



Treatments

1. Head massage

Concentrates on the head spots

as add on treatment	30 minutes	180 Baht
	1 hr	300 Baht

头部按摩

仅作为附加选项

30 分钟	180 泰铢
1 小时	300 泰铢

2. Foot Massage

Acupressure of foot points and energy lines

as add on treatment	30 minutes	180 Baht
	1 hr	300 Baht
	1.5 hrs	400 Baht

脚底按摩

刺激脚底的穴位，释放活力

仅作为附加选项

30 分钟	180 泰铢
1 小时	300 泰铢
1.5 小时	400 泰铢

3. Back, Neck & Shoulder Massage

Massage of lines of the back, neck and shoulder area

as add on treatment	30 minutes	180 Baht
	1 hr	300 Baht

头部及肩颈按摩

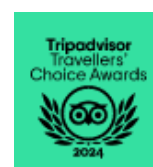
对头颈部及肩部肌肉的穴位按摩

仅作为附加选项

30 分钟	180 泰铢
1 小时	300 泰铢



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4. Traditional Thai Massage

Soft, mobilizations and stretches of the whole body	1hr	300 Baht
	1.5 hrs	400 Baht
	2 hrs	550 Baht

传统泰式按摩

轻柔的穴位按摩，帮助舒缓、伸展你的身体

1 小时	300 泰铢
1.5 小时	400 泰铢
2 小时	550 泰铢

5. Thai Yoga Massage

Similar to the traditional Thai massage with a stronger focus on yoga-like stretches to relax your body - unique Green Bamboo Massage style

1 hr	400 Baht
1.5 hrs	550 Baht
2 hrs	700 Baht

泰式瑜伽按摩

这与泰式传统按摩类似一更加关注您身体舒展的按摩，是我们“翠竹”独特的风格

1 小时	400 泰铢
1.5 小时	550 泰铢
2 小时	700 泰铢

6. Thai Royal Massage

Relax muscles and tendons of the back side and improve your energy flow

as add on treatment	30 minutes	230 Baht
	1 hr	400 Baht
	1.5 hrs	550 Baht
	2 hrs	700 Baht

泰式皇家按摩

正宗的深度穴位按摩，放松您的肌肉，加速您体内气血的流动

(仅作为附加选项)

30 分钟	230 泰铢
1 小时	400 泰铢
1.5 小时	550 泰铢
2 小时	700 泰铢



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7. Tok Sen ★

Receive an ancient Lanna Thai Massage Technique, performed with a traditional wooden chisel and wooden hammer, to treat very deeply the energy lines of the body

as add on treatment	30 minutes	230 Baht
	1 hr	400 Baht
	1.5 hrs	550 Baht
	2 hrs	700 Baht

Tok Sen (推拿理疗) ★

运用兰纳时代的泰式古法，以小木棒及小木槌调理身体气血流动

(仅作为附加选项)

	30 分钟	230 泰铢
	1 小时	400 泰铢
	1.5 小时	550 泰铢
	2 小时	700 泰铢

8. Warm Bamboo Massage ★

soft Massage with a warmed bamboo stalk



Please reserve at least 1hr in advance as we need time to heat the bamboo stalks especially for you.

	1 hr	600 Baht
	1.5 hrs	850 Baht
	2 hrs	1100 Baht

竹按摩 ★

用温热的竹竿轻柔按摩



	1 小时	600 泰铢
	1.5 小时	850 泰铢
	2 小时	1100 泰铢

9. Bamboo Massage ★



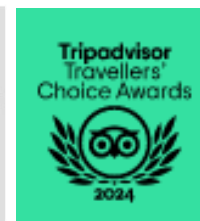
Enjoy a very unique northern traditional Thai bamboo stalk massage technique, that is hard to find. Discover deep relaxation, ideal for tight or sports-tired muscles. Perfect for athletes or anyone who needs rejuvenation and deep relaxation.

	1.5 小时	750 泰铢
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10. 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.

Please reserve at least 1hr in advance as we need time to heat the herbal compress especially for you.

