



HARNN
HERITAGE SPA
RIVERSIDE



Unveil the unseen miracle of botanical gems and immerse yourself in unforgettable experiences, curated by the traditional practice of Asian medicine and Oriental therapy heritage. The spa is your wondrous path to the ultimate indulgence of natural serenity. With HARNN Heritage Five Elements wisdom, years of expertise in aromatherapy methodology and lifestyle interpretation, escape to a different world of inner balance restoration whilst enriching your lifestyle through personalized wellness journeys.

QI – ENERGY OF LIFE is an ancient belief of the Orient, balancing between your YIN and YANG. YIN – YANG are two natural, complementary and contradictory forces in the universe.

YANG represents: Male, Positivity,
Brightness, Hardness, Dryness,

Day-time,
Odd Numbers, Dominance

YIN represents: Female, Negativity,
Darkness, Softness, Moisture,

Night-time,
Even Numbers, Docility



DISCOVER YOUR ELEMENT

Asian holistic philosophy views the universe as the combination of five elements. Fire, Earth, Wood, Metal and Water are the elements that naturally exist in harmony around us as well as inside each individual. One's element is determined from the time and date of birth. Through the knowledge of the characteristics and relationships of each element, we can help to restore the natural balance as well as emphasize specific characteristics to our advantage.



0 or 1 is
METAL

8 or 9 is
EARTH



Match the last digit of
your Birth Year.



2 or 3 is
WATER

For example:

Birth Year 1984 = Your
element is WOOD

6 or 7 is
FIRE



4 or 5 is
WOOD

The Five Elements are perceived as five movements of Yin and Yang. Rather than being elements in a literal sense, the images of water, wood, fire, earth and metal represent natural forces that describe states and processes of life. Guests are encouraged to share both their wellness interests and their expectation of treatments when visiting HARNN Heritage Spa. Based on each individual's body status, preferences and expectations, we will recommend the most suitable treatments.

The benefits of aromatherapy are demonstrated through your personalized oil blend with the traditional practice of Five Elements to find your dominant elements – Earth, Fire, Metal, Wood or Water, prior to your treatment. This is designed to find your own stability (balanced within the five-elements), to enable you to live peacefully.

Free your mind,
Indulge the senses,



Your journey to wellness experiences begins here...

THE HERITAGE OF RIVERSIDE

REVERIE OF THE CHAOPHRAYA

Discover the fantasy of the Chaophraya known as “The River of Kings”, the most prestigious waterway of the Kingdom of Siam which has long been the source of life and its own history is just as vibrant.

Start your journey with a luxury bath representing the charm of the waterway, ready to offer you the ultimate relaxation experience. Indulge your soul with the calming scent of Siamese Jasmine and a mild natural body purification with corn cob and red rice powder exfoliates and reveals smooth and radiant skin.

The Riverside Heritage Massage inspired by Traditional Balinese massages combining sedative “Yin” and invigorating “Yang” techniques as a rhythmic medium-to-deep pressure restores the natural balance with the use of High-Oryzanol Rice Bran Oil mixed with the personalized essential oil blend.

Arising the authenticity of the journey with the Signature Hot Himalayan Salt Compress applied on the focused areas to alleviate muscle tension, leading to greater range of motion, and to offer you an absolute rebalance of body and spirit.

- Heritage Bath Ritual *15 minutes*
- Jasmine Rice Body Scrub *45 minutes*
- The Riverside Heritage Massage *60 minutes*
- Signature Hot Himalayan Salt Compress *30 minutes*

150 minutes

THB 7,500



THE RITUAL OF FIVE ELEMENTS



THE CHALLA

The ritual is created for the Fire element representing the energy of “Warm Summer” which affects the flow of fluid in the body, so it is often associated with joint pain and sleep condition. The unique combination of slow movements of traditional Thai massage, aromatherapy and jade foot reflexology with natural essential oils from Jasmine and Mint heals the heart and restore the inner balance of the element.

- Siamese Aromatic Soothing Massage *60 min*
- Crystal Jade Foot Reflexology *30 min*

90 minutes

THB 4,200



THE PRUUK

Emphasizing on the visual and emotional control, this ritual is to refine the body imbalance within the Wood element, considered as the pure causes of painful stress, body aches and headaches.

The use of therapeutic essential oils from Rose and Clary Sage with a massage techniques focusing on deep muscles around the back, shoulders and head, and ending with a warm compress helps reduce stress and offer the body the ultimate relaxation.

