



Siam

Wellness Centre & Family Spa



Wellness Treatment Menu

Ayurvedic Oil Massage

This type of massage is designed to create balance among the mind, body, and spirit, and help the body heal itself.

It is sometimes referred to as an “oil massage” because it typically incorporates warm herb essential oils, as well as time honored and non-traditional strokes and kneading that suit an individual needs.



Benefits

Improved circulation and stamina

Increased moisture for softer skin

Improved texture, tone and overall skin appearance

Better sleep and overall health



Price:

RM 79

RM 116

RM 148

Duration

60 Minutes

90 Minutes

120 Minutes

Aromatherapy Oil Massage

Aromatherapy is a specific type of therapy that incorporates the use of scented essential oils into a massage. The massage involves alternating between gentle and harder pressure while using a specific blend of essential oils.

The essential oils are diluted before use and are applied along with lotion during the massage.



Benefits

- Stress reducing
- Anxiety reliever
- Increased calmness and relaxation
- Decrease in muscle tension
- Pain relief
- A reduction of symptoms of depression

Price:
RM 89
RM 126
RM 158

Duration
60 Minutes
90 Minutes
120 Minutes

Traditional Thai Massage

In a traditional Thai massage, practitioners use their hands, thumbs, elbows, forearms, and sometimes even their feet to reduce tension in your muscles.

The combination of stretching, movement, and pressure is what distinguishes Thai massage from other types of massage.



Benefits of Traditional Thai massage

Relieves headaches

Reduces back pain

Relieves joint stiffness and pain

Increases flexibility and range of motion

Eases anxiety and revives energy

Price:

RM 89

RM 126

RM 158

Duration

60 Minutes

90 Minutes

120 Minutes

Balinese Oil Massage

This ancient form of Indonesian massage is inspired by Chinese acupressure and Ayurveda. This massage therapy includes aromatherapy, reflexology, stretching and the use of essential oils to stimulate circulation, the lymphatic system and body tissues.

This massage technique involves relaxing the soft spots and strongly stimulating the pressure points. The therapist starts with his feet and then continues with his back, arms and head.

Benefits

- Relieves muscle pain
- Treats any kind of sleep issues
- Boosts blood circulation
- Promotes skin health
- Serve as an energizer
- Boost the immunity level

Price:

RM 79

RM 116

RM 148

Duration

60 Minutes

90 Minutes

120 Minutes

Siamese Foot Massage

In reflexology, pressure is applied to specific reflex points on the foot.

These points correspond to organs and areas of the body.

The soft fleshy ball of the foot, pulling on the toes, tracing around the heel and pushing deep into the arch are just a few of the movements you will experience during a treatment.

Benefits

Improves blood circulation

Lowers blood pressure

Encourages better sleep

Boosts energy levels

Improves immune function

Reduces the effects of anxiety and depression

Price:

RM 58

RM 84

RM 108

Duration

60 Minutes

90 Minutes

120 Minutes

Sabaidee Four in One

Sabaidee Special, - Foot, Head, Shoulder and Back Massage is our customers all-time favourite, best of both worlds! This 4-in-1 therapy targets at key areas of stress using Siamese signature pressure points massage technique.

Let your body gains all the benefits of Foot, Head, Shoulder and Shoulder massages.

Benefits

- Relieves muscle pain
- Treats any kind of sleep issues
- Boosts blood circulation
- Promotes skin health
- Serve as an energizer
- Boost the immunity level



Price:
RM 109

Duration
90 Minutes

Half Body Remedy

Great for back sufferers, the half body massage is a firm massage to ease away tensions on your back, neck, shoulders, arms, hands and face.

It helps to get balance, energise and calm your body and mind.

Benefits

Relieves muscle pain

Treats any kind of sleep issues

Boosts blood circulation

Promotes skin health

Serve as an energizer

Boost the immunity level

Price:
RM 51

Duration
30 Minutes

Hot Stone Massage

During a hot stone massage, smooth, flat, heated stones are placed on specific parts of your body. The stones are usually made of basalt, a type of volcanic rock that retains heat.

There are many movements that the therapist can use, such as long strokes, circular motions, tapping, and kneading.

Benefits

- Relieve muscle spasm, pain, tension
- Releases toxins & improves skin appearance
- Significantly reduce stress & anxiety
- Improves blood circulation and flow of energy
- Helps to promote better sleeps
- Helps to reduce & manage stress
- Helps to create a sense of comfort and warmth
- Helps in increasing joint flexibility

Price:
RM 99

Duration
60 Minutes

Siamese Body Polish

This relaxing treatment is an effective way to exfoliate away dead skin cells to leave skin soft and smooth to the touch.

With a wide selection of aromas and flavours to complement individual preference, the body scrub is followed by moisturising lotion to hydrate the skin and restore its suppleness.



