



Treatments

1. Head massage

Concentrates on the head spots

as add on treatment	30 minutes	180 Baht
	1 hr	300 Baht

2. Foot Massage

acupressure of foot points and energy lines

as add on treatment	30 minutes	180 Baht
	1 hr	300 Baht
	1,5 hrs	400 Baht

3. Back, Neck & Shoulder Massage

massage of lines of the back, neck and shoulder area

as add on treatment	30 minutes	180 Baht
	1 hr	300 Baht

4. Traditional Thai Massage

soft, mobilizations and stretches of the whole body

1hr	300 Baht
1,5 hrs	400 Baht
2 hrs	550 Baht

5. Thai Yoga Massage



similar to the traditional Thai massage with a stronger focus on yoga-like stretches to relax your body - unique Green Bamboo Massage style

1 hr	400 Baht
1,5 hrs	550 Baht
2 hrs	700 Baht



= a true unique Green Bamboo Treasure, highly recommended



6. Thai Royal Massage

relax muscles and tendons of the back side and improve your energy flow

as add on treatment	30 minutes	230 Baht
	1 hr	400 Baht
	1,5 hrs	550 Baht
	2 hrs	700 Baht

7. Tok Sen



Receive an ancient Lanna Thai Massage Technique, performed with a traditional wooden chisel and wooden hammer, to treat very deeply the energy lines of the body

as add on treatment	30 minutes	230 Baht
	1 hr	400 Baht
	1,5 hrs	550 Baht
	2 hrs	700 Baht

8. Bamboo Massage



soft Massage with a warmed bamboo stalk

1 hr	600 Baht
1,5 hrs	850 Baht
2 hrs	1100 Baht

9. Hot Herbal Compress



performed with a cotton ball, filled with Thai herbs and heated up with hot water steam will lead to deep relaxation for body and mind.

30 minutes	230 Baht
1 hr	400 Baht

10. Oil Massage

relaxing natural oil for your skin

1 hr	350 Baht
1,5 hrs	520 Baht
2 hrs	600 Baht

11. Coconut Oil Massage

Natural virgin coconut oil,
rich with pure vitamins and minerals for your skin

1 hr	450 Baht
1,5 hrs	650 Baht
2 hrs	800 Baht



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12. Warm Oil Massage

Heaven for your skin and muscles

1 hr	500 Baht
1,5 hrs	700 Baht
2 hrs	900 Baht

13. Milky Cream Massage

Heaven for your skin

1 hr	400 Baht
1,5 hrs	550 Baht
2 hrs	700 Baht

14. Aroma Oil Massage

natural aroma oil massage to balance energies and relax body and mind

1 hr	400 Baht
1,5 hrs	550 Baht
2 hrs	700 Baht

15. Aloe Vera Oil Massage



a true Green Bamboo treasure, pamper your skin with our pure fresh homemade special and get the benefits of the Aloe Vera and our virgin coconut oil – highly recommended

1 hr	550 Baht
1,5 hrs	750 Baht
2 hrs	900 Baht

16. Natural Facial

6 level treatment, performed with natural Thai cosmetics

1 hr	400 Baht
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17. Homemade Facial



6 level treatment, performed with out Green Bamboo homemade cosmetics mixtures – highly recommended

1 hr	450 Baht
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18. Organic Facial



one of our super highlights, receive a 6 level treatment, performed with certified organic Thanaka-paste, Southeast Asia for sun-protection, anti-skin-aging and it's cooling effect and performed with our new highlight, a certified organic clay-mask – highly recommended

1 hr	550 Baht
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SCRUBS & WRAP

19. Natural Body Scrub

performed with natural Thai cosmetics

1 hr 450 Baht

20. Organic Body Scrub



get the pure natural mixture with our Green Bamboo
fresh homemade body scrub mixture – highly recommended

