



NITRA
SPA & WELLNESS

AT 137 PILLARS SUITES & RESIDENCES BANGKOK

NITRA SPA & WELLNESS

PRICES AND TREATMENTS ARE SUBJECT TO CHANGE WITHOUT
NOTICE ALL PRICES IN THAI BAHT (฿) AND ARE SUBJECT TO 10%
SERVICE CHARGE AND 7% VAT

Dear Guests,

Welcome to Nitra Spa & Wellness!

Our menu of Spa Therapies is combined with natural organically based products and presented by a team of highly skilled therapists to ensure your physical, emotional and spiritual well-being.

In enjoying Nitra Spa & Wellness we are happy to assist you to select the most suitable treatments and packages for your specific needs. Our Nitra philosophy centers itself on ensuring your spa experience leaves you, feeling restored, invigorated, energised and full of vitality.

Our guiding principle in creating the Nitra Spa rituals is based on “Balance” combining the three aspects of

“Mind, Body and Emotion”

and was created to enable you to integrate the “Seven Pillars of Wellness” into your daily life, namely Exercise, Diet, Mindfulness, Restoration, Evolution, Expression and Social Interaction.

We look forward to serving you and helping you create your Balance for a healthier and happier life.

Warmest regards,
The Nitra Spa & Wellness Team



NITRA SIGNATURE RITUAL

NITRA RAYA SIGNATURE TREATMENT (150 MINS)

A deeply restorative, relaxing treatment which combines your choice of an aromatherapy oil blend massage with the energetic rebalancing of ancient healing Reiki techniques. This luxurious treatment is completed with an invigorating and pampering holistic Indian head massage with hot oil, to deeply nourish your hair follicles and improve circulation and the health of your hair. An exquisite top-to-toe treatment using a blend of holistic and pampering beauty treatments; combining pampering with wellness to produce an outstanding result.

RELAXING MASSAGES

A compilation of relaxing and uplifting massages crafted with elements of Thailand's rich culture. Using acclaimed cottage industry organic Roseberry beauty, body and facial products, Nitra Spa & Wellness massages enhance and uplift the body, mind, and spirit. Coupled with skillful, trained hands and healing oils and essences especially created by Roseberry, each massage guarantees a journey to a land where the senses are revitalised.

SWEDISH MASSAGE (60/90 MINUTES)

This classic European style massage with blended oils combines smooth gliding strokes and rhythmic techniques on muscles to reduce muscle tension and relieve stress and anxiety.



AROMATHERAPY MASSAGE

(60/90 MINUTES)

Using natural extracts from plants and essential oils for a bespoke blend of your choice, create a relaxing or stimulating state of natural self-healing and regeneration through the effects of aroma essential oils to balance hormonal, cortisol, and adrenalin levels in the body through the sense of smell and touch..

DEEP TISSUE / TRIGGER POINT SPORTS MASSAGE

(60/90 MINUTES)

This treatment was especially created for our 137 Spa & Wellness Program by International Sports Therapist Stephen Kirwin (CMT). A variety of deep, long, and short massage stroke techniques are used together with static finger point pressure to deeply isolate and penetrate muscle fibers, knots, lesions, and trigger points, caused through sporting activities and injuries. These techniques, combined with mobility stretching, stimulate the body's natural healing response.

FOOT MASSAGE
(60MINUTES)

Reflexology benefits the entire body. This deeply relaxing and soothing treatment combines massage and activation of pressure points which correlate with specific body parts and organs to help activate the body's natural healing mechanism.

**THAI HOT HERBAL COMPRESS HEALING
MASSAGE**
(90 MINUTES)

Benefit from Siam's ancient healing therapy with the use of traditional hot herbal compresses which are filled with herbs, oils and natural enzymes. The heated compress will penetrate the skin and help detox and destress tired or aching muscles and joints to deliver a soothing and powerful healing experience.

