



# lebua

WELLNESS

**lebua** invites you to refresh, rejuvenate and recharge in the privacy of our treatment rooms. Let a certified therapist from Nicolie, Bangkok's leading wellness center, ease away the tensions of the world. Choose from a variety of treatments to relax the muscles, enhance the skin, and improve overall well-being.

## Massages

### **Luxury Foot Massage**

(60 mins / THB 1,000)

Awaken weary feet with a relaxing herbal footbath followed by an invigorating leg and foot massage with a cooling herbal cream. Massaging the feet provides relaxation and soothes away the pain - making this the ideal treatment after a day of sightseeing or shopping.

## Herbal Body Treatment

### **Mandarin Cream Body Scrub**

(30 mins / THB 1,400)

In this fine cream scrub, containing mandarin, rose geranium fragrance and a mix of crushed walnut seeds, the entire body is exfoliated. It is a gentle and effective treatment to remove dead skin cells, and ideal for impure or oily skin.

## Unique New Massage Experience

### **Synchronized Four-Hands Massage**

(90 mins / THB 3,900)

Surrender your body to the skilled hands of two experienced and specially trained therapists who will work side by side in perfect synchrony, pampering your body from head to toe with a relaxing aroma oil massage utilizing select Thai massage techniques.

## Comfort Zone Facial

### **Recover Touch**

(60 mins / THB 2,200)

This anti-oxidant facial treatment helps to refresh the skin, restoring moisture and softness while neutralizing free radicals and nourishing the tissue.

## Massages

### **Traditional Thai Massage**

(90 mins / THB 1,400)

The unique therapeutic benefits of traditional Thai massage result from the application of force on specific pressure points, stretching, bending and other body manipulations.

In the process, the spine is elongated and tension is relieved, joints are stretched, and the whole body is decompressed. Through these movements, our sense of well-being, energy and flexibility are extraordinarily brought back to life.

### **Shiatsu Massage**

(60 mins / THB 1,600)

Developed in Japan in the 1940s, Shiatsu - "finger" (shi) "pressure" (atsu) - is a combination of acupressure and massage to improve energy flow and stimulate the body's inner powers of balance and healing.

### **Iebua Signature Oil Massage**

(60 mins / THB 1,800, 90 mins / THB 2,500)

This is a unique and specialized aromatherapy oil massage combined with selective Thai massage techniques. By applying force on pre-determined pressure points that function as our energy gateways, circulation is improved and stimulated and muscle tension is relieved.

### **Soothing Back and Shoulder Massage**

(30 mins / THB 900)

This invigorating massage targets specific areas to relax tense muscles, ease knots in the back and shoulders, and induce a deep sense of peace.

## Comfort Zone Facial

### **Skin Resonance**

(60 mins / THB 2,200)

The treatment is designed to decongest, rebalance and protect reactive skin that is subject to redness, couperose and fragile capillaries; suitable for delicate and sensitive skin.

### **Active Pureness Rebalancing**

(60 mins / THB 2,200)

This deep-cleansing treatment renders the skin fresh and firm, and is ideal for oily and impure skin as well as other delicate skin conditions.

### **Glorious Skin**

(60 mins / THB 2,200)

This treatment helps to reduce fine wrinkles, expression lines and sagging skin, and enhances youthful vitality.

### **Alphatherapy Collagen**

(90 mins / THB 3,200)

Designed to combat skin aging, this intensive treatment resurfaces, revitalizes and hydrates the skin, while stimulating circulatory and cellular activity.

### **Men's Facials**

(60 mins / THB 2,200)

Men can choose from two treatments, one to remove impurities and rebalance excessive oily sebum production, and another to reduce wrinkles, expression lines and sagging skin, and enhance skin tightness and tone.

## Packages

### **Magic Touch**

(135 mins / THB 4,400)

This indulgent session includes a series of body-pampering treatments. It begins with a grape-seed body cleanser to exfoliate and smooth the skin; is followed by a relaxing full-body massage with aromatic oil, an express facial treatment to rejuvenate the skin; and concludes with a relaxing 15-minute scalp massage.

### **Jet Lag Recovery**

(135 mins / THB 3,900)

We begin with the application of an innovative formula of crushed-grape polish, containing fine particles of grape seeds and walnut shell, to gently remove dead cells while stimulating circulation and eliminating cellular waste, leaving the skin soft and radiant. This is followed by a full-body oil massage to enrich the skin, while a specially formulated leg cream is applied to rejuvenate tired legs and our proprietary 'in-house' massage technique enhances your lymphatic flow to rebalance you from within. The treatment is concluded with a relaxing 15-minute scalp massage



## lebua Wellness

Fitness Center on the M Floor

- Treatments are available daily from 11am to 9pm. For more information, please contact the Fitness Center by dialing "80".
- Appointments cancelled with less than two hours' notice will incur a cancellation fee of 50% of the reserved treatment cost.
- Prices are in Thai baht and subject to 10% service charge and applicable tax.
- Prices and menus are subject to change without notice.



1055 Silom Rd., Bangrak, Bangkok, Thailand 10500

T: +66 (0) 2624 9999 F: +66 (0) 2624 9998

[www.lebua.com](http://www.lebua.com)