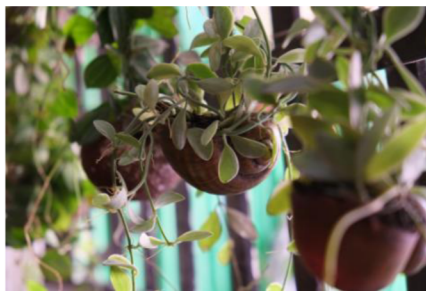
1 hr 650 Baht

21. Body Wrap



Honey and more – a true natural unique Green Bamboo creation
for you

45 min 550 Baht



Green Bamboo Massage Body Scrub Packages

22. Natural Body Scrub

Natural Body Scrub & Natural Coconut Oil Massage

2 hrs 850 Baht

23. Natural Premium



Natural Body Scrub & Aloe Vera Oil Massage

2 hrs 950 Baht

24. Green Bamboo



Natural Body Scrub & Natural Coconut Oil Massage & natural
facial

3 hrs 1150 Baht



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Green Bamboo Massage Packages

25. Sukothai Package 1

Especially after a long trip, this package fits perfect to you, if you need to focus on your back and arms. Receive the traditional Thai treatment for back, neck, shoulders and arms (1hr). Recover perfectly with an additional hot herbal compress treatment (30 min).

90 min 500 Baht

26. Sukhothai Package 2

Special Focus for your feet and legs only, with a traditional foot massage and leg massage (1hr) plus a hot herbal compress treatment (30 min.) to recover perfectly with this unique combination.

90 min 500 Baht

27. Siam

Thai Massage & Hot Herbal Compress – balance your energies with ancient Traditional Thai Massage – the compress with the heated herbal steam ball will deeply relax your muscles.
Please reserve at least 1hr in advance as we need to heat the herbal compress especially for you.

2 hrs 650 Baht

28. Coconut

Natural Coconut Oil Massage & Hot Herbal Compress – refresh your body and mind – feel the power of our 100% natural coconut oil.
Please reserve at least 1hr in advance as we need to heat the herbal compress especially for you.

2 hrs 800 Baht

29. Aloe Vera



Natural homemade Aloe Vera Oil Massage & Hot Herbal Compress – since ancient times the Aloe Vera is famous in Asia for its effects on health and wellbeing – relax, vitalize and recharge – the Aloe Vera Oil is our own creation, a true Green Bamboo Treasure, full with vitamins and minerals for your body and soul
Please reserve at least 1hr in advance as we need to heat the herbal compress especially for you.

2 hrs 900 Baht



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Green Bamboo Massage Packages

30. Lila Lanna Package



If you feel like to release tensions, then receive our unique Tok Sen treatment – performed 'with a traditional wooden chisel and hammer (1,5 hrs) followed by a hot herbal compress (1hr) and a head massage (30 min)

3 hrs 1100 Baht

31. Cloud in the sky Package



This package will make you feel light like a cloud in the sky. Natural Body scrub (1hr) & Milky Cream Massage (1hr) followed by a Head Massage (30 Minutes). Enjoy your Cloud in The Sky journey with only natural cosmetics.

2,5 hrs 1000 Baht

32. Around the Moon Package



Especially after a long trip, this package will make you feel super relaxed with this special combination of treatments.

Receive our unique Thai Yoga Massage with a focus on yoga-like stretches (90 Minutes) followed by our soft bamboo massage with a warmed bamboo stalk

2,5 hrs 1150 Baht

33. Lanna Dreams



Body scrub & body Wrap & Milky Cream Massage & Natural facial. Enjoy your Lanna dream serenade with only natural cosmetics and feel the pure bliss for body and mind

3 hrs
and 15 min 1250 Baht

34. Green Bamboo Premium



Organic body scrub & natural Aloe Vera oil massage & homemade –natural facial - your unique way towards wellness And relaxation – feel like reborn after this 100% natural treatment – we can proudly guarantee, that all cosmetics are homemade by the Green Bamboo Massage team.

3 hrs 1500 Baht



= a true unique Green Bamboo Treasure, highly recommended

Dear guest- please tell us if you have

亲爱的顾客，如果您有以下情况请告诉我们：

Diabetes 糖尿病患者

High Blood Pressure 高血压

Varicose Veins 静脉曲张

Heart Disease 心脏病

Osteoporosis 骨质疏松

Pregnant 孕妇

Have you had any operation in the last 6 months

最近 6 个月内您是否接受过手术