



### Thai Style Spa

Inspired by the ancient wisdom of traditional Thai medicine, Thai Spa offers a range of authentic Thai therapies using Samunphlai herbs, spices and aromatic oils sourced from rural origins and imported exclusively for Echo Valley. These include traditional Thai Massage, Luk Pra Kob hot compresses, exotic facials and Samunphlai wraps.

### Western Style Spa

The Cariboo Spa offers the very finest of contemporary aesthetic services including an extensive range of facials, wraps, and massages, as well as hair care and refinement services. Many treatments are flavoured with traditional Thai spa therapies - adding to the memorable and wonderfully rejuvenating spa experiences.

### Sabai Sabai Packages at The Baan Thai Spa

If you have decided on one of the exclusive Thai Spa packages, you're in for an extra special treat since these are offered in the very private, Sabai Sabai Suite in the extraordinary Baan Thai.

Designed by Dr. Pinyo Suwankari, architect to Thailand's royal family, and conceived as an exotic fusion of traditional Thai design with a Western twist, The Baan Thai is the only one of its kind in North America. The upper level comes complete with an impressive penthouse suite, a private Sala Thai (an outdoor patio) and its own Baan Thi Spa: the Sabai Sabai Suite..

With an atmosphere of total Zen harmony for the body, mind and soul, this deluxe spa suite is a sanctuary for the senses from soothing Thai music, to air that is fragrant with specially blended oils, herbs and spices. The Suite is filled with silks, teak, and ornamental artefacts, and includes a mineral mountain-mist herbal steam bath and jet shower, as well as a hydrotherapy bathtub. The Sala Thai becomes the perfect place for relaxation or a private Thai spa cuisine lunch. It's also an ideal spot for meditation and to practice Rue Sri Dat Ton, a gentle form of easy-stretching exercise that is similar to Thai Chi.

The Sabai Sabai Suite – The Baan Thai Spa, embodies the simple elegance and healing beauty of Thai style, custom, culture and care. And like the gracious, nurturing spas of Thailand, the environment encourages you to surrender to the therapeutic experience for even a full day of pampered bliss.

Please note that unless services are part of a Thai Spa package, treatments are enjoyed in the Cariboo Spa.

## TRADITIONAL THAI SKIN CARE

### Nuad Nha Samunphlai

This refreshing facial includes a deep herbal cleansing, exfoliation and gentle massage for the face, neck, shoulders and hands. It is followed by a revitalizing mask and moisturizer which uses extracts of Thai herbal roots of prai and cumin to nourish, hydrate and balance the skin.

1 hour 15 minutes \$115.00

### Thai Signature Facial

A unique treatment from Thailand, the Signature Facial is an all-encompassing experience that combines a traditional hot herbal steam compress with pressure point massage. While the herbs soothe, nourish and oxygenate the skin, the massage promotes blood flow, helps stimulate sebaceous production, improves muscle tone and detoxifies. Skin is left silky smooth and moisturized.

1 hour 15 minutes \$125.00

### Traditional Honey & Cucumber Facial

The principal natural ingredients of a traditional Thai facial – honey, lime and cucumber – are well known skin healers, softeners and moisturizers. Used together, this relaxing facial helps to reduce the discomforts of skin irritations and infections, while promoting new cell growth. A simple and sensual facial experience. 1 hour \$98.00

### Din Saw Pong Facial

Pollution and artificial atmospheres (such as air-conditioning) are hard on all skin types, often leaving skin dry, dull and uneven. This special treatment is designed to combat that stress, and uses a blend of Thai white mud (known as Din Saw Pong), and organic Samunphlai ingredients, enriched with fruit acids, to increase oxygen absorption, restore radiance, and provide protection.

