IN BALANCE
BY NOVOTEL

SPA MENU

水疗服务单



Body Release Massage 身体放松按摩

Massage is a treatment that uses different kinds of physical contact to relax, revive and heal the body. It is used to treat a wide range of emotional and physical health problems and is one of the most popular treatments on a spa menu.

按摩是一种采取不同种类的身体接触来放松、恢复和治愈身体的治疗方法。它被用于治疗各种情绪和身体健康问题，是水疗菜单上最受欢迎的治疗方法之一。

	Time 时间	Price 价钱
InBalance Signature Massage 平衡招牌按摩	60 / 90 / 120	1,900 / 2,700 / 3,100
Aromatherapy Massage 芳香按摩	60 / 90 / 120	1,900 / 2,700 / 3,100
Sports Massage 运动后按摩	60 / 90 / 120	2,100 / 2,900 / 3,300
Hot Stone Massage 热石按摩	90 / 120	3,100 / 3,600
Relaxing Foot Massage 脚松按摩	60 / 90	1,100 / 1,500
Traditional Thai Massage 泰式传统按摩	60 / 90 / 120	1,100 / 1,500 / 1,850
Thai Herbal Compress 泰式草药压缩	90 / 120	2,200 / 2,700
Indian Head Massage 印度头部按摩	60	1,500
De - Stress Back, Neck & Shoulder 背 脖 肩部减压	60	1,500

All prices are in Thai baht and inclusive of 10% service charge and 7% government tax

所有价格均以泰铢为单位，包括10%的服务费和7%的政府税

The Wellness Journey 健康之旅

Wellness treatments at a spa can be facials, body treatments or massages, as long as they feature one or more of the elements featured above, and that the aim is holistic rather than targeted.

水疗内的健康护理可以是面部、身体护理或按摩。只要具有其述一或多种元素，就能提供完美体验。

	Time 时间	Price 价钱
Siamese Pampering Treatment Thai Massage ·Herbal Compress Relaxing Foot Massage 暹罗呵护护理疗程 泰式按摩 草药敷布 放松脚部按摩	2 h	2,900
Good Bye Jet lag Aroma Massage · Indian Head Massage Foot Relaxing 告别时差感疗程，香氛按摩，印度头按摩， 脚部按摩	2 h 30	3,800
In Balance Signature Body Therapy Body scrub · Body Wrap · Signature Massage 平衡招牌身体疗程，身体磨砂膏，身体裹敷 特色按摩	2 h 30	4,800
De-stress Detoxifying Treatment Detoxifying Bath · Body Scrub · Aroma Massage Facial Treatment 减压排毒疗程，身体磨砂膏，香氛按摩，脸部按摩	3 h	5,500
Honeymoon Sweet / Couple Foot Bath· Body Scrub · Body Mask · Bath Aroma Massage· Mini Facial 蜜月甜蜜/情侣疗程，身体磨砂膏，身体裹敷， 香氛按摩，脸部按摩	3 h 30	6,200 / 1 person 9,800 / 2 persons



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Regenerate Skin Treatment 皮肤恢复治疗

Body scrubs and body wrap are a type of body care product used to help exfoliate your skin and nourishing.

身体磨砂膏及包裹物是一种身体护理产品，可用于帮助皮肤去角质和滋养

	Time 时间	Price 价钱
Jasmine Rice Scrub 茉莉米磨砂膏	60	1,500
Invigorating Coffee Scrub 活力咖啡豆	60	1,500
Rejuvenating Body Scrub 恢复磨砂膏	60	1,500
Green Clay Body Mask 绿泥身体磨砂膏，包裹	60	1,500

Pampering Facial Treatment 舒缓面部护理

A facial is a beautifying skin treatment that cleanses pores, exfoliates dead skin cells, hydrates and moisturizes the skin, and treats common skin concerns with a custom regime. Facial treatments are one of the most popular treatments for spa.

面部护理是一种美容皮肤护理，可清洁毛孔，去除死皮细胞，为皮肤补水保湿，并通过定制方案治疗常见的皮肤问题.

面部护理是最受欢迎的水疗护理之一。

	Time 时间	Price 价钱
Hydration Facial Treatment 补水面部护理	60	2,300
Classical Soothing Facial Treatment 经典舒缓面部护理	60	2,300
Anti-Wrinkle Facial Treatment 面部抗皱护理	60	3,200
Rejuvenating Facial for Men 男士面部嫩肤	60	2,300
Eye Lift Treatment 眼部提拉护理	40	1,500

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Additional Service Treatment 附加服务治疗

Kids Spa Specials 儿童专家

Children-Young- Adult (5-12 Years) 小朋友-年轻-成人 (5-12岁)

	Time 时间	Price 价钱
Mini Me Massage 米尼米按摩	30	1,000
Mini Me Facial 米尼米脸部	30	1,000

Bath & Jacuzzi 洗身及摩浴缸

Hydrotherapy is the use of water in the one of an original spa treatment to eliminate ease many kinds of illnesses. There are several techniques, including baths and Jacuzzi.

水疗是利用水中的一种独创水疗之疗法，以消除缓解多种疾病。有几种技术，包括洗身及按摩浴缸。

	Time 时间	Price 价钱
Relaxing Aromatic Milky Bath 舒缓芳香乳浴	30	800
Refreshing Mineral Foaming Bath 清新矿物泡沫浴	30	800
Detoxing Bath 排毒沐浴	30	800

*A bath can be booked as an individual or additional treatment.
浴缸单独预订或附加治疗皆可



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Enter a place of calm and serenity and embark on a personal wellness.

Discover relaxation and rejuvenation within a delightful at In Balance spa.

Wellness therapy, whether you would like to detox, relax, energize or simply recharge.

A truly rejuvenating stay with us is made complete by taking a little time.

To enjoy a healing spa therapy.

Relaxation, with a range of facial, massage and body treatment.

THE HEALING POWER OF PERSONAL BALANCE

进入一个宁静之地方，开始个人的健康
在平衡水疗，您可发现轻松与活力的喜爱
健康疗法，无论您想排毒、放松、精力或
简单充沛
只需与我们轻松一点时间便能全力恢复
享受疗愈水疗
放松，一系列面部、按摩和身体护理

个人平衡之疗愈力量

IN BALANCE
BY NOVOTEL

Novotel Bangkok IMPACT
94 Popular Road, Banmai, Pakkred District,
Nonthaburi 11120, Thailand
Tel: (66) 2 833 4888 ext. 4768 Fax: (66) 2 833 4889
email: H8059-TH@accor.com
www.novotelbangkokimpact.com

曼谷诺富特因帕特酒店
94 号泼普拉路，北革区，暖武里府，11120，泰国
电话：(66) 2 833 4888 ext. 4768 传真：(66) 2 833 4889
电子邮箱：H8059-TH@accor.com www.novotelbangkokimpact.com

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