

Touch:Relax

BODY MIND BALANCING





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Are you letting a load of work consume your day? It's time to put down the busy tasks for a while and instead pick up a fine treatment to pamper your body and increase vitality. In this issue, we recommend Ananda Spa, a good selection for changing your day from chaos and calm.

"Ananda" comes from the Sanskrit word meaning "harmony." Ananda Spa, therefore, accentuates on the holistic therapy that features the balance of body and mind. The signature treatment of this downtown spa is Ananda Spa Massage, an indulgence which blends massage with several techniques, ranging from aromatherapy, deep tissue massage, Thai massage, Ayurvedic massage, and Shiatsu (traditional hands-on therapy originating in Japan.) This treatment helps melt your tension away while the aroma awakens your senses.

Just a stone's throw from Nana BTS station, you will find yourself being in the midst of serene and private atmosphere at the Ananda Spa.

With 16 personal rooms embellished in contemporary Thai style, the spa provides you a wide array of treatments, embracing massage, spa bath, body treatment, face treatment, etc. **B**