

Khaolak Merlin Resort Merlin Spa

Body Massage

Traditional Thai Massage

Thai Massage is a thousand-year old massage technique, originating in Northern India. The technique is a combination of yoga-stretches, muscle massage, and stimulation of meridians by the use of acupressure points and manipulation of the joints.

Aromatic Massage

A relaxing and calming massage with a medium pressure. Using the oils that release their therapeutic properties into the skin.

Plai :A natural moisturizer from the ginger family that relieves muscular ache and pain.

Lemongrass :Help purify, stimulate and refresh the mind and effective against headaches.

Ylang Ylang :A soft floral fragrance. Good for nervous and stress and depress people.

Reflexology

Using the feet as a map of the whole body so that by stimulating a particular point on the foot. The thumbs are normally used, although fingers may be more useful in some places. Stretching and loosening the feet will in itself improve local circulation and help general relaxation.

Tropical Blend

The combination of soothing aromatic oils and gentle kneading and stretching. This massage is effective in relieving tension, aches and pains.

Thai Herbal Heat Energizer

The combination of Traditional Thai Massage, Aromatic Massage and traditional hot Thai Massage. The balancing poultice opens the pores and brings a deep medicinal heat to the muscles to release tensions and revitalize your body and mind.

Shiatsu

“Shi” and “atsu” meaning “finger pressure” is the Japanese equivalent of acupressure. It involves deep breathing the rotating and stretching of joints and manipulating of pressure points, (which lie along the meridians of the body) to ensure the energy (qi or chi), circulates along the body’s channels (meridians).

Sports Massage

A variation of Swedish massage, it specifically treats sports injuries. Slow and through, the therapist uses superficial strokes to identify problem areas and overworked muscles.

Head & Shoulder

Indian and Thai traditional combination therapy. Uses of Lemongrass essential oil to release nervous of mind stress, healing pain, improve health hair and live complexion.

Facial Treatments

Traditional Herbal Facial

Traditional Thai spices with clay provide a deep cleansing of all skin types.

Aloe & Lavender Facial

Aloe Vera is very healing when applied tropically, beneficial for sunburn and dry skin

Honey & Cucumber Facial

Honey is a great cleanser as well as a nourishes and healer. While cucumbers contain elements that may prevent wrinkles. They close pore and are cleansing and refreshing.

Body Scrubs

Healing Honey Scrub

Honey has been used for centuries by beauty – conscious women as a natural cosmetic. It is a natural skin softener.

Tropical Body Scrub

This scrub is redolent with fresh fruit and has a touch of natural for cleansing. The scent of the fruits will whisk you of to a steamy, sensual equatorial island.

Tamarind Polisher

The furit acid in tamarind and oats are highly cleansing and bran actually penetrates the pore of the skin removing deeply ingrained dirt and grease.

Body Wraps

Aloe & Lavender Body Wrap

Aloe Vera is well established in the treatment of many skin conditions, ranging from sunburn to dry skin. It also promotes wound healing, especially skin burns, and strengthens the immune system.

Tropical Paradise Wrap

Many Caribbean women use fresh fruit to keep their complexion clear and fresh in a hot tropical sun.

Traditional Thai Herb Wrap

A typical unique of lemongrass, plai and kaffir lime combined to improve and stimulate circulation and soften the skin.

The Merlin Spa Body Rituals

The Merlin Getaway

Healing Honey Scrub, Traditional Thai Herb Wrap and Aromatic Massage

The Merlin Retreat

Sauna, Thai Herbal Heat Energizer with reflexology

The Merlin Delight

Pon Klai;

Thai Herbal Steam, Spa Pool, Tamarind Polisher and Aromatic Massage

Sa Bai;

Thai Herbal Steam, Thai Massage and Traditional Thai Facial

Hai Nuey;

Spa pool, Healing Honey Scrub, Sport Massage, Honey and cucumber facial

The Royal Merlin

Spa pool, Tropical Body Scrub, Tropical Paradise Wrap and Tropical Blend with reflexology

The Merlin Sampler

Sauna, Aloe & Lavender Body Wrap, Aromatic Massage with reflexology and Aloe & Lavender Facial

Traditional Thai Retreat

Thai Herbal Steam

The combinations of Thai herb essence are diffused and mixed with steam, which is then make you sweat profusely, and so eliminate toxins from your system.

Sauna

Sweating it out in the sauna is one of the simplest and most effective ways to cleanse your body from within.

Spa pool

Stimulating muscles and circulation, give those muscles a well-deserved soak!