



RatiLanna Spa

SPA MENU

水疗菜单







## RATILANNA SPA

Lanna is home to several ethnic groups including Tai Lue, Tai Yai and at least six hill tribes. Each ethnic group and hill tribe has their own unique culture. The unique character of each group is proudly presented through the decoration. The spa includes six double treatment rooms and each one has its own private herbal steam and Hydro-Jacuzzi bath.

RatiLanna Spa offers extensive types of massage therapies, body treatments, beauty treatments to a full range of spa ritual packages to ensure you are thoroughly pampered.

We warmly welcome you to a serene experience with our well trained therapists to give you complete relaxation of the body and soul.

## 拉蒂兰纳水疗按摩中心

兰纳王国是一个多民族的国度，例如傣族、苗族、泰族等及其他六个高山民族，各民族拥有自己独特的文化艺术和传统服饰，拉蒂兰纳酒店的水疗按摩中心即是根据兰纳文化特色而装潢设计的，内设有6间水疗室，每间都具有蒸汽室及喷泉浴缸。本水疗中心提供各式各样的水疗按摩服务、包括身体保健、面部护理等，还有其他多项水疗按摩套餐，客户可根据自己的喜好选择护理项目。

# RATILANNA ETIQUETTE

Opening Hours: Daily 10.00 a.m. - 10.00 p.m.

营业时间从上午10.00 - 晚间10.00

## ARRIVAL

We recommend that you check in to RatiLanna Spa Reception at least 15 minutes prior to your scheduled appointment. Please understand that late arrivals will not receive an extension of scheduled treatments.

## ADVANCED BOOKINGS

We highly recommend booking your treatment in advance to ensure that your preferred time and service are available.

## CANCELLATIONS

Please allow two-hour notice of cancellation to avoid a cancellation charge. Cancellations or no shows within two hours will incur a 50% charge. A credit card number is required at the time of booking.

## GIFT CERTIFICATES

Our gift certificates, which are ideal for anyone who enjoys being pampered are available at RatiLanna Spa.

## GRATUITY

For your convenience, a 10% service charge and 7% government tax is already added in spa treatments. Personal gratuities are at your discretion.

## HEALTH CONDITIONS

Please advise us of any health conditions, allergies, or injuries, which could affect your treatment when making your spa reservation.

## LOSS OR DAMAGE

We regret that we cannot be responsible for any loss or damage of personal articles. Please keep all valuables locked in your room during your visit. For the protection of your clothing, we also ask that you wear the robe provided.

## NO SMOKING

We offer a smoke-free environment for all of our guests. Kindly refrain from smoking within or outside the spa.

## SPA RETAILS

To continue your spa regimen at home, our spa products such as: Massage Oil, Herbal Balls, Thai Massage outfits, CDs are available in our hotel gallery.

## 登记时间

您需提前 15 分钟到达水疗中心并进行登记，如果晚于预定时间则不能予以补偿已过的时间。

## 预订方式

为了避免浪费时间，我们建议您提前预订水疗中心的各项护理项目。

## 取消预订

如需取消预订，请于预定服务时间两小时前取消即可。如在不足两小时内取消，将收取50%的费用。此外，预订时需使用信用卡。

## 优惠券

顾客可以在本水疗中心客服部购买水疗优惠券。

## 含服务费

水疗中心的价格已含10%的服务费及7%的增值税，如果您愿意格外给小费，将是我们最好的奖金和鼓励！

## 健康条件

在您预订服务项目前请如实告知您的身体状况，例如：过敏、受伤等情况，以便接受服务时服务员将加以注意。

## 财物损失或丢失

水疗中心不負責任何财物的丢失或损失，请客户必须保管好自身行李和物品，建议您可存放在您房间内的保险箱里。

## 禁止吸烟

水疗中心严禁吸烟，如有需要，请到外边的泳池旁。

## SPA 按摩纪念品

相关水疗用品如：精油、香熏油、草药包、按摩服装等可在酒店礼品店购买。





ASEAN SPA SERVICES STANDARD  
2019-2020

## RATILANNA SPA SIGNATURE

### The Rose of RatiLanna

2 hours THB 3,200

Come to your senses while experiencing our passionate signature treatment. The beautiful two-hour treatment begins with the herbal foot bath, followed by the roselle and rose scrub, rich of AHA and all body needed vitamins to brighten and moisturize the skin. The treatment continued with an aromatic warm rose oil massage to leave your whole body feeling totally pampered and with the benefits of improved blood circulation, relief from stress, it balances your body, mind and spirit.

