

BAAN TALING NGAM  
*Resort & Spa*



Saturate your senses with the natural, therapeutic touch of our professional  
Therapists

Choose between any of our signature products or BIODROGA professional  
products, and indulge in a pleasurable experience.  
Treatments are available as a single person or as a couple.

BAAN TALING NGAM  
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# Spa Menu

# BAAN TALING NGAM

## *Resort & Spa*

### Spa Packages

Beautifying (2hrs) Single Baht 3,350 Couple Baht 6,000

In the sanctuary of your own Spa Suite, let the aromas saturate your senses with a choice of Aromatherapy, Muscle Tension or Asian Fusion Massage together with your choice of a Tropical Facial or Ytsara Natural Facial.

Relaxing (2 hrs) Single Baht 3,100 Couple Baht 5,800

Deeply relaxing and calming, our Foot Reflexology Massage and Asian Fusion Massage will aid you in enjoying a peaceful night's sleep and restore your energy and zest for the next day's adventures.

Reviving (2 hrs) Single Baht 3,780 Couple Baht 7,000

What better way to relax and unwind after an arduous journey than with this perfect combination of Herbal Steam Bath, Aromatherapy Sea Salts Scrub and Muscle Tension Massage. Guaranteed to relax and revive the weary traveller.

Rejuvenating (3 hrs) Single Baht 5,800 Couple Baht 10,000

If you have a burning desire to experience a full sensory indulgence whilst beautifying your body, then this dream combination is perfectly suited to you. A gentle Oatmeal Body Polish, Rose Milk Bath, Aromatherapy Massage and Ytsara Natural Facial are a divine experience designed to refresh, restore and renew your body and mind.

Enhancing (3 Hrs) Single Baht 4,400 Couple Baht 8,000

This stimulating treatment works to release and reduce cellulite, so aiding the rejuvenation of skin & tone. We begin by burning body fat with a Herbal Steam Bath, followed by a Lymphatic Drainage Massage, and finishing with a nutrient rich, anti-oxidant Spirulina Body Masque. Aids weight loss.

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Pampering (6 hrs) Single Baht 8,700 Couple Baht 14,790

This is the ultimate in Spa indulgence. Step into a haven of serenity and sheer bliss. Let your mind drift in a state of pure ecstasy while we pamper and nourish your body with all of the treats below.

- Herbal Steam Bath
- Samui Coconut Polish
- Tanaka Silky Masque
- Siam Flower Bath
- Aromatherapy Massage
- A Choice of Our Signature Facials
- Manicure and Pedicure

Included in this package is a purifying Spa Cuisine lunch or dinner. This experience is sure to be the highlight of your stay.

Indulging (4 hrs) Single Baht 5,700 Couple Baht 11,000

Immerse yourself into a cultural experience as old as time. Siam Indulgence brings together:

- Thai Herbal Steam Bath
- Thai Herbal Exfoliation
- Thermo Bath
- Traditional Thai Massage And a choice of Tropical Facial or Ytsara Nature Facial for a complete rejuvenation package. Delicious Thai desserts, exotic fresh fruits and our Signature Spa teas will also be served while you are relaxing to ensure you have a completely unique experience.

Adoring (4.5hrs) Single Baht 8,400 Couple Baht 14,000

Let the tranquil ambience envelop you with an Aromatic Steam Bath followed by an Oatmeal Body Polish, Tanaka Silky Masque and a Romantic Bath. Complete the experience with an Asian Fusion Massage and Tropical Facial or Ytsara Natural Facial treatment.

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## *Resort & Spa*

### Massages

#### Aromatherapy Massage

60 minutes

Baht 2,200

After making your choice from our fabulous aromatic scented oils, the gentle, soothing hand and palm movements, designed to improve blood circulation, will guarantee the ultimate massage experience. This is ideal for someone experiencing massage for the first time.

#### Muscle Tension Massage

60 Minutes

Baht 2,200

This is an invigorating massage combining the Aromatherapy and Asian Fusion Massages. Our expert therapists work deep into muscle tissue helping to loosen muscles and relieve any aches and pains. Perfect after a day of leisure activities or a hard day's adventure!

