

U Spa

U Spa is the place to go for a true Lanna hospitality. Embracing in the middle of Chiang Mai old town, U spa has recently added a pure gold therapy, helps restore skin luminosity and brings the skin to a new energy level by using nourishing, revitalizing and rejuvenating by pure gold. It's here you'll find a treatment unlike any other: where you experience a Lanna authenticity & Lanna spirit.

Our massage therapies embrace the most effective Asian & European style of massage, including Swedish and Thai strokes. Our healing hands combined with northern aromatic oils loosen tight muscles, improve circulation, soothe the mind, nurture the spirit and promote a sense of well being. Feel your muscles being kneaded and the tension seep away, to the point of feeling completely relaxed and carefree.

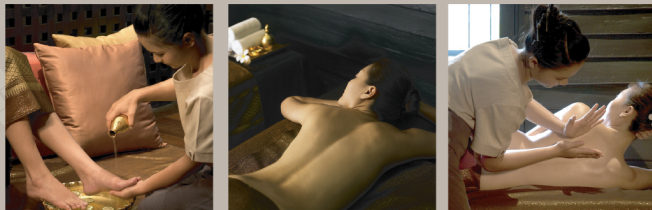
U Spa Signature Massage

• U MIRACLE MASSAGE

60 MINUTES / THB 2,000.-

90 MINUTES / THB 2,600.-

U Miracle Massage perfectly combines the significant U Miracle Massage and Lanna Massage techniques, enriched with pure gold, natural herbs and flower extracts from our northern region, including Ka Sa Long and Poo Loei, and complemented with nourishing aromatherapy oils. This revolutionary combination revitalizes the skin, giving it an amazing glow. This particular massage therapy will help restore skin luminosity and brings the skin to a new energy level by using nourishing, revitalizing and rejuvenating techniques. The treatment also significantly releases muscle tension and relieves pain.



U Spa



U SPA ETIQUETTE

TIMINGS

U SPA is open from 10:00 a.m. to 10.00 p.m. Advanced booking is required to secure your preferred date and time of treatment. Reservations can be made by dial internal line: 120

ARRIVAL TIME

Please arrive 20 minutes prior to your scheduled appointment. If it is your first time at U Spa, we will require you to fill out a consultation form.

LATE ARRIVAL

Please note that as a courtesy to all our guests, a prompt appointment schedule is adhered to. Should you arrive late for your scheduled appointment, your treatment time may be shortened or rescheduled so the next guest will not be inconvenienced.

CANCELLATION POLICY

If you would like to reschedule or cancel your booking, you can do so at any time giving us a 24 hours notice. Please call our Spa reception who will be happy to reschedule your appointment.

Any cancellation made less than 4 hours notice will be imposed a 50% for cancellation fee.

PREPARING FOR YOUR TREATMENT

We recommend men to shave a few hours prior to a facial treatment to allow better absorption of the products applied. Please avoid shaving one day prior to body scrubs. Drink water before and after the therapies.

Guests with high blood pressure, heart conditions, pregnant or have any medical complications are advised to consult their doctors before signing up for any Spa treatments.

VALUABLES

You are advised to leave your valuables at the room as the Spa cannot assume responsibility for any missing items.

To preserve the harmony and peacefulness within the Spa we kindly request you to turn off you mobile phone.

We also advise you that smoking is not permitted in our Spa.

Guests under the age of 16 years are not permitted within the Spa premises, unless accompanied by an adult.

Although we do our best to anticipate your needs, we realize that Spa is a very individual experience. Please let your therapist know if there is any way that she can improve your treatment or comfort at all times.



CHIANG MAI

MASSAGE

● CLASSICAL SWEDISH MASSAGE

60 MINUTES / THB 1,700.-
90 MINUTES / THB 2,500.-

This ultra - effective, Swedish massage technique, which will be beneficial to all skin types, uses the deft touch of fingertips and palms to stimulate the muscular system and radically enhances blood circulation. The application of aromatic Thai herbal oils will also aid skin regeneration, leaving it with a healthy glow and restore its natural PH balance.