- Deep Tissue Massage with Siamese Stretching **60 min**
- Warm Herbal Compress **20 min**
- Revitalizing Head Massage **10 min**

90 minutes

THB 4,200



THE PHUMM

The Earth element often has physical symptoms related to the stomach and spleen. This will result in lymphatic flow and possibly edema. This ritual enhances the lymphatic drainage and stimulate blood flow while the purifying body brush help to drive waste out of the body. A unique formula of essential oils from Bergamot and Lime shall keep the body warm and increase the flow of body fluids.

- Purifying Body Brush **30 min**
- Lymphatic Drainage Massage **60 min**

90 minutes

THB 4,200





THE LOHHA

The Metal element represents the energy of “Dry Autumn”. Once the energy is out of balance, this shall result in the emotional expression of sadness and unwell condition of lungs. This ritual is created with the perfect blend of East and West therapy techniques with the use of aromatherapy of zesty Lemongrass and calming Lavender oils to relieve stress, fatigue and restore the respiratory system.

- Pre-Inhalation Ritual
- Energizing Body Exfoliation **30 min**
- The Eurasian Massage **60 min**
(Ayurveda, Swedish, Balinese, Oriental
Acupressure, Thai)
- Post-Inhalation Ritual

90 minutes

THB 4,200



THE VARRI

The Water element represents the power of “Frosty Winter”. The imbalance of the energy will end with cold, edema and back pain symptoms. The skin turns very dry and dehydrated.

Balancing the element starts with a nourishing body wrap and an herbal warm pad on the back area to nourish the active body. The Hawaiian massage technique helps improve blood circulation, immune response and flush out stored toxins in the body. Essential oils such as Sandalwood helps strengthen both the kidneys and pancreas while Nutmeg essential oil helps reduce depression and mood disturbances.

- Nourishing Body Wrap **20 min**
- Hawaiian Heritage Massage **70 min**

90 minutes

THB 4,200

THE HERITAGE BODY THERAPY

Restoring the vital connection between nature and mankind, each HARNN Massage Therapy is designed to right your path to personal wellness through a holistic approach.

THE HERITAGE OF SIAM 60/90 minutes

Traditional Thai Massage

Inspired by Thai traditional stretching exercises performed after long meditation sessions, Siamese Heritage focuses on restoring agility and relieving muscle tension with acupressure and stretching techniques using fingertips, hands, elbows and knees.

60 minutes THB 3,000

90 minutes THB 3,700

THE SIAMESE ALLURE 60/90 minutes

Thai Aromatic Massage

A blissful combination of traditional Thai and aromatic oil massage with the sole intention of maximizing comfort through palm pressure plus stretching techniques to ease tension and restore agility. It induces a sense of well-being that lasts long after the massage.

60 minutes THB 3,200

90 minutes THB 3,900





THE EURASIAN EXPERIENCE

60/90 minutes

Using a combination of 5 different massage techniques in a rhythmic harmony of Ayurveda, Swedish, Balinese, Oriental Acupressure and traditional Thai therapies together with the healing power of aromatherapy, this unique sensory massage offers a truly divine indulgence.

60 minutes THB 3,200

90 minutes THB 3,900

THE MUSCLE REVIVAL

60/90 minutes

Thai Deep Tissue Massage

A delicate massage session that targets deep layers of muscle with slow but firm strokes to increase blood flow and promote muscle recovery, as well as increasing serotonin production for happiness with nourishing massage oil to repair and protect skin from urban environments.

60 minutes THB 3,200

90 minutes THB 3,900

THE DE-STRESS HIDEAWAY

60 minutes

Back and Shoulder Massage

Melting away the stiffness in different areas of neck, back and shoulders by using hands, forearms and elbows from light to heavy pressure elbows to fully relax chronic aches from office syndrome or high muscle tension. The application of HARNN Black Pepper Moisturizing Balm is an ideal for the ultimate relaxation.

60 minutes THB 3,200

JOURNEY OF PURITY

60/90 minutes

Lymphatic Drainage Massage

A personalized massage is intended to encourage the natural drainage of the lymph. The massage gently navigates the pressure points of entire lymph systems of the body to stimulate lymph flow properly. It helps to balance body weight, boost energy, improve the immune system, vitality and reduce swelling from the body.

60 minutes THB 3,200

90 minutes THB 3,900

AROMATIC INDULGENCE

60 minutes

Relaxing Head Massage with Aromatic Oil

Enjoy the pampering moment with the aromatic blend of therapeutic essential oil and signature rice brand oil to alleviate insomnia, rejuvenate scalp and hair with the relaxing head massage techniques with slow and gentle movements.

60 minutes THB 3,200

FOOT REFLEXOLOGY

30/60 minutes

Oriental Reflexology with Warm Oil

The precious Jade element is used in the reflexology process to restore the natural flow of energy, connecting organs from head to toe for better sleep, refreshing the mind and improving the metabolism.