### 拉蒂兰纳招牌护理项目

#### 兰纳玫瑰

2 小时 3,200 铢

兰纳玫瑰护理是拉蒂兰纳水疗中心的特有磨砂皮肤护理项目，荣获2014年兰纳水疗护理奖。本项目从清洗脚部开始，然后用洛神花和玫瑰花磨砂皮肤，这两种化含有AHA素，也即是水果的酸素及维生素等等，可有效的保养、滋润、及美白皮肤的效果，最后采用温度适当的玫瑰精油按摩全身，帮助纾解胫骨、增进血液循环、促进心理和身体的平衡。

RatiLanna Spa Rituals are designed spa packages with a weave of treatments based on a true desire in an ornamental spa journey. Indulge yourself with a fine exploration through Lanna Kingdom blessing beliefs inspired charmingly by rejuvenating spa elements. Alleviate your senses, be in a presence, physically and soulfully, through below selections for an immortal spa experience.

## RatiLanna Crystal Radiance

3 hours THB 5,300

- ◆ Mineral Crystal Bath
- ◆ Crystal Oil Massage
- ◆ Himalayan Salt Scrub
- ◆ Crystal Luxe Contour by Jurlique

## 拉提兰纳水晶疗法套餐

3 小时 5,300 铢

- ◆ 矿物水晶浴
- ◆ 喜马拉雅盐磨砂膏
- ◆ 水晶精油按摩
- ◆ Jurlique特选皇家海蓝宝石面部护理

## RatiLanna Incarnation

2 hours 30 minutes THB 4,200

- ◆ A Choice of Bath
- ◆ A Choice of Facial
- ◆ A Choice of Aroma Oil Massage

## 拉提自由搭配套餐

2 小时 30 分钟 4,200 铢

- ◆ 任选一种水疗浴
- ◆ 任选一种芳香精油按摩
- ◆ 任选一种面部护理

## RatiLanna Detox Spirit

2 hours 30 minutes THB 4,000

- ◆ Coffee Turmeric Body Scrub
- ◆ Deep Balancing Facial by Jurlique
- ◆ Citrus Oil Massage