BALINESE MASSAGE
(60/90 MINUTES)

The traditional healing Balinese massage is deeply immersed in ritual and movement. Methods used include kneading, elbows and constant even rhythmic shiatsu style pressure point techniques, combined with our specially blended aromatherapy range of oils of your choice.

HOLISTIC & WELLNESS SERVICE

When combined, Nitra Spa & Wellness treatments produce multiple benefits and optimise your spa experience.

'AQUA THERMA' MASSAGE

(60 MINUTES)

This unique treatment allows women in the latter stages of pregnancy (for whom massage is normally not recommended), or people who cannot lay face down due to claustrophobia or stomach sensitivity, to receive a deeply relaxing full body oil massage while laying on their back. Enjoy the nurturing effects of a warm water filled mattress to soothe tired and aching muscles. The resulting detox effects are similar to having a hot sauna bath adding great value to this experience.



REIKI TREATMENT

(60 MINUTES)

An ancient mystical Japanese treatment to reduce stress and stimulate the body's healing capacity, allowing life force energy to penetrate the chakras and energetic center of the body, increase spiritual awareness and improve internal connectivity. Reiki produces a feeling of lightness and a sense of well-being and release.

CHI NEI TSUNG TREATMENT

(60 MINUTES)

A traditional Chinese treatment with a healing touch that focuses on deep, gentle abdominal massage in order to stimulate abdominal organs to work more efficiently, which in turn improves both physical and mental health. This treatment was originally used centuries ago by Taoist monks in the monasteries to help detoxify, strengthen and refine their bodies in order to maintain the energy needed for their spiritual pursuits. Assists with digestive disorders.

INDIAN HEAD MASSAGE

(DRY 40 MINUTES / OIL 60 MINUTES)

This nurturing treatment is based on deep-rooted Ayurvedic techniques and focuses on the upper back, shoulders, neck, scalp and face. It helps reduce stress, sinus pressure, fatigue and eyestrain while increasing circulation and mental clarity and is deeply nourishing for the hair and scalp. It is both relaxing and rejuvenating and can be done either with or without oil as you prefer.

SLEEP BY DESIGN THERAPY

(90 MINUTES)

Exclusive to the 137 Pillars Hotels & Resorts' Wellness Programme, Sleep By Design Therapy is a deeply restorative, soothing and relaxing treatment that will improve your quality of sleep and recovery through a combination of traditional holistic elements combined with the latest technology.

Incorporating uniquely formulated aromatherapy oils and the use of a virtual reality Glyph headset to deliver audio and visual applications to change beta brainwaves (stressed state) to alpha (healing and relaxed state) a unique massage will focus on pressure points on the feet, legs, hands, stomach, neck and head to induce a deeper level of sleep and relaxation.

Reiki will be applied at the beginning and end of the treatment to balance and harmonize energy centers and the treatment culminates with a tea ceremony of blended herbs designed for relaxation. An exquisite treatment that soothes all the senses.

HOT STONE MASSAGE THERAPY

(90 MINUTES)

Ancient healing wisdom and natural resources are combined in this therapeutic massage. The smooth volcanic stones are heated and then placed on the trigger points of the body which deeply penetrates muscles, which are then further relaxed with an aromatherapy massage. This treatment will release tension, improve blood circulation and meridian energy flow, leaving you with a deep sense of relaxation and well-being.

BODY TREATMENTS

Nitra Spa & Wellness treatments awaken the body to restorative and fortifying new chapters of indulgence.

DETOX BODY SCRUB (60 MINUTES)

Detoxify your skin with our exquisite organic Roseberry wellness and beauty range to re-energise, moisturize and nourish the dermal layers.

RESTORE BODY SCRUB (60 MINUTES)

Restore health, vitality and radiance to your skin with our nourishing range of organic Roseberry scrub products.

TRADITIONAL THAI SANDALWOOD WRAP (60 MINUTES)

Reduction of fluid retention, and excess unwanted weight, with our wonderful organic Roseberry Thai Sandalwood wrap. A total detoxifying experience.

