



## Welcome to Spa Burasari!

The Burasari, a most delicate and yet potent flower, both unique and effective is the inspiration behind the treatments at the Spa Burasari.

Enter our haven from the hustle and bustle surrounding and you will be enriched with a feeling of serenity and a blend of Eastern meets Western cultures. We have created a menu of treatments to provide life enhancing experiences. Our alternative healing rituals and detoxification packages are just a taste of what we offer world weary travelers or those in need of time simply to reflect and unwind.

A haven for individuals and couples, we have treatments to suit each of your needs.

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## THE BURASARI PURIFICATION RITUAL

Water elements, singing bowls and herbal cleansing rituals help you get in the right mindframe and connect with the spa environment. This two-part ritual prepares the mind and body before and after the treatment. It is complimentary with all spa packages and wet treatments.

### Pre-Treatment

#### Initiate

Begin with a foot bath soaked in warm water infused with mint, citrus leaf powder, fresh kaffir lime and a natural salt scrub. Our foot ritual cleanses, improves your blood circulation and prepares you for your treatment.

#### Harmonize (Singing Bowl)

The Tibetan singing bowl ritual taps into the vibrations of your circulatory system and restores the body and mind's natural rhythms.

### Post-Treatment

#### Rest

Take a few moments to restore the mind as you rest after your treatment, taking in all the benefits to your body, mind and spirit.

#### Replenish

Sip on our specially-created tea and tonics that seal the treatment and prepare you to step back into the world!

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## Our Coconut Massage Oil and Cream

Coconut oil is gifted with a lot of anti-oxidants that can keep you looking young even in your seventies! These anti-oxidants do not let the skin wrinkle and also protects it from other adverse effects of ageing. Coconut oil is also rich in Vitamin E, your skin's best friend. It keeps your skin rejuvenated, young and healthy!

Coconut oil has been in use as massage oil for centuries, more so, in Coastal areas of India and Indian Subcontinent. You will find many people who show gleaming, smooth and beautiful skin even after they are sixties! These are those who were massaged with Coconut Oil in their childhood!

*We hope you enjoy your treatment!*

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## Burasari Signature Treatments

*"Too much of a good thing can be wonderful" Mae West*

These treatments have been specially developed for Spa Burasari to cater to a variety of needs. They will leave you desiring for more!

### **Burasari Signature Massage**

90 minute session (60 minute treatment time)

KIP 1,150,000

120 minute session (90 minute treatment time)

KIP 1,610,000

Designed exclusively for Spa Burasari, this transformative oil massage will deeply relax muscle tension, detoxify the body and rejuvenate the mind. This therapy incorporates the fluid Swedish movements, the toning stretches of Thai massage whilst forearms and hands are used to include Lomi Lomi and pressure on acupuncture points.

### **Detox Massage**

90 minute session (60 minute treatment time)

KIP 1,150,000

120 minute session (90 minute treatment time)

KIP 1,610,000

A slower and more focused flow massage technique that concentrates on opening up the body's smallest blood vessels, resulting in more abundant blood circulation throughout the body and internal organs. This special massage technique increases the flow of the entire lymphatic system. It is one of the most relaxing massage experiences created.

### **Healing Moon Hot Stone Therapy**

120 minutes session (90 minutes treatment time)

KIP 1,725,000

An ancient traditional therapy which combines oil massage with warm lava rocks to melt away the tension in your body, easing muscle pains, aches and stiffness. A relaxing and stress releasing treatment.

### **Natural Facial with Tui Na Facial Massage**

80 minutes session (70 minutes treatment time)

KIP 920,000

Indulge in our natural facial using mother nature's bounty of earths produce. An utterly relaxing massage which stimulates the blood circulation in the face. Therapists will massage over 20 acupuncture points on the face with follow the body meridians.

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## Body Therapies

*"Give your worries wings and let them fly away."*

All our body treatments commence with our 30 minute "Signature Purification Ritual" developed to improve blood circulation and prepare you for your treatment.

### Deep Tissue Massage

90 minutes session (60 minutes treatment time)  
120 minutes session (90 minutes treatment time)

KIP 1,150,000  
KIP 1,610,000

A massage technique that focuses on the deeper layers of muscle tissues and releases the chronic muscle tension through Tui Na strokes, focusing on more specific areas. This is recommended for those who experience consistent pain or those who have exercised strenuously. You may experience some soreness during or right after the massage. However, you should feel better than ever within a day or two! Because many toxins are released during the treatment, it is important to drink plenty of water to help eliminate these toxins from the body.

