



Spa Menu



Jasmine hill resort & spa Chiangmai



Traditional Thai Massage

Traditional Thai massage is an ancient healing system that combines broad and targeted acupressure, stimulation and manipulation of energy lines called “sen”, and assisted yoga postures. Treatment effects are enhanced when the patient is fully relaxed and breathing deeply. This traditional healing practice, called nuad or nuad boran in the Thai language, stands in sharp contrast to western massage therapies.

300.- THB/30 min

500.- THB/60 min





Herbal ball steam massage

- For the Thai Massage with Hot Herbal Compress or Herbal Ball, after the massage, a warm pouch of steamed Thai herbs is pressed against the body meridians. This type of herbs is said to be particularly good for sore muscle, aches, increase blood circulation, and toning the skin



650.- THB/60 min



Tok-Sen massage

Tok-Sen massage use special wooden tools, body and sound vibrations to unblock energy in various areas throughout the body. Tok-sen developed about 5,000 year ago. At approximately the same time as acupuncture was developed in China. Thai ancient treatment improves the body's energy flow and relieves chronic muscle pain. The country folk of Northern Thailand still use this massage therapy to relieve sore muscles after working hard all day.



700.- THB/60 min



Aromatherapy oil massage

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



800.- THB/60 min



Head, shoulder, back massage

Spending days hunched over a computer, behind a driving wheel, or simply sitting with a bad posture, puts a lot of pressure in the neck and shoulder, resulting in stiff shoulders, lack of flexibility in the neck and headaches. The therapist will work from your upper back up to the top of your head. It helps relieve headaches by stimulating the nerves on your scalp and the blood circulation within your head. You will feel relaxed and re-energized.



300.- THB/30 min
500.- THB/60 min



Thai Foot massage

- Thai Foot Massage is great for tired feet, improving circulation and lymph movement in the feet and lower legs, and improving flexibility. If you have tried reflexology, you will also enjoy this fabulous treatment



300.- THB/30 min
500.- THB/60 min



Facial Relaxation

- Facial Relaxation cleanses and improves the complexion of the face include gentle exfoliation, application of facial mask and moisturizer, and a facial massage.



600.- THB/60 min



Thai Herbal Steam Sauna

- Thai Herbal Steam Sauna is a treatment which uses steaming with herbs. It is believed to soften the skin, helps cleanse body impurities and relax the muscles usually followed by a cold plunge or shower.



400.- THB/30 min



Body scrub

- Body Scrub exfoliates the dead skin cells using various combination of sea salt, 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.



500.- THB/60 min



Milk flora bath

- Milk Floral Bath, a different treat of spoiling your day which is soaking or cleansing the body in the water that is typically infused with milk, flowers, minerals or essential oils. Promotes total relaxation and improves muscle tone.



500.- THB/45 min