



Treatments

Extra Shower		50,- Baht
Head Massage	30min	130,- Baht
Foot Reflexology – acupressure of foot points and energy lines, connected to inner organs of the whole body	30min 1hr	130,- Baht 200,- Baht
Back, Neck & Shoulder	30min 1hr	150,- Baht 250,- Baht
<i>Thai massage of pressure points and lines of the neck and shoulder area</i>		
Traditional Thai Massage – acupressure, soft mobilizations and stretches of the whole body	1hr	250,- Baht
Thai Yoga Massage ★ – similar to the Traditional Thai Massage, with a stronger focus on stretches to relax your body – Green Bamboo style	1hr	350,- Baht
Thai Royal Massage ★ – pure deep acupressure of one area, to relax muscles and tendons and improve your energy flow	1hr	350,- Baht
Tok Sen – receive an ancient Lanna Thai Massage technique, performed with a wooden stick and wooden hammer, to treat very deeply the energy lines of the body	1hr	350,- Baht
Bamboo Massage ★ – improve energy flow, relax deeply your muscles and receive a deep tissue Massage in the same time, with warmed bamboo stalks and oil	1hr	550,- Baht
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	1hr	350,- Baht
Oil Massage - natural oil for your skin	1hr	250,- Baht
Coconut Oil Massage - natural virgin coconut oil, rich with pure vitamins and minerals for your skin	1hr	400,- Baht
Warm Oil Massage – heaven for your skin and muscles	1hr	450,- Baht
Milky Cream Massage - heaven for your skin	1hr	350,- Baht

Aroma Therapy – natural aroma oil therapy to balance body and mind	1hr	350,- Baht
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	1hr	500,- Baht
Facial – natural – 6 level treatment, performed with natural Thai cosmetics	1hr	350,- Baht
Facial – homemade – 6 level treatment, performed with our Green Bamboo homemade cosmetics mixtures – highly recommended	1hr	400,- Baht
Facial – organic ★ – our new highlight, receive a 6 level treatment, performed with certified organic Thanaka-paste, famous in Burma and 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	1hr	500,- Baht
Body Scrub – natural – performed with natural Thai cosmetics	1hr	400,- Baht
Body Scrub – organic ★ – get the pure natural mixture with our Green Bamboo fresh homemade body scrub mixture – highly recommended	1hr	600,- Baht
Body Wrap – honey & more, Green Bamboo natural creation	45min	500,- Baht



★ = true Green Bamboo Massage treasure - highly recommended



CERTIFICATE of EXCELLENCE

Green Bamboo Massage Packages

After Trekking

Coconut Oil Massage & Foot Massage

- recover after a long walk or trek -

90min 450,- Baht

After Trekking II

Foot Scrub & Foot Massage & Hot Herbal Compress

90min 450,- Baht

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 -

2hrs 550,- Baht

Coconut★

Natural Coconut Oil Massage & Hot Herbal Compress

- refresh your body and mind –feel the power of our

100% natural coconut oil -

2hrs 700,- Baht

Aloe Vera★

Natural 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 -

2hrs 800,- Baht



= true Green Bamboo Massage treasure - highly recommended



Green Bamboo Body Scrub Packages

Natural★

Natural Body Scrub & Natural Coconut Oil Massage 2hrs 750,- Baht

Natural Premium★

Natural Body Scrub & Aloe Vera Oil Massage 2hrs 850,- Baht

Green Bamboo★

*Natural Body Scrub & Natural Coconut Oil Massage
& natural Facial* 3hrs 1050,- Baht

Lanna Dream★

*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*

3hrs 1100,- Baht

Green Bamboo Premium★

*Organic Body Scrub & natural Aloe Vera Oil Massage
& homemade-natural Facial*

*-your ultimate 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*



3hrs 1400,- Baht

★ = true Green Bamboo Massage treasure -
highly recommended



Green Bamboo Massage Philosophy



Dear Guest,

founded in October 2009, our cosy, family-run Green Bamboo Massage is one of the the first studios in Thailand, that is based at a fair and eco-friendly philosophy. Materials, interior and cosmetics are from local or natural Thai manufacturers or even homemade, like our Aloe Vera Oil and many other cosmetics. You can choose from a great variety of real Lanna Thai treatments for very fair prices. Please enjoy the true Lanna Thai hospitality.