1 hour 15 minutes \$115.00

## MASSAGES

### Traditional Thai Massage

A keystone of Thailand's traditional healing system for more than 2,000 years, Thai Massage is a total body therapy that is both relaxing and deeply releasing on many levels. Through a series of assisted Yoga-like stretches, alongside gentle traction and pressure-point massage that follows the body's energy lines (referred to in Thai as 'sen' channels), this extraordinary massage helps relieve tension, lubricates joints, and increases vitality, awareness and a deep state of tranquility. 1 hour 30 minutes \$135.00

### The Royal Thai Massage

This variation of traditional Thai Massage, that for centuries was used only in the Royal Thai Palaces, uses only hand, thumbs and body weight balance to deliver the service. It is based on the principles of acupressure, and involves working on the body's energy lines to release blocks that are said to cause discomfort and disease. Specially prepared warm herbal compresses, Luk Pra Kob, are also applied to help draw out toxins and promote circulation. 1 hour 30 minutes \$220.00

### Asian Blend Massage

A pressure point massage based on the oriental theories of energy meridians, this treatment relieves tension, aches and pains. The combination of soothing aromatic oils and gentle kneading and stretching will leave the body feeling totally relaxed and refreshed. The 60-minute treatment concentrates either on the feet and legs, or on the back and shoulders, while the 90-minute massage is a whole-body experience, including hands and feet. 1 hour \$105.00  
1 hour 30 minutes \$145.00

### The "Luk Pra Kob" Herbal Rejuvenation Ritual

The Luk Pra Kob is a muslin sack tightly packed with a mixture of fifteen potent herbs which, when steamed, release their essential and healing oils. The heated Luk Pra Kob is pressed directly onto your skin along the 'sen' energy channels, allowing the essential oils penetrate, soften and soothe the underlying connective tissue of the skin. This healing ritual is ideal for those with chronic tension, muscle soreness, bruising and inflammation. The service concludes with a Thai herbal oil body massage.

1 hour 30 minutes \$190.00

2 hour \$250.00

### Restorative Herbal Oil Massage

This standard massage favourite has a uniquely Thai touch. Using freshly blended phlai oil, our highly-trained Thai massage therapists apply precise and sustained pressure to specific parts of the body to relax, release and rejuvenate.

1 hour \$105 ; 1 hour 30 minutes \$145.00

### Aromatic Massage

A variation of the Restorative Oil Massage, this treatment includes aromatic Thai herbal extracts, customized for your spa experience. Choose among the following: nutmeg oil, a warm spicy fragrance for warm, stimulating rejuvenation; lemongrass oil, a crisp citrus scent for a refreshing lift; or ylang ylang oil, a soft floral fragrance for a gentle, tranquil release.

1 hour \$105

1 hour 30 minutes \$145.00

### Asian Fusion Massage

This unique massage combines elements of the stimulating Restorative Oil Massage with the relaxing techniques of Reflexology for your hands and feet.

1 hour \$105.00

1 hour 30 minutes \$145.00

### Thai Foot Massage

Wild mint oil, a loofah scrub and mint lotion cool revive tired feet while gentle massaging aids circulation, and helps to relieve stress and tension. 40 minutes \$70.00 60 minute \$105

### VIP Traditional Thai Foot Massage

Another staple of traditional Thai medicine, this massage is both invigorating and relaxing. Gentler than Chinese reflexology to which it is often compared, Traditional Thai Foot Massage works on the pressure points in the foot to free up the flow of energy and relieve stress throughout the entire body. Beginning with a foot bath and special welcoming ritual; this service is only offered at the open-air Sala-Thai Pavilion where the expansive views and quiet space create a special sense of harmony.

1 hour \$175.00  
1 hour 30 minute \$ 265.00

## BODY TREATMENTS

### Thai Herbal Steam Bath (Ob Samunplai I-Nuam)

Herbal steam baths have always played an important role in traditional Thai healing. Using a special cotton tent, the bath combines heat, steam and freshly distilled herbal tinctures to cleanse the skin, stimulate circulation, increase hydration, improve respiration and enhance overall well being. These steam baths are an excellent prelude to other Thai Spa therapies. 30 minutes \$50.00

### Thai Herbal Body Glow Wellness Wrap

This exclusive spa treatment begins with an application of Body Glow, an exfoliation scrub made of rice and herbs. Body Glow removes dead surface cells and debris to allow your skin to absorb a therapeutic blend of fragrant Thai herbs, sesame oil and fresh milk. Your whole body is then wrapped in a thermal blanket, and your body's own heat activates the skin-nurturing blend that leaves your skin soft,

supple and luminescent. This treatment includes massage for face, neck and scalp.

