

MENU



RatiLanna Spa



RATILANNA SPA

Lanna is home to several ethnic groups including Tai Lue, Tai Yai and at least six hill tribes. Each ethnic group and hill tribe has their own unique culture. The unique character of each group is proudly presented through the decoration. The spa includes six double treatment rooms and each one has its own private herbal steam and Hydro-Jacuzzi bath.

Ratilanna Spa offers extensive types of massage therapies, body treatments, beauty treatments to a full range of spa package journeys to ensure you are thoroughly pampered.

We warmly welcome you to a serene experience with our well trained therapists to give you complete relaxation of the mind and body.

拉蒂兰纳水疗按摩中心

兰纳王国是一个多民族的国度，例如傣族、苗族、泰族等及其他六个高山民族，各民族拥有自己独特的文化艺术和传统服饰，拉蒂兰纳酒店的水疗按摩中心即是根据兰纳文化特色而装潢设计的，内设6间水疗室，每间都具有蒸汽室及喷泉浴缸。

本水疗中心提供各式各样的水疗按摩服务、包括身体保健、面部护理等，还有其他多项水疗按摩套餐，客户可根据自己的喜好选择护理项目。

RATILANNA ETIQUETTE

Opening Hours: Daily 10.00 a.m. - 10.00 p.m.

营业时间从上午10.00-晚间10.00

ARRIVAL

We recommend that you check in to Ratilanna Spa Reception at least 15 minutes prior to your scheduled appointment. Please understand that late arrivals will not receive an extension of scheduled treatments.

登记时间

您需提前15 分钟到达水疗中心并进行登记，如果晚于预定时间则不能予以补偿已过的时间。

ADVANCED BOOKINGS

We highly recommend booking your treatment in advance to ensure that your preferred time and service are available.

预订方式

为了避免浪费时间，我们建议您提前预订水疗中心的各项护理项目。

CANCELLATIONS

Please allow four hour notice of cancellation to avoid a 30% charge. Cancellations or no shows within two hours will incur a 50% charge. A credit card number is required at the time of booking.

取消预定

如果您需要取消预订，请提前四小时内通知，否则将收取30%的费用，如完全未通知则收取50%的服务费，如不是本酒店的住客则需要信用卡号作为抵押。

GIFT CERTIFICATES

Our gift certificates, which are ideal for anyone who enjoys being pampered are available at Ratilanna Spa.

优惠券

顾客可以在本水疗中心客服部购买水疗优惠券。

GRATUITY

For your convenience, a 10% service charge and 7% government tax is already added in spa treatments. Personal gratuities are at your discretion.

小费

水疗中心的价格已含10%的服务费及7%的增值税，如果您愿意格外给小费，将是我们最好的奖金和鼓励！

HEALTH CONDITIONS

Please advise us of any health conditions, allergies, or injuries, which could affect your treatment when making your spa reservation.

健康条件

在您预订服务项目前请如实告知您的身体状况，例如：过敏、受伤等情况，以便接受服务时服务员将加以注意。

LOSS OR DAMAGE

We regret that we can not be responsible for any loss or damage of personal articles. Please keep all valuables locked in your room during your visit. For the protection of your clothing, we also ask that you wear the robe provided.

财物损失或丢失

水疗中心不负责任何财物的丢失或损失，请客户必须保管好自身行李和物品，建议您可存放在您房间内的保险箱里。

NO SMOKING

We offer a smoke-free environment for all of our guests. Kindly refrain from smoking within or outside the spa.

禁止吸烟

水疗中心严禁吸烟，如有需要，请到外边的泳池旁。

SPA RETAILS

To continue your spa regimen at home, our spa products such as: Massage Oil, Herbal Balls, Thai Massage outfits, CDs are available in our hotel gallery.