### Rice Force Massage

60 minutes session (30 minutes treatment time)  
90 minutes session (60 minutes treatment time)  
120 minutes session (90 minutes treatment time)

KIP 920,000  
KIP 1,150,000  
KIP 1,610,000

The ancient Japanese RICE FORCE Massage therapy is excellent for rejuvenating your body and achieving relief from muscle pains. Using the principles of acupuncture, thus aiming to stimulate blood circulation and balance the body energies. The pressure stimulates blood circulation and therefore restores the energy flow and activates the self-healing powers of the body. It brings relaxation and a feeling of well-being to both the spirit and mind.

### Back, Shoulder, Neck Massage with Ginger Zinger

90 minutes session (60 minutes treatment time)

KIP 1,150,000

Tension is released from your shoulders, neck, lower back and spine areas as smooth, long strokes and thumb and palm pressure are used in this massage. This intensive treatment is complete with a warm ginger wrap. You will feel a slight burning sensation on your back as your blood circulation increases. Now you will be walking with a renewed energy ready to take on the world!

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## Body Therapies

*"Give your worries wings and let them fly away."*

All our body treatments commence with our 30 minute "Signature Purification Ritual" developed to improve blood circulation and prepare you for your treatment.

### **Back, Shoulder, Neck Massage**

**90 minutes session (60 minutes treatment time)**

**KIP 1,150,000**

Our expert therapists use long strokes and just the right amount of thumb and palm pressure to release tension from your shoulders, neck, lower back and spine. For extra relief, we can apply natural muscle balm to ease tension. Your shoulders, back and neck will feel light, renewed and flexible -- and ready to take on the world!

### **Body Scrub (Coconut & Rice scrub)**

**90 minutes session (60 minutes treatment time)**

**KIP 1,035,000**

Exfoliate and refresh your skin for a smooth and soothing glow. Spa Burasari's organic body scrub features our private label body scrub, a blend of fine rich, emollient coconut oil, fine rice, gently applied over the entire body, the scrub peels away dead skin. We follow up with an application of our signature Coconut oil and cream mixture, rich in vitamins and nutrients, leaving your skin incredibly soft, refreshed, healthy and absolutely glowing.

### **Rice Force Exfoliation**

**90 minutes session (60 minutes treatment time)**

**KIP 1,035,000**

This highly effective body treatment uses mix of ground rice and Japanese green tea powder to exfoliate, purify and re-mineralize the skin.

Researchers have discovered that the antioxidants contained within the green tea and rice have powerful anti aging and regenerating properties. This exfoliating and nourishing treatment will leave your skin glowing, rejuvenated and replenished.

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## Alternative Healing Massages

Applying Yin and Yang as two opposing states, Chinese medicine defines healthy as the equilibrium between the two. Utilizing the concept of "vital energy" or Qi which flows throughout the body on invisible pathways called meridians. These alternative healing therapies are both transformative and healing.

All "Alternative Healing Therapies" treatments begin with a 10-minute traditional "Foot Cleansing and Massage" ritual. Hot water is used to increase blood circulation which aids in muscle relaxation.

### Thai Herbal Compress Massage

90 minutes session (80 minutes treatment time)

KIP 1,035,000

A blend of Thailand's finest therapeutic herbs and spices are steamed and massaged into the body to release tension, delivering deep muscle relaxation and ensuring long lasting fatigue relief. This, combined with the Thai stretching massage technique, is sure to stimulate energy and treat stiffness in aching joints.

### Traditional Thai Massage

60 minutes session (50 minutes treatment time)

KIP 805,000

120 minutes session (110 minutes treatment time)

KIP 1,380,000

A blend of assisted stretching and acupressure compressions along the body's energy pathways leaves you remarkably relaxed yet energized. You will be placed in the able hands of our Thai therapists who have been immersed in this traditional method of healing for centuries.

### Lao Massage

60 minutes session (50 minutes treatment time)

KIP 805,000

Traditional Lao acupressure is applied to specific points along the body's meridian lines to release muscle tension and a gentle series of stretches opens the body to enhance mobility while deep pressure point stimulation eases tension.

### Reflexology

60 minutes treatment (50 minutes treatment time)

KIP 805,000

A powerful and effective healing art based on century old principles that the feet are the "mirror" of the body. Working on specific points of the feet, signals are sent to benefit the body organs. A head to toe sensation of balance and health will radiate from your entire being when your feet return to earth.

### Reflexology with Ginger Zinger

75 minutes session (65 minutes treatment time)

KIP 920,000

Exclusively developed for the weary traveler who has just arrived, or is just leaving and of course, the fatigued shopper. An intensive treatment commencing with a reflexology session followed by a warm spice wrap to draw out the toxins from tired legs. You will feel a slight burning sensation in your legs as the blood circulates throughout. Now you will be walking out with a renewed boost!