Cariboo Spa: 1 hour 30 minutes \$175.00; 2 hours \$195.00  
Sabai Sabai Suite: 2 hours 30 minutes \$375.00

### Thai Style Purifying Body Masque

In this clarifying body scrub treatment, Din Saw Pong (white clay) minerals are blended with ylang ylang essential oil and spread over the entire body. Then, covered with a blanket, the ensuing heat carries impurities to the surface while the mineral clay balances the skin. This masque is particularly good for oil or blemish-prone skin, and for those guests who would like an alternative to body wraps. This service includes a massage for the face, neck and scalp as well as an all-over application of super-emollient floral body milk moisturizer.

Cariboo Spa: 1 hour 30 minutes \$175.00; 2 hours \$195.00  
Sabai Sabai Suite: 2 hours 30 minutes \$375.00

### Body Masque with Polamai and Samunphlai

This skin refining body masque blends a mixture of tropical fruit enzymes and Thai herbal-Samunphlai extracts to refine, soften and moisturize the skin. The whole body is masked and covered with a blanket, followed by a full body massage to apply a calming and aromatic phlai moisturizer. This service is especially renewing for dry or coarse skin.

Cariboo Spa: 1 hour 30 minutes \$175.00; 2 hours \$195.00  
Sabai Sabai Suite: 2 hours 30 minutes \$375.00

Used by rice farmers in Thailand for generations, this body polishing skin scrub incorporates a combination of crushed rice, fragrant herbs, and stimulating spices. Tangy spices such as clove and ginger predominate this mix to refresh your skin, warm your muscles, and increase blood circulation for a totally invigorating experience. This service includes an Asian Blend Massage with your choice of aromatic oil.

Cariboo Spa: 1 hour 30 minutes \$175.00; 2 hours \$195.00

Sabai Sabai Suite: 2 hours 30 minutes \$375.00

### Honey Seed Body Polish

Honey is commonly used in hair and body products to add a super-soft lustrous glow to skin and hair. Combined with a gentle lotus and sesame seed scrub, and a splash of refreshing lime, this body polish is truly Thai treat. This service includes an aromatherapy massage.

Cariboo Spa: 1 hour 30 minutes \$175.00; 2 hours \$195.00  
Sabai Sabai Suite: 2 hours 30 minutes \$375.00



## HALF-DAY BAAN THAI EXPERIENCES

In the Sabai Sabai Suite

### The Baan Thai Body and Face Sampler

Beginning with a Thai Herbal Steam Bath to soothe your tensions, this treatment combines the relaxation of a full body massage with the nurturing touch of a Thai facial. First, a blend of essential oils is massaged into the whole body using Thai acupressure techniques to stimulate the flow of intrinsic energies and the release of toxins. This massage is followed by a Thai Facial, complete with exfoliation, cleansing, moisturizing, and a heavenly facial massage.

2 hours 30 minutes \$375.00

### The "Luk Pra Kob" Rejuvenation Ritual

This healing ritual is ideal for those with chronic tension, muscle soreness, or inflammation. The service begins with a traditional Thai herbal milk bath to prepare your body and mind for the nurturing spa therapy to come. After a gentle all-over body scrub removes any surface impurities, your refreshed skin is treated to our signature Luk Pra Kob Herbal Compression Massage —a porous muslin sack, packed tightly with fifteen potent herbs, that is steamed and pressed directly into your skin along the ten 'sen' energy channels of your body. (Sen Channels are pressure point lines that correspond to different organs and physical systems.) When steam-heated, these herbs release essential oils that are absorbed through the skin to soothe the underlying connective tissue before entering the blood stream. A light Thai-style aromatic phlai oil massage concludes this service. 2 hours 30 minutes \$375.00

