



BELMOND
GOVERNOR'S RESIDENCE
YANGON

THE SPA

SPA MENU

WELCOME TO THE WONDERFUL WORLD OF BELMOND

We are totally dedicated to your wellness when you stay with us at Belmond. Whether lazing in our spa or dining on nutritious cuisine, practicing yoga on a beach or enjoying a moment's peace in a tranquil hideaway, do take this special opportunity to refresh both your body and your soul.

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01 RELAX AND REVIVE AT THE SPA

We invite you to unwind in the healing energy of The Spa. Beneath the boughs of towering tropical trees, in a charming vintage summerhouse set beside the fan-shaped swimming pool, Yangon's most exclusive spa ushers you into an elegant world of wellbeing bliss. Revitalise with traditional organic ingredients, including cedarwood, jasmine and rose essential oils. Ancient healing practices are applied with modern understanding, leaving you totally relaxed and thoroughly balanced.

Indulge in a rejuvenating therapy in our individual or couple's treatment rooms or in our garden pavilion. Our rituals incorporate precious ingredients – gold, Ethiopian frankincense, rosa damascena, sea buckthorn – that work with the skin to heal and protect against ageing. We also use organic brand ILA, whose products harness the pure power of plants, flowers and herbs. Nourishing and rebalancing scrubs, balms and oils work in perfect harmony with specialist massage techniques to propel you along the path to wellbeing.

Please enjoy complimentary use of all our delightful spaces during your visit.

All treatments are suitable for both men and women unless otherwise stated.

Opening times:

Daily: 10.00-22.00

Access: Adjacent to the swimming pool

Reservations: Dial 7972

02 SIGNATURE INDULGENCES

CHAKRA BACK TREATMENT (SOFT)

75 MINUTES

Soothe your soul with this gentle, nurturing massage that uses chakra and sound healing to activate and channel the Kundalini, the dormant energy at the base of the spine. By realigning your body's rhythm and restoring a balanced state, we help heal the sympathetic and parasympathetic nervous systems, deeply enhancing both your mental and physical wellbeing.

TIBETAN MASSAGE (MEDIUM)

75/90 MINUTES

Restore your flow of energy and vitality with a traditional Tibetan body massage, which uses a blend of five essential oils to balance the Five Elements - earth, water, fire, air and space. In combination with Tibetan techniques of cupping, kneading and acupressure with hot herb poultices and stones, the therapy leaves you feeling relaxed, in harmony with your body and raring to go.

03 MASSAGES

DEEP TISSUE MASSAGE (STRONG) 90 MINUTES
Feeling a little sluggish? Kickstart your circulation with our Karuna Kaya deep tissue massage, which stretches and soothes tight muscles, energises a tired body and mind and leaves skin glowing and vibrant.

TRADITIONAL MASSAGE 60/90 MINUTES
Enjoy head-to-toe relaxation with our traditional, oil-free massage, which involves deep or medium pressure and comfortable clothing that we provide. Using gentle stretching techniques, we'll soften your muscles and bring new energy to your body.

SWEDISH MASSAGE 60/90 MINUTES
Recover swiftly from jet lag with this reviving massage that penetrates deeply into the muscles to stimulate the body and strengthen the lymphatic and nerve systems.

AROMATHERAPY MASSAGE 60/90 MINUTES
Breathe deeply and feel a wonderful sense of wellbeing with this deliciously fragrant therapy, which uses carefully selected essential oils harnessing the power of flowers and plants to provide a range of soothing benefits.

04 FACIAL THERAPIES

ANANDA FACE THERAPY

60 MINUTES

“The Blissful Facial”

Illuminating. Calming. Profound. This divine therapy restores natural luminance by increasing blood circulation and stimulating the free flow of energy to facial cells. We combine specialised techniques with powerful rosa damascena and sandalwood oils to reduce inflammation, address hormonal imbalance and open the energy centres of the face. Skin glows with radiance and a sense of peace pervades the body.

RAINFOREST REJUVENATION FACE THERAPY

75 MINUTES

“The Anti-Ageing Facial”

Detoxifying. Regenerative. Anti-inflammatory. This restorative facial draws on intensely healing rainforest extracts to rejuvenate facial skin. Warm herbs, lymphatic drainage techniques and an Amazonian mud mask encourage toxin release and reduce water retention, increase blood supply and boost collagen production at a cellular level. Skin tone is brightened and muscle contraction is inhibited, softening fine lines and wrinkles.

GOLD CELLULAR AGE-RESTORE FACE THERAPY

90 MINUTES

Treat your complexion to this rejuvenating facial, which encompasses a blend of exotic ingredients proven to work with the skin to heal and protect from natural signs of ageing. Three types of naturally occurring gold and the rarest of frankincense from the gardens of Ethiopia are delivered into the skin using cleansing and healing lymphatic massage techniques. ILA's unique BosTriWell® and hyaluronic extract combined with sonic wave therapy instantly increases collagen levels and reduces cell inflammation.