水疗用品销售

相关水疗用品如：精油、香熏油、草药包、按摩服装等可在酒店礼品店购买。



RATILANNA SPA SIGNATURE

The Rose of Ratilanna 2 hours THB 3,200

Come to your senses while experiencing our passionate signature treatment. The beautiful two-hour treatment begins with the herbal foot bath, followed by the roselle and rose scrub, rich of AHA and all body needed vitamins to brighten and moisturize the skin. The treatment continued with an aromatic warm rose oil massage to leave your whole body feeling totally pampered and with the benefits of improved blood circulation, relief from stress, it balances your body, mind and spirit.

拉蒂兰纳招牌护理项目

兰纳玫瑰 2 小时 3200 泰铢

兰纳玫瑰护理是拉蒂兰纳水疗中心的特有磨砂皮肤护理项目，荣获2014年兰纳水疗护理奖。本项目从清洗脚部开始，然后用洛神花和玫瑰花磨砂皮肤，这两种化含有AHA素，也即是水果的酸素及维生素等等，可有效的保养、滋润、及美白皮肤的效果，最后采用温度适当的玫瑰精油按摩全身，帮助纾解胫骨、增进血液循环、促进心理和身体的平衡。



Enjoy our Award Winning Signature Treatment
“The best of Lanna Herbal Scrub Product”
from “Lanna Expo 2014”
only at Ratilanna Spa



MASSAGE THERAPIES

按摩

Ancient Bamboo Massage

1 hour THB 2,500 | 1 hour 30 minutes THB 3,200

Experience this latest therapeutic and exotic bamboo massage technique based on the oriental believe in the benefits withheld in the bamboo, such as life energy, longevity, eternal youth, strength and peace. The bamboo massage incorporates bamboo stalks to provide deep-tissue work combined with the technique of oil massage to promote circulation, sensory nerve perception and lymphatic drainage as well as providing a deep sense of relaxation and well-being.

竹子按摩

1小时 2500 泰铢 | 1 小时 30 分钟 3200泰铢

竹子按摩法是从东方国家疗法技术的基础上发明起来，竹子有很多好处，比如给身体提供能量、长寿、身体健康、皮肤白嫩、放松。竹子按摩法是跟精油按摩法混合起来，有组于 刺激感官、刺激血液循环、刺激淋巴結、肌肉放松，体验竹子按摩法会感觉到全身放松、和平。

Lanna Exotic Massage

1 hour THB 2,300

It is an ancient northern Thai practice that involves the use of a special wooden stick, made from the bark of the tamarind tree, to relax muscles in a rhythmically tapping motion, “Tok Sen”. This is followed by a relaxing massage using the designated herbal oil.

兰纳式捶打按摩

1小时 2,300铢

兰纳式捶打按摩是根据兰纳独有的按摩方式进行，结合捶打按摩和精油按摩，可纾解经脉、肌肉并且促进血液循环。

MASSAGE THERAPIES

按摩

Crystal Oil Massage

1 hour THB 2,200 | 1 hour 30 minutes THB 2,900

Our signature blended oils extracted from aromatic flowers and fruits to enhance health and beauty. The Crystal Oil Massage has effects on the mind, emotions and also physical benefits. This is a soothing massage using light to medium pressure.

精油按摩

1 小时 2,200 铢 | 1 小时 30 分钟 2,900 铢

拉蒂兰纳的精油采用植物、花朵及水果研制而成，它具有恢复身体健康及美容的功能。精油按摩对人类的心理、情绪和身体都有明显的卓效，也可缓解压力，按摩重量从轻到重。

Thai Herbal Compress Massage

1 hour 30 minutes THB 2,400

This massage technique combines with the Traditional Thai Massage and compression technique using warm herbal balls "Luk Prakhob". The idea is to release the muscle soreness and increase blood circulation.

草药包按摩

1 小时 30 分钟 2,400 铢

草药包按摩是以泰式按摩和草药包按摩的方式进行，草药具有纾解压力和减轻肌肉发炎的效果，同时也可促进血液的循环。

Traditional Thai Massage

1 hour THB 1,600 | 1 hour 30 minutes THB 2,000

The traditional Thai Massage concentrates on major energy lines in the body and combines pressure points and stretching techniques which help to release energy blockages and muscle tensions. It is a dry massage, Thai Massage outfits are provided.