### Thai Signature Wellness Ritual (with two therapists)

Our Thai Signature Wellness Ritual is perfect for those who have never been introduced to Thai Therapeutics and would like to sample the unique finesse and flair of a genuine Thai spa! Beginning with a Thai Herbal Steam Bath to soothe your tensions, this indulgent ritual is followed by the Baan Thai Aromatherapy Facial - an eight-step service that includes a blend of Thai herbal preparations to refine your complexion and clarify your mind. Next comes the Luk Pra Kob Herbal Compression Massage to relax and soothe your skin and its underlying tissues. Then, donning a pair of Siamese pajamas, lie back and experience the gently healing, deeply relaxing one-and-a-half hour Thai Massage. Through assisted stretching and traction, this remarkable massage relieves tension, lubricates joints and lulls you into a deep state of tranquility.

3 hours \$645.00

### The Royal Facial and Body Indulgence Ritual (with two therapists)

This nurturing treatment is for anyone who would like to experience the total immersion of Thai-styled pampering care. Starting with a relaxing Thai Herbal Steam Bath or Hydro Milk Bath, this heavenly service begins with two full hours of our Asian Blend Compression Massage. Working methodically around your whole body, one therapist massages Phlai oil into your hydrated skin, while the other applies the Luk Pra Kob herbal pack along the "sen" channels of your body to release blocked energies and ease deep tissue soreness and inflammation. This pampering ritual is then completed with one therapist providing our Baan Thai Aromatherapy Facial to smooth and refine your complexion, as the other therapist clarifies and balances your energetic system using the gentle finesse of Thai reflexology on your hands and feet. A therapeutic ritual that is truly a royal indulgence! 3 hours \$645.00

### Thai Herbal Wellness Body Wrap (with two therapists)

This exclusive spa treatment begins with a Thai herbal steam to relax the body and mind, followed by an application of Body Glow, an exfoliation scrub made of rice and herbs. A wrap follows to activate the skin-nurturing blend to leaving skin soft, supple and luminescent. The treatment continues with a Luk Pra Kob massage and a facial of your choice. This service also includes an aromatic body massage for scalp, face and neck, as well as Thai foot massage.

3 hours \$645.00

### Din Sow Pong White Thai Mud Wrap

The treatment begins with a traditional Thai Herbal Steam Bath to prepare the body and mind for the nurturing spa therapy to come. A gentle body scrub follows to remove any surface impurities and reveal fresh, luminescent skin. Then, Din Sow Pong is blended with Thai essential oils, cumin and samunplai, and applied to the skin, helps to draw out impurities beneath the warmth of a thermal blanket. This is followed by a warm jet shower and an light massage application of floral body milk over the entire body. This service also includes massage for the face, neck, and scalp as well as a Thai foot massage.

Cariboo spa; 1 hours 30 minutes \$175.00, 2 hours \$195.00

Sabai Sabai Suite; 2 hours 30 minutes \$375.00

## FULL DAY

### BAAN THAI SPA EXPERIENCES

In the Sabai Sabai Suite

As the only Baan Thai in North America, these Sabai Sabai packages open the door to one-of-a-kind spa experiences – exclusive, romantic and luxuriously pampering.

Located on a grassy verge, the Baan Thai is a world unto itself – an exotic retreat where all the senses are soothed, calmed and gently rejuvenated. And the Sabai Sabai Suite is the ultimate in privacy, beauty and simple elegance.

Combine your choice of spa treatments to create your own Sabai Sabai spa experience, or choose one of our ready-made packages. These packages are available for single guests and for couples.

#### Baan Thai Romance (7 hours)

*.... for the harmony of togetherness*

Two Thai Herbal Steam Baths 30 min  
Two Thai Herbal Wrap Treatments 60 min  
Two Asian Blend or Thai Massages 90 min  
Two Thai Facials (with eye contouring treatment) 60 min  
Two Luk Pra Kob & Herbal Treatments 60 min  
Two Shampoos/Blow Dry or Two Pedicures 60 min  
Two Thai Spa Cuisine Meals at the Sala Thai Pavilion 60 min  
Herbal Tea, Fruit Juice or Mineral Water  
\$1,400.00 per couple; \$790.00 single

