



# PARVATI

*Rejuvenating Spa*

*Le* **MERIDIEN**  
CHIANG RAI RESORT



## DISCOVER THE OASIS OF INDULGENCE...

Parvati Spa transfers you into a world beyond the everyday. Here, you can recharge, relax and rejuvenate; slowing down to appreciate the world that only the gift of time can offer you.

Parvati's well trained therapists use sophisticated blends of natural spa products including massage oils, body scrubs and wraps to clean, nourish, and moisturise your skin; allowing blended East meets West massage techniques to melt away your stress and bestow upon you, inner peace and tranquility.



EXPERIENCE

## PARVATI'S SIGNATURE MASSAGE

### GOLDEN SIAMESE

90 MINUTES

Experience the luxurious and regenerative effects of gold leaf. Combining ancient Thai massage techniques to release deep tension and encourage circulation, this hand and foot wrap is followed by the application of gold leaves on your hands and face to deliver oxygen to these delicate areas.

### DEEP TISSUE MASSAGE

90 MINUTES

Release your tension with this holistic deep tissue massage. Blending a variety of techniques such as traditional Thai, Lomi Lomi and Balinese massage, focus is placed on deep layers of muscle tissue in an effort to release chronic tension.

### TOK SEN, FLOWING ENERGY

90 MINUTES

Indigenous to the region of Lanna in northern Thailand, this ancient signature massage technique focuses on the body as an integrated whole, using pressure and rainforest clove oil to release energy to prevent illness. Tok Sen uses lightning-hit wooden instruments to spread vibration to your meridian energy lines, bestowing a soothing and calming effect on the body and the mind.



## EXPERIENCE

# PARVATI BODY TREATMENT

Delight in the glow of your silky, smooth and polished skin. With each treatment catering to specific skin types, feel relaxed, yet reinvigorated by our range of body treatments.

## BODY POLISHES

### TANAKA SALT BODY POLISH

60 MINUTES

Indigenous to northern Thailand, Tanaka has been used for centuries to heal and beautify women's complexions. This ancient recipe of Tanaka tree bark powder contains natural SPF to protect and soothe irritated skin. Suitable for normal to oily skin, or skin prone to acne or pimples.

### TAMARIND BODY POLISH

60 MINUTES

Essential for bright and healthy skin, the rich vitamins and extract of tamarind will tighten and tone the skin, leaving it feeling soft and smooth. Suitable for all skin types.

### JASMINE RICE BODY POLISH

60 MINUTES

Drawing on a blend of jasmine rice, this soothing body scrub exfoliates the skin as well as cleanses, nourishes, and moisturises. Suitable for dry to normal or sensitive skin.

## BODY WRAPS

Experience luxury and indulge yourself with a body wrap designed to nourish and revitalise your body.

### ALOE VERA HERBAL BODY WRAP

60 MINUTES

Recommended for skin overexposed to the sun, this luxurious wrap of aloe-vera gel also contains the soothing properties of lavender and chamomile. Soothing, moisturising and nourishing.

### REJUVENATING BODY WRAP

60 MINUTES

Restore your vital energy and rebalance your skin, using natural extracts of pineapple and tamarind.

### RED CLAY BODY WRAP

60 MINUTES

Draw out skin toxins and deliver vital skin nutrients with this red clay and lotus wrap. Detoxify, revitalise and nourish.



EXPERIENCE

## PARVATI MASSAGE

### CHAMPI AYUVEDIC HEAD MASSAGE

60 MINUTES

Originating in India more than a thousand years ago, Champi has been passed down through generations of women. Traditionally used to strengthen and improve the fullness of the hair, this age-old technique stimulates the pressure points of the scalp, producing not only lustrous hair, but a relaxed body and mind.

### ASIAN FOOT REFLEXOLOGY

60 MINUTES

Unblock energy channels and restore the natural flow of energy throughout your body with this gentle foot massage. Inspired by reflexology techniques, this massage rejuvenates body and mind by applying firm pressure to reflex points on the feet.

### TRADITIONAL THAI MASSAGE

60/90/120 MINUTES

This ancient Thai art of healing uses pressure points that tap the body's energy meridians to promote good health. Release tension, improve circulation and free your body of toxins with this ancient massage technique.

### ANGEL BLISS

60 MINUTES

Invite your child to discover the world of well-being under the caring touch of our trained therapist. Specifically designed to cater for children, this oil massage provides gentle pressure to the scalp and body, improving your child's quality of sleep, soothing the nervous system and strengthening immunity.



EXPERIENCE

## PARVATI AROMA INDULGENCE

Using specially formulated and natural aromatherapy oils, indulge to achieve your perfect state of mind or target your perfect state of being.

### RELAXING

60/90/120 MINUTES

Abandon yourself to a state of deep relaxation. Let your mind drift. The scent of lemongrass melts away tension while orange calms busy minds. Enjoy a moment of pure serenity, unwind and lose yourself.

### CONTOURING

60/90/120 MINUTES

Transform your body with a massage that intensively re-sculpts and redefines contours. Powerful stimulants of clove, kaffir lime and black pepper firm body tissue by unblocking localised accumulation of excess water and lipids.

### ENERGISING

60/90/120 MINUTES

Activate your body with blue ginger, a wild root that infuses skin with pure regenerative energies, bringing about a sense of renewed vitality and clarity of mind.