泰式按摩

1 小时 1,600 铢 | 1 小时 30 分钟 2,000 铢

泰式按摩是不采用精油的一种按摩，主要用手指按摩、以按和摩来纾解身体的肌肉和经脉，使其放松、缓解。拉蒂兰纳的精油采用植物、花朵及水果研制而成，它具有恢复身体健康及美容的功能。精油按摩对人类的心理、情绪和身体都有明显的卓效，也可缓解压力，按摩重量从轻到重。

MASSAGE THERAPIES

按摩

Back Massage

1 hour THB 1,600

This massage session involves the use of blended oil with firm strokes and acupressure techniques on the neck, head and entire back creating a deeply calming effect. This will help to release back discomfort.

背部按摩

1 小时 1,600 铢

Foot Massage

1 hour THB 1,600

The foot massage uses pressure points onto particular areas of the feet. Reflex actions in other parts of the body are stimulated by the manipulation of each specific area. Activating these points can have an overall balancing effect based on Chinese meridian theory.

脚底按摩

1 小时 1,600 铢



LANNA HERITAGE BODY SCRUBS

身体磨砂

A variety of natural herbs and ingredients used in our body scrubs are freshly prepared at Ratilanna Spa. The treatment is designed to keep your skin healthy through exfoliation.

拉蒂兰纳的磨砂产品都是自行研制，磨砂可以清除皮肤污垢和去除死皮等等。

Tamarind and Honey Scrub

1 hour THB 1,400

酸角加蜂蜜磨砂

1 小时 1,400 铢

Kaffir Lime Scrub

1 hour THB 1,400

柠檬叶磨砂

1 小时 1,400 铢

Coffee and Yoghurt Scrub

1 hour THB 1,400

咖啡磨砂

1 小时 1,400 铢

Black Sesame Scrub

1 hour THB 1,400

黑芝麻磨砂

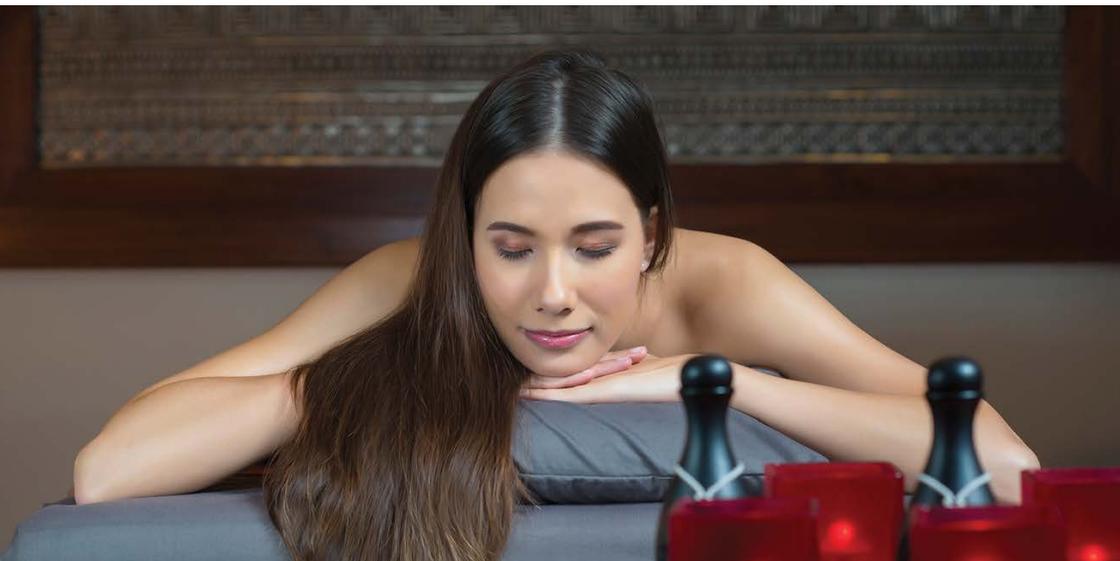
1 小时 1,400 铢

Himalayan Salt Scrub

1 hour THB 1,400

喜马拉雅盐磨砂

1 小时 1,400 铢



RATILANNA FACIAL TREATMENTS

面部护理

Detoxifying Facial by Biodroga

1 hour THB 2,200

This rejuvenating treatment helps skin cells regenerate. It is a combination of cleansing, toning scrub, and gentle massage. The mud mask is rich in detoxification effects to give you cleaner, healthier and brighter skin.

排毒面部护理