## 拉提兰纳排毒养颜套餐

2 小时 30 分钟 4,000 铢

- ◆ 咖啡姜黄身体磨砂膏
- ◆ 柑橘精油按摩
- ◆ 深层平衡脸部护理茉莉蔻

## RatiLanna Sacred Skin

2 hours 30 minutes THB 3,600

- ◆ Honey Tamarind Body Scrub
- ◆ Herbal Zest Facial
- ◆ Roselle Mud Mask

## 拉提兰纳至尊肌肤护理套餐

2 小时 30 分钟 3,600 铢

- ◆ 蜂蜜罗望子身体磨砂膏
- ◆ 草本精华面部护理
- ◆ 洛神花泥面膜

## RatiLanna Handcrafts

2 hours THB 3,500

- ◆ Lanna Herbal Steam
- ◆ Cheering Aroma Massage
- ◆ Kaffir Lime Body Scrub

## 拉提兰纳纯手工天然疗养套餐

2 小时 3,500 铢

- ◆ 兰纳草本精华蒸气
- ◆ 香薰按摩
- ◆ 泰式柠檬身体磨砂膏

## Authentic Remedy

2 hours 30 minutes THB 3,200

- ◆ Lanna Herbal Steam
- ◆ Herbal Zest Facial
- ◆ Traditional Thai Massage

## “返璞归真”疗养套餐

2 小时 30 分钟 3,200 铢

- ◆ 兰纳草本精华蒸气
- ◆ 草本精华面部护理
- ◆ 传统泰式按摩

## Chiang Mai Rosy Goodbye

2 hours THB 3,200

- ◆ Herbal Foot Bath
- ◆ Rose Glow Facial
- ◆ Rosy Aroma Massage

## 北国玫瑰之再别清迈套餐

2 小时 3,200 铢

- ◆ 草本精华足浴
- ◆ 玫瑰光彩面部护理
- ◆ 玫瑰香薰按摩



## Sleep Karma

1 hour 30 minutes THB 2,900

- ◆ Herbal Foot Bath
- ◆ Warm Lavender Oil Body and Head Massage

## “酣然入梦”疗养套餐

1 小时 30 分钟 2,900 铢

- ◆ 草本精华足浴
- ◆ 薰衣草温油身体&头部按摩

## RatiLanna Vitality

1 hour 30 minutes THB 2,400

- ◆ Herbal Foot Bath
- ◆ Foot Massage
- ◆ Back Massage

## 拉提兰纳活力疗养套餐

1 小时 30 分钟 2,400 铢

- ◆ 草本精华足浴
- ◆ 足部按摩
- ◆ 背部按摩

## Body Reflect

1 hour 30 minutes THB 2,300

- ◆ Herbal Foot Bath
- ◆ Foot Massage
- ◆ Traditional Thai Massage

## “如释重负”疗养套餐

1 小时 30 分钟 2,300 铢

- ◆ 草本精华足浴
- ◆ 足部按摩
- ◆ 传统泰式按摩



## Ancient Bamboo Massage

1 hour 30 minutes THB 3,200

Experience this latest therapeutic and exotic bamboo massage technique based on the oriental believe in the benefits withheld in the bamboo, such as life energy, longevity, eternal youth, strength and peace. The bamboo massage incorporates bamboo stalks to provide deep-tissue work combined with the technique of oil massage to promote circulation, sensory nerve perception and lymphatic drainage as well as providing a deep sense of relaxation and well-being.

## Lanna Exotic Massage

1 hour THB 2,300  
1 hour 30 minutes THB 2,600

It is an ancient northern Thai practice that involves the use of a special wooden stick, made from the bark of the tamarind tree, to relax muscles in a rhythmically tapping motion, "Tok Sen". This is followed by a relaxing massage using the designated herbal oil. A whole body massage technique provided in an hour service time. Additional foot massage is added to complete a total relaxation for an hour and a half service time.

## Crystal Oil Massage

1 hour THB 2,200  
1 hour 30 minutes THB 2,600  
2 hours THB 3,000

Our signature blended oils extracted from aromatic flowers and fruits to enhance health and beauty. The Crystal Oil Massage has effects on the mind, emotions and also physical benefits. This is a soothing massage using light to medium pressure.

## Thai Herbal Compress Massage

1 hour 30 minutes THB 2,400

This massage technique combines with the Traditional Thai Massage and compression technique using warm herbal balls "Luk Prakhob". The idea is to release the muscle soreness and increase blood circulation.

## 竹子按摩

1 小时 30 分钟 3,200 铢

竹子按摩法是从东方国家疗法技术的基础上发明起来，竹子有很多好处，比如给身体提供能量、长寿、身体健康、皮肤白嫩、放松。竹子按摩法是跟精油按摩法混合起来，有组于刺激感官、刺激血液循环、刺激淋巴结、肌肉放松，体验竹子按摩法会感觉到全身放松、和平。

## 兰纳风情按摩

1 小时 2,300 铢  
1 小时 30 分钟 2,600 铢

这是一种古老的泰北按摩，按摩师使用由罗望子树皮制成的小木槌有节奏地轻轻敲打身体不通的穴道以全面放松肌肉，然后使用特制的草药油进行全身放松按摩。顾客在一个小时的服务时间内能享受全套独有的按摩技术。如顾客选择一个半小时的SPA按摩服务，按摩师将增加额外的足部按摩，以让顾客达到完全放松状态。

## 精油按摩

1 小时 2,200 铢  
1 小时 30 分钟 2,600 铢  
2 小时 3,000 铢

拉蒂兰纳的精油采用植物、花朵及水果研制而成，它具有恢复身体健康及美容的功能。精油按摩对人类的心理、情绪和身体都有明显的卓效，也可缓解压力，按摩重量从轻到重。

## 草药包按摩

1 小时 30 分钟 2,400 铢

草药包按摩是以泰式按摩和草药包按摩的方式进行，草药具有纾解压力和减轻肌肉发炎的效果，同时也可促进血液的循环。





## Lanna Pottali

1 hour 30 minutes	THB 2,800
2 hours	THB 3,200

It is an herbal aromatic and physical touch of therapy that release energy blockage with a gentle stretching techniques and oil massage combined. The Lanna Kingdom's signature herbal remedies of phlai, turmeric, lemongrass, pandanus leaves, camphor and many more traditionally heal muscle soreness and provide warm sense. This medium yet relaxing pressure healing treatment is recommended for you who needs an authentic touch that improve habitual bad physio posture.

## Traditional Thai Massage

1 hour	THB 1,600
1 hour 30 minutes	THB 2,000
2 hours	THB 2,400

The traditional Thai Massage concentrates on major energy lines in the body and combines pressure points and stretching techniques which help to release energy blockages and muscle tensions. It is a dry massage, Thai Massage outfits are provided.