30 minutes **230 Baht**
1 hr **400 Baht**

中草药热敷疗法

加热后带有热蒸汽的泰式草药球会给您的身心带来彻底的放松和舒缓

30 分钟 **230 泰铢**
1 小时 **400 泰铢**

11. Oil Massage

Relaxing natural oil for your skin

1 hr **350 Baht**
1.5 hrs **520 Baht**
2 hrs **600 Baht**

精油按摩

给您的肌肤以自然精油的滋养

1 小时 **350 泰铢**
1.5 小时 **520 泰铢**
2 小时 **600 泰铢**

12. Coconut Oil Massage

Natural virgin coconut oil, rich with pure vitamins and minerals for your skin

1 hr **450 Baht**
1.5 hrs **650 Baht**
2 hrs **800 Baht**

椰油按摩

天然的初榨椰子油，给您的肌肤补充维他命和矿物质成分

1 小时 **450 泰铢**
1.5 小时 **650 泰铢**
2 小时 **800 泰铢**

13. Warm Oil Massage

Heaven for your skin and muscles

1 hr **500 Baht**
1.5 hrs **700 Baht**
2 hrs **900 Baht**

热油按摩

给您的肌肤和身体肌肉带来天堂般的享受

1 小时 **500 泰铢**
1.5 小时 **700 泰铢**
2 小时 **900 泰铢**

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14. Milky Cream Massage

Heaven for your skin

1 hr 400 Baht
1.5 hrs 550 Baht
2 hrs 700 Baht

乳霜按摩
给您的肌肤天堂般的享受

1 小时 400 泰铢
1.5 小时 550 泰铢
2 小时 700 泰铢

15. Aroma Oil Massage

Natural aroma oil massage to balance energies and relax
Body and mind

1 hr 400 Baht
1.5 hrs 550 Baht
2 hrs 700 Baht

芳香理疗 ★
纯天然芳香精油理疗调节你的身体平衡

1 小时 400 泰铢
1.5 小时 550 泰铢
2 小时 700 泰铢

16. 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

1 hr 550 Baht
1.5 hrs 750 Baht
2 hrs 900 Baht

芦荟精油按摩 - “翠竹”尊享 ★★★
用纯新鲜自制萃取芦荟精华和未经加工的椰子油的产品呵护您的肌肤
-特别推荐

1 小时 550 泰铢
1.5 小时 750 泰铢
2 小时 900 泰铢



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Facial Treatments

- 17. Natural Facial** ★
6 level treatment, performed with natural Thai cosmetics 1 hr 400 Baht
- 面部天然护理 -- ★ - 6个级别的护理, 纯天然泰国护肤品 1 小时 400 泰铢
- 18. Homemade Facial** ★★ 1 hr 450 Baht
6 level treatment, performed with out Green Bamboo homemade cosmetics mixtures – highly recommended
- 面部天然护理 -- 6个级别的护理, ★★ 使用我们“翠竹”自制的复合护肤品-特别推荐 1 小时 450 泰铢
- 19. Organic Facial** ★★★ 1 hr 550 Baht
one of our super highlights, receive a 6 level treatment, performed with certified organic Thanaka-paste, famous In Southeast-Asia for sun-protection, anti-skin-aging and it's cooling effects and performed with our new highlight, a certified organic clay-mask – highly recommended
- 面部天然有机护理 ★★★ 我们新的亮点, 包含 6个级别的护理, 安全的天然有机泥浆面膜, 在缅甸和东南亚因其防晒、抗衰老和冷却功效而闻名, - 起呵护您-特别推荐 1 小时 550 泰铢



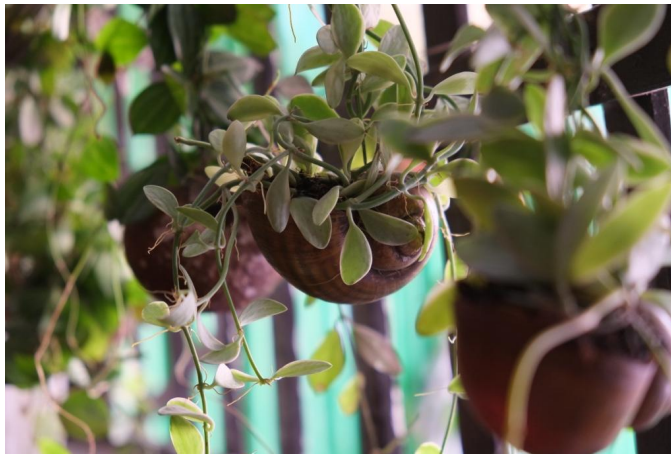
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SCRUBS & WRAP

- 20. Natural Body Scrub** ★
performed with natural Thai cosmetics 1 hr 450 Baht
- 天然磨砂膏身体护理-- 天然泰国护肤品 1 小时 450 泰铢
- 21. Organic Body Scrub** ★★★
get the pure natural mixture with our Green Bamboo fresh homemade body scrub mixture – highly recommended 1 hr 650 Baht
- 天然有机身体磨砂护理 ★★★
天然混合产品与我们“翠竹”新鲜自制的身体磨砂复合产品 – 特别推荐 1 小时 650 泰铢
- 22. Body Wrap** ★★
Honey and more – a true natural unique Green Bamboo creation for you 45 min 550 Baht
- 裹身护理 – 蜂蜜和其他产品，由“翠竹”纯天然制造 ★★ 45 分钟 550 泰铢



