

Spa Menu

Traditional Thai Massage

- 60 minutes 55,000 Kyats
- 90 minutes 65,000 Kyats
- 120 minutes 72,000 Kyats

Intense Massage

- 90 minutes 90,000 Kyats
- 120 minutes 100,000 Kyats

Myanmar Traditional Massage

- 60 minutes 55,000 Kyats
- 90 minutes 65,000 Kyats
- 120 minutes 72,000 Kyats

Thai Foot Massage

- 60 minutes 48,000 Kyats
- 90 minutes 59,000 Kyats
- 120 minutes 69,000 Kyats

Herbal Compress Chinese Foot Massage

- 120 minutes 90,000 Kyats

Swedish Relaxing Massage

- 60 minutes 85,000 Kyats
- 90 minutes 95,000 Kyats
- 120 minutes 105,000 Kyats

Aromatherapy Relaxing Massage

- 90 minutes 130,000 Kyats
- 120 minutes 150,000 Kyats

Signature Strong Oil Massage

- 60 minutes 85,000 Kyats
- 90 minutes 95,000 Kyats
- 120 minutes 105,000 Kyats



Hot Candle Oil Massage

- 90 minutes 150,000 Kyats
- 120 minutes 170,000 Kyats

Stress Relief Back, Shoulder & Head Massage
(velvet Shoulder Embrace)

- 60minutes 59,000 Kyats
- 90 minutes 67,000 Kyats

Body Scrub (Hydro sense)

- 60 minutes 87,000 Kyats ++

Body Spa (Hydro sense)

- 90 minutes 140,000 Kyats ++

Cupping Aroma Therapy

- 60 minutes 55,000Kyats



**HUSH
&
HEAL**
Wellness Spa



Add On

Thai Herbal Compress

- 30 minutes 55,000 Kyats
- 60 minutes 65,000 Kyats

Hot Stone

- 30 minutes 30,000 Kyats
- 60 minutes 45,000 Kyats

Jacuzzi

- Ice Bath.....30minutes..... 80,000 Kyats
- Red Wine30minutes..... 70,000 Kyats
- Detox30minutes..... 70,000 Kyats
- Milk Bath.....30minutes..... 70,000 Kyats

Sauna

- 30minutes 50,000Kyats

Vip Room



Couples Harmony Package – Romantic + Relaxing (Perfect for anniversary, honeymooner)

(3.5 hr)

648,000 Kyats ++

(For 2 Persons)

- Shea Butter Body Scrub and Warp
- Romantic Red Wine Soak
- Couples Swedish Relaxing Massage
- Rose petal + candle ambiance
- Dessert
- Couples gift
- Champagne (Optional)

Hush & Heal Spa Package

(2.5 hr)

498,000Kyats

(For 2 Persons)

- Floral Foot Bath
- Shea Butter Body Scrub
- Sauna
- Aromatherapy Relaxing Massage (Hot Stone added)
- Refreshments



Couples Retreat

(2 hr)

379,500Kyats

(For 2 Persons)

- Private couple's Sauna
- Shea Butter Body Scrub & Warp
- Refreshments

Classic Package



**HUSH
&
HEAL**
Wellness Spa

Lady Relax Package(2 hr).....152,000Kyats

- Salt Foot Scrub
- Swedish Relaxing Massage
- Aroma Head Oil Therapy
- Light Refreshments

Gentlemen Relax Package.....(2 hr)..... 148,000Kyats

- Salt Foot Scrub
- Swedish Relaxing Massage
- Classic Pedicure
- Light Refreshments

Mild & Body Renewal Package.....(2 hr)..... 160,000Kyats

- Shera Butter Body Scrub
- Aroma Head Oil Therapy
- Light Refreshments

Work Day Reset Package.....(2 hr)..... 150,000Kyats

- Stress Relief Back, Shoulder & Head Massage
- Thai Foot Massage

The Signature Healing Experience.....(2hr)..... 135000Kyats

- Thai Traditional Massage
- Thai Herbal Compress

Classic Package



**HUSH
&
HEAL**
Wellness Spa

Deep Sleep Experience(2 hr)..... 220,000Kyats

- Aromatherapy Relaxing Massage
- Aroma Head Oil Therapy

The Signature Couple's Escape(3 hr).....480,000Kyats

- H&H Signature Head Spa
- Facial Treatment



H&H Hot Oil Head Therapy..... 130,000Kyats

- Aroma Hot Oil Head Massage with comb acupressure
- Scrub Shampoo for the scalp
- Upper Body hot oil Massage with Hot Stone
- Ear Massage
- Ear Candle (add on)

Classic Shampoo & Blow Dry

- Chin Length 30,000 Kyats
- Shoulder Length..... 35,000 Kyats
- Bra Length..... 40,000 Kyats
- Super Length..... 45,000 Kyats
- Hair Mask 52,000 Kyats (up to Bra Length),
85,000 Kyats (Super Length)

Signature Head Spa



 **150,000 Ks**

 **120Min**

Nail menu

Hand Care

- 1. Express Manicure 30 minutes..... 30,000 Kyats**
 - A quick and efficient option including cuticle care, nail filling and polish.
- 2. Classic Manicure 60minutes..... 35,000Kyats**
 - Bubble soak, cuticle care, nail filing and polish .
 - Apply sugar scrub and lotion finish.
- 3. Hand Spa..... 120 minutes..... 65,000Kyats**
 - Bubble Soap +Classic Manicure+ Mask +Lotion
 - Apply sugar scrub and mask with hot towel warp.
 - Finish lotion massage.

Foot Care

- 1. Express Pedicure.....40minutes..... 35,000 Kyats**
 - A quick and efficient option including cuticle care, nail filling and polish.
- 2. Classic Pedicure.....60minutes..... 40,000 Kyats**
 - Bubble soak, cuticle care, nail filling and polish.
 - Apply sugar scrub and lotion finish.
- 3. Foot Spa..... .120minutes..... 75,000 Kyats**
 - Bubble Soap +Classic Pedicure+ Mask +Lotion
 - Apply sugar scrub and mask with hot towel warp.
 - Finish lotion massage

Add - Ons

- Gel off 10,000 Kyats /set
- Extension Removal..... 10,000 Kyats /set
- Apply one color gel..... 40,000 Kyats/set
- Glitter..... 50,000 Kyats/set
- Cat Eye..... 50,000 Kyats/set



Nail Extension

Express Manicure + Nail extension + Gel one color

• 60minutes..... 95,000Kyats/set –

Express Pedicure + Nail extension + Gel one color

• 120minutes..... 110,000Kyats/set –



Waxing

Underarm Waxing 40,000 Kyats

Bikini Waxing 60,000 Kyats

Brazilian Waxing 75,000 Kyats

Half Leg..... 70,000 Kyats

Full Leg..... 95,000Kyats