

# THE ISIS SPA



## THERAPY & WELLNESS TREATMENTS

**THE ISIS SPA AT KINASI LODGE OFFERS THE FOLLOWING SERVICES:**

### **I. THERAPY TREATMENTS:**

- Traditional Thai Massage
- Thai herbal massage
- Aromatherapy (oil) massage
- Isis signature massage (combination of aromatherapy and Thai massage)
- Swedish massage
- Sports massage
- Foot therapy (reflexology) massage (completed with neck and shoulders massage)
- Head, shoulders and upper back treatment massage

### **II. BEAUTY TREATMENTS:**

- Facial scrub and facial mask
- Body scrub with salts and cream, with aromatherapy massage

### **III. WELLNESS & RELAXATION:**

- **THE PHARAOH'S BATH**

A warm romantic salted bath for couples, usually followed by a massage.

## DESCRIPTION OF THE INDIVIDUAL TREATMENTS:

### Traditional Thai Massage (Cha loi sak)

This traditional oil-free massage is based on ancient techniques using palm strokes and thumb pressure along the energy lines to perform a medium to strong massage that is really a "treatment". Thai massage has been an integral part of traditional Thai medicine for at least 2,500 years. Derived from a blend of Ayurvedic and Chinese healing influences, Thai massage is a technique that aims to balance energy in the body.

It involves stretching and manipulation that aids flexibility and mobility while releasing blocked energy and improving circulation and better respiration. The therapist will ask you to alter your position several times during the treatment in order to work on all parts of the body.

This massage is chosen for renewing energy when the guest is weary and over-tired, for de-stressing and ensuring sound sleep; it is therefore an important wellness treatment. It may also be applied for specific aches and pains (e.g. lower back pain, aching neck and stiff, tense shoulders) and is therefore a medium to strong massage depending on the guests' needs.

### Thai herbal massage

This is a soft detoxifying massage that uses herbal packs prepared by our therapists from fresh ingredients. The packs are warmed and placed on specific points of the body to effect soothing and de-toxifying treatment.

### Aromatherapy (oil) massage

Using palms, thumbs, knuckles and the stronger heels of the hand, the therapist will combine Thai and western massage techniques to create an overall relaxing and renewing effect on the guest.

This medium to strong oil-based massage concentrates on muscles and tissues including slight stretching and manipulation and is a relaxation therapy with healing effects.

### The ISIS SIGNATURE treatment

Although an oil-based massage as well, we'd rather call it "treatment", as the two therapists will treat your whole body and caress your soul.

The ultimate pleasurable and relaxing experience. applying soothing touch, tender, moderate, flowing strokes, the techniques vary from semi-caressing to strong in order to be both relaxing and healing.

### Swedish Massage

During Swedish massage, massage therapists use massage oils to facilitate smooth, gliding strokes over the entire body. Other classic Swedish massage moves include kneading, friction, stretching and (sometimes) tapping. Swedish massage uses firm but gentle pressure to promote relaxation, ease muscle tension and create other health benefits. It is also believed to stimulate the skin and nervous system, and also soothe the nerves and feelings of stress.

Generally during Swedish massage you're nude underneath a towel or sheet. The therapist uncovers only the part of the body he/she is working on, a technique called "draping". You can keep your underwear on during Swedish massage, and many newcomers do.

Feel free to state your preference for pressure during Swedish massage. It can range from light to firm. Swedish massage usually includes some deeper work on areas of specific muscle tension.

### Sports massage

In this medium to strong oil based massage the therapist will work mainly on muscles to stimulate blood circulation and release tension.

This treatment is perfect for sore muscles resulting from sport or stress and long-term muscular injuries experienced from work.

### Foot therapy

The foot therapy is part massage and part reflexology, using the pressure points of the feet to properly actuate the functions of the inner organs and lead to de-toxification. Reflexology developed from the belief that there are reflex areas on the feet and hands corresponding to all parts of the body including internal organs. It is believed that applying pressure to specific points on the feet and hands can affect organs and body systems, and therefore promote good health. In addition to being a relaxing treatment, reflexology is believed to help relieve headaches, sinus problems, breathing disorders, digestive problems, circulatory problems and backaches

The therapy of the feet is given with the guest lying down and the feet are wrapped to ensure they are warm. Each foot is washed and cleaned and then creams are used while she works on the feet, legs, knees and thighs.

The treatments is completed with the guest sitting while the therapist works on the back, shoulders and neck, points that are linked to the effectiveness of the reflexology.

