



# THE SPA

AT KIRIDARA



KIRIDARA  
LUANG PRABANG

KIRIDARA LUANG PRABANG  
22 / 13 North Road,  
Ban Naviengkham,  
Luang Prabang, Laos PDR

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

## SPA MENU

FOR ALL ENQUIRIES  
please call The Spa on Ext. 44

## SPA INFORMATION

SPA HOURS ARE 9.30AM - 8.00PM. LAST RESERVATION AT 7.00PM.  
LAST TREATMENT FINISHES AT 8.00PM.

RESERVATION: Advance booking are recommended to guarantee your preferred date and time of your treatment.

WHAT TO WEAR: We provide shower, towels, bathrobes and disposable underwear for your comfort.

ARRIVAL TIME: We recommended that you arrive at the spa 10 minutes prior to your scheduled treatment time to complete the consultation form, enjoy refreshment and relax in the idyllic surroundings.

LATE ARRIVALS: We regret that a late arrival will result in a shortened treatment to accommodate other guests fairly.

VALUABLES: We recommending that you leave all jewellery in your guest room safebefore coming to the spa. The management and staff accept no responsibility for the loss of money or valuables of any kind brought into the spa premises.

WHAT IF I AM PREGNANT? Please contact our spa manager for advice on treatments that are safe to enjoy during pregnancy. You may wish to avoid booking treatments that involve the use of essential oils. Massage or stimulating treatments are not recommended during the first three months of pregnancy.

SMOKING AND ALCOHOL: Smoking and the consumption of alcohol within the spa are prohibited. It is also advisable to avoid the consumption of heavy meals prior to, or after any spa treatment.

PAYMENT: All treatments will be charged to your room and will appear on your account at the time of check out.

CANCELLATION: 24 hours cancellation notice is required to help us reschedule your appointment, subject to space availability. 100% no show fee will apply if no advance cancellation notice is given.

MOBILE PHONE: The use of mobile phones is not permitted in The Spa.

ALL PRICES ARE INCLUDING 10% VAT AND 10% SERVICE CHARGE

## BEAUTY TREATMENTS



### HAND AND FOOT SPA TREATMENTS

A full service with our nature product leaves the hands & feet glowing, silky and revitalized. Concentrate on calloused cuticles and dry skin, this service also includes a milk and honey soak olive salt scrub, tamarind cream mask, massage and continues manicure and pedicure.

Hand spa	\$32
Foot spa	\$32
Hands & foot spa	\$60

### MANICURE & PEDICURE SERVICE

Manicure	\$20
Pedicure	\$20
Kid's manicure	\$10
Kid's pedicure	\$10

### WAXING SERVICE (1 hours notice)

Upper lips & chin	\$14
Arms	\$15
Under arms	\$15
Half legs	\$18
Full legs	\$40

### SPA ACTIVITY

Lao massage class 1.5 hours	per couple \$20
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<b>KIRIDARA HERBAL JOINT RELIEF MASSAGE (60/90min)</b>	<b>\$50/\$65</b>
This unique massage makes use of the herbal compress to relax, soothing and release tension joint and muscles.	
<b>KIRIDARA ACTIVE RELIEF MASSAGE (60/90min)</b>	<b>\$45/\$60</b>
Stretch release and rejuvenate your muscles, joint and limbs post workout. The perfect massage for active sportsman and women.	
<b>AROMA THERAPY MASSAGE (60/90min)</b>	<b>\$45/\$60</b>
Enhanced with divine essential oils that produces a warming effect to relieve the healing properties into the skin.	
<b>BALINESE MASSAGE (60/90min)</b>	<b>\$45/\$60</b>
A deep tissue massage which help in healing harmonizing and rejuvenating for relaxation and rebalancing of energy flow in the body.	
<b>TRAVELERS REBALANCING MASSAGE (90min)</b>	<b>\$60</b>
After long trip join us at The spa to enjoy a heavenly massage that relaxes, soothing and invigorates the body by stimulating the circulation resulting in a perfect sleep.	