## Back Massage

1 hour	THB 1,600
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This massage session involves the use of blended oil with firm strokes and acupressure techniques on the neck, head and entire back creating a deeply calming effect. This will help to release back discomfort.

## Foot Massage

1 hour	THB 1,600
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The foot massage uses pressure points onto particular areas of the feet. Reflex actions in other parts of the body are stimulated by the manipulation of each specific area. Activating these points can have an overall balancing effect based on Chinese meridian theory.

## 拉特兰娜·波塔利

1 小时 30 分钟	2,800 铢
2 小时	3,200 铢

草药芳香和物理触摸疗法释放能量阻塞与温和的拉伸技术和油按摩相结合。兰纳朝的标志性草药，包括芳香、姜黄，柠檬草，露兜树叶，樟脑和更多传统治疗肌肉酸痛，并提供温暖的感觉。对于那些需要真正触觉以改善习惯性不良生理姿势的人，建议采用这种中等而轻松的压力治疗方法。

## 泰式按摩

1 小时	1,600 铢
1 小时 30 分钟	2,000 铢
2 小时	2,400 铢

泰式按摩是不采用精油的一种按摩，主要用手指按摩、以按和摩来纾解身体的肌肉和经脉，使其放松、缓解。拉蒂兰纳的精油采用植物、花朵及水果研制而成，它具有恢复身体健康及美容的功能。精油按摩对人类的心理、情绪和身体都有明显的卓效，也可缓解压力，按摩重量从轻到重。

## 背部按摩

1 小时	1,600 铢
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背部按摩使用在颈部、头部和整个背部有力的按摩和穴道按压技术，借助复方精油适度推拿，以达到深度镇定的效果，这有助于缓解背部不适。

## 足部按摩

1 小时	1,600 铢
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足部按摩通过按压足部穴道来刺激及放松与足部穴道相连的其他身体部位。根据中国经络理论，激活足部穴道可达到身体整体平衡的效果。



# LANNA HERITAGE BODY SCRUBS

1 hour THB 1,600

身体磨砂

1 小时 1,600 铢

A renowned indigenous skin beauty recipes that has been passed down from early generations, a great variety of natural Thai herbal ingredients to take care of your body skin problems, an assured beauty secrets that gives you only purity with artificial color free, preservative free, paraben free, SLS free also mineral oil free, all of our ingredients are edible and skin nutrients, a unique handicraft of RatiLanna Spa therapist like no other are designed to keep your skin healthy through exfoliation for all ages and genders.

## Black Sesame & Black Rice Scrub

Seriously nourishing and hydrating

## Honey Tamarind Scrub

Botanically exfoliating and lighten skin tone

## Citrusy Kaffir Lime Scrub

Cleansing and zesty skin softening

## Coffee Turmeric Scrub

Glowingly detoxifying and improve skin lumpiness

## Mineral Salt Scrub

Fine mixture of Himalayan salt and Rock Salt derive from Lanna province, Nan, restores skin PH balance, uniquely rich in minerals and nutrients, better skin texture

本产品根据祖传皮肤美容配方研发而成，含多种天然泰式草本成分，能有效解决肌肤问题。本产品纯天然，无色素、无防腐剂、无乳化剂及无矿物油等其它有害物质，所含成分均可食用且有助于改善皮肤。本产品由拉提兰纳SPA疗养师纯手工打造，全球独一无二且适用于所有年龄及性别的顾客。

黑芝麻&黑米磨砂膏 - 滋养保湿

蜂蜜罗望子磨砂膏 - 去质亮肤

泰式柠檬磨砂膏 - 清洁软肤

咖啡姜黄磨砂膏 - 排毒养颜

矿物盐磨砂膏 - 取自兰纳-难府喜玛拉雅盐和岩盐的精细混合物，富含稀有矿物质及营养成分，有助于恢复肌肤酸碱平衡，改善肌肤质感。





## MORTAL BODY WRAPS

1 hour THB 1,600

身体裹敷

1 小时 1,600 铢

A beautifully happy way to make your skin supple and highly nourished with herbal nutrients. Carefully selected products are to be applied before you are coddled in a spa cocoon. This treatment aims to enhance your skin hydration as well as soothing any skin irritation. We highly recommend to pair this service with our Lanna Heritage Body Scrub.

### RoselleMud Wrap

Known as “Botox Flower”, Roselle body wrap is a powerhouse to anti-aging. Naturally rich in antioxidants, phenolic compounds, anthocyanins, ascorbic acid and minerals, this flowery body wrap purifies the skin, promotes a better fresher toned skin together with overall complexion.