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Green Bamboo Massage Body Scrub Packages

23. Natural Body Scrub Package ★

Natural Body Scrub & Natural Coconut Oil Massage 2 hrs 850 Baht

纯天然套餐 -- ★ 天然身体去角质 & 天然椰子油按摩 2 小时 850 泰铢

24. Natural Premium Package ★★

Natural Body Scrub & Aloe Vera Oil Massage 2 hrs 950 Baht

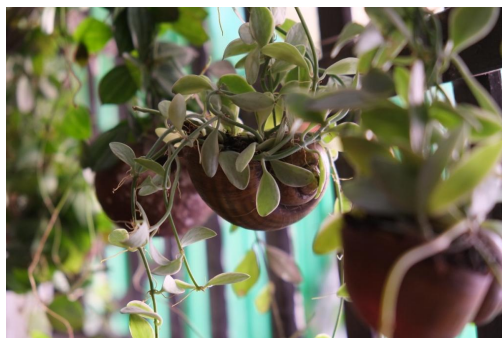
优享天然套餐 -- ★★ 天然身体去角质 & 芦荟精油按摩 2 小时 950 泰铢

25. "Green Bamboo" Body Scrub Package ★★★

Natural Body Scrub & Natural Coconut Oil Massage & natural facial 3 hrs 1150 Baht

"翠竹"招牌套餐 ★★★ 3 小时 1150 泰铢
天然身体去角质&天然椰子油按摩&自然面部调理

★ = a true unique Green Bamboo Treasure, highly recommended
= 纯正的“翠竹”按摩尊享服务- 极致“翠竹”按摩体验





Green Bamboo Massage Packages

26. Sukhothai Package 1

Especially after a long trip, this package fits perfect to you, if you need to focus on your back and arms. Receive the traditional Thai treatment for back, neck, shoulders and arms (1hr). Recover perfectly with an additional hot herbal compress treatment (30 min).

90 min

500 Baht

素可泰套餐 1

特别是长途旅行之后，如果您想放松一下背部和手臂，这个套餐特别适合您。大约一小时的传统泰式背部，颈部，肩部和手臂按摩以及泰式草药热敷可以有效缓解疲劳

90 分钟

500 泰铢

27. Sukhothai Package 2

Special Focus for your feet and legs only, with a traditional foot massage and leg massage (1hr) plus a hot herbal compress treatment (30 min) to recover perfectly with this unique combination.

90 min

500 Baht

素可泰套餐 2

传统泰式脚底按摩和腿部按摩和草药热敷有机结合，更加专注于足腿恢复

90 分钟

500 泰铢

28. After Trekking Package

Coconut Oil Massage & Foot Massage. Recover after a long walk.

90 min

600 Baht

椰油按摩

天然的初榨椰子油，给您的肌肤补充维他命和矿物质成分
脚底按摩—刺激脚底的穴位，释放活力

90 分钟

600 泰铢

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Green Bamboo Massage Packages

- 29. 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.
Please reserve at least 1hr in advance as we need to heat the herbal compress especially for you.
- 泰式按摩和泰式草药球按摩 ★ 2 小时 650 泰铢
用古老的传统的泰式按摩平衡你的能量和精力 – 用热的草药蒸汽球按摩将会使你的肌肉深度放松
请至少提前 1 小时预约，因为我们需要时间为您准备一切
- 30. Coconut** ★
Natural Coconut Oil Massage & Hot Herbal Compress – refresh your body and mind – feel the power of our 100% natural coconut oil.
Please reserve at least 1hr in advance as we need to heat the herbal compress especially for you.
- 椰子护理 ★ 2 小时 800 泰铢
纯天然椰子精油按摩和泰式草药球按摩 – 消除身体和精神疲劳 – 感受 100%纯天然椰子油的功效
请至少提前 1 小时预约，因为我们需要时间为您准备一切



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Green Bamboo Massage Packages

31. Aloe Vera ★★★★★
 Natural homemade Aloe Vera Oil Massage & Hot Herbal Compress – 2 hrs 900 Baht
 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.

Please reserve at least 1hr in advance as we need to heat the herbal compress especially for you.

芦荟护理 ★★★★★

天然芦荟精油和泰式草药球按摩 – 芦荟在古代亚洲因其对健康和身心的特别功效而闻名 – 放松，给予活力，
 补充精力 – 芦荟精油是我们自己创造的产品，
 “翠竹臻品”将为您的身体和精神补充维他命和矿物质

请至少提前 1 小时预约，因为我们需要时间为您准备一切

32. Lila Lanna ★★★★★ 3 hrs 1100 Baht
 If you feel like you need to release tensions, then receive our unique Tok Sen treatment – performed ‘with a traditional wooden chisel and hammer (1,5 hrs) followed by a hot herbal compress (1hr) and a head massage (30 min)

套餐 ★★★★★

如果您想释放紧张情绪，那么非常推荐泰国独特的托克森按摩，用古老特制的木杵和木槌敲筋按摩，之后进行草药热敷和头部按摩以达到舒筋通气的效果。



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Green Bamboo Massage Packages

33. Cloud in the sky Package ★★★★★ 2.5 hrs 1000 Baht

This package will make you feel light like a cloud in the sky.

