

# NUAT

Massage  
Therapy  
Room



SANCTUARY

NAM NGUM BEACH RESORT

## OUR MASSAGES

### TRADITIONAL LAO MASSAGE 60 MIN - 16 USD

A massage to relieve stress off both the body and mind. The masseuse rests on the body's pressure points with rhythmic repetition, using her body weight to add force. The set routine starts with some foot reflexology and moves its way up to your head.

### TRADITIONAL LAO MASSAGE WITH OIL 60 MIN - 21 USD

A massage to nourish the skin and relieve muscular tension. The oil massage is comprised of long rubbing and stroking motions.

### FOOT MASSAGE 60 MIN - 11 USD

The foot reflexology helps your whole organism to recuperate and offers a pure instant of relaxation.

### BACK, SHOULDER & HEAD MASSAGE 45 MIN - 10 USD // 60 MIN - 13 USD

The head and shoulder massage helps cure headaches and leaves a real relief feeling. Back & Shoulder Massage is typically a 45-minute massage that uses finger pressure and so with the hands and elbows which focuses on tension areas of back and shoulder. Good for jet lags, eases strain and tension, mobilizes stiff joints and improve blood circulation.

### FACIAL MASSAGE 60 MIN - 13 USD

Facial Relaxation cleanses and improves the complexion of the face include gentle exfoliation, application of facial mask and moisturizer, and a facial massage.

**OPENING HOURS: 8AM - 8PM (LAST SESSION)**

**INFORMATION AND BOOKINGS**

**AT THE RECEPTION OR TEL: +856 20 55 978 676**

**[WWW.SANCTUARYHOTELSANDRESORTS.COM](http://WWW.SANCTUARYHOTELSANDRESORTS.COM)**