<b>LAO TRADITIONAL MASSAGE (90min)</b>	<b>\$60</b>
Gentle sleep manipulation of your sore muscles and attention to pressure point along the energy lines of your ailing body.	
<b>THAI HEALING MASSAGE (100min)</b>	<b>\$60</b>
Promotes flexibility of the body and improves breathing posture and balance as well as total body alignment and reduction of arthritis and relieves back tension by toning the body and strengthening the joint.	
<b>BODY BALANCE &amp; ALIGNMENT MASSAGE (70min)</b>	<b>\$50</b>
Using gentle stretching techniques, we enable your body to feel relaxed and generate increase flexibility as well as soothe and energize the body.	
<b>KID'S MASSAGE (Age 6 - 12 / 60min)</b>	<b>\$35</b>
The best way to introduce your child a massage to relieve stress. Therapists who is providing massage is gender specific.	
<b>SIGNATURE HEAD MASSAGE (45min)</b>	<b>\$35</b>
This massage combines techniques of Indian head massage and Thai massage, this massage help reduce headache.	
<b>BACK NECK SHOULDER MASSAGE (30min)</b>	<b>\$30</b>
A combination of techniques are incorporated to ease and comfort muscle tension in your back neck and shoulders.	
<b>FOOT REFLEXOLOGY (60min)</b>	<b>\$40</b>
Stimulate reflex zone in the feet which is systematically linked to all parts of the body.	
<b>FOOT RELAX MASSAGE (30min)</b>	<b>\$30</b>
A great way to relax after a tiring day. Hand and foot spa treatment	



## FACIAL TREATMENTS



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| <p><b>LYMPHATIC FACE MASSAGE (75min)</b><br/>Stimulate the lymph system which result in an improved blood circulation and help achieve firmer, more youthful and radiant skin.</p>  | \$45 |
| <p><b>REFRESHING FRUIT FACIAL (60min)</b><br/>A beneficial treatment for all skin types enabling a skin purification and DECONGESTION PROCESS.</p>  | \$40 |
| <p><b>BATH (30min)</b></p> <p><b>AROMATIC CHAMPA BATH</b><br/>Frangipani essential oil with Andaman crystal help draw out impurities and shoot as well as revive tense muscles.</p> <p><b>AROMATIC MILK BATH</b><br/>A calming bath that re energizes the mind and body.</p> <p><b>THAI HERBAL BATH</b><br/>The herbal generate a stimulus of aroma and essence to relieve tension in the body and mind by increasing muscle flexibility.</p> | \$29 |



## SPA PACKAGES



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| <p><b>LUANG PRABANG RETREAT (4hrs)</b><br/>Revive your body start with The Kiridara original wood fire herbal steam followed by body scrub of your choice, tamarind body wrap, Lao traditional massage and refreshing with fruit facial. Our organic spa salad await at the end of your treatment.<br/>Wood fire herbal steam - Body scrub - Tamarinds wrap - Lao massage - Spa salad</p> | \$165 |
| <p><b>THE SPA INDULGENCE (3hrs)</b><br/>Pampering you from top to toe and rejuvenating the body, mind and spirit enjoy an aroma salt body scrub, Kiridara herbal joint relief massage followed by a lymphatic face massage. Enjoy fresh seasonal fruit.<br/>Body scrub - Herbal joint relief massage - Lymphatic facial - Mixed fruit</p>   | \$130 |
| <p><b>KIRIDARA MAGIC MOMENT (2.5hrs)</b><br/>Discover the magic combination of a choice of body scrub and Kiridara herbal joint relief 90minute massage, release your tension muscles and relax.<br/>Coffee body scrub - Herbal joint relief massage</p>  | \$95  |
| <p><b>TROPICAL PACKAGE (2hrs)</b><br/>The ultimate relaxing coconut body scrub with a soothing and wonderful 60 minute Balinese massage.<br/>Coconut body scrub - Balinese massage</p>  | \$85  |



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| <b>SALT BODY SCRUB (45min)</b><br>Polish and cleanse your skin with our fine salt and olive oil delivering glow and vitality. It effectively removes the dead surface layer of skin which is a great way to prepare the body before any massage.   | \$39 |
| <b>COCONUT BODY SCRUB (45min)</b><br>A gentle exfoliating body scrub that help removed dead skin cells and leaves your skin feeling soft and smooth.   | \$39 |
| <b>COFFEE BODY SCRUB (45min)</b><br>To get your skin soft and glowing, reveal evenly toned smooth skin all over your body.   | \$39 |
| <b>CHOCOLATE BODY SCRUB (45min)</b><br>Treatment for an all over softness of your skin smoothen & stimulate the skin such an invigorating, relaxing treatment.   | \$39 |
| <b>TAMARIND BODY WRAP (60min)</b><br>Blast your skin with the anti oxidant effect by using real tamarind and honey paste all over body. You are then cocooned while a restful head massage is performed.   | \$39 |
| <b>THE KIRIDARA ORIGINAL WOODFIRE HERBAL STEAM (30min)</b><br>(2 hours advance reservation)<br>Luang Prabang's only herbal steam with scents of eucalyptus & lemongrass leaves is ideal to rejuvenate, detox your skin, relieve dehydration & dryness resulting in a refreshed state of mind & body. | \$25 |

