



MASSAGES

NITRA RAYA SIGNATURE TREATMENT

(120 MINUTES) THB 4,200++

A deeply restorative and relaxing treatment, it combines your choice of an aromatherapy oil blend with ancient healing Reiki techniques and a pampering holistic Indian head massage with hot oil.

AROMATHERAPY MASSAGE

(60/90/120 MINUTES) THB 2,500++/2,800++/3,200++

Relaxing and rejuvenating, this massage uses the calming aromas of essential oils to balance hormonal, cortisol, and adrenaline levels in the body through the sense of smell and touch.

SWEDISH MASSAGE

(60/90/120 MINUTES) THB 2,700++/3,000++/3,300++

A classic European-style massage, it uses blended oils combined with smooth gliding strokes and rhythmic techniques to release the tension in the muscles.

DEEP TISSUE/TRIGGER POINT SPORTS MASSAGE

(60/90/120 MINUTES) THB 2,900++/3,200++/3,500++

Suitable after a day of activities, it uses a variety of deep, long and short massage stroke techniques together with static finger point pressure to deeply isolate and penetrate muscle fibres, knots, tensions and trigger points.

TRADITIONAL THAI MASSAGE

(60/90/120 MINUTES) THB 2,000++/2,400++/2,800++

Combining the ancient healing techniques of Siam, it uses pressure points and palm pressure along with meridian line stretches to improve mobility, ease stress and increase blood circulation.

THAI HOT HERBAL COMPRESS HEALING MASSAGE

(120 MINUTES) THB 3,600++

Blending ancient Thai massage techniques with traditional hot herbal compresses filled with herbs, oils and natural enzymes to detox and de-stress aching muscles.

FOOT MASSAGE

(60 MINUTES) THB 2,000++

This deeply relaxing and soothing treatment combines massage and the ancient art of reflexology to boost equilibrium and improve blood circulation.



HOLISTIC AND WELLNESS THERAPIES

REIKI TREATMENT

(60 MINUTES) THB 2,500++

An ancient Japanese technique to reduce stress and stimulate the body's healing capacity, it allows life force energy to penetrate the chakras and energetic centre of the body.

ABDOMINAL (STOMACH) DETOX MASSAGE

(60 MINUTES) THB 2,800++

A traditional Chinese treatment with a healing touch, it focuses on a deep, gentle abdominal massage to stimulate the internal organs and improve both physical and mental health.

INDIAN HEAD MASSAGE

(60 MINUTES) THB 2,500++

Based on ancient Ayurvedic techniques, it focuses on the upper back, shoulder, neck, scalp and face to increase circulation and mental clarity, while reducing stress, sinus pressure, fatigue and eyestrain.

SLEEP BY DESIGN THERAPY

(90 MINUTES) THB 4,200++

Exclusive to the 137 Pillars Hotels & Resorts wellness programme, this deeply restorative soothing and relaxing treatment improves your quality of sleep and recovery through a blend of traditional holistic elements combined with the latest technology.

HOT STONE MASSAGE THERAPY

(90/120 MINUTES) THB 3,500++/4,000++

Smooth volcanic stones are warmed and placed on various trigger points on the body to deeply penetrate and soothe aching muscles, which are further relaxed with an aromatherapy massage.

BODY TREATMENTS

PINK HIMALAYAN SALT BODY SCRUB

(60 MINUTES) THB 2,200++

A natural exfoliator to remove dead skin cells, it helps to scrub off excess dirt, oils and other impurities on the surface of the skin, leaving your skin soft and glowing.

COFFEE AND COCONUT OIL BODY SCRUB

(60 MINUTES) THB 2,200++

Rich in antioxidants and anti-ageing properties, coconut oil and coffee exfoliates, reduces cellulite, and improves circulation, leaving you with smooth and glowing skin.

TAMARIND WHITENING BODY SCRUB CREAM

(60 MINUTES) THB 2,200++

This natural ingredient improves skin tone, removes blemishes and scars, and is also a wonderful skin whitening agent.

THANAKA BODY WRAP

(60 MINUTES) THB 2,200++

A smooth and natural cleanser, it helps to remove superficial and deeper impurities from the skin giving it a youthful, radiant glow.