#### Asian Fusion Massage

60 Minutes

Baht 2,200

The harmonious fusion of East meets West involves the application of pressure and gentle stretching along with fluent and firm hand motions. This treatment is recommended for those who wish to indulge in a deep and strong therapeutic massage.

#### Traditional Thai Massage

60/90 Minutes

Baht 1,690/1,990

This massage involves prolonged subtle stretching including yoga techniques and deep acupressure along the meridians of the body to help free-flow your energy system and promote an increasing bodily awareness. This is not recommended for those with back or joint disorders or anyone who has recently undergone an operation.

#### Baan Taling Ngam Deluxe

120 Minutes

Baht 3,390

Refresh and rejuvenate your inner self with this deluxe package incorporating Asian Fusion Massage with a hot Thai Herbal Compress prepared in the timeless, traditional Thai method. This treatment is ideal to ease muscle aches and pains leaving you feeling totally relaxed yet invigorated.

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### Massages

#### The Four Hands Massage

60 Minutes

Baht 3,500

A combination of all massage techniques are used in this unique treatment. Two therapists, using four hands, work in unison to relieve any stress and tension by balancing your senses for a completely relaxing body, mind and soul experience.

#### Lymphatic Drainage Massage

60 Minutes

Baht 3,000

Let this specialist massage stimulate the lymph nodes around your body assisting in the release of built-up toxins and excess fluid. Your metabolism will be re-balanced leaving you feeling totally cleansed and refreshed. This treatment has been proven to aid slimming.

#### Egyptian Foot Reflexology

60 Minutes

Baht 1,490

The original Egyptian method combined with relaxation makes you practically float from the Spa! This foot massage involves the stimulation of nerve endings in the feet which correspond to the internal organs of the body. Far more than just a foot massage, this healing technique promotes balance and harmony throughout your entire body.

#### Dara (Head) Massage

60 Minutes

Baht 1,400

This luxurious, nurturing regime uses pure essential oils combined with an Indian head massage to achieve supreme relaxation and noticeably restore your hair to health.

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## *Resort & Spa*

### Our Signature Facial Treatments

#### Tropical Facial

60 Minutes

Baht 1,750

Exclusive to Baan Taling Ngam Spa and a 'must have' during your stay, this superb Tropical Facial will cleanse, hydrate and leave your face with a radiant glow. Using a natural, hydrating, fresh cucumber mask and a stimulating "Neroli" facial massage to tone and promote cell regeneration, this facial is guaranteed to relax, balance and restore a healthy radiance to your skin. Suitable for all skin types

#### Ytsara Natural Facial

60 Minutes

Baht 1,950

This facial is perfect for deep pore cleansing and softening through using "Ytsara", quality natural products from Thailand, and is suitable for all skin types, whether male or female.

#### Age-defying Facial

60 Minutes

Baht 1,950

The ultimate therapy for anti-aging and anti-stress is created by a blend of the above products with the addition of Thai herbs to balance, rejuvenate and refresh your skin through a stimulating facial massage. This facial is particularly recommended for those with very dry skin.

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**Professional Facial by BIODROGA**

**Sensitive Skin Treatment**

60 Minutes

Baht 2,500

Intensive and effective help is provided by BIODROGA Sensitive Concentrate and Sensitive Mask. It activates elastin and collagen formation by giving skin gentle stimulation. The structure-improving property renders the epidermis of sensitive skin more resistant and protects it from negative effects. Sensitive skin gains a visibly restored appearance. Sensitive skin looks visibly refreshed and revitalized and the skin's complexion equilibrium balanced.

**Algae & Caviar Treatment**

90 Minutes

Baht 3,800

All the energies of the sea combine for a clear, pure complexion. After in-depth cleansing with AHA Facial Peeling, you enjoy the cooling and soothing effects of an Algae Matrix. Its vital substances are true power packs that, thanks to their purifying effect, impart incomparably firm, plumped-out skin, so moisture can be retained with longer-lasting effect. Moisture Plus Concentrate and Age Protection Day Care are the crowning finish that leaves your complexion looking vital, clear and radiant.

