



THE STRAND
YANGON

THERAPY / BODY ELIXIR RITUALS

The Strand Massage

90 Minutes

A soothing massage to ease muscular tension and balance the mind and body, using techniques that incorporate both Acupressure and Aromatherapy. Using a procedure which combines Eastern and Western massage, clients will be able to choose from four blends of massage oil, Vital Energy, Sculpt, Deep Calm and Inner Reset. Treatment includes an Aromatherapy foot polish and refreshments.

Traditional Myanmar Massage

90 Minutes

Inspired by medical knowledge from ancient times, this healing massage allows the Therapist to apply pressure to focused points on the body, stimulating nerve function and balancing the flow of Qi. Oriental pyjamas are provided during this treatment, which also includes an Aromatherapy foot polish and refreshments.

To ensure the effective release of muscle heat after our traditional Myanmar Massage clients are advised to avoid immediate contact with water following their treatment.

The Whole Back Massage With Oil

60 Minutes

A soothing massage to ease muscular tension and balance the mind and body, using techniques that incorporate both Acupressure and Aromatherapy. Using a procedure which combines Eastern and Western massage, clients will be able to choose from four blends of massage oil, Vital Energy, Sculpt, Deep Calm and Inner Reset. Treatment includes an Aromatherapy foot polish and refreshments.

Back Massage With Oil

30 Minutes

A soothing massage to ease muscular tension and balance the mind and body, using techniques that incorporate both Acupressure and Aromatherapy. Using a procedure which combines Eastern and Western massage, clients will be able to choose from four blends of massage oil, Vital Energy, Sculpt, Deep Calm and Inner Reset. Treatment includes an Aromatherapy foot polish and refreshments.

Back Massage Without Oil

30 Minutes

Inspired by medical knowledge from ancient times, this healing massage allows the Therapist to apply pressure to focused points on the body, stimulating nerve function and balancing the flow of Qi. Oriental pyjamas are provided during this treatment, which also includes an Aromatherapy foot polish and refreshments.

To ensure the effective release of muscle heat after our traditional Myanmar Massage clients are advised to avoid immediate contact with water following their treatment.



A MEMBER OF
THE LEADING HOTELS
OF THE WORLD

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Body Wellness (Scrub with Massage) 90 Minutes

A tranquil candle lit bathing ritual may be added to a massage, allowing you to enjoy an aroma of fresh jasmine and rose petals. The body will get a scrub to feel refresh and then massage with massage oil or body lotion.

Spa Pedicure (with Scrub, 10 Minute Massage) 90 Minutes

The successive steps include toe nail polishing, nail trimming and removal of cuticles. Then 10 minutes massage to leg. You can choose any one color for toe nail polishing.

Spa Manicure (with Scrub, 10 Minute Massage) 75 Minutes

The successive steps include, finger nail polishing, nail trimming and removal of cuticles. Then 10 minutes massage to hand. You can choose any one color for finger nail polishing.

Traditional Asian Foot Massage 60 Minutes

The wholesome and energetic approach of our Asian Foot massage routine addresses the entire body, creating freedom and renewed energy in the legs, hips & back. The overall balancing and recharging effects of this massage are quite remarkable! Treatment includes an aromatherapy foot polish ritual and refreshments

Pedicure 60 Minutes

The successive steps include toe nail polishing, nail trimming and removal of cuticles. You can choose any one color for toe nail polishing.

Manicure 50 Minutes

The successive steps include finger nail polishing, nail trimming and removal of cuticles. You can choose any one color for finger nail polishing.

Shoulder and Neck Massage 30 Minutes

This healing massage allows the Therapist to apply pressure to focused points on the Shoulder and Neck firstly without massage oil. It will help you feel refresh by the use of massage oil.



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