#### Baan Thai Anniversary Celebration (7 hours)

*.... to rejuvenate your connection*

Two Thai Herbal Steam Baths 30 min  
Two Thai Herbal Body Scrubs 40 min  
Two Thai Mud Wrap (Din Saw Pong) 60 min  
Two Thai Facial 60 min  
Two Luk Pra Kob Treatments 90 min  
Two Thai Hand & Foot Treatments & Massages 80 min  
Two Thai Spa Cuisine Meals at the Sala Thai Pavilion 60 min  
Herbal Tea, Fruit Juice or Mineral Water  
\$1,400.00 per couple; \$790.00 single

#### Honeymoon Relaxation (7 hours)

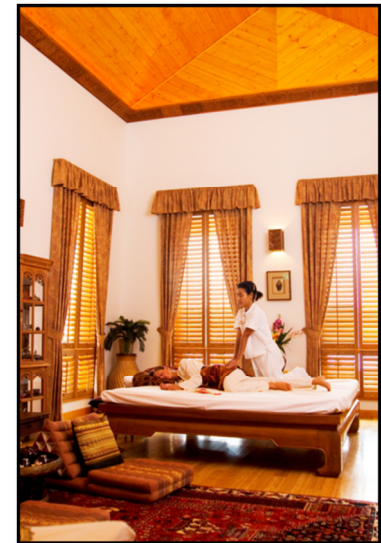
*.....to celebrate your union*

Two Thai Herbal Steam Baths or Hydro Milk Baths 30 min  
Two Honey Seeds Scrubs 30 min  
Two Din Saw Pong Thai White Mud Wraps 60 min  
Two Traditional Thai Massages 90 min  
Two Purifying Thai Clay Facials 60 min  
Two Hand & Foot Therapy Treatments 60 min  
Two Scalp Massages 30 min  
Two Thai Spa Cuisine Meals at the Sala Thai Pavilion 60 min  
Herbal Tea, Fruit Juice or Mineral Water  
\$1,400.00 per couple; \$790.00 single

#### The Executive Rejuvenator (7 hours)

*..... to unwind and renew your entire state of being*

One Thai Herbal Steam Bath 30 min  
One Rice & Spice Body Scrub 30 min  
One Skin Refining Body Masque 60 min  
One Hydro Therapy Bath 30 min  
One Luk Pra Kob Body Treatment 30 min  
One Scalp Massage 30 min  
One Baan Thai Facial 60 min  
One Thai Spa Cuisine Meal at the Sala Thai Pavilion 60 min  
Herbal Tea, Fruit Juice or Mineral Water  
\$ 790.00 per person



## CUSTOMIZED SKINCARE

### Aromatherapy Facial

A luxurious and aromatic delight for the senses, this facial combines pure plant essences - with a light pressure point and gently detoxifying massage - to cleanse and soothe the skin. Suitable for all skin types.

1 hour \$98.00

### Classic European Facial

A revitalizing treatment for a smooth and glowing skin, this facial includes a deep cleanse and gentle enzyme peel, followed by a nutrient-rich, hydrating masque and moisturizer, to protect and help restore your skin's natural balance.

1 hour 15 minutes \$115.00

### Deep Pore Cleansing Facial

An excellent treatment for all skin types and conditions, this facial includes a gentle steam to open the pores to aid the removal of impurities, as well as a balancing mask and moisturizer.

1 hour 15 minutes \$115.00

### Renewing Treatment (A.H.A.) Facial

Using a natural fruit acid enzyme, this treatment provides a deeper and more thorough exfoliation of the skin. Helps lessen very fine lines and creates a smooth and radiant skin.

1 hour 15 minutes \$115.00

### Energizing & Firming Treatment Facial

An excellent facial for mature skin, this wonderfully hydrating facial and firming mask incorporates plant extracts and Pro-vitamin B5 and Silanols, a highly effective ingredient that tones and helps lift the skin for a more youthful appearance.