If it is possible for you, please book your treatments at least two days in advance via email and please wait for our confirmation.

If you like to reserve treatments for today or tomorrow, please call us directly and please clear with our receptionton if we have free space. Here is the phone-number of our reception: 0898275563.

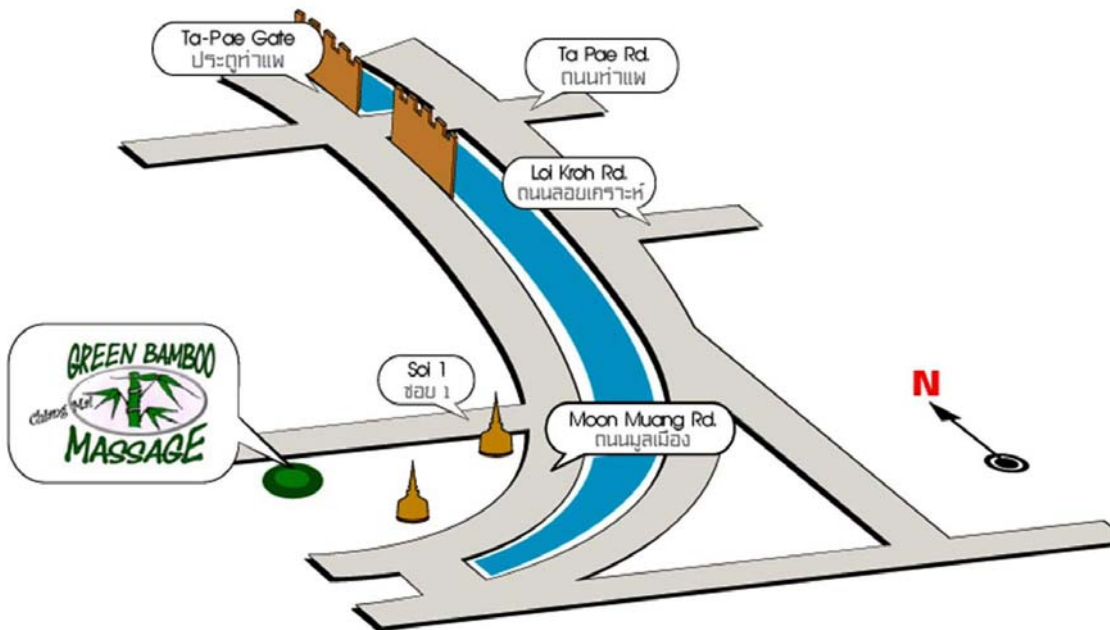
We kindly inform you, as a small, family-run massage studio, we can only accept payment in cash. Thank you very much for your understanding"

*Wishing you a pleasant stay in Thailand,
Mae and the Green Bamboo Massage Team*

Green Bamboo Massage

How to find us....

*When you visit us, please make sure you really catch the one and only Green Bamboo Massage entrance, as there are a couple of other massage shops next to us, so please take the very small entrance with the **wooden doors** and the Green Bamboo Massage sign right over the entrance. We are the first massage studio on the left hand side in Soi 1, **house number 1/1** when you are coming from Moon Muang Rd..*



*Green Bamboo Massage - open from 10.00 a.m. to 9.00 p.m. - Monday to Friday
and from 11.00 a.m. to 9.00 p.m. - Saturday and Sunday
1 Moon Muang Road, Soi 1, 50200 Chiang Mai, Thailand*

*Mobile: +66 898 27 55 63 - Email: green.bamboo.massage@gmail.com -
Web: www.green-bamboo-massage.com*