

COMBINED TREATMENTS

A combination of our treatments to make your S'Thai visit a wonderful trip through the senses.

Tradición Indonesa

Feet Scrub **S**
Asian Points **M**
⌚ 60' **105€**

Java Oriental

Reflexology **M**
Choose between:
Traditional Swedish Massage **S**
Trad. Balinese Massage **M**
Trad. Thai Massage **F**
Trad. Shiatsu Massage **F**
⌚ 90' **130€**

Edén de Sumbawa

Traditional Body Scrub **S**
Choose between:
Traditional Swedish Massage **S**
Trad. Balinese Massage **M**
Trad. Thai Massage **F**
Trad. Shiatsu Massage **F**
⌚ 120' **150€**

Mágico Damai

Facial Treatment **S**
Traditional Body Scrub **S**
Aromatherapy **S**
⌚ 150' **210€**

Maravillas de Sanur

Facial Treatment **S**
Reflexology **M**
Sarawak Pepper Body Treatment **S**
⌚ 180' **235€**

Papua Imperial

Feet Scrub **S**
Reflexology **M**
Traditional Body Scrub **S**
S'Thai Massage **M**
Full Facial Treatment **S**
⌚ 270' **475€**

S'THAI

ART - TRADITION - SPA

TREATMENTS AND MESSAGES

Colón de Larreátegui, 41 - 48009 Bilbao, Vizcaya - www.sthai.es

Reservations: 944 247 772



BODY MASSAGE

Traditional Swedish Massage **S**

Developed in Sweden in 1830 by Henrik Link, an expert in anatomy and physiology, this technique became highly popular worldwide thanks to its multiple beneficial effects like blood circulation improvement, skin tissue muscle-building and deep muscular relaxation, all combined with the use of almond oil to soften the skin.

⌚ 60' **85€** ⌚ 90' **110€** ⌚ 120' **140€**

Traditional Balinese Massage **M**

This massage's origins are found its origins in the combination of Ayurvedic medicine from India and Chinese medicine. Its speciality is blending relaxation, release and toning, as much for the skin as for the body's muscles, by using the thumbs, hands and forearms to apply pressure and make nimble movements.

⌚ 60' **85€** ⌚ 90' **110€** ⌚ 120' **140€**

Traditional Thai Massage **F**

A tradition whose origins are found in India, from the time of Buddha, 2500 years ago. A massage that combines pressure and stretching movements similar to those of yoga. It activates the energy channels benefiting circulation, toxin elimination and flexibility, providing lightness and wellbeing.

⌚ 60' **85€** ⌚ 90' **110€** ⌚ 120' **140€**

Traditional Shiatsu Massage **F**

Old Japanese therapy from the early XIX century whose benefits are based on the right channeling of the vital energy, named Chi, through pressure with the fingers and hands, improving the general state of our organism while balancing our nervous, respiratory and digestive systems.

⌚ 60' **85€** ⌚ 90' **110€** ⌚ 120' **140€**

Asian Points **M**

Massage used to rebalance the part of the body that needs it most to alleviate pain in specific sensitive areas like the head, neck, legs or lower back. A massage that will get your body balanced.

⌚ 30' **60€** ⌚ 60' **85€**

RECOMMENDATIONS

- In order to **respect** all users we ask for your cooperation to keep a peaceful atmosphere, keeping tone of voice down when possible and turning your **phone on silent mode**.
- **Children** will be able to enjoy our treatments if they are accompanied by an adult.
- It is necessary to get to S'Thai 15 minutes before your treatment in order not to incur in any delays for the following clients. In the case of arrival 15 minutes after your **appointment** you will lose the right to do it.
- In the case of **pregnancy**, it is convenient to know that in most of our treatments we use essential oils. Some massages or treatments are not recommended during the first three months.
- In the case of **allergies** or any other health problems we recommend you ask your doctor previously to fully enjoy any of our treatments. Moreover, we ask you to inform us of any injury you may have.
- We advise to not book any treatments after a heavy **meal**.
- Depending on the treatment chosen, the **clothing** needed may vary, for both men and women. S'Thai will freely offer the clothes needed for each option.
- All prices include **VAT**.
- **Tips** are not mandatory but, due to a strong tradition in Asia, our staff is allowed to accept them.
- **Gift vouchers** allow for **changes** but not refunds.