THERAPEUTIC BEAUTY TREATMENTS

BRIGHTER THAN LIGHT FACIAL TREATMENT (60 MINUTES)

This superb mask leaves skin feeling soft, smooth, hydrated and fresh with a lighter tone. Main Ingredients: kaolin, bentonite, glycerin, titanium dioxide, fruit extract.

LESS OIL MORE GRACE (60 MINUTES)

Optimise your skin's health and radiance with rejuvenating mask treatments especially formulated for your skin type. Cleanse and moisturize your skin while eliminating any impurities and enjoy a smooth, refined skin texture and improved tone. Main Ingredients: Pineapple and papaya enzyme, chamomile.

SOOTHING SENSITISE FACIAL TREATMENT (60 MINUTES)

This treatment uses a richly micro-emulsified repairing gel that contains a high concentration of propolis (a healing compound produced by bees) from the Jura Mountains in France. Combined with lavender, propolis concentrate calms, heals, and deeply enriches your skin. Anti-bacterial and decongesting, this vaso-constricting formula alleviates micro-circulation problems and strengthens and protects delicate skin. Main Ingredients: Propolis lavender, Vetiver oil.

LIFT-CUTOX FREEZEDRIED (LIFTING & ANTI-WRINKLE) (60 MINUTES)

A topical natural alternative to Botox delivered from indigenous plants in South Asia and Africa, this anti-aging treatment relaxes harsh wrinkles, increases skin plumpness within wrinkles and lifts and smoothes skin. Main ingredients: Escutox (a patented blend of oligosaccharides), pure French seaweed extract and phyto-squalane and elastine marine peptides.



NITRA SPA & WELLNESS PACKAGE

NITRA MAYA PACKAGE (150 MINUTES)

SCRUB - WRAP - MASSAGE

A deeply healing treatment that rejuvenates skin and soothes tired muscles, leaving you feeling refreshed and revitalised, with our indulgent organic Roseberry scrub and body wrap, concluded with a sumptuous back, neck and shoulder massage.

INNER PEACE PACKAGE (120 MINUTES)

REIKI - HOT STONE MASSAGE - FACIAL TREATMENT

Combining ancient Asian techniques of reiki and hot stone therapy with a luxurious nurturing facial, for a deeply relaxing and rejuvenating treatment that will leave you feeling radiant both inside and out.

FAMILY RITUALS

“MOTHER AND DAUGHTER” RADIANT BEAUTY PACKAGE (90 MINUTES)

DE-STRESS MASSAGE - FACIAL TREATMENT - HEAD MASSAGE

Share precious Mother and Daughter pampering treatments to enhance beauty and harmony. A relaxing de-stress back, neck and shoulder massage is followed by a choice of facial and completed with an exquisite Ayurvedic head massage.

“FATHER AND SON” HEAD TO TOE PACKAGE (90 MINUTES)

INDIAN HEAD MASSAGE WITHOUT OIL – FOOT MASSAGE

Bonding Father and Son by sharing soothing and relaxing treatments from top to toe, side by side. A rejuvenating Indian head massage (without oil) is followed by a relaxing and therapeutic foot massage. Pure bliss for today's modern men.

CHILDREN'S PACKAGE

(12 and above)

It is never too early for teens to learn the secrets of natural beauty and how to relax and restore their energies.

CHILDREN'S HAND MASSAGE (30 MINUTES)

A soothing and relaxing treatment that releases tension and tired muscles (ideal for those who are busy on their phones and devices).

CHILDREN'S FOOT MASSAGE (30 MINUTES)

A relaxing and therapeutic treatment that improves blood circulation and relives any aches and pains. (For the perfect combination, try both foot and hand massage together; double the bliss).

CHILDREN'S AROMATHERAPY OIL MASSAGE (60 MINUTES)

Teens get to be pampered, and nurtured, as well as mum and dad, with this classic massage treatment.