MARINE FLORA FACE THERAPY

90 MINUTES

“The Detox Facial”

Give a nourishing boost to dry, dull and congested skin with this unique facial, which incorporates an effective technique called “nerve point therapy” to help calm the nervous system. Using a special blend of active ingredients from the sea, it smooths out the nerves and releases tension within the face. The marine ingredients work within the deeper layers of the skin to stimulate and strengthen collagen production and re-mineralise with trace elements and vitamins A, B, C, D and E. Your complexion will be deeply hydrated and glowing with health.

KU NYE FACE THERAPY

60 MINUTES

“The Balancing Facial”

Balancing. Strengthening. Restorative. Using an ancient organic Tibetan oil (sea buckthorn seed oil) containing rare Omega-7, this facial is designed to strengthen cell walls, regenerate skin, improve circulation and balance core energy. A rosehip and honey scrub prepares skin for the sea buckthorn elixir; deep lymphatic drainage and acupressure with hot poultices maximise penetration, and we finish with a harmonising lavender and honey mask.

04 FACIAL THERAPIES

MEN'S REVITALISING FACE THERAPY

60 MINUTES

"The Invigorating Facial"

Purifying. Anti-bacterial. Enlivening. This men's facial restores vitality to skin weakened by frequent shaving or exposure to the elements. A hydrating blackcurrant, honey and sandalwood exfoliator cleanses, tones and moisturises prior to a marma-point massage with anti-bacterial vetiver and healing rosa damascena. To finish, we apply a purifying and nourishing seaweed and bio-plasma mask, leaving skin supple and strengthened.

MEN'S KU NYE FACE THERAPY

60 MINUTES

"The Fortifying Facial"

Balancing. Strengthening. Age-defying. Using an ancient Tibetan oil (sea buckthorn seed oil) containing rare Omega-7, we work to fortify cell walls and circulation and balance core energy. First, we prepare the skin for the elixir using a rosehip and honey scrub, then we maximise absorption of the precious oil with a deep lymphatic drainage massage and acupressure with hot poultices. To finish, we apply a soothing lavender and honey mask.

05 FINISHING TOUCHES

HEAD MASSAGE 30 MINUTES
Clear your head with a healing, revitalising massage that focuses on key energy points in the head, face and neck. Promotes restful sleep and supreme relaxation.

BACK AND SHOULDER RECOVERY 30 MINUTES
Using a unique blend of jasmine, patchouli and cardamom, this Tibetan-style massage combines gentle cupping and kneading to stimulate the flow of energy along the spine and strengthen the nervous system.

EYE INDULGENCE 30 MINUTES
Eyes are often neglected. Give them some tender loving care with this gentle yet effective treatment that uses marma-point stimulation, eye exercises and a hydrating mask to relieve tension and reduce dark circles. Radiance and sparkle are restored.

HANDS & FEET

EXPRESS MANICURE 45 MINUTES

EXPRESS PEDICURE 45 MINUTES

SPA MANICURE 75 MINUTES

SPA PEDICURE 75 MINUTES

Nail shaping, cuticle care, buffing and your choice of polish.

IMPECCABLE HANDS 30 MINUTES
Release tension from the hands and restore a noticeably younger, smoother appearance with this blissful combination of scrub, marma massage and mask.

FLAWLESS FEET TREAT 30 MINUTES
Treat your feet to a relaxing and energising therapy, comprising a smoothing scrub, stimulating marma massage and foot mask, and softening cream.

ZONE REFLEXOLOGY 60/90 MINUTES
By placing pressure on different areas of the feet, discomfort in the corresponding part of the body may be relieved. This can restore the flow of energy throughout the entire body, easing the stress of acute or chronic conditions and enhancing sleep. Your therapist will be delighted to tailor the treatment to your individual needs.

06 SPA STYLE

We're delighted you will be joining us. Our spa is an oasis of calm, and we therefore ask that you help us maintain the peaceful ambience by speaking in a soft voice and turning off your cell phone.

APPOINTMENTS

As treatments are subject to availability, we strongly recommend scheduling your appointments before your arrival. Your credit card number will be requested when you book.

For reservations please contact:

Extension: 7972

Telephone number: +959 2302092

Email: angela.ingyin@belmond.com or info.tgr@belmond.com

CANCELLATIONS

We ask that you make any cancellation or change to treatments at least three hours before your appointment to avoid being charged in full.

ARRIVAL

We invite you to arrive at least 10 minutes before your appointment to allow adequate time to change. For your comfort we provide a robe, towels and slippers.

As a courtesy to other guests, should you arrive late we regret that we will only be able to offer you the remainder of your appointment time. The full cost of the treatment or service will still be charged.

WELLBEING

For your comfort and safety, we ask you to complete a pre-treatment survey. Please notify us of any specific requirements for your visit which may include injuries, illnesses or allergies.

COMMUNICATION

Prior to the start of your treatment, kindly advise your therapist of the areas you would like to focus on and any areas to be avoided. During your service, let the therapist know if you feel any discomfort. Communication is key to obtaining the full benefit of your spa experience.

GRATUITIES

Our treatment prices do not include gratuities. If you have enjoyed your treatment, please feel free to leave a gratuity at your discretion.

GIFT CARDS

Our gift certificates make perfect presents for spa lovers. Choose an individual treatment, a special package or a voucher for a specific denomination.

