

## PRICELIST – GREEN BAMBOO MASSAGE

Your natural way towards health

06/2015



<b>Head Massage</b>	30min	130,- Baht
<b>Foot Reflexology</b> – acupressure of foot points and energy <i>Lines of the lower legs, connected to inner organs of the whole body</i>	30min 1hr	130,- Baht 200,- Baht
<b>Back, Neck &amp; Shoulder</b> <i>Thai massage of pressure points and lines of the neck and shoulder area</i>	30min 1hr	150,- Baht 250,- Baht
<b>Traditional Thai Massage</b> – acupressure, soft mobilizations and stretches of the whole body	1hr	200,- Baht
<b>Thai Yoga Massage</b> ★ <i>similar to the Traditional Thai Massage, with a stronger focus on stretches to relax your body – unique Green Bamboo style</i>	1hr	350,- Baht
<b>Thai Royal Massage</b> ★ <i>pure deep acupressure of one area, to relax muscles and tendons and improve your energy flow</i>	1hr	350,- Baht
<b>Tok Sen</b> – receive an ancient Lanna Thai Massage technique, performed with a wooden stick and wooden hammer, to treat very deeply the energy lines of the body	1hr	350,- Baht
<b>Hot Herbal Compress</b> – performed with a cotton ball, filled with Thai herbs and heated up with hot water steam will lead to deep relaxation for body and mind	1hr	350,- Baht
<b>Oil Massage</b> - natural oil for your skin	1hr	250,- Baht
<b>Coconut Oil Massage</b> - natural virgin coconut oil, rich with pure vitamins and minerals for your skin	1hr	400,- Baht
<b>Warm Oil Massage</b> – heaven for your skin and muscles	1hr	450,- Baht
<b>Milky Cream Massage</b> - heaven for your skin	1hr	350,- Baht
<b>Aroma Therapy</b> – natural aroma oil therapy to balance body and mind	1hr	350,- Baht
<b>Aloe Vera Oil Massage</b> ★ – a true Green Bamboo treasure, pamper your skin with our pure fresh homemade special and get the benefits of the Aloe Vera and our virgin coconut oil – highly recommended	1hr	500,- Baht

★ = true Green Bamboo Massage treasure – unique Green Bamboo Massage style  
- highly recommended

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<b>Facial – natural</b> – 6 level treatment, performed with natural Thai cosmetics	1 hr	350,- Baht
<b>Facial – homemade</b> ★ – 6 level treatment, performed with our Green Bamboo homemade cosmetics mixtures – highly recommended	1 hr	400,- Baht
<b>Facial – organic</b> ★ – our new highlight, receive a 6 level treatment, performed with certified organic Thanaka-paste, famous in Burma and Southeast Asia for sun-protection, anti-skin-aging and it's cooling effect and performed with our new highlight, a certified organic clay-mask – highly recommended	1 hr	500,- Baht
<b>Body Scrub – natural</b> – performed with natural Thai cosmetics	1 hr	400,- Baht
<b>Body Scrub – organic</b> ★ – get the pure natural mixture with our Green Bamboo fresh homemade body scrub mixture – highly recommended	1 hr	600,- Baht
<b>Body Wrap</b> ★ – honey & more, Green Bamboo natural creation	45 min	500,- Baht

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# *Green Bamboo Massage Packages*

### **After Trekking**

*Coconut Oil Massage & Foot Massage*

*- recover after a long walk or trek -*

*90min 450,- Baht*

### **After Trekking II**★

*Foot Scrub & Foot Massage & Hot Herbal Compress*

*90min 450,- Baht*

### **Siam**★

*Thai Massage & Hot Herbal Compress*

*- balance your energies with ancient Traditional Thai Massage – the compress with the heated herbal steam ball will deeply relax your muscles -*

*2hrs 500,- Baht*

### **Coconut**★

*Natural Coconut Oil Massage & Hot Herbal Compress*

*- refresh your body and mind –feel the power of our*

*100% natural coconut oil -*

*2hrs 700,- Baht*

### **Aloe Vera**★

*Natural Aloe Vera Oil Massage & Hot Herbal Compress*

*- since ancient times the Aloe Vera is famous in Asia for its effects on health and wellbeing - relax, vitalize and recharge – the Aloe Vera Oil is our own creation,*

*a true Green Bamboo Treasure, full with vitamins and minerals*

*for your body and soul -*

*2hrs 800,- Baht*

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### *Green Bamboo Body Scrub Packages*

#### **Natural**

*Natural Body Scrub & Natural Coconut Oil Massage*    2hrs    750,- Baht

#### **Natural Premium**★

*Natural Body Scrub & Aloe Vera Oil Massage*    2hrs    850,- Baht

#### **Green Bamboo**★

*Natural Body Scrub & Natural Coconut Oil Massage  
& natural Facial*    3hrs    1050,- Baht

#### **Lanna Dream**★

*Body Scrub & Body Wrap & Milky Cream Massage  
& natural Facial*

*- enjoy your Lanna dream serenade with only natural  
cosmetics and feel the pure bliss for body and mind*

*3hrs 1100,- Baht*

#### **Green Bamboo Premium**★

*Organic Body Scrub & natural Aloe Vera Oil Massage  
& homemade-natural Facial*

*-your ultimate way towards wellness  
and relaxation - feel like reborn after this 100% natural  
treatment – we can proudly guarantee, that all cosmetics  
are homemade by the Green Bamboo Massage team*

*3hrs 1400,- Baht*

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- highly recommended