

What is Thai Wellness?

When talking about Thai Wellness, let's focus first on Thai massages which is believed to have been developed by Jivaka Kumar Bhaccha, physician to Buddha, more than 2,500 years ago in India. It made its way to Thailand, where techniques and principles gradually became influenced by traditional Chinese medicine. For centuries, Thai massage was performed by monks as one component of Thai medicine.

What Does Thai Massage Feel Like?

Thai massage is more energizing and rigorous than more classic forms of massage. The therapist uses his or her hands, knees, legs, and feet to move you into a series of yoga-like stretches. But you will feel like walking on clouds after the treatment and will come back for more! Many people say Thai massage is like doing yoga without any work. Muscle compression, joint mobilization, and acupressure are also used during treatment. People describe Thai massage as both relaxing and energizing.

What Should I Expect During My Visit?

Thai massage is usually done on a padded mat on the floor. No oil is applied, so you are fully dressed. At Nook-Dee will also provide you some massage pajamas. A typical Thai massage is 30 to 60 minutes long. 60 minutes is recommended for the best results.

Many people find that Thai massage has the following benefits:

- relaxes
- reduces stress
- improves circulation
- increases energy
- increases flexibility
- improves range of motion
- centers the mind and body
- Caveats

Massage is not recommended for certain people:

- infectious skin disease, rash, or open wounds
- immediately after surgery
- immediately after chemotherapy or radiation, unless recommended by your doctor
- prone to blood clots. There is a risk of blood clots being dislodged. If you have heart disease, check with your doctor before having a massage
- pregnant women should check with their doctor first if they are considering getting a massage. Massage in pregnant women should be done by massage therapists who are certified in pregnancy massage.
- massage should not be done directly over bruises, inflamed skin, unhealed wounds, tumors, abdominal hernia, or areas of recent fractures.

Additional tips

- Don't eat a heavy meal before the massage.
- Arrive at least 10 minutes early to complete the necessary forms.
- Be sure that your massage therapist has your complete health history, because people with certain conditions should not have Thai massage.
- If you feel discomfort at any time, let your massage therapist know.

Wellness Menu

Traditional Thai Massage	30 minutes	500.-
	60 minutes	900.-

Location: Massage Center or at our Roof Sala

Thai massage is an ancient massage technique that combines gentle rocking, deep stretching movements and firm acupressure techniques, relying on the use of palms, elbows and thumbs. This massage will help improve your flexibility, stimulate blood circulation and increase vitality.

Thai Herbal Compress Massage	90 minutes	1,500.-
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Location: Massage Center or at our Roof Sala

This is a traditional Thai Massage in which heated aromatic poultices of herbs are applied to the body for deep heat penetration, soothing tired and aching muscles. Recommended for guests seeking treatments unique to the Thai wellness. A less active massage than traditional Thai just lay back and relax.

Head, Neck and Shoulder Massage	30 minutes	600-
	60 minutes	1,100. -

Location: Massage Center or at our Roof Sala

This ancient relaxing treatment is designed to specifically ease muscles tension by concentrating on the tight and stressed muscle of the back, neck and shoulders and to stimulate the body's own natural healing mechanisms-physically, mentally and spiritually.

Migraine Massage 60 minutes 1,300. -

Location: Massage Center or at our Roof Sala

This ancient relaxing treatment is designed to specifically ease muscles tension by concentrating on the tight and stressed muscle.

Anti-Aging

Hand Treatment 30 minutes 500.-

Make your hands look young as well with this ancient treatment involving cucumbers, organic coconut honey and sesame oil

Face Treatment 60 minutes 1,300.-

Soothing, relaxing, and calming: A facial is beauty treatment for your face and great for your skin, as well as for your outlook. The treatment is combination of cleansing, toning gentle scrub, mask and massage to give you cleaner, healthier, brighter skin. Facial treatment helps balancing improving the texture, rehydrate and nourish your complexion, improve the appearance of your face, making you look younger, firmer, relaxed and fresher and lovelier! Treat your skin (and yourself) with any of the facial treatments on the following: - Turmeric, Aloe Vera, Neem oil, Honey, Brown sugar, sesame oil

Hand & Foot

Foot Massage 30 minutes 500-
60 minutes 800.-

A foot and lower-leg massage designed to increase the mobility of your ankles and feet whilst stimulating the internal organs, lymph and Chi flow throughout the body.

Foot Massage & Reflexology 45 minutes 600.-
60 minutes 900.-

Only @ Nook-Dee!

Body Scrub using the product of your choice 60 minutes 1,400.-
 Body Scrub exfoliates the dead skin cells using your choice of product:
 Essential oils, Water, Skin brush or Loofah, to massage the body and to nourish the skin, improve circulation, cleanse and tone even the most sensitive skin

Aromatherapy Oil Massage 60 minutes 1,200.-
 Aromatherapy Oil Massage is an ancient therapeutic method of pressure point massage utilizing essential oils from Asian plants, leaves, and flowers. They are applied to the body typically with a Thai massage technique to stimulate blood flow and lymph fluid.

After –Sun 60 minutes 1,200.-
 After Sun Facial Revival magnifique Aloe Facial treatment

Package

Ray of Sunshine (After- sun) 120 minutes 2,200.-
 Amazing Aloe Body Wrap
 Soother After Sun Aromatherapy Body massage
 Magnifique Aloe Facial Treatment

Sook-dee Natural Delight Organic Treatment 150 minutes 2,200.-
 This therapy takes you to a new level of delight for 2½-hours. After the skin is exfoliated with a body scrub using the product of your choice, you will revel in the delicious sensation of a full body Aromatherapy Hot Oil Massage. Your body will feel young and alive; your face is pampered with a Thai Facial the ultimate beauty treatment. All products and treatment offered here are considered organic.

Coconut Nourishing 120 minutes 2,000.-
 Delight your senses with a natural Coconut Body Scrub. Nourish your body with a rich Fresh Coconut hot compress massage, then finish with a full Body Coconut Hot Oil Massage.