### Head, shoulders and upper back

Almost all people suffer from the results of poor posture or long periods sitting at work, while travelling or from types of work that are very challenging to the muscles. The person may also not be exercising sufficiently.

This treatment will be given while the guest is sitting and involves a light to medium massage and stretching of the muscles. The therapist may use the heels of the hands and the elbow to undo knotted muscles so it may not always be simply pleasurable. Nevertheless it is vital to ensure this part of the body is in good shape to avoid long-term problems, especially later in life.

### **FACIAL SCRUB AND FACIAL MASK**

A deep cleansing and skin softening mask and scrub of natural products freshly prepared by our therapists for each treatment. The exfoliating and cleansing scrub is followed by a mask that restores skin tone and health.

## **BODY SCRUB**

We recommend a full body scrub using salts or creams, to remove all old skin (exfoliate) and clean completely the pores and to provide a lovely soft texture and tone to the skin, which becomes extremely soft and smooth. The scrub process reaches those parts of our body we often ignore because we don't see or cannot reach them, and is also a relaxing and enjoyable experience. The scrub is not applied to the face and is completed with a light aromatherapy massage to protect the skin.

## **HYDROTHERAPY SPA BATH**

This specially designed bath is fitted with micro-jets that pump heated water at shiatzu pressure points of the lower back, sides and feet so that the treatment is cleansing and renewing at the same time. As well as being the ultimate "hot bath" the treatment is intended to be healing, not simply relaxing. It is believed to help tone the body, stimulate digestion, improve circulation and the immune system and to relieve tension and pain.

The bath should be followed by a relaxing and invigorating scented oil massage to totally renew the body and soul.

## **THE PHARAOH'S BATH**

This is the ultimate in relaxation, romance and intimacy....a beautiful bath designed for two and filled with hot, salted water to relax and cleanse the body while nourishing it. This is followed by a gentle, relaxing oil massage simultaneously given to each partner by our therapists.

To ensure the full effectiveness and impact of this experience the guests relax in this lovely room after the massage with good music, juices and herbal teas.

## **WHAT TREATMENT DO I NEED OR WILL ENJOY ?**

If you do not have any experience with spas you may hesitate and ask "How do you decide what treatment to ask for ?" How to decide which is the best for you ?

Start by thinking about what you do, your work and what you generally feel like.....do you have "raised" shoulders due to tension ? Do you have a "bad back" and don't know what causes it ? Do you find yourself tense, maybe short-tempered ? Do you sleep well ? Ask yourself these questions and more and try to understand your "pattern of life" so that you can pin-point a good starting therapy to renew and re-invigorate your body and mind.

If you are not sure which treatment you would like, start with the foot massage followed by one of the softer, relaxing therapies such as aromatherapy body massage. The reason for this is that these are perfect in promoting the functioning of the circulatory system (which is often challenged by too much sitting, poor posture and/or not enough exercise compounded by high stress levels and long working hours).

Also we can suggest a series of therapies for you while staying with us that will lead you through initial relaxation to full renewal and create a "new person".

# SPA THERAPY TREATMENTS TARIFF 2015

*Guests relax with herbal tea served at the end of the treatment to avoid rushing off and so to enhance the effects of the treatment.*

## **THERAPY TREATMENTS:**

○ Traditional Thai Massage	60 mins	US\$ 60
○ Thai herbal massage	90 mins	US\$ 80
○ Zen Shiatsu massage	60 mins	US\$ 60
○ Aromatherapy (oil) massage	60 mins	US\$ 60
○ Sports massage	60 mins	US\$ 60
○ Foot therapy (reflexology) massage (Completed with neck and shoulders treatment)	60 mins	US\$ 60
○ Back and shoulders treatment massage	60 mins	US\$ 60
○ After sun oil massage	60 mins	US\$ 65
○ Isis signature massage	90 mins	US\$ 90

## **BEAUTY TREATMENTS:**

○ ISIS facial scrub treatment	30 mins	US\$ 45
○ ISIS facial mask treatment	30 mins	US\$ 45
○ ISIS facial refreshing treatment	60 mins	US\$ 50
○ Body scrub with salt and cream treatments	60 mins	US\$ 60

## **PHARAOH'S BATH**

○ PHARAOH's milky bath	45 mins	US\$ 70
○ PHARAOH'S relaxing salt bath	45 mins	US\$ 70
○ PHARAOH'S romantic treatment(for couple)	150 mins	US\$ 180

*A service charge of 5% is added to all treatments*

