GREEN BAMBOO MASSAGE Chiang Mai
CERTIFIED - ORGANIC - FAIR

2011 · 2012 · 2013 · 2014 · 2015
2015 HALL of FAME
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Treatments

Extra Shower		50,- Baht
Head Massage	30min	130,- Baht
Foot Reflexology – *acupressure of foot points and energy lines, connected to inner organs of the whole body*	30min 1hr	130,- Baht 200,- Baht
Back, Neck & Shoulder *Thai massage of pressure points and lines of the neck and shoulder area*	30min 1hr	150,- Baht 250,- Baht
Traditional Thai Massage – *acupressure, soft mobilizations and stretches of the whole body*	1hr	250,- Baht
Thai Yoga Massage ★ *similar to the Traditional Thai Massage, with a stronger focus on stretches to relax your body – Green Bamboo style*	1hr	350,- Baht
Thai Royal Massage ★ – *pure deep acupressure of one area, to relax muscles and tendons and improve your energy flow*	1hr	350,- Baht
Tok Sen – *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
Bamboo Massage ★ – *improve energy flow, relax deeply your muscles and receive a deep tissue Massage in the same time, with warmed bamboo stalks and oil*	1hr	550,- Baht
Hot Herbal Compress – *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
Oil Massage - *natural oil for your skin*	1hr	250,- Baht
Coconut Oil Massage - *natural virgin coconut oil, rich with pure vitamins and minerals for your skin*	1hr	400,- Baht
Warm Oil Massage – *heaven for your skin and muscles*	1hr	450,- Baht
Milky Cream Massage - *heaven for your skin*	1hr	350,- Baht

Aroma Therapy *– natural aroma oil therapy to balance body and mind*	*1hr*	*350,- Baht*
Aloe Vera Oil Massage ★ *– 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*
Facial – natural *– 6 level treatment, performed with natural Thai cosmetics*	*1hr*	*350,- Baht*
Facial – homemade *– 6 level treatment, performed with our Green Bamboo homemade cosmetics mixtures – highly recommended*	*1hr*	*400,- Baht*
Facial – organic ★ *– 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*	*1hr*	*500,- Baht*
Body Scrub – natural *- performed with natural Thai cosmetics*	*1hr*	*400,- Baht*
Body Scrub – organic ★ *– get the pure natural mixture with our Green Bamboo fresh homemade body scrub mixture – highly recommended*	*1hr*	*600,- Baht*
Body Wrap – *honey &more, Green Bamboo natural creation*	*45min*	*500,- Baht*

★ *= true Green Bamboo Massage treasure - highly recommended*

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 550,- 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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Certificate of Excellence 2011 WINNER tripadvisor Green Bamboo Massage

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