### DETOXIFICATION

60/90/120 MINUTES

Normalise your Qi (life force) with this magical elixir designed to cleanse your body and rejuvenate your soul.



EXPERIENCE

## PARVATI FACIAL

### PAVATI SIGNATURE FACIAL TREATMENT by Ytsara

60/90/120 MINUTES

Experience the healing touch of age-old Asian techniques. Combining the wisdom and benefits of ancient and modern botanical science, customised to your personal skin care needs, these rejuvenating facials refine your beauty, inside and out.

**Balancing** – Providing exotic synergy with white orchid extract and soothing Ylang Ylang essential oils, decongest and purify your skin. Recommended for normal to oily skin.

**Quenching** – An intriguing blend of bamboo shoot and green tea extract heals dull and congested skin whilst providing hydrating powers. Recommended for normal to dry skin.

**Regenerative** – A stimulating blend of bamboo shoot and Neroli alleviates fine lines and wrinkles by renewing cells and delivering oxygen to your skin. Recommended for sensitive and ageing skin.

### DEEP CLEANSING FACIAL by Ytsara 60 MINUTES

Delight in a deeply relaxing experience by combining a facial experience with a gentle back scrub.

Release shoulder and back muscular tension with this gentle exfoliating wrap to purify your skin, then enjoy a deep cleansing facial to remove impurities, leaving your skin fresh, soft and supple.



## EXPERIENCE

### PARVATI BODY RITUAL

Relish in a complete pampering ritual. Each treatment is designed to redefine relaxation and allow you to luxuriate in the spirit of wellness.

#### BODY + SOUL

1.5 HOURS

Revitalise your body with a choice of body polish to exfoliate, cleanse and moisturise the skin, followed by a massage to soothe the soul, relieving stress and relaxing tired muscles.

Body Polish (30 mins) | Body Massage (60 mins)

#### REJUVINATING

2 HOURS

Rejuvenate with this holistic experience. Based on the application of carefully blended essential oils, this lymphatic and pressure point massage technique is followed by a unique facial treatment to renew and restore.

Body Massage (60 mins) | Organic Facial (60 mins)

### FIRMING BODY RITUAL

3 HOURS

Unwind as you move from gentle exfoliation to a detoxifying body wrap to a rejuvenating massage. A gentle body exfoliation is applied to remove impurities in preparation for the detoxifying body wrap. Using clove and black pepper aromatherapy oils, the massage treatment is then designed to break down fatty deposits, with the active element absorbed by your skin and released in small quantities for several hours. Coupled with its healing properties, this treatment is ideal to re-contour your silhouette, redefine skin tone and reduce cellulite.

Herbal Steam (30 mins) | Body Polish & Wrap (60 mins) | Firming Massage (90 mins)

### PURITY OF NATURE BALANCE

4.5 HOURS

Enhance your well being and experience nature's balance. A combination of treatments working in powerful synergy will soothe your spirit, calm your mind and allow your body to be at one with the environment.

Champi Ayurvedic Head Massage (30 mins) | Herbal Steam (30 mins) | Body Polish & Wrap (90 mins) | Body Massage (60 mins) | Organic Facial (60 mins)





EXPERIENCE

## PARVATI BATH TREATMENT

Luxuriate in a prepared bath designed to deliver a unique and private spa experience.

### PARVATI TROPICAL HERBAL BATH

30 MINUTES

Relieve tension, revitalise your mind and nourish your skin with this bath based on traditional Thai aromatherapy. Our special blend of organic herbs includes lemongrass, Prai (from the ginger family), kaffir lime, turmeric, tamarind and camphor will lift your spirits but relax your body.

### PARVATI MILKY BATH

30 MINUTES

Let yourself be charmed by romantic aromas of sweet geranium, relaxing lavender and playful ylang ylang, blended perfectly to revitalise your lust for life.



## ULTIMATE RELAXATION EXPERIENCE

In order to protect our peaceful environment, we ask that all cell phones and pagers be turned off or put on silent when in Parvati spa.

Outside alcohol is not permitted in Parvati Spa. We are a smoke-free environment.

### SPA APPAREL + PERSONAL BELONGINGS

We provide our guests with a robe and slippers for added comfort. Most body treatments are enjoyed without clothing. Professional draping is performed throughout the duration of the service for privacy.

Removal of jewelry is also recommended and as such, we provide an individual safety deposit box in each treatment room.

### TREATMENT INFORMATION

If you have high blood pressure, allergies, other physical ailment or disabilities, or if you are pregnant, please be sure to notify our spa receptionist before making an appointment for your treatment. Shaving is not recommended before a body treatment, scrubs, or men's facial. We recommend that men shave at least four hours before their facial appointments.

### RESERVATIONS

We recommend a discussion with our spa receptionist who can help you decide the most suitable treatments and suggest the best order for your treatments.

For reservation, please contact +66 53 603 362 or visit [lemeridien.com/chiangrai](http://lemeridien.com/chiangrai)

### ARRIVAL TIME

Please arrive at the Spa 15 minutes before your appointment time to enjoy the spa facilities. In case of delay, your treatment time will be limited as a courtesy to the next guest.

### NON-HOTEL GUESTS

We are pleased to invite non-hotel guests for spa treatments and use our spa facilities and we highly recommend you to make a reservation in advance.

### CANCELLATION POLICY

We require a minimum of three hours notice to change or cancel a booking in order to avoid a 100% cancellation fee.