*"Those who have health have hope, those who have hope have everything."*

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## Burasari Spa Packages

*"Treatments to Revive Your Body, Mind and Spirit."*

Calm your mind and draw in the serenity of your surroundings. Drift away on a cloud of contentment as our therapists work wonders. All our spa packages include our signature 30-minute purification process and are complete with a light refreshment.

### **Buralicious ... Indulge your senses!**

**210 minutes session (180 minutes treatment time)**

**KIP 2,415,000**

Luxuriating bath with hair cream massage and specially designed exfoliation scrub and then a Burasari Signature massage and follow a Natural Facial with Tui Na pressure point massage.

### **Truly Thai ... Enjoy all that is authentically Thai!**

**180 minutes session (150 minutes treatment time)**

**KIP 2,070,000**

This treatment begins with a herbal compress to ease all your tension, followed by our signature Thai Massage and head massage and follow by a soothing Thai natural facial treatment.

### **Renewal Package**

**150 minutes session (120 minutes treatment time)**

**KIP 2,070,000**

Truly the first step in the detoxification process, it begins with a gentle full body exfoliation to prepare the body for the benefits and changes it will undergo during its transformation. With a gentle healing body massage, you are truly on your way to a new and improved you. And follow by face and feet massage.

### **Purification Body Polish with Healing Massage**

**150 minutes session (120 minutes treatment time)**

**KIP 2,070,000**

Luxuriating bath with hair cream massage and specially a gentle full body exfoliation to prepare the body for the benefits and changes it will undergo during its transformation. With a gentle healing body massage, you are truly on your way to a new and improved you.

*Treatment should not be taken directly after meals and we recommend you do not eat for an hour after the treatment.*

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## Burakids Spa Treats

*These Spa treatments have been specially created with young children in mind.*

### **Burakids Massage**

**45 minute treatment time**

**KIP 460,000**

Designed for you to take a break from playing hard and come in and enjoy a gentle relaxing massage

### **Burakids "Happy Feet"**

**30 minute treatment time**

**KIP 345,000**

Turn those tired feet to happy feet with a fun foot rub. Begin with a footbath, Rub-A-Dub-Dub two little happy feet in the tub!!

Children must be over the age of 12 and all treatments must be accompanied by an adult.

## Nail Care Service

### **Manicure**

**60 minute treatment time**

**KIP 575,000**

Your nails are one of the first things noticed and grooming for them is a must. Enjoy a manicure with the best of products.

### **Pedicure**

**60 minute treatment time**

**KIP 575,000**

Often neglected feet need pampering too and your nails need that special treat.

### **Combined Manicure & Pedicure**

**90 minute treatment time**

**KIP 920,000**

*Why not enjoy both at the same time and step out looking your best!*

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## Spa Etiquette

We would like you to enjoy your spa experience and to help you in this indulgence, below are some of the most frequently asked questions:

### What should I wear?

We will provide you with a robe, slippers and disposable underwear. Please leave your valuables in your room safe.

### Smoking and mobile phones

Please refrain from smoking in the spa and to ensure you and other guests enjoy the tranquility, kindly switch off your mobile phone and other electronic devices.

### Treatment concerns

Your spa experience is all about you. Please feel free to ask the therapist to adjust the pressure of the massage. We recommend you refrain from drinking alcoholic beverages prior to any treatments and that you have a meal at least one hour prior to treatments.

### What products will be used?

We pride ourselves in using the most natural and purest of ingredients. We use only all-natural coconut massage oil in all our treatments. Our body scrub is formulated specially for Burasari Spa. It is made from 100% natural ingredients.

### Why Coconut massage oil?

Coconut oil is gifted with a lot of anti-oxidants that can keep you looking young even in your seventies! These anti-oxidants do not let the skin wrinkle and also protect it from other adverse effects of ageing. Coconut oil is also rich in Vitamin-E, your skin's best friend. It keeps your skin rejuvenated, young and healthy!

Coconut oil has been in use as massage oil for centuries, more so, in Coastal areas of India and Indian Subcontinent. You will find many people who show gleaming, smooth and beautiful skin even after their sixties. They are those people who were massaged with Coconut Oil in their childhood!

### Late arrival

Please arrive 10 minutes before your scheduled appointment, as late arrival may result in a shorter treatment.

### Cancellation policy

A-4hour notice is required for rescheduling and or cancelling an appointment. Failure to do so will result in a 50% charge of the treatment cost.

*We hope you enjoy your treatment*

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