

AMA'S HOUSE RETREAT MENU

MASSAGE DOES MATTER @ AMA'S HOUSE CHIANG MAI

Essential oils have been used for therapeutic purposes for nearly 6,000 years. The ancient Chinese, Indians, Egyptians, Greeks, and Romans have used them in cosmetics, perfumes, drugs and are also commonly used for spiritual, therapeutic, hygienic, and ritualistic purposes.

“René-Maurice Gattefossé, a French chemist, discovered the healing properties of lavender oil when he applied it to a burn on his hand caused by an explosion in his laboratory. He then analyzed the chemical properties of essential oils and how they were used to treat burns, skin infections, gangrene, and wounds in soldiers during World War I. In 1928, Gattefossé discovered the science of aromatherapy. By the 1950s, massage therapists, beauticians, nurses, physiotherapists, doctors, and other health care providers began using aromatherapy.”

Based on the history on therapeutic properties of our 100% natural essential oil, you will discover and indulge your mind & body at Massage Does Matter @ AWAY with our variety of delicate spa menus consisting of a combination of professional techniques of massage and aromatherapy delivered directly to you.

Our body builds up unhealthy amount of stress hormones in response to many situations, including work deadlines, traffic jams, relationship problems and more. These hormones can cause physical problems, for instance digestive issues, headaches, office syndrome, fatigue, jet lag and sleeplessness. Relaxation spa treatments at Massage Does Matter can decrease the amount of stress hormones in the body, reducing stress, and to gratify your 5 senses. Whether you wish to feel calm, rejuvenated or energized, our soothing treatments will restore a sense of harmony to your body, mind and soul. Find the treatments below that best suits your mood to completely relax, renew, and revive while you spend time with us here at Massage Does Matter!

BENEFICIAL OF OUR TREATMENT

AROMATHERAPY MASSAGE

Revive your spirits with Aromatherapy Massage which is intended to encourage the natural drainage of the lymph, which carries waste products away from the tissues back towards the heart, in combination oil as your select.

BODY EXFOLIATE

The goal of a body scrub is to remove dead skin cells and encourage a healthy production of the new ones. This type of mechanical exfoliation not only smooths and polishes the skin but also draws out impurities.

BODY MASK

A body mask is a thick paste or cream made from minerals, plants, fruits and other natural elements that detoxifies and strengthens your skin by drawing out impurities and absorbing excess oil. It is generously applied all over your body and is left to dry for about 20 to 30 minutes. The mask you choose may feature ingredients designed to address specific concerns as well.

FACIAL TREATMENT

To combat ageing, stressed and slackened skin through the increase circulation and flushing out toxins. Especially proven to reduce wrinkles and improve skin firmness after just one treatment, this exceptional anti-aging facial combines specialized lifting massage techniques with professional strength collagen boosting formulations that are accelerated by the electrical energy of precious minerals. This facial treatment re-energizes cell communication, respiration and regeneration, revealing a firmer, smoother, brighter and more youthful appearance.

Pick out skincare products to suit your skin type: Oily Skin, Dry Skin and Sensitive Skin.

BRIGHTENING

Aromatherapy Massage

60 minutes / THB 1,900

90 minutes / THB 2,700

Balancing Massage Oil has a combination of Cedarwood which serves the purpose of warming, harmonising and providing comfort to help stabilise energies that are out of balance. Rosewood also has an overall balancing effect and is helpful when feeling weary and over-burdened with problems whereas Lavender is calming and normalising. These massage oils, infused with purified gold, will penetrate deep and repair your skin to become bright & translucent while releasing muscle tension through our Classical Swedish Technique.

Body Exfoliate

60 minutes / THB 1,700

The combination of oriental herbs with lemongrass are always the favourite ingredient for spa due to its outstanding aroma that refreshes emotions and relieves fatigueness from the body. It is widely used to tone skins, balance oily skins, and is excellent for the tightening of opened pores. Our formula is to provide a puffy feeling while revealing purify skin shining that leaves only invigorating skin with a soft touch.