1 小时 2,200 铢

面部护理主要加强新细胞的再生能力，从清洁面部开始、磨砂面部、轻揉面部，用于面部护理的产品具有丰富的排毒能力，让皮肤从深层净化让其洁白柔美。

Royal Aquamarine by Biodroga

1 hour THB 2,500

Be pampered with the legendary mythical energy of the aquamarine. The highlight of this treatment is a gentle massage with rock crystal wands to harmonize and calm your skin. The pressure points of face and décolleté are stimulated, energy blocks cleared away and microcirculation activated. The treatment restores your balance, leaving skin looking radiant.

皇家蓝宝石护理

1 小时 2,500 铢

采用水晶制造的工具棒代替手指进行面部按摩，具有促进面部的血液循环，调试面部的均衡，使面部湿润、洁白美丽。

Thai Herbal Facial

1 hour THB 1,400

This facial is a basic yet well-made treatment to nourish your facial skin. With the variety of beneficial Thai herbal products starting from cleansing, scrub, massage and the mask, it will help to refine and nourish the skin, the ideal for a basic skin care at home.

泰式草药面部疗法

1 小时 1400 泰铢

面部疗法的步骤：1. 先洗脸、2. 磨脸、3. 面部按摩、4做面膜四个步骤都使用泰式草药的产品。面部疗法效果：面部增亮，美白。

ADDITIONAL SERVICES

其它服务

Mineral and Milky Bath

30 minutes THB 800

洗温泉泡乳浴

30 分钟 800 铢

Aromatic Himalayan Crystal Salt Bath with Thai Herbs

30 minutes THB 800

珠穆朗玛石盐和泰草泡身体

30 分钟 800 铢

Thai Herbal Steam

30 minutes THB 800

泰草药蒸熏

30 分钟 800 铢

RATILANNA SPA JOURNEYS

拉蒂兰纳水疗套餐

Ratilanna Spa Journeys are designed spa packages with a combination of two or more treatments. The idea is to rejuvenate and recharge spa lovers. You can choose from packages below to create your own spa journeys.

拉蒂兰纳水疗是从两个或更多的治疗方法相结合。拉蒂兰纳水疗会让您感到恢复活力，适合水疗爱好者。您可以选择从下面的套餐，来创建自己的水疗之旅。

RatiLanna Rejuvenation

3 hours THB 5,300

- Thai Herbal Steam or a choice of Bath
- A Choice of Body Scrub
- Crystal Oil Massage
- Detoxifying Facial