**Royal Aquamarine Facial**

60 Minutes

Baht 2,850

The highlight of this unforgettable treatment, combining relaxation and effective care, is a gentle massage with rock crystal wands, which harmonizes and calms your skin. The Royal Aquamarine Facial Treatment restores your inner and outer balance, leaving skin looking radiantly beautiful.

**Golden Caviar Treatment**

60 Minutes

Baht 2,850

Savour moments of pure luxury. Pampering the complexion with precious caviar extract in its purest, concentrated form and experiencing its unique effect firsthand. For more vitality and resilience, treat yourself to this intensive care program with Golden Caviar Pore-refining Peel Pads, Pore-refining Fluid and Golden Caviar 24-hour Care. Enjoy the rewards: fine, smooth, radiant skin that makes all other gold pale by comparison.

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## Our Signature Body Treatment

### Oatmeal Body Polish

60 Minutes

Baht 2,090

Using the benefits of nature to relax your body & mind, this Oatmeal Body Scrub will restore the natural balance of dehydrated skin through the essential vitamin A. Nourishing but gentle, this scrub provides your skin with a vital stimulant for cell regeneration. Benefits normal – sensitive skin

### Aromatic Sea Salts Scrub

60 Minutes

Baht 2,090

Designed to remove dead, dry skin and restore total balance to your body, mind and spirit, this rejuvenating scrub uses your choice of aromatic sea salts and is a perfect preparation for other treatments to follow. Benefits combination – oily skin.

### Thai Herbal Exfoliation

60 Minutes

Baht 1,990

Using Tanaka (a cooling, skin-conditioning extract from Northern Thailand), lemongrass, ginger and galangal powder as the main ingredients, this matchless blend of Thai herbs and plant extracts will exfoliate tired skin, improve blood circulation and revitalise your skin and muscle tissue. Known to uplift and balance normal - combination skin, this is the perfect treatment for those still adapting to the change in temperature and environment. Not recommended for dry skin.

### Samui Coconut Polish

60 Minutes

Baht 1,990

Take time to prepare your skin before sunbathing and your skin will tan easier. With the assistance of the natural Samui coconut to moisturise and balance your skin you can get a smoother, more even and long-lasting tan. This treatment is highly recommended for dry skin.

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## Our Signature Body Treatment

### Tanaka Silky Masque

60 Minutes

Baht 1,990

This is a hugely popular natural product created from the bark of the Tanaka tree located in the north of Thailand and is regularly used to protect skin from the sun's harmful rays. Additional benefits include moisturizing your skin to feel smooth and look silky, as well as being an anti-oxidant which promotes healthy skin.

### Spirulina Body Masque

60 Minutes

Baht 2,290

Universally renowned for its rich source of elements and minerals, this highly beneficial wrap will detoxify and stimulate the cellular functions of the skin. The treatment concludes with a hydrating lavender body lotion, the benefits of which include relieving fatigue, water retention, and muscular pain as well as in some cases, reducing cellulite. Clinically proven to boost your immune system, plus improve sebum and skin elasticity.

### Aloe Vera Sun Lovers Wrap

60 Minutes

Baht 1,990

This is the perfect moisture and body masque to accompany a sunbathing holiday. This soothing wrap uses the calming and healing properties of Aloe Vera to re-hydrate the skin while the anti-oxidant benefits of green tea leave the skin fresh and cool. This is the perfect treatment for those who have had a long day in the sun.

### Sun-kiss Treatment (Cold Compress) 60 Minutes

Baht 1,750

This process provides healing for your burned skin and takes the sting from the sun's kiss. The treatment uses a cold compress of Lavender Hydrating concentrate, combined with a cold facial compress and all-over body moisturiser to leave you feeling completely cool, soothed and relaxed.

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**Professional Body Treatment by BIODROGA**

**Aroma Algae Mud Wrap**

60 Minutes

Baht 2,990

Due to the increased temperature of the tissue, metabolic processes, detoxification and fat reduction processes are activated and enzyme activities are increased. Water retention is reduced, and the heavy feeling in legs and problem areas is reduced. The result is immediately noticeable tissue relaxation with an encompassing effect on well-being. The improved metabolic activities promote draining of the tissue and thus firming of the body contours. The skin becomes visibly and tangibly smoother with a more even texture, while problem areas are targeted and contours improved.