1 hour 15 minutes \$115.00

### Multi Vitamin Power Treatment Facial

Designed to treat environmentally-damaged skin, this facial combines a non-irritating, multi-vitamin exfoliation with a vitamin recovery mask. Skin will feel noticeably more supple, with improved tone.

1 hour 15 minutes \$115.00

### Executive Facial for Men

This complete skin tone and stress-releasing facial includes: a cleansing, an enzyme peel, extractions and a deeply relaxing massage. A hydrating mask will soothe and balance the skin.

1 hour 15 minutes \$115.00

### Revitalizing Eye Treatment

Formulated to lessen the appearance of puffiness, dark circles and fine lines around the delicate eye area, this special treatment will help lift, firm and decongest the contours of the eye for a more relaxed and refreshed appearance.

40 minutes \$75.00

### Deep Back Cleansing

Created to remove impurities, this relaxing treatment includes an exfoliation and gentle steam application, followed by a stress relieving massage. Skin will be left feeling smooth and healthy.

1 hour 15 minutes \$125.00

### Cellulite Treatment

Using an anti-cellulite body gel, this deep tissue massage helps stimulate circulation and boosts the body's natural detoxifying process.

40 minutes \$85.00

### Spa Hand Treatment

This treatment includes a thorough exfoliation and a reflexology massage, a hydrating hand mask or paraffin wax application, and a nutrient-rich moisturizer. Suitable for all skin types.

40 minutes \$85.00

### Hydrating Paraffin Wax Treatment

Indulge your hands and feet with this richly nourishing experience. A warm wax masque is complimented by a hand and foot reflexology massage - promoting a complete sense of inner wellbeing.

1 hour 15 minutes \$115.00

### Reflexology for Hands or Feet

Reflex zones of the hands and feet correspond with neurological pathways to the rest of the body and its vital organs. Through pressure point and soothing massage techniques, these areas are stimulated to help improve your immune system, strengthen organs and ease numerous ailments, aches and pains.

40 minutes \$70.00

1 hour \$105.00

### Total Bronzing Treatment

An ideal service for achieving a golden glow, without excessive exposure to the sun. Your body will be exfoliated with a dry loofah sponge, readying the skin for a moisturizing tanning cream. Coverage is even, lasting and natural looking.

1 hour \$115.00

## MASSAGES

All massage is based on the principle that improved circulation leads to improved health. Because massage stimulates blood and lymphatic movement through your muscles, tendons and ligaments, toxins drain more efficiently, and nutrients are absorbed easier. Massage also reduces muscle pain, increases range of motion and provides deep relaxation.

### Aromatherapy Body Massage

Aromatherapy is the art of using oils extracted from aromatic flowers, herbs, spices, woods and fibres to enhance health and beauty. In addition to the physical benefits, aromatherapy has subtle effects on the mind and emotions. The customized massage, which uses a light, rhythmic pressure, is very calming and soothing.

1 hour \$105.00

1 hour 30 minutes \$145.00

### Swedish Massage

Swedish massage is recognized as the first systematic method of modern massage in the western world, and remains one of the most popular and invigorating kinds of massage. It involves the use of oil and includes long strokes or effleurage, kneading, friction, vibration and stimulating movements known as atonement using hands, palms, thumbs, and fingertips. This service helps relax muscles and improves circulation.

1 hour \$105.00

1 hour 30 minutes \$145.00

### Therapeutic Body Massage

Using a variety of techniques, this full body massage reduces tension, soothes sore muscles and helps increase circulation.

1 hour \$105.00

1 hour 30 minutes \$145.00

2 hours \$170.00

### Sports Massage

A personalized massage that focuses on specific areas of need, helping to reduce muscle tension and increase range of motion. It incorporates self-heating Phlai balm, which helps relax muscles while aiding the body to eliminate toxins. This is not a full-body massage.

1 hour \$110.00

1 hour 30 minutes \$155.00

### Relaxing Scalp Massage

An acupressure scalp massage aids in the reduction of stress and mental fatigue by improving circulation, and helps increase the supply of blood and oxygen to the scalp.

30 minutes \$50.00

### Neti Massage

This special service includes pressure point and lymphatic massage to aid circulation in the face and neck. Good for easing the pressure of sinus congestion.