### Aloe Vera Gel Wrap

This tropical evergreen has a great property in soothing skin irritation and support cell renewal. This cooling wrap is active in a deep skin hydration and is a great way to be moisturized while it is delivering skin-strengthening plant hormone to the skin layers.

这一明智抉择，能让您的肌肤吸收来自天然的草本营养。在您沉浸于SPA的舒适前，我们将先带您体验为顾客精心挑选的配套产品。该疗养的目的是为了补充肌肤水分及舒缓皮肤刺激。我们强烈建议顾客选择此服务与兰纳传统身体磨砂膏搭配使用。

### 洛神花泥裹敷

洛神花又被公认为“肉毒杆菌花”，是抗皮肤衰老的不二选择。该花泥裹敷富含天然抗氧化剂、酚类化合物、花青素、抗坏血酸和矿物质，有助于净化皮肤，保持肌肤弹性有活力。

### 芦荟凝胶裹敷

这种热带常绿植物有助于舒缓皮肤过敏及促进细胞新陈代谢。该清凉裹敷深层皮肤保湿效果显著，它能向皮肤各层输送改善肌肤的植物精华，是一种很好的天然保湿方式。





### Deep Balancing Facial by Jurlique

1 hour

THB 2,400

This facial is perfect for purifying any impurity and a deep cleansing to oily/combo skin. Helps banish blemishes and balance oil production. It is an extra freshness to a softened and clarified visage.

### Crystal Luxe Contour by Jurlique

1 hour

THB 2,600

A restorative treatment with powerful luxurious active botanicals that help define multiple signs of ageing. The highlight of this facial is a gentle massage with rock crystal wands to harmonize the delivery of intense nourishment to supple the skin. The pressure points of face are stimulated, energy blocks cleared away and microcirculation activated. Skin is pampered with natural derived blends of nutrients that takes great care of smooth, firmness and youthful radiance.

### Herbal Zest Facial

1 hour

THB 1,600

This facial treatment is well-made from botanic extracts to stimulate your facial skin. With the amazing variety beneficial of Thai herbal concentrated formula including Thai rice, centella asiatica, turmeric oil, jasmine and honey designed to take great care of your visage starting from cleansing, scrubbing, facial massage and the mask, it helps to refine and nurture ideally to all skin type.

### Jurlique特选排毒面部护理 排毒面部护理

1 小时

2,400 铢

有效清除面部多余油脂，减轻皮肤负担。深层洁净肌肤，有助于减轻肌肤痤疮问题，并平衡肌肤天然油脂。使皮肤更加柔软细腻，焕发光彩。

### Jurlique特选皇家海蓝宝石面部护理

1 小时

2,600 铢

该护理专注于修复肌肤，恢复肌肤活力、平衡肌肤。能够抚平细纹，使皮肤更加紧致、光滑。结合水晶按摩棒运用点压按摩手法，改善面部皮肤循环，促进皮肤更好地吸收精华中的营养，让皮肤得到充分的滋养。

### 草本精华面部护理

1 小时

1,600 泰铢

该护理由植物提取物精心制成，可激活您的面部肌肤活力。该产品由泰国大米、积雪草、姜黄油、茉莉和蜂蜜的草本浓缩精华制作而成，通过面部的清洁、擦洗、按摩和面膜层层呵护，有助于改善及滋养所有皮肤类型。



## HOLY HYDRO HEALING

水疗

### Mineral & Aromatic Bath

30 minutes

THB 800

Elevate your mood and body balance with pure minerals and scentfully aroma.

### 矿物质&香薰浴

30 分钟

800 铢

使用纯净的矿物质和浓郁的香薰促进您的身心平衡。

### Himalayan Crystal Salt Bath with Fresh Herbs

30 minutes

THB 800

A wellness combination of mineral crystal and fresh herbs energy healing.

### 喜马拉雅水晶盐&草本精华浴

30 分钟

800 铢

一场矿物晶体和新鲜草药完美结合的能量治疗。

### Lanna Herbal Steam

30 minutes

THB 800

A private session infused by steamed native wild herbs and vines like Phlai, Turmeric, Tamarind Leaves, Lemongrass, Kaffir Lime, Pandan, Camphor blended to unwind after a long day.

### 兰纳草本精华蒸气浴

30 分钟

800 铢

一场由卡萨蒙纳姜、姜黄、罗望子叶、柠檬草、泰式柠檬、七叶兰、樟脑等野生草药和藤本植物混合泡制而成的私人浴。该蒸气浴能让您在经历过一天漫长的疲劳后倍加放松。