SPA TARIFF

SIGNATURE

Nitra Raya Signature Treatment (150 Minutes)

THB

4,500

MASSAGE

Traditional Thai Massage (60/90 Minutes)

2,000 / 2,500

Aromatherapy Massage (60/90 Minutes)

3,000 / 3,500

Swedish Massage (60/90 Minutes)

3,000 / 3,500

Deep Tissue / Trigger Point Sports Massage (60/90 Minutes)

3,000 / 3,500

Foot Massage (60 Minutes)

2,000

Thai Hot Herbal Compress Healing Massage (90 Minutes)

3,500

Balinese Massage (60/90 Minutes)

3,000 / 3,500

WELLNESS

'Aqua Therma' Massage (60 Minutes)

3,500

Reiki Treatment (60 Minutes)

3,000

Chi Nei Tsung Treatment (60 Minutes)

3,500

Indian Head Dry Massage (40 Minutes)

2,500

Indian Head Oil Massage (60 Minutes)

3,000

Sleep By Design Therapy (90 Minutes)

4,500

Hot Stone Massage Therapy (90 Minutes)

3,500

Raindrop Therapy (60 Minutes)

3,500

BODY TREATMENT	THB
Detox Body Scrub (60 Minutes)	2,800
Restore Body Scrub (60 Minutes)	2,800
Traditional Thai Sandalwood Wrap (60 Minutes)	2,800

THERAPEUTIC BEAUTY TREATMENTS

Brighten Than Light Facial Treatment (60 Minutes)	3,500
Lift-Cutox Freezedried (Lifting & Anti-wrinkle)t (60 Minutes)	4,500
Less Oil More Grace (60 Minutes)	4,500
Soothing Sensitise Facial Treatment (60 Minutes)	5,000

WELLNESS PACKAGE

Nitra Maya Package (150 Minutes)	5,200
Inner Peace Package (120 Minutes)	5,200
“Mother and Daughter” Radiant Beauty Package (90 Minutes) *for 2 Guests	4,900
“Father and Son” Head To Toe Package (90 Minutes) *for 2 Guests	4,600

CHILDREN PACKAGE

Hands and Head Massage (30 Minutes)	1,500
Foot Massage (30 Minutes)	1,500
Aromatherapy Oil Massage (60 Minutes)	2,500

SPA ETIQUETTE

Spa opening hours: 10:00 a.m. – 10:00 p.m.
Last booking: 8:00 p.m.

SPA RESERVATIONS

It is highly recommended that you reserve your treatments in advance to avoid disappointment. Our spa reception will ask for your credit card details or room number to secure your reservation.

PRE-ARRIVAL

Please arrive at least 15 minutes prior to your treatment time. Please avoid eating a heavy meal, consuming alcohol and sun bathing prior to treatment as this may negatively affects your experience. Arriving late for your spa services will not guarantee a full treatment time. However, we will do our best to accommodate if possible.

PERSONAL ITEMS LIABILITY

Management accepts no responsibility for the loss of money or valuables of any kind brought onto the hotel and spa premises.

SPA ENVIRONMENT

At Nitra Spa & Wellness we strive to provide you with the most relaxing and soothing spa experience from the moment you arrive until you leave. Please note that this is a non-smoking facility. In order to ensure that Nitra Spa & Wellness is a tranquil environment, please switch off your mobile phone during your spa visit.

CANCELLATION POLICY

We request that any cancellations are advised at least 4 hours before your appointment time. If a cancellation is made less than 4 hours prior to appointment, a 50% cancellation fee will apply. For cancellations of less than 2 hours' notice and no shows, a 100% cancellation fee will apply. All packages and products are non-refundable.

ADULT FACILITY

Nitra Spa & Wellness is an adult facility, available to both men and women over the age of 12 years. To ensure a peaceful and tranquil atmosphere, children under the age of 12 will not be allowed in the spa premises.

