



THE STRAND
YANGON



THERAPY / BODY ELIXIR RITUALS

THE STRAND MASSAGE

90 MINUTES \$60

A soothing massage to ease muscular tension and balance the mind and body, using techniques that incorporate both Acupressure and Aromatherapy. Using a procedure that combines Eastern and Western massage, clients will be able to choose from four blends of massage oil, relaxing, detox, contouring and energizing. Treatment includes an Aromatherapy foot polish and refreshments.

TRADITIONAL MYANMAR MASSAGE

90 MINUTES \$55

Inspired by medical knowledge from ancient times, this healing massage allows the Therapist to apply pressure to focused points on the body, stimulating nerve function and balancing the flow of Qi. Oriental robes are provided during this treatment, which also includes an Aromatherapy foot polish and refreshments.

To ensure the effective release of muscle heat after our traditional Myanmar Massage clients are advised to avoid immediate contact with water following their treatment.

THE WHOLE BACK MASSAGE WITH OIL

60 MINUTES \$45

A soothing massage to ease muscular tension and balance the mind and body, using techniques that incorporate both Acupressure and Aromatherapy. Using a procedure that combines Eastern and Western massage, clients will be able to choose from four blends of massage oil, relaxing, detox, contouring and energizing. Treatment includes an Aromatherapy foot polish and refreshments.

BACK MASSAGE WITH OIL

30 MINUTES \$40

A soothing massage to ease muscular tension and balance the mind and body, using techniques that incorporate both Acupressure and Aromatherapy. Using a procedure that combines Eastern and Western massage, clients will be able to choose from four blends of massage oil, Vital Energy, Sculpt, Deep Calm and Inner Reset.

Prices are inclusive of relevant taxes and service charge

A MEMBER OF



THE LEADING HOTELS
OF THE WORLD®

HOTELTHESTRAND.COM

92 STRAND ROAD, YANGON, MYANMAR
TEL +95 1 8 243 377-92 INFO@HOTELTHESTRAND.COM



THE STRAND
YANGON

BACK MASSAGE WITHOUT OIL

30 MINUTES \$40

Inspired by medical knowledge from ancient times, this healing massage allows the Therapist to apply pressure to focused points on the body, stimulating nerve function and balancing the flow of Qi. Oriental robes are provided during this treatment,

To ensure the effective release of muscle heat after our traditional Myanmar Massage clients are advised to avoid immediate contact with water following their treatment.

BODY WELLNESS (SCRUB AND MASSAGE)

90 MINUTES \$70

A tranquil massage, allowing you to enjoy the aroma of fresh rose petals. A refreshing body scrub will be applied, followed by a relaxing full body massage using massage oil or body lotion.

SPA PEDICURE (WITH FOOT SCRUB + MASK AND 10 MINUTE MASSAGE)

90 MINUTES \$60

Feet will be pampered with a full spa pedicure, which includes toe nail trim, cuticule tidy up and an exfoliating foot scrub to brighten and revitalize. A 10 minute massage to feet and legs will make you feel light on your feet, before we apply your polish color of choice.

SPA MANICURE (WITH FOOT SCRUB + MASK AND 10 MINUTE MASSAGE)

75 MINUTES \$60

Hands will be pampered with a full spa manicure, to include nail shaping and cuticule tidy followed by a 10 minute massage for hands. We will finish your manicure by applying your polish color of choice.

TRADITIONAL ASIAN FOOT MASSAGE

60 MINUTES \$40

The wholesome and energetic approach of our Asian Foot massage routine addresses the entire body, creating freedom and renewed energy in the legs. The overall balancing and recharging effects of this massage are quite remarkable. Treatment includes an aromatherapy exfoliating foot polish ritual and refreshments.

PEDICURE

60 MINUTES \$40

Treatment includes toe nail trim, cuticule tidy up and an exfoliating foot scrub to brighten and revitalize, finishing with the application of your polish color of choice.

MANICURE

50 MINUTES \$40

Treatment includes nail shaping and cuticule tidy, followed by the application of your nail polish color of choice.

SHOULDER AND NECK MASSAGE

30 MINUTES \$35

During this healing massage the therapist will first use pressure to focused points on the shoulder and neck to release tension, then use massage oil to complete this relaxing and refreshing treatment

Prices are inclusive of relevant taxes and service charge

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