

# vava

SPA

The word spa is derived from the Latin word Solus per aqua which means health through water. Salons offer hydrotherapy treatments that help the body relax and put you in a better mood. Hydrotherapy is the use of water to revitalize, maintain and restore health. Hydrotherapy treatments available in most local spas include steam bath and milk bath. A massage can not only feel incredible, it can also provide amazing health benefits. To receive proper health benefits you should go to a professionally licensed massage therapist. When done properly, massage treatments can reduce stress, ease tension, relieve aches and pains, improve circulation, strengthen connective tissues, improve mental alertness, promote more restful sleep and strengthen the immune system.

There are many types of massages including. When looking to get a professional massage there are guidelines you should follow that will help put you at ease.



by Tolani



# vana

SPA



Sumptuously spacious and calming, the spa facilities include relaxing indoor foot massage room and treatment suites equipped with private steam bath. Adopting a comprehensive approach to physical and mental well-being, our spa journeys place special emphasis on traditional Thai treatments and indulgent massages to transport you to a new level of relaxation.

For further information and to make a reservation please contact our Spa.

Hours: Daily from 10.00 a.m. to 8.00 p.m.