Natural Body scrub (1hr) & Milky Cream Massage (1hr) followed by a Head Massage (30 Mintues). Enjoy your Cloud in The Sky journey with only natural cosmetics.

天空之云按摩套餐

2.5 小时 1000 泰铢

这个套餐能让您的肌肤感到如云朵般轻盈。天然身体磨砂和乳霜按摩深度清洁护理您的肌肤，头部按摩疏通经络放松您的身体。在这个套餐中您将享受到全天然产品的

34. Around the Moon Package ★★★★★ 2.5 hrs 1150 Baht

Especially after a long trip, this package will make you feel super relaxed with this special combination of treatments.

Receive our unique Thai Yoga Massage with a focus on yoga-like stretches (90 Minutes) followed by our soft bamboo massage with a warmed bamboo stalk

月球漫步按摩套餐



2.5 小时 1150 泰铢

特别是在您长途旅行后，此套餐和特殊的治疗组合会让您感到超级放松。享受我们独特的泰式瑜伽按摩，特色的瑜伽伸展运动（90分钟）随后使用柔软的竹子和温热的竹杆来按摩



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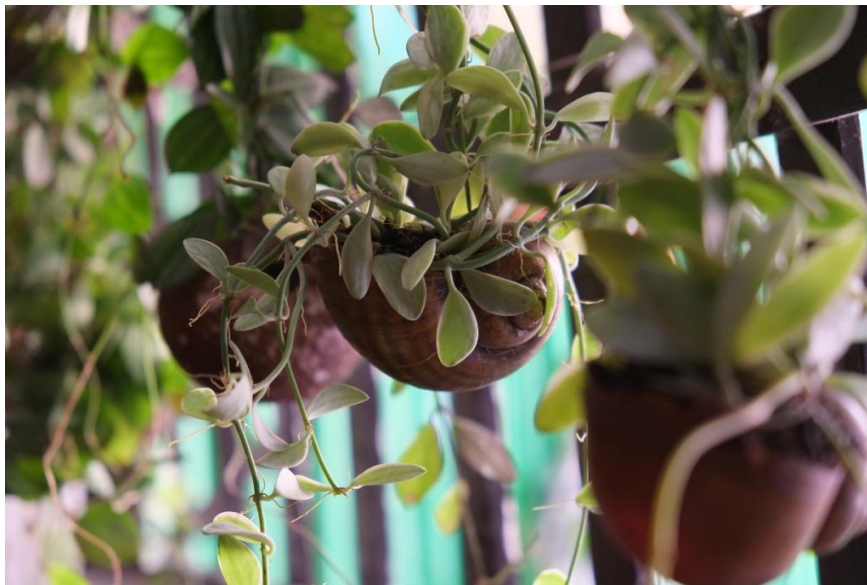


Green Bamboo Massage Packages

35. Lanna Dreams ★★★★★		
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	3 hrs	1250 Baht
兰纳之梦 ★★★★★	3 小时	1250 泰铢
身体磨砂&身体裹敷护理&乳霜按摩&天然面部调理——在纯天然的护理产品之中，享受兰纳之梦，感受身心的极致愉悦		
36. Green Bamboo Premium ★★★★★		
Organic body scrub & natural Aloe Vera oil massage & organic facial - your unique way towards wellness and relaxation – feel like reborn after this 100% natural treatment – we can proudly guarantee, that all cosmetics are natural, organic or homemade by the Green Bamboo Massage team.	3 hrs	1500 Baht
尊享翠竹套餐 ★★★★★	3 小时	1500 泰铢
使用有机产品身体去角质&天然芦荟精油按摩&手工制作的天然面部产品——您通往放松与舒适的最终选择——在 100%纯天然的呵护下让您如同重生一般——我们可以自豪地承诺，所有护理产品都由“翠竹”按摩团队手工制作		



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Dear guest- please tell us if you have
亲爱的顾客，如果您有以下情况请告诉我们：

Diabetes 糖尿病患者

High Blood Pressure 高血压

Varicose Veins 静脉曲张

Heart Disease 心脏病

Osteoporosis 骨质疏松

Pregnant 孕妇

Have you had any operation in the last 6 months

最近 6 个月内您是否接受过手术



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www.green-bamboo-massage.com

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