

## Traditional Thai Massage

(nuad phan boh raan)

Enters the realm of kings where our expert masseur will take you on a mystical journey of yoga type positions combining stretching and pressure point manipulation to help blood flow, enhance joint mobility and increase muscle flexibility.

30 mins \$39

45 mins \$49

1 hour \$65

90 mins \$99

2 hours \$125

## Relaxation Massage

(nuad phon klai)

Close your eyes and surrender your senses as the soft music, and light floral aromas of essential oils help you to relax and unwind. Tension is gently worked away using oils and techniques designed to channel negative energy out of the body.

30 mins \$39

45 mins \$49

1 hour \$65

90 mins \$99

2 hours \$125

## Head, Neck, Shoulders and Back

Take a short break and escape the daily grind of work or a hectic days shopping. Come and relax at PhonKlai as we release those aches and pains helping you feel rejuvenated and refreshed.

30 mins \$39

45 mins \$49

1 hour \$65

## Remedial Massage

(nuad kae puad muai)

Feeling all tied up in knots? Our masseur will work to ease the tension in those areas and help to calm your nervous system, increase joint mobility and give you a better nights sleep.

30 mins \$39

45 mins \$49

1 hour \$65

90 mins \$99

2 hours \$125

## Deep Tissue Massage

(nuad jub sen)

Feel the energy leave the masseurs hands entering the deeper layers of the muscles releasing toxins and tension. The masseur's fingers work expertly along your body to help improve blood circulation.

30 mins \$39

45 mins \$49

1 hour \$65

90 mins \$99

2 hours \$125

## Traditional Foot Massage

(nuad thow phan boh raan)

Layback on one of our recliners put your feet up, close your eyes and relax. An ancient massage technique of using a special stick to stimulate the reflex points on your feet helps achieve inner balance, improve circulation and promote general health and wellbeing.

30 mins \$39

45 mins \$49

1 hour \$65

90 mins \$99

2 hours \$125

## Short Massages

Our short massages are great for people on the go and with limited time. May it be you need some relief during your work break to loosen those tight knots you developed during your stressful day or just so you can relax and get a good nights sleep after your busy day.

- Head Massage
- Neck Massage
- Shoulder Massage

10 mins \$10

10mins (No Oils)

- Head & Neck
- Neck & Shoulders
- Hands & Forearms

15 mins \$20

(Tiger balm and oil used)

- Head, Neck, Shoulders
- Reflexology (Foot Massage)

20 mins \$25

(Tiger balm and oil used)

# Packages

Our PhonKlai packages are fantastic. In your package you can include any of the massages we offer from Relaxation, Traditional Thai, Deep tissue or Remedial massage, in combination with our famous Traditional Thai foot massage (Reflexology).

These packages are great VALUE for MONEY and will help you to feel relaxed and rejuvenated.

## Short Package

Head, Neck, Shoulders & Reflexology – Foot Massage

\*45 mins \$49

\*60 mins \$69

## Phonklai Package

Full Body Massage & Reflexology Foot Massage

\*60 mins \$69

\*90 mins \$99

\*120 mins \$129

\*2.5 hrs \$159

\*3hrs \$189

## Phonklai Package 2

Head, Neck, Shoulders & Back, Pedicure Spa & Reflexology (Foot Massage)

\*60 mins \$79

\*90 mins \$109

\*120 mins \$139