拉蒂兰纳再复兴

3 小时 5,300铢

- + 草药蒸熏或浴的最佳选择
- + 身体磨砂的最佳选择
- + 精油按摩
- + 排毒面部护理

The Beauty of RatiLanna

2 hour 30 minutes THB 4,200

- A choice of Bath
- Crystal Oil Massage
- Detoxifying Facial

拉蒂兰纳之美

2 小时 30 分钟 4,200铢

- + 浴的最佳选择
- + 精油按摩
- + 排毒面部护理

RATILANNA SPA JOURNEYS

拉蒂兰纳水疗套餐

RatiLanna Revival

2 hours THB 3,500

- Mineral and Milky Bath
- A Choice of Body Scrub
- Crystal Oil Massage

拉蒂兰纳再复活

2 小时 3,500 铢

- + 洗温泉泡乳浴
- + 身体磨砂的最佳选择
- + 精油按摩

Traditional Thai Remedy

2 hour 30 minutes THB 3,200

- The Herbal Steam
- Traditional Thai Massage
- Thai Herbal Facial

拉蒂兰纳再弥补

2 小时 30 分钟 3,200 铢

- + 草药蒸熏
- + 泰式按摩
- + 泰式草药面部疗法

RatiLanna Retreat

2 hours THB 2,800

- Thai Herbal Steam
- Thai Herbal Compress Massage
- Foot Massage

拉蒂兰纳再护理

2 小时 2,800 铢

- + 草药蒸熏
- + 草药包按摩
- + 脚底按摩

Ratilanna Exotic

1 hour 30 minutes THB 2,600

- Herbal Foot Bath
- Foot Massage
- Lanna Exotic Massage

拉蒂兰纳奇异按摩

1 小时 30 分钟 2,600 泰铢

- + 清洗脚部
- + 脚底按摩
- + 兰纳式捶打按摩

RatiLanna Healing

1 hour 30 minutes THB 2,400

- Herbal Foot Bath
- Back Massage
- Foot Massage

拉蒂兰纳再恢复

1 小时 30 分钟 2,400 铢

- + 清洗脚部
- + 背部按摩
- + 脚底按摩

SEASONAL FRUITS FOR THAI - LANNA IDENTITY AND SPA USES

A recent trend towards health care with natural products has increasingly aroused interest. Not only vegetables and fruits are rich in vitamins and minerals, they also contain phytonutrient which contains a variety of biological properties. Seasonal fruits of various colors are applied in spa for skin nourishment and skin care products.



Mango (Ma-Muang) is rich in beta-carotene, and antioxidant substance. The fruit also contains vitamin C. For spa uses, ripe flesh helps smoothen body skin, retain moisture and remove dead cells, brightening skin. Mango also contains sugar and amino acids which can retain moisture at skin layer.



Lychee (Lin-Gee): Lychee is used for skin and beauty care. The pulp is rich in vitamins and minerals, its peel and seed contain antioxidant activities. Lychee seed contains fatty acids, palmitic acid, oleic acid and linoleic acid.



Longan (Lum-Yai): Fresh longan contains carbohydrate, protein, fat, vitamins, sugar and minerals. In longan aril found polyphenols which give as effective free radical scavenging property as green tea. Further, anti-tyrosinase activities of longan seed extracts can be used in skin whitening products.



Passion Fruit (Saw-Wa-Rot): Passion fruits contain vitamin C, pectin, flavonoids, and organic acids, beta carotene, potassium and high fiber. Chemical compositions found in passion fruit support its uses in spa products, especially for skin care.



Avocado (Avocado): Avocado pulp is incredible rich in minerals and other essential nutrients such as unsaturated fat. It contains vitamin A, linoleic acid and oleic acid. Avocado pulp has creamy texture. According to its skin nourishing and moisturizing effects, its flesh is suitable for applying in skin mask.



Banana (Kluay): Banana peel contains high amount of tannic acid which can be applied in cosmetics and is polysaccharides which have gelling agent as closely effective as that of pectin. Banana is a food crop which can be used as an ingredient from unripe fruit, ripe fruit, peel and blossom in spa products.



Strawberry: Strawberry is rich in vitamin C and antioxidant properties. Its known for its anti-inflammatory, laxative. The fruit is one of those which can be applied in skin nourishment to improve skin radiance. Mind scent from strawberry fruit gives a refreshing feeling.



RatiLanna

RIVERSIDE SPA RESORT
CHIANG MAI

RatiLanna Spa by RatiLanna Riverside Spa Resort, Chiang Mai

33 Chang Klan Rd., Muang, Chiang Mai 50100 Tel: +66 (0) 53 999 333 Fax: +66 (0) 53 999 332

E-mail: spa@ratilannachiangmai.com www.ratilannachiangmai.com