



## *Massage*

### ~~ AUTHENTIC THAI MASSAGE ~~

We're proud to offer true Thai massage, an ancient healing tradition that combines a floral foot bath element of yoga, acupressure and energy work. Passive muscle stretching and pressure on key meridian points is combined with rhythmic and gentle rocking, which eases muscle contraction and facilitates the flow of vital energy. Therapists use feet, forearms and knees to exert gentle pressure. Your session is enjoyed in comfortable, loose-fitting clothing and performed without oils. Excellent for restoring overall vitality and healthy body balance.

### ~~ THE ROYAL THAI MASSAGE ~~

Royal Thai massage was developed for Thai Royalty and involves particular skill and expertise. During the treatment many specialized techniques are applied as well as gentle physical adjustments. Royal Thai massage is beneficial for overall health.

### ~~ TOUCH OF THAI FOUR HANDS MASSAGE ~~

Experience the bliss of two skilled therapists working in tandem to create a profoundly healing and relaxing massage. Enjoy twice the relaxation and stress relief. The perfect way to begin your vacation!

### ~~ THAI AROMATIC MASSAGE ~~

This Western style bodywork session uses the extended, gliding strokes of muscle easing massage while incorporating aromatic plant oils to ease chronic stress and tension. Select from Medium to Deep Tissue pressure.

### ~~ THE STRESS ZONE MASSAGE ~~

For immediate attention to the most common stress zone, this massage targets the upper back, shoulders and neck with focused bodywork and direct tension relief for better body movement and renewed mental clarity.

### ~~ TRADITIONAL THAI NECK AND SCALP MASSAGE ~~

This artistic treatment relieves tension in the myriad muscles of the scalp, neck and facial area. Relaxed facial massage creates a relaxed facial look And feel! Also, excellent for headache and insomnia relief.

### ~~ SACRED WARMING & COOLING STONE MASSAGE ~~

In this extended session, we combine focused massage techniques, Thai- inspired aromatic essences and temperature-contrast therapy using hot and cool stones. Warm stones release muscle tension while cool stones help calm inflammation and pain. We devote a full 80 minutes to this deeply meditative and grounding bodywork ritual.

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~~ PRECIOUS PREGNANCY MASSAGE ~~

This special soothing full body session for moms-to-be provides much needed relief for key areas of discomfort during pregnancy, including the areas of low back, legs and feet. Our certified pregnancy massage specialists use gentle techniques to ensure your complete relaxation and comfort throughout. **Available after first trimester only.**

~~ LEMONGRASS THAI FOOT REFLEXOLOGY ~~

Our most luxurious foot treatment. We begin the ritual with a foot bath using your choice of aromatic bubbles. A citrus lemongrass foot scrub and a detoxifying peppermint menthol foot mask follow. The grand finale is a flowing traditional foot and leg massage that includes sen pressure point therapy and reflexology.

~~ TRADITIONAL THAI FOOT MASSAGE ~~

Traditional Thai Foot Massage is a unique healing art that combines gentle stretching with massage of the muscles, tendons, pressure points and meridians.

~~ SWEDISH MASSAGE ~~

Swedish massage is particularly to allow the body to absorb more oxygen, thereby rejuvenating the body. Swedish massage is also geared towards detoxification by increasing the speed by which the cells of the body eliminate their waste materials.

~~ DEEP TISSUE SWEDISH MASSAGE ~~

True deep tissue massage can be one of the most therapeutic and healing massages. Although not as rhythmic as other massage types, deep tissue massage interacts the most with the body's muscles and muscle groups.

*Hand, Foot and Nail Care*

For generations, Thai women have cultivated beautiful feet, expressive hands and artful nails-considered the essence of the traditional dance arts of Fawn Thai. Touch of Thai brings you a menu of hand, foot and nail care treatments that offer everything from enhanced foot health to pure pampering.

~~ LALANA EXOTIC MANICURE ~~

This treatment is inspired by the Thai tradition of expressive and beautiful hands. A meticulous manicure, including shaping, buffing and cuticle care, this service is enhanced by our Frangipani hand treatment.