COFFEE DETOX BODY WRAP WITH YOGHURT

(60 MINUTES) THB 2,200++

Loaded with caffeine and antioxidants, this wrap delivers numerous anti-ageing properties, promoting an overall healthier skin tone. The moisturising benefits of yoghurt soften the skin, leaving you with a luminous glow.



THERAPEUTIC BEAUTY TREATMENTS

MINI FACIAL (DEEP CLEANSING)

(60 MINUTES) THB 2,000++

This express facial treatment is ideal for those on the go. Your skin is cleansed, lightly exfoliated and gently massaged.

BRIGHTER THAN LIGHT FACIAL TREATMENT

(60 MINUTES) THB 3,500++

This superb mask leaves the skin feeling soft, smooth, hydrated and fresh with a lighter tone.

SOOTHING SENSITISE FACIAL TREATMENT

(60 MINUTES) THB 3,500++

A treatment designed to improve the complexion, reduce inflammation, and boost your skin's immunity to prevent future irritation.

LUXURY ANTI-AGING FACIAL TREATMENT

(90 MINUTES) THB 4,200++

This anti-ageing treatment relaxes harsh wrinkles, enhances, lifts and smoothens the skin.



NITRA SPA & WELLNESS PACKAGES

THE NITRA EXPERIENCE PACKAGE

(120 MINUTES)

THB 4,200++

- Herbal Steam 30 Mins
- Body Scrub 30 Mins
- Body Massage 60 Mins

NITRA MAYA PACKAGE

(150 MINUTES)

THB 4,900++

- Body Scrub 30 Mins
- Body Wrap 30 Min
- Body Massage 90 Mins

INNER PEACE PACKAGE

(150 MINUTES)

THB 4,900++

- Reiki 15 Mins
- Hot Stone Massage 75 Mins
- Facial Treatment 60 Mins

NITRA ULTIMATE GLOW

(180 MINUTES)

THB 5,400++

- Body Scrub 30 Mins
- Body Massage 90 Mins
- Facial Treatment 60 Mins

PRICES AND TREATMENTS ARE SUBJECT TO CHANGE WITHOUT NOTICE
ALL PRICES IN THAI BAHT (฿) AND ARE SUBJECT TO 10% SERVICE CHARGE AND 7% VAT

SPA ETIQUETTE

SPA OPENING HOURS: 10 A.M. – 8 P.M.

LAST BOOKING FOR ONE HOUR MASSAGE: 7 P.M.

LAST BOOKING FOR ONE HOUR AND A HALF MASSAGE: 6 P.M.

SPA RESERVATIONS

It is highly recommended that you reserve your treatments in advance to avoid disappointment. Our spa reception will ask for your credit card details or room number to secure your reservation.

PRE-ARRIVAL

Please arrive at least 15 minutes prior to your treatment time. Please avoid eating a heavy meal, consuming alcohol and sun bathing prior to treatment as this may negatively affect your experience. Arriving late for your spa services will not guarantee a full treatment time. However, we will do our best to accommodate if possible.

PERSONAL ITEMS LIABILITY

The management accepts no responsibility for the loss of money or valuables of any kind brought into the hotel and spa premises.

SPA ENVIRONMENT

At Nitra Spa & Wellness, we strive to provide you with the most relaxing and soothing spa experience from the moment you arrive to the moment you leave. Kindly note that this is a non-smoking facility. In order to ensure that Nitra Spa & Wellness is a tranquil environment, please switch off your mobile phone during your spa visit.

CANCELLATION POLICY

We request that you cancel your reservation at least 4 hours before your appointment time. If the cancellation is made less than 4 hours prior to appointment, we will apply a cancellation fee of 50%. For cancellations of less than 2 hours' notice and no shows, we apply a 100% cancellation fee. All packages and products are non-refundable.

ADULT FACILITY

Nitra Spa & Wellness is an adult facility, available to both men and women over the age of 12 years. To ensure a peaceful and tranquil atmosphere, children under the age of 12 will not be allowed in the spa premises.

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