S Soft-relaxing intensity

M Medium-balanced intensity

F Strong-therapeutic intensity

Dry massage

Oil massage

SPECIAL TREATMENTS

S'Thai Massage **M**

Our top massage using four hands features the best of eastern techniques, with the up-most synchronization of our trained therapists; aromatherapy, lymphatic drainage and stimulation of the acupressure points. A real luxury to achieve a relaxed body and mind in the most special way.

🕒 90' **210€**

Traditional Tibetan CHI Massage **S**

It was Tibetan doctors from the VII century b.c. that developed the integral medicine concept (body, mind, soul and ecosystem). This massage works the most subtle and deep layer the body has, the energetic layer. Thus, it is indicated for emotional saturation (stress, anxiety and insomnia). It consists of rebalancing the 5 elements in which Chinese medicine is based : water, fire, wood, metal and earth; reaching a state of absolute relaxation, combined with the vibrations from the sound of Tibetan bowls that will transport you to a world of relaxation and wellbeing.

🕒 90' **125€**

Aromatherapy **S**

This treatment consists of the use of essential oils, with all their health benefits. Lymphatic drainage and anti-cellulite, muscular pain, relaxation and revitalizing, are our proposals to reduce stress, renovate emotionally and revitalize the energy.

🕒 60' **90€** 🕒 90' **120€** 🕒 120' **145€**

Hot Stone Massage **S**

This therapy is attributed with an incredible power for relaxation thanks to its properties. For the massage Volcanic stones are used warmed up at 49° and put on the chakras. The warmth of the stones provides the body a state of relaxation while alleviating muscular pain.

🕒 90' **120€**

Traditional Bamboo Cane Massage **F**

Therapy originated in Japan that stimulates the body's muscles and the nervous system through the firm contact of the bamboo applied to each body area fighting fatigue, achieving muscular relaxation, body remodeling and energetic balance stimulation.

🕒 60' **90€** 🕒 90' **120€** 🕒 120' **145€**

FEET TREATMENTS

Reflexology **M**

Traditional therapeutic Chinese technique based on using the pressure to rebalance the different body parts, to which they are intertwined.

🕒 30' **60€** 🕒 60' **80€**

Feet Scrub **S**

Treatment designed for foot care, weary from daily activity. It consists of exfoliation, moisturizing, skin mask and soft massage.

🕒 30' **55€**

BEAUTY

BODY TREATMENTS

Herbal Ball **M**

For this massage we need a mix of nicely steamed herbs and spices to be applied on the skin. Combining heat and pressure releases their healing and calming properties. Through this technique we obtain muscular relaxation and dilation of blood vessels. Its draining effect is also one of its innumerable benefits.

🕒 90' **110€**

Traditional Body Scrub **S**

This exfoliating treatment applied to dry skin aims to eliminate dead cells and promote cellular renovation. Our therapists prepare the exfoliant with natural products to get a softer, smoother and more toned skin in the most traditional way.

🕒 60' **80€**

Sarawak Pepper Body Treatment **S**

Sarawak pepper, native to Malasya, is our top raw material in this treatment where exfoliation is combined with a wrapping to facilitate toxin elimination. The ending is a massage given with a pepper essential oil achieving body purification while relaxing the muscular tension.

🕒 120' **135€**

FACIAL TREATMENTS

Facial Treatment **S**

Beauty treatment combining facial cleaning, exfoliation and moisturizing, all accompanied by a soft massage to relax the facial muscles.

🕒 30' **60€**

Full Facial Treatment **S**

With this treatment we manage to complement the facial treatment using a mask, with a rose powder and natural products, base resulting in a cleansing, exfoliation and moisturizing, which is perfect for the skin.

🕒 60' **95€**