Benefits

Removes dead skin cells that have collected on the surface

Promotes clearer and softer skin

Helps to prevent those painful ingrown hairs

The oils make the hair softer making hair removal easier

Your moisturizer will absorb better on fresh skin

Reduces the appearance of hyperpigmentation

Can help minimize the appearance of large pores

Price:
RM 89

Duration
60 Minutes

Lub Pra Kob

The treatment uses a blend of herbs which are wrapped in unbleached cotton and heated in a steamer. This hot compress is then applied to the body for the relief of muscular aches and pains, and to exfoliate and soften the skin. The spherical compress becomes a massage tool, tapping, twisting and pressing, kneading and dragging the tense muscle and connective tissue

Benefits

- Promotes clear sinuses and airways
- Reduction in symptoms associated with depression and emotional stress
- Facilitates muscle relaxation to relief of muscle spasms
- Increases energy
- Reduces Insomnia

Price:
RM 99

Duration
60 Minutes

Shiatsu Massage

Shiatsu massage therapy relies on the use the fingers, thumbs and palm to apply pressure to various areas of the body surface to help heal common ailments and conditions, and correct imbalances in the body.

Pressure applied to points on the body promotes energy flow and corrects disharmonies throughout the patient's body.



Benefits

Improved bowel function.

Decreased fatigue.

Pain treatment.

Improved sleep quality.

Improved relaxation.

Decreased depression.

Headache treatment.

Improvement of chronic lower back pain.

Price:
RM 89
RM 126
RM 158

Duration
60 Minutes
90 Minutes
120 Minutes

Fire Cupping

During Cupping, your therapist will put a flammable substance in a cup and set it on fire. As the fire goes out, they put the cup upside down on your skin.

As the air inside the cup cools, it creates a vacuum. This causes your skin to rise and redden as your blood vessels expand.

The cup is generally left in place for up to 3 minutes.

Benefits

Helps to reduce pain and inflammation

Get Rid of Chronic Fatigue Syndrome

Relieving Digestive Problems

Rejuvenation of body organs

Facilitates healing process and strengthens immune system

Price:
RM 46

Duration
30 Minutes

Gua Sha

'Gua Sha' is a traditional Chinese healing method in which a trained professional uses a smooth-edged tool to stroke your skin while they press on it.

This motion raises small, red, rash-like dots that show under your skin called petechiae.

Benefits

- Relieving Digestive Problems .
- Rejuvenation of body organs .
- Helps to reduce pain and inflammation .
- Get Rid of Chronic Fatigue Syndrome .
- Facilitates healing process and strengthens immune system .

Price:
RM 46

Duration
30 Minutes

Pre Natal Massage

Prenatal massage is a soothing and gentle massage performed by specially trained massage therapist using carefully selected techniques to effectively alleviate the common discomforts during pregnancy.

The mom-to-be is carefully positioned in a side lying position using our custom made pillow for maximum comfort and relaxation.

Benefits

- Reduce Swelling
- Relieve Lower Back Pain
- Improve Sleep
- Prepare Your Body for Labor and Birth
- Relieve Pain Naturally



Price:
RM 89
RM 126
RM 158

Duration
60 Minutes
90 Minutes
120 Minutes

Aura Facial

Aura facial is a family of skin care treatments for the face, including steam, exfoliation, extraction, creams, lotions, facial masks and massage.

Benefits

- Deep Cleaning
- Skin Rejuvenation
- Improved Circulation
- Slow the Aging Process
- Treat Acne And Acne Marks
- Facials Help Detoxify the Skin
- Eliminate Whiteheads And Blackheads



Price:
RM 109

Duration
60 Minutes

Basic Pedicure Treatment

A simple treatment that includes foot soaking, foot scrubbing with a pumice stone or foot file, nail clipping, nail shaping, foot and calf massage, moisturizer and nail polishing.



Benefits

- Exfoliates the Feet.
- Improved Circulation.
- Preserves Skins Moisture.
- Decreases Chances of Infections.

Price:
RM 42

Duration
30 Minutes

Manicure n Pedicure Care

A simple regime of manicure and pedicure treatments that include nail trimming and shaping, cuticle maintenance, hand and foot moisturizing, and nail polishing.



Benefits

- Healthy skin
- Increase in the blood circulation
- Enhance the wellbeing of your nails
- Keeps hands and feet smooth and delicate
- Prevention of contagious infection
- Mental well-being



Price:
RM 82

Duration
60 Minutes

Ear Candling n Wax Removal

Ear Candling is a safe, effective and painless procedure used for the removal of earwax, pollen, sinus congestion, ringing of the ears, ear infection, headaches, migraines, and hearing problems.

The movement of smoke through the delicate ear canal may also obtain pressure relief.



Benefits

Relieves pressure from behind the eardrum

Sharpens mental functions like vision, hearing, taste and colour perception

Eases earache, headache and sinus pressure, and can assist with allergy symptoms

Helps with relaxation



Price:
RM 42

Per Session