30 minutes \$50.00

### Stress Relief Back and Neck Massage

This massage concentrates on the back and shoulders, specifically to ease stiffness, tension and stress. It helps to promote overall relaxation, helps relieve headaches and eases hard and sore muscles.

30 minutes \$55.00

## SPA BODY THERAPY

From ancient mineral hot springs to modern seaweed wraps, these therapeutic and healing treatments are proven to detoxify your body, de-stress your mind and revitalize your skin.

### Body Hydro-Active Mineral Salts Scrub

After a dry body brushing, this service continues with a gentle buffing using mineral rich sea salt, dried seaweed and fruit enzymes that will help to smooth and soften the skin. This is followed by a hydrating cream body massage.

1 hour 15 minutes \$185.00

### Enzymatic Sea Mud Wrap

Infused with aromatic botanical extracts and fruit enzymes, this wrap incorporates warm purifying seaweed and mineral mud poultice to help detoxify and exfoliate your body. The skin is left smooth and supple. Treatment finishes with a light body massage.

1 hour 15 minutes \$185.00

### Moor Mud Wrap

Moor mud from Austria is among the most nutrient-rich muds available, formed some 30,000 years ago by natural forces, and containing over 1,000 herbs and minerals. Used as a wrap, this mud is highly detoxifying and helps to remineralize the entire system, ease inflammation. Ideal for water retention.

1 hour 15 minutes \$185.00

Add Moor Facial Mask \$25.00

### Body Therapy Hydro Pack Wrap

First comes an aloe-based body exfoliation; then your body is cocooned in either an oceanic algae or hydroxyl acid wrap (depending on your skin type) that is ultra soothing and hydrating. Ingredients are naturally detoxifying and the wrap swaddles the body to infuse the skin with moisture. A light massage follows the treatment.

1 hour 15 minutes \$185.00

### Hydrotherapy Bath

Begin with a body exfoliation, and then experience the therapeutic effects of hydrotherapy - a tub filled with underwater massage jets that help stimulate circulation, relax muscles, and ease sore joints and conditions such as arthritis. Therapeutic herbs and minerals are added to the bath; this service concludes with a light hydrating massage.

1 hour 15 minutes \$160.00

### Moor Mud Bath

Bathing takes on new dimensions with this odorless, totally non-staining ultra-rich and mineral-laden mud. Enjoyed in a hydro tub with under water massage jets, this treatment includes a body scrub and oil massage. Helps lessen water retention and cellulite.

1 hour 15 minutes \$160.00

## CARIBOO SPA PACKAGES

### Cariboo Spa Experience

Your experience begins with a gentle steam to soften the skin, a light body exfoliation and then Hydro Active Mineral Salt Scrub before returning to the steam room to relax and detoxify. This package continues with a full body massage, complimented by an aromatherapy facial.

3 hours \$325.00

### Nurturing Care from Top to Toe

A wonderful package for your scalp, hands and feet, this experience includes a soothing reflexology massage for hands and feet, followed by a hydrating warm paraffin wax treatment. A full manicure and pedicure follows, and concludes with a nurturing scalp treatment, hair shampoo and style.

3 hours \$325.00

### Perfect Body Treatment

After an exfoliating body brush, your body will be wrapped in your choice of an Enzymatic Sea Mud Wrap or Body Therapy Hydro Pack Wrap. This package continues with a relaxing Hydrotherapy Bath, blended with herbs, while an essential oil, pressure-point facial is given. This experience also includes a jetted shower and light hydrating body massage.

3 hours \$325.00

### Cariboo Body Wellness

While different treatments focus on specific areas, this package involves your entire body. It starts with a deep back cleansing treatment, an essential oil massage of your back and shoulders as well as Polarity Balancing Treatment for the same area. A luxurious full body essential oil massage follows, including reflexology techniques for your hands and feet. The package finishes with a classic European facial.

