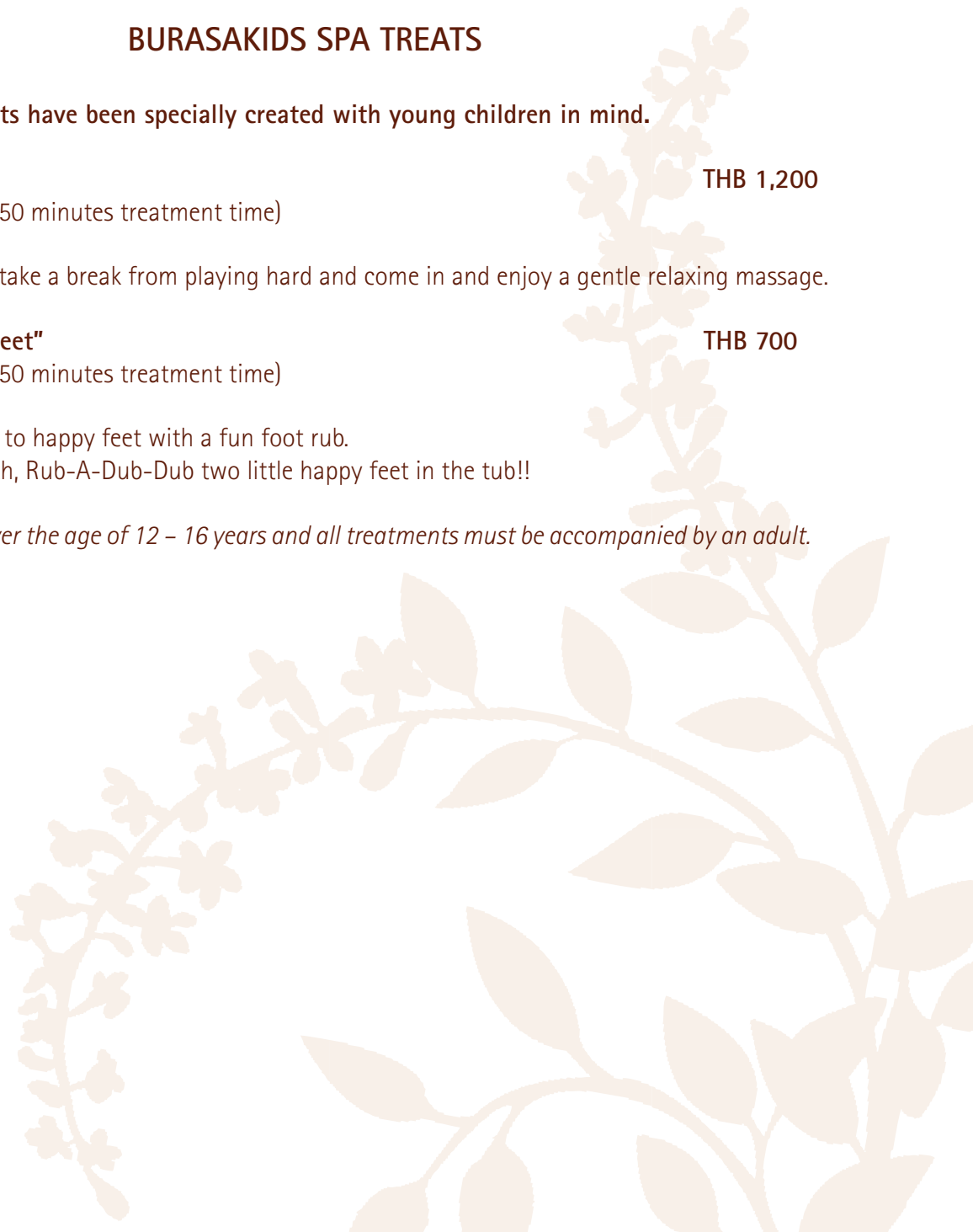
60 minutes session (50 minutes treatment time)

THB 700

Turn those tired feet to happy feet with a fun foot rub.

Begin with a footbath, Rub-A-Dub-Dub two little happy feet in the tub!!