30 minutes THB 1,700

60 minutes THB 2,800







THE HERITAGE THERAPY ENHANCEMENT

Express Head Massage

30 minutes

THB 1,700

Relaxing Head Massage with Aromatic Oil

Express Foot Massage

30 minutes

THB 1,700

Relaxing Foot Massage

Express Facial Treatment

30 minutes

THB 1,700

*Relaxing Facial Massage with Facial
Nourishment*





SKIN REGENERATION
HYDRATING OIL GEL BODY SCRUB
c. Seabuckthorn Berry Oil



THE HERITAGE BODY PAMPERING

Dead skin cells do not only make skin look dull but also act as barriers preventing the skin from absorbing nutrients and active ingredients from skincare products. Skin exfoliation on a regular basis is highly recommended for radiance and natural glow.

*Each treatment is 45-minutes long, and will begin with a pre-treatment consultation and Aromatic Foot Bath & Scrub. After the treatment and a shower, your skin is cleansed and renewed. Aromatic Body Oil Spray will then be applied to lock in moisture, leaving skin soft and supple.

HERITAGE BODY SCRUB

45 minutes

THB 2,500

- *Kaffir Lime & Mint - Revitalizing*

Deep cleansing body purifier utilizes finely grounded sun-dried sea salt to exfoliate your skin. Essential oils from Kaffir Lime and Mint provide natural anti-septic properties. Vitamin E-rich Rice Bran Oil nourishes and softens your skin, restoring skin's natural healthy radiance.

- *Lemongrass & Lavender – Balancing*

Rich in Vitamin E and botanical benefits from pure essential oils from Lemongrass & Lavender, this treatment is ideal for dry and irritated skin. Natural grounded sugar with Shea Butter provides gentle exfoliation, removing dead skin cells and unclogging pores while stimulating blood circulation.

- *Rose & Geranium – Rejuvenating*

Experience naturally healthy glow with Skin Purifying Body Scrub containing all essential natural botanical extracts. Organic Rose Water enriches your skin, Apricot Seed gently exfoliates dead skin cells, Shea Butter and Coenzyme Q10 are added to help replenish moisture, improve your skin condition, and promote natural glow.

- *Jasmine Sambac – Nourishing*

Created for dry and sensitive skin, this nourishing scrub contains natural skin exfoliation ingredients from grounded red fragrant rice and corn, Marshmallow oil and Centella extract to soothe and nourish delicate skin.

- *Juniper Berry & Cedar – Protecting*

Protect your delicate skin from the harmful environment with a concoction of natural and innovative extracts from Golden Silk, Mangosteen, Marine Algae, Sea buckthorn Berry and Thai Rice Jasmine noisome, creating a natural scrub with gentle exfoliation that helps fight against pollution, reduce inflammation and deeply nurture your skin.

HERITAGE BODY WRAP

45 minutes

THB 2,500

- *After Sun Soothing Gel*

Aloe Vera are widely used in cosmetics and alternative medicine industries for their rejuvenating, healing, and soothing properties. In a gel form, its cooling nature effectively relieves sunburns, reducing redness and irritation while soothing the skin. Our special extracted Organic Floral Water has been added to the formula to make the soothing properties more superior.

- *Purifying Body Mask*

Tumeric and Licorice extracts are our key ingredients with excellent skin brighten properties derived from Asian wisdom for centuries. Natural plant oils of Jojoba, Sweet Almond, and Safflower nourish, balance skin moisture and leave your skin a natural glow. Therapeutic property of Jasmine essential oil will leave your skin hydrated and uplift the soul.

- *Body Contouring Mask*

Our careful selection of active ingredients from Algae extracts, Pink Pepper oil, Amino Acid Proline and Capsicum work in harmony to fight against excessive fat while stimulating metabolism to support firming process for silky and healthy skin. With a blend of Coconut oil, Sweet Almond oil, and Rice Bran oil, a single session will leave your skin visibly firmer and hydrated.

THE HERITAGE FACIAL THERAPY

At HARNN, we believe in the holistic approach, the uniting of body and mind as one. To have great skin, we believe one must incorporate proper diet, cardiovascular exercises, enough rest of both body and mind, and sufficient skin nourishment.

Each facial treatment begins with pre-treatment consultation, Aromatic foot bath & scrub, facial deep cleansing and skin toning. The treatment is then completed with healthy tea and refreshments.

THE SIGNATURE

With a unique heritage of Five Elements theory, this facial therapy is a sophisticated combination of organic aromatherapy oils