3 hours \$325.00

### Gentlemen's Deluxe Package

Designed to help you look and feel your best, this revitalizing package starts with a relaxing Therapeutic Hydro Bath with herbs and minerals. Then comes a scalp and full body massage with energizing essential oils, and the experience completes with a nurturing and hydrating facial.

3 hours \$325.00

### Refinement Services

#### Waxing & Hair Removal:

- Full Leg \$80.00
- Full Leg (includes bikini) \$90.00
- Half Leg (upper leg) \$60.00
- Half Leg (lower leg) \$50.00
- Bikini \$30.00
- Full Arm \$45.00
- Under Arm \$30.00
- Upper Lip or Chin \$25.00
- Back \$55.00

### Nail Care: - Cariboo Luxury Manicure or Pedicure

The luxury treatment for everyone. Enjoy a relaxing full hand and foot massage with a rich collagen cream to soften and nourish the skin before each is wrapped in a warm paraffin wax blanket. Your choice of either a full manicure or pedicure completes the experience.

- Manicure: 1 hour 30 minutes \$130.00
- Pedicure: 1 hour 30 minutes \$145.00
- Classic Manicure \$68.00
- Classic Pedicure \$85.00
- Polish Change \$30.00
- French Manicure (full) \$75.00.....
- French Manicure (polish only) \$ 40.00
- Paraffin Wax Treatment \$35.00 (additional)

#### Make-up Application:

- Natural Day Make-Up \$50.00
- Evening Make-Up \$60.00
- Bridal Make-Up \$110.00 (includes touch up)

#### Hair Care Ladies:

- Hair Cut \$45.00-\$75.00
- Shampoo and Style \$45.00-\$65.00
- Shampoo and Set \$35.00-\$65.00
- Long Hair Style \$60.00
- Scalp Treatment (1 hour) \$65.00
- Deep Condition Color Treatment \$55.00-\$75.00
- Semi-Permanent Color \$70.00-\$85.00

#### Perm:

- Short Hair \$68.00
- Medium Hair \$78.00
- Long Hair \$95.00

#### Gentlemen:

- Hair Cut \$40.00
- Beard Trim \$20.00

## TRADITIONAL THAI SCALP & HAIR THERAPIES

### Wild Lime Hair and Scalp Revitalizer

The kefir lime, or "magrut", is an eastern relative of its tamer western cousin. The Thai people love magrut for its gentle astringent qualities and refreshing citrus fragrance. This revitalizing therapy works well for tired, weak and brittle hair. The treatment begins with a wild lime shampoo incorporating freshly crushed kefir limes and a invigorating scalp massage. Followed by a deep citrus conditioning with hydrating, emollient conditioning cream containing the essential oil of kefir lime to moisturize and repair the hair. A Thai herbal masque is then applied to the hair and you are placed under a steam for 15 minutes to increase the deep moisturizing and restorative qualities of the masque. A light shoulder massage follows and then a rinse before the hair is dried and styled. Your hair will feel revitalized, healthy and silky smooth.  
1 hour \$85.00

### Plai Oil Hair and Scalp Recovery

Plai, a member of the ginger family, is one of the most widely used herbs in Thailand. Possessing qualities of both cleansing and calming, this aromatic herb is ideal for hair and treatments for sensitive scalps. This restorative therapeutic treatment is very good for dry, brittle hair and sensitive skin. A one-hour treatment begins with a Phlai shampoo and gentle scalp massage to increase circulation. Then a conditioner is applied to give your hair a fragrant boost and a light moisturizing. This is followed more scalp massage using organic Phlai massage oil and then you are placed under a steam for 15 minutes to increase the deep moisturizing and restorative qualities of the oil. A light shoulder massage follows and then a rinse before the hair is dried and styled. Your hair will feel revitalized, healthy and soft.  
1 hour \$85.00

Please arrive for your Baan Thai Spa experience 15 minutes prior to your treatment time in order to relax and enjoy the welcoming ritual.

Please note that unless services are part of a Thai Spa package, treatments are enjoyed in the Cariboo Spa.

Our prices are in Canadian dollars, and are subject to a 10% service charge & 12 % HST

[www.evranch.com](http://www.evranch.com)