**Cleopatra Milky Wrap**

60 Minutes

Baht 2,990

This is a unique, luxurious body care experience. Thanks to the various ingredients, velvety soft skin can be achieved in a single treatment. Skin metabolism is activated and body skin that is usually dry and dehydrated is given maximum care. This "cocktail" of ingredients restores skin balance in an extremely short time; the skin's suppleness and elasticity are improved and body contours are firmed.

**Cooling Silk Pack**

60 Minutes

Baht 2,990

Experience a unique treatment giving an outstanding skin feeling. This is a gel pack that combines refreshing, moisturizing, soothing and regenerating properties. The Repair Complex ingredient activates the skin's natural repair function and supports the body's own repair capability. Light-induced premature skin damage and fine lines are prevented, whilst already existing lines are smoothed, to give you the protection and balance you need.

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### Speciality Baths (30 min)

#### Siam Floral Bath

Single Baht 1,090

Couple Baht 1,490

Indulge your senses with this infusion of Frangipani and Thailand's most beautiful flowers. This soothing bath will be enough to send you into a deep state of relaxation as you sip a Spa tea.

#### Rose Milk Bath

Single Baht 1,200

Couple Baht 1,800

Share the secrets of Cleopatra's beauty as you recline in this luxurious milk bath, whilst sipping Spa-blended ginger tea. The cleansing and purifying properties of numerous flower petals combined with the milk's skin softening benefits, makes this a bath to be highly recommended.

#### Thai Herbal Bath

Single Baht 1,200

Couple Baht 1,800

Clear your head and breathe in the exotic aromas of Lemongrass, Kaffir Lime, Red Onion, Ginger and many more fragrant Thai herbs. Refreshing, invigorating, uplifting this is a perfect combination to relax both your mind and your muscles.

#### Romantic Bath

Couple Baht 2,600

Revel in the intimacy of a specially prepared romantic bath for two in the privacy of your own private Spa Suite. The package includes Chocolates, Fresh Fruits, Canapés and Sparkling Wine. Whatever you desire can usually be arranged.

#### Herbals Steam Bath

Single Baht 690

Couple Baht 990

Delight in the natural, exotic fragrances of Asia while you are cosseted in our aromatic herbal steam rooms. This is perfect for clearing both the pores and the mind. Herbal steam is not only relaxing it also warms the muscle tissues to aid any treatment that follows.

#### Aromatic Steam Bath

Single Baht 690

Couple Baht 990

Your choice of Lavender or Eucalyptus oils provides you with the ultimate aromatic steam room experience. Unequaled for clearing pores whilst relaxing the mind and soul. Aromatic steam also warms the muscle tissues to aid any treatment that follows.

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### Hand & Foot Treatment

#### Manicure

Indulge in a pampering hand treatment to nourish and beautify your hands and nails with a gentle scrub and luxurious hand cream. Your nails will be cleaned, trimmed and shaped according to your preference then buffed to a healthy shine or coated with a polish of your choice

- Regular Polish                      60 Minutes                      Baht 890
- French Manicure                      60 Minutes                      Baht 1,090
- Manicure For Men                      30 Minutes                      Baht 590
- Hand Paraffin                      30 Minutes                      Baht 990

#### Pedicure

A total moisturising foot treatment that softens and removes dry, hard skin as well as trimming and shaping the nails according to your preference then polishing or buffing as required. This package includes a pampering massage with our foot-care cream

- Regular Polish                      60 Minutes                      Baht 1,090
- French Pedicure                      60 Minutes                      Baht 1,290
- Pedicure For Men                      30 Minutes                      Baht 790
- Feet Paraffin                      30 Minutes                      Baht 1,190