Body Mask

60 minutes / THB 1,700

Roselle herb is rich in Alpha Hydroxy Acid (AHA) which is a natural skin exfoliator that removes dead skin cells resulting in brightening, softer and smoother skin tone and texture. Natural plant oils of Jojoba, Sweet Almond, and Safflower nourish and balance the skin moisture after treatment. An excellent detoxifying treatment to promote lymphatic circulation.

FACIAL TREATMENT

60 minutes / THB 2,000

To reduce wrinkles and improve skin firmness after just one treatment

CALMING

Aromatherapy Massage

60 minutes / THB 1,900

90 minutes / THB 2,700

Using Classical Swedish Massage to deal with the soft tissues and muscles to help restore health – creating a calm and balanced effect on the nervous system. The massage technique, together with our Relaxing Massage Oil which has combination of Lavender and Chamomile, are specially well known for their calming and sedative benefits. They are both analgesic and eases physical muscle pain and aches that may be related to mental racing and fatigue. Bergamot symbolizes sunshine and its calming yet uplifting characteristics make it an ideal oil to sooth anxiety.

Body Exfoliate

60 minutes / THB 1,700

Fleur De Fleur Body Exfoliate, using the exfoliating power of Jojoba Bead to remove all accumulated pollutant particles on the skin, preventing oxidative damages. Composed of the romancing scent of Lemon, Geranium and Ylang-Ylang essential oils to co-ordinate its performance, the purified skin radiates flawlessly, creating a youthful luminosity with satiny soft, silky smooth and velvety supple touch.

Body Mask

60 minutes / THB 1,700

Fleur De Fleur Body Mask with White and Red clays. This detoxifying formula helps to minimize the appearance of pores, remove impurities and accumulated dead cells, creating a more clarified skin. To reduce skin irritation, Rose Water also provides the immediate moisture preserving the skin youthfulness.

FACIAL TREATMENT

60 minutes / THB 2,000

To reduce wrinkles and improve skin firmness after just one treatment

DETOXIFYING

Aromatherapy Massage

60 minutes / THB 1,900

90 minutes / THB 2,700

Detoxify Massage Oil has a combination of lemongrass and lavender which helps prevent the growth of some bacteria and contains antioxidant properties and excellent skin healer which is useful for treating symptoms of jet lag and clearing the head. Geranium is well known as a hormonal regulator, are highly nourishing and are easily absorbed by the skin to help eliminate cellulite. These massage oils, infused with base oils which are from pure vegetable extract and Vitamin E, is added for its anti-oxidant properties while releasing muscle tension by our Classical Swedish Technique.

BODY EXFOLIATE

60 minutes / THB 1,700

Lingzhi & Shitake are well known oriental herbs that have cell regeneration and anti-viral properties. Lingzhi is a strong antioxidant while Shitake protects against harmful damages from UV rays. Apricot Kernal scrub is a natural and non-abrasive exfoliate for the skin. The aroma blending of Lavender, Bergamot, and Chamomile is relaxing and soothing to your senses while the essential oils are beneficial for cell regrowth as well as improving immune system & anti-pollution.

BODY MASK

60 minutes / THB 1,700

Smooth away all the roughness and oxidative stress concerns with the powerful duo of detoxifying white clay and antioxidant green tea herb powder. The skin renewal cycle is optimally generated with the enhancement of energizing aroma combined with rosemary and peppermint essential oils. Experience the revitalizing state just after one treatment, showing the results of skin radiating youthful glow with satiny soft, silky smooth and velvety supple touch.

FACIAL TREATMENT

60 minutes / THB 2,000

To reduce wrinkles and improve skin firmness after just one treatment

ENERGISING

Aromatherapy Massage

60 minutes / THB 1,900

90 minutes / THB 2,700

Using Classical Swedish Massage that deals with the soft tissues and muscles to help restore health - creating a calming and balancing effect on the nervous system. The massage technique with Ylang Ylang & Geranium blended is a good balancer as it relieves anxiety and lifts the spirit.