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~~ BANGKOK EXPRESS PEDICURE ~~

If you're on the run and can't stop for long, we'll make sure your feet are smooth, polished and fabulous.

~~ LALANA EXOTIC PEDICURE ~~

Revitalize tired, swollen feet while you relax during this traditional Thai therapy. Your session includes a hot towel envelopment of the feet, our Detoxifying Peppermint-Menthol Gel Mask, and a smoothing Frangipani Foot Scrub. We finish with a relaxing Thai massage with our Refreshing aromatic oil.

~~ BANGKOK EXPRESS MANICURE ~~

Choose this straight-ahead express manicure when you simply need shaping, cuticle control and perfect polish.

*Nail Care Additions and Enhancements*

Warm Wax Hand and Foot Dip - Perfect addition to any hand and foot treatment. A soothing and sanitary individual envelopment with warm paraffin wax. Smooths, softens, moisturizes as it relaxes sore tendons and joints, and aids in penetration of moisture treatment.

- Polish change
- French Polish with Manicure or Pedicure
- Touch up (each nail)

*Acrylic and Gel Nail Services*

Our nail enhancement suite is ventilated separately from our spa service areas, to ensure optimum guest comfort.

Acrylics or Gels  
Nail Art  
Full Set – Regular  
Full – French/glitter  
Fill In  
Repair – each

*Our Skin Care Program*

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The Touch of Thai program lets you to create design your ideal facial, combining one of our Essential Facial Treatments with a menu of Facial Enhancements to create an almost endless array of options. If you are unsure of the best treatment program, your esthetician can make a recommendation following your consultation.

## *The Essential Facial Treatments*

Every facial on our menu includes:

- Dermal analysis
- Cleansing and Exfoliation
- Light extractions
- Relaxing Face, Neck and Shoulder Massage
- Corrective Masque Therapy
- Application of finishing crème and/or sun protection
- Thai skin care combines the art of massage with natural and organic ingredients.

**The Suladda Skin Care Collection from Touch of Thai** features outstanding natural products formulated with extracts from flowers, fruits and herbs used in the Thai healing traditions. This elegant array of ingredients includes Anise Flower, Mint, Soy, Rice, Pearl, Green tea, Banana, Avocado and Pomegranate.

### ~~ SCALP MASSAGE AND HAIR TREATMENT ~~

A wonderful way to relieve scalp tightness, and a timesaving way to deeply condition and repair sun-damaged hair. We use just a hint of an uplifting essential oil blend to energize and enhance scalp health, then apply a rich, leave-in hair masque for the duration of your facial treatment.

### ~~ TOUCH OF THAI PEARL AND SILK FACIAL ~~

To counteract signs of premature ageing. This treatment blends the magic of thorough exfoliation and intensive moisturisation using our pearl and silk masque and pearl serum.

### ~~ LEMONGRASS PURIFYING FACIAL ~~

Ideal for problem skin. The antiseptic and sebum control benefits of lemongrass are ideal for balancing oily and congested conditions. Following a cleansing using aniseed Fruit Oils, we open pores with a warm compress and gently extract impactions and finishing with an exfoliating clay mask with fruit enzymes to draw out impurities and refine skin texture.

### ~~ THE SUN SPOT SOLUTION ~~

For sun damaged hyper pigmented skin. Intense sun exposure is a fact of life on Grand Cayman, leading to premature aging and pigment irregularities (sun spots!) This

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# Touch of Thai

Day Spa & Salon

Tel: 345-949-8989

exfoliation with sugar cane and pumpkin extracts clarifies, brightens and lightens brown spots while deeply hydrating and smoothing fine lines. Meticulous sun protection is needed to maintain results. For optimal results, we recommend a series of treatments.