● ROYAL SIAM MASSAGE

60 MINUTES / THB 1,000.-
90 MINUTES / THB 1,400.-

More than a hundred years old, the Royal Siam Massage has been a favorite treatment of the Thai (previously Siamese) Royal Families through the ages to alleviate aches, pains and tiredness. The Royal Siam Massage utilizes specific techniques to both stretch the muscular system and ease tension by concentrating on the muscles of the whole body to restore the balance of the entire body, relieve muscle tension, stimulate blood circulation, and revitalize the mind and thus improve overall energy flow.

● LANNA THAI HERBAL HEAT COMPRESS

60 MINUTES / THB 1,700.-
90 MINUTES / THB 2,000.-

An original, ancient Thai traditional therapy that uses a combination of fresh and dried herbs and spices grown in Northern Lanna. A steamed Thai herbal bolus is meticulously created and applied to the pressure points of the whole body to relieve sore and exhausted muscles and to stimulate blood circulation, leaving you completely revitalized.

● BATUKA MASSAGE

60 MINUTES / THB 1,400.-
90 MINUTES / THB 1,700.-

This Massage concentrates on the feet, focusing on pressure points on the soles as well as the legs to relief of stress and tension, helps to improve circulation and fosters a restoration of the body's natural state of equilibrium.

BODY SCRUB

Glow with radiance after these exfoliating treatments! Using only natural Thai herbal products that are gentle on your skin, our Body Scrubs not only cleanse but moisturize and heal as well.

● Ginger Body Cleanser

(For all skin types) 60 MINUTES / THB 1,500.-
Revitalize you skin with a combination of Thai herbs and the extracts of ginger, tamarind and cucumber, enriched with jojoba oil to deep-cleanse and rejuvenate the skin cells to impart a whole new radiance to your skin.

BODY WRAP

The traditional Lanna method uses a wide variety of herbs mixed with the flowers - the special extract is full of valuable vitamins that leave you with soft-as-silk skin.

● LANNA CLAY HERBAL MASK

(For oily skin) 60 MINUTES / THB 1,500.-
Nourish the skin by using the ancient methods of Lanna folklore. This traditional Lanna therapy applies white mud and Lanna herbs to deep-cleanse, remove excess oil, balance and detoxify the skin. Keep your skin feeling marvelously clean, tender and smooth to reveal a new, younger you. During the treatment, a special technique of head & face massage will deliver to generate energy flow and relieve stress.

FACIAL

Our complete ranges of facial treatments are designed for both men and women. Treat yourself to one of our nourishing facial treatments!

● CLASSIC CLEANSING FACIAL

60 MINUTES / THB 1,800.-
This facial is rich on natural enzymes of Thai flowers that can peel away dead skin, antioxidant vitamins to protect and treat the cells from environmental, pollutants natural oils for deep nourishment. We use only natural ingredient with no harmful preservative or additives. There are three options for different skin type, relying on natural's life-force to restore the equilibrium and deliver a vitamin and mineral burst to your skin. This treatment includes a luxurious hand, arm, and head massage.

Hydra-Sensation

This facial uses special products for dry, sensitive or sun-burnt skin to provide deep hydration, helping to generate new cell growth.

Absolute Vitalizing

For normal skin. A refreshing cleansing treatment using natural product to exfoliate and remove impurities and dead skin, to reveal a glowing complexion.

Balancing Condition

Suitable for oily skin. This will gently cleanse and moisturize the skin to restore the skin's natural balance.

HERBAL STEAM

Escape the time of time immerse yourself in one of our exquisitely treatment!

● LANNA REJUVENATION HERBAL STEAM

30 MINUTES / THB 700.-
Release your tension and muscle with our Lanna Herbal Steam, which use Thai's herbal in the northern parts of Thailand, inhaled steam vapor - made from a combination of variety of fresh herbs boiled in water to stimulate blood circulation, relieve muscle stress, treat skin ailments, and respiratory problems.