BODY EXFOLIATE

60 minutes / THB 1,700

Using Energizing Body Exfoliate, the exfoliating power of Charcoal Scrub is optimized with Fruit Extract and Mandarin Orange Juice which acts as AHA to eliminate the impurities and accumulated dead cells revealing a brighter, more clarified skin. Composing the refreshing scents of Grapefruit, Mandarin and Orange essential oils to co-ordinate its performance, the purified skin radiates invigorating youthful clarity as a result in softer and firmer skin tone and texture

BODY MASK

60 minutes / THB 1,700

Energizing Body Mask uses a blend of fruit extracts (Mandarin, Guava, Tamarind) in the formulation. Its uniqueness is the AHA abundance which have benefits for skin whitening. It also helps balancing the skin's natural pH level. Thai White Clay is known for its high mineral and firming property which is used as a key ingredient for this wrap. Extra hydrating plant ingredients are used to distribute moisture greatly. Its powerful moisturizing agent promotes purifying, hydrating, and clarifying for skin, making a younger & healthier look skin.

FACIAL TREATMENT

60 minutes / THB 2,000

To reduce wrinkles and improve skin firmness after just one treatment

THAI RETREAT

Royal Siam Massage

60 minutes / THB 1,200

90 minutes / THB 1,600

With over a century of experience, the Royal Siam Massage has been one of the favorite treatments of the Thai (previously Siamese) Royal Families through the ages to alleviate aches, pains and tiredness. The Royal Siam Massage utilizes specific techniques to both stretch the muscular system and ease the tension by concentrating on the muscles of the whole body to restore the balance of the entire body, relieve muscle tension, stimulate blood circulation, and revitalize the mind and thus improve Royal Siam Massage overall energy flow.

Lanna Thai Organic Herbal Bolus

60 minutes / THB 1,900

90 minutes / THB 2,200

An original, ancient Thai traditional therapy that uses a combination of freshly dried herbs and spices grown in Northern Lanna. A steamed Thai herbal bolus is meticulously created and applied to the pressure points of the whole body to relieve sore and exhausted muscles and to stimulate blood circulation, leaving you completely revitalized.

Batuka Massage

60 minutes / THB 1,600

90 minutes / THB 1,900

Focusing on the reflex points of the feet, applying pressure with special finger and hand techniques in order to affect and stimulate various parts of body. This therapy can indulge you in relaxation, easing headaches or improve lymphatic circulation, and creates a sense of well-being as well.

MESSAGE DOES MATTER ETIQUETTE

Timings

- Massage Does Matter is open from 10.00 a.m. to 10.00 p.m.
- Advanced booking is required to secure your preferred date and time for treatment.
- Reservations can be made by dialing: 0

Arrival Time

- Please arrive 20 minutes prior to your scheduled appointment. If it is your first time at Massage Does Matter, a consultation form will be required to fill out.

Late Arrival

- Please note that as a courtesy to all our guests, a prompt appointment schedule is adhered to. Should you arrive late for your scheduled appointment, your treatment time may be shortened or rescheduled so the next guest will not be inconvenienced.

Cancellation Policy

If you would like to reschedule or cancel your booking, you can do so at any time by providing us a 24 hours' notice. Please call our reception who will be pleased to reschedule your appointment.

Any cancellation made less than 4 hours' notice will impose a 50% for cancellation fee.

Preparing for your treatment

- We recommend that men shave a few hours prior to their facial treatment to allow better absorption of the products applied. Please avoid shaving one day prior to body scrubs. Drink water before and after all therapies is highly suggested.
- Guests with high blood pressure, heart conditions, pregnant or has any medical complications are advised to consult their doctors before signing up for any Massage Retreat.
- There is no need to bring or wear any special clothing, as we have comfortable underwear available for our guests for body treatments.

Valuables

- You are advised to leave your valuables at home or in the hotel room as the Massage Retreat cannot presume responsibility for any missing items.
- To preserve harmony and peacefulness within the Massage Retreat, we kindly request you to turn off your mobile phone always.
- We also advise you that smoking is not permitted in our Massage Retreat.
- Guests under the age of 16 years are not permitted within the Massage Retreat premises, unless accompanied by an adult.
- Although we perform our best to satisfy your needs, we realize that our Massage Retreat is a very individual experience. Please kindly inform your therapist if there is any way that she can always improve your treatment or comfort.