## ~~ BANANA BLISS FACIAL ~~

For chronic dry skin. Treat your dry, sensitive and dehydrated skin to a delicious Thai beauty tradition: banana therapy. Our nourishing banana fruit puree mask, activated with warm compresses, revives even the driest and most devitalized skin with gentle fruit enzymes and moisture-infusing botanicals.

## ~~ THAI JASMINE TEA CALMING FACIAL ~~

Ideal for sensitive, irritated or sunburned skin. In this unique steam free session, we apply anti-inflammatory Thai jasmine and green tea to reduce redness, then restore the sun parched skin with a creamy ultra rich Mint mask as you enjoy the luxurious Thai hand and arm massage. Antioxidant green tea encourages healing. Our Azulene balm helps to heal delicate and damaged skin. may be repeated daily as needed for sunburn relief.

## ~~ ISLAND EXPRESS CUSTOM FACIAL ~~

When you don't have time for a full session. For this streamlined half session, your esthetician will select the two key modalities your skin needs most, from exfoliation and extraction, to masking and massage.

## *Additions & Enhancements*

Customize your "Touch of Thai" experience by adding these mini treatment enhancers. Available with any massage or bodywork session of 25 minutes or more.

## ~~ AROMATIC STEAM COCOON TREATMENT ~~

Enjoy the benefits of your own personal detoxifying steam cocoon. Ideal before your massage to purify skin, increase circulation and loosen tense muscles

## ~~ SACRED STONES FOOT MASSAGE ~~

Treat your feet to some extra love and attention. Warm stones are alternated with cool to release tension and relieve swelling and soreness.

## *Thai Body Treatments*

## ~~ SARAI SLENDERIZING COCKTAIL ~~

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Get a sleeker, smoother, beach-ready silhouette. After your skin is exfoliated with a lemongrass-spice sugar scrub, relax in our steam canopy and enjoy a soothing scalp massage while our herbal slimming gel and compression wrap purges fluid from problem areas. We conclude with a special slimming massage to complete the lymphatic detox. *Recommended as a series for optimum results.*

## ~~ DARK COCOA BODY ENVELOPMENT ~~

Overexposed to sun, surf and wind? First, a rich Thai sesame scrub gently buffs away dry skin. Then relax in the steam cocoon as our luxurious, chocolate-infused body mask nourishes and moisturizes with cocoa butter, as abundant antioxidants soothe away inflammation.

## ~~ RADIANT ROSE PETAL SUGAR GLOW ~~

White rose petal and palm butter are blended with organic brown sugar to exfoliate dry, undernourished skin. After a shower, a light finishing massage will renew lower skin with a lingering essence of pure white rose petals.

## *Hair Treatements*

- Women's Shampoo, Haircut & Styling
- Men's Shampoo, Haircut & Styling
- Children's Shampoo, Haircut & Styling

## *Styling Services*

- Shampoo & Styling
- Hair up
- Bridal hair, includes one practice session

## *Color Services*

- Single Process Color initial application
- Full head highlights
- Partial Head Highlights
- T-Zone Highlights
- Permanent wave – short
- Permanent wave – long
- Color Correction - Consultation

## *Conditioning*

### **Thai Scalp Massage & Hair Treatment**

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## *Spa Journeys*

### **Thai Journey**

- Authentic Thai Massage 80 minutes
- Lemongrass Thai Foot Treatment 50 minutes

### **One Night In Bangkok**

- The Royal Thai Massage 80 minutes
- Touch of Thai Pearl and Silk Facial 80 minutes
- Blossom and stone Pedicure 50 minutes

### **Gentlemen's Getaway**

- Thai herbal & Spice Massage 30 minutes
- Frangipani Thai Foot Treatment 50 minutes

### **Daytripper**

- Island Express Custom Facial 30 minutes
- Stress Zone 50 minutes
- Aromatic Steam Cocoon Treatment 15 minutes

### **Sun Recovery**

- Dark cocoa Body Envelopment 50 minutes
- Thai Jasmine Tea Facial 50 minutes
- Detoxifying Thai Herbal Compress Facial, Neck and Shoulder Massage 30 minutes

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