*Children must be over the age of 12 – 16 years and all treatments must be accompanied by an adult.*







## Facial Treatment

"Gua Sha" and "Facial Rolling" are both traditional practices that were commonly used. This is when the people used pressure using stones all over the body to promote lymphatic drainage. Using the same concept, the "Gua Sha Facial Treatment" and "Facial Rolling" are both designed to release liquid under the facial skin that causes bloating. The smooth stone's firm pressure gently releases the fluids into the lymph system, relieving bloating and puffiness for brighter, healthier-looking facial skin.

### **Natural Facial Massage**

THB 3,200

80 minutes session (70 minutes treatment time)

A natural facial product treatment where your therapist revitalizes your skin by applying gentle and relaxing face massage and finishing it off with facial rolling using the cold Jade roller. This entire treatment promotes proper facial blood circulation and skin elasticity.

### **Gua Sha Facial Massage**

THB 3,200

80 minutes session (70 minutes treatment time)

To increase blood circulation and cell renewal and collagen production, tightens skin and firm muscles. The combination of Gua Sha face massage and the use of natural products are essential to ensure the effectiveness of this treatment to have that youthful-looking skin.

### **Mini Face massage with lifting Massage**

THB 1,500

40 minutes



## Spa Suite Packages

*"life without love is like a tree without blossoms or fruit" Khalil Gibran*

Your private sanctuary awaits you in our spa suites. All our spa suite packages begins with our 30-minute signature Buarasari suite purification ritual.

### Madrigal Love Package

180 minutes session

THB 4,900

Choose from our fine body exfoliants a scrub to cleanse your pores and prepare you for a Relaxing Burasari Signature massage with heated neck and back pads leaving your muscles eased.

Revitalize your skin with an enriching body mask , whilst your face benefits from a Tui Na pressure point facial with jade . Luxuriate and refreshment.

"The quality of mercy is not strain'd it droppeth as the gentle rain from heaven " Merchant of Venice.

### Gone Topo

180 minutes session

THB 4,900

*"The two basic items necessary to sustain life are sunshine and coconut milk" Dustin Hoffman*

For those who love the smell of tropical islands and coconut trees, this treatment will satiate your desires. Commence this tropical journey with a coconut scrub, followed by your choice of massage, with our special blend of coconut oil and coconut cream. Time for a sip of coconut water whilst having your head massage with our signature coconut hair cream that leaves your hair soft and silky, you will be amazed with the results!



## Spa Etiquette

Our list of helpful do's and don'ts to help you get the most out of your spa experience!

### What is the best time for a treatment?

Anytime! But we recommend not scheduling a treatment right after a meal. It's best to take your meal after the treatment.

### What should I wear?

We will provide you with a robe, slippers, and disposable underwear. Please leave your valuables in your room safe.

### Should I shower before a spa treatment?

No, it is not necessary. We recommend you enjoy our steam room before your treatment and that men shave before a facial. Allow 10 minutes for the steam before your appointment.

### What is the best time for a treatment?

Anytime! But we recommend not scheduling a treatment right after a meal. It's best to take your meal after the treatment.

### Smoking and mobile phones

Please refrain from smoking in the spa and to ensure you and other guests enjoy the tranquility, kindly switch off your mobile phone and other electronic devices.

### Treatment concerns

Your spa experience is all about you. Please feel free to ask the therapist to adjust the pressure of the massage. We recommend you refrain from drinking alcoholic beverages prior to any treatments and that you have a meal at least one hour prior to treatments.

### What products will be used?

We pride ourselves in using the most natural and purest of ingredients. We use only all-natural coconut massage oil in all our treatments. Our body scrub is formulated specially for Spa Burasari. It is made from 100% natural ingredients.

### Why Coconut massage oil?

We use 100% locally-sourced, cold-pressed coconut oil because it is a skin and beauty miracle! Packed with Vitamin E and antioxidants, it helps protect against skin damage, prevents wrinkles and keeps your skin silky soft and youthful.

### Late arrival

Please arrive 10 minutes before your scheduled appointment, as late arrival may result in a shorter treatment.

### Cancellation policy

A-4-hour notice is required for rescheduling and or canceling an appointment. Failure to do so will result in a 50% charge of the treatment cost.

We hope you enjoy your treatment