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Waxing Treatments

• Eye Brow / Upper Lips	Baht	280
• Bikini	Baht	790
• Bikini Line	Baht	590
• Under Arm	Baht	490
• Half Arm	Baht	550
• Full Arm	Baht	650
• Half Leg	Baht	890
• Full Leg	Baht	1,090
• Back	Baht	590
• Chest	Baht	590

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### Beauty Salon

• Blow Dry and Hair Set	Baht	750
• Shampoo and Blow Dry Short Hair	Baht	590
• Shampoo and Blow Dry Long Hair	Baht	790
• Shampoo Blow Dry and Curl Set	Baht	1,500
• Hair Cut and Curl Set	Baht	2,000
• Lady's Hair Cut	Baht	990
• Men's Hair Cut	Baht	790
• Children Hair Cut	Baht	390
• Braiding Short Hair	Baht	1,500
• Braiding Long Hair	Baht	2,500
• Braiding per Line	Baht	80
• Round Face Braiding	Baht	1,200
• Shampoo Only	Baht	350
• Blow Dry Only	Baht	350
• Colouring for Men	Baht	1,200
• Colouring for Ladies	Baht	2,200
• Highlights	Baht	2,500

## Our Aromatic Oils

### **Virgin Coconut:**

100% Cold pressed pure coconut, enriched with moisturiser to help your skin to tan easier.

### **Intention:**

A base of Sweet Almond Oil mixed with Eucalyptus, Cedarwood and Lavender Essential Oils, which assists in the reduction of tension.

### **Island Fire:**

Sweet Almond Oil with Eucalyptus, Lavender, Patchouli and Rosemary Essential Oils, ideal for creating balance and calm. (Suitable for all skin types)

### **Asian Experience:**

Sweet Almond Oil, Ginger, Lemongrass and Lime refresh you with a typically Asian scent, and assist you in adjusting to Thailand's weather.

### **Jet Lag:**

Lavender, Rosemary and Sandalwood Essential Oils, perfect to banish jet lag, but this oil will also relax you for a more restful sleep.

### **Slimming:**

Grapefruit, Orange, Lavender and Peppermint Oils assist with cellulite burn, and are always recommended for use with a Lymphatic Drainage Massage.

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## **Spa Policy**

Thank you for choosing to indulge in Baan Taling Ngam Spa. We would like to inform you of our policy:

**Cancellation:** Please kindly give us a minimum of 2 hours notice if you wish to cancel or change your appointment, or a non-cancellation charge of 50% of the treatment you booked shall be charged to your account.

**Punctuality:** To maximise your relaxation, we recommend that you arrive at the Spa 15 minutes early to aid transition from your daily stress with the help of our refreshing drinks.

**Arriving Late:** Your Treatments will be limited and will finish at the scheduled time in order to avoid inconvenience for the next appointment.

**Couple Price:** Applies if in the same treatment suite and will be at the same treatment time only. If you wish to separate the price will be charged as single price per person.

**Cell phone:** Because we're relaxation area, please kindly make your mobile ring tone silent. When it is necessary to answer, please lower your voice to avoid disturbing others.

**Medical Note:** Under the resort spa policy, if we find that your health is not good, we will not provide treatment unless a doctor or medical complications exemption is provided.

**Smoke & Alcohol:** There is no smoking allowed in the Spa area at all and we discourage consuming alcohol whilst undergoing certain treatments.

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## Hints & Tips

**Hygienic:** For your comfort and hygiene, it is recommended that you shower in your room before your Treatment in order to maximise your Spa time.

**During Treatment:** Although your personal comfort is of utmost importance, for all treatments you need to remove your undergarments, but we will keep you properly draped at all times.

**Foot Treatment:** The Spa process will start foot treatments 5 minutes early to ensure that you are properly prepared before commencing the main treatment.

**Aromatic Oil:** We recommend that you leave the oil on your skin as long as possible and avoid the sun at least 1 hour after an aromatic massage to avoid sunburn. This action is also recommended for facial treatments.

**Body Treatment:** Most of our treatments finish with body lotion, after the treatments please avoid the sun & water for at least 1 hour to maximise moisturizing.

**Payment:** Your Treatment may be charged to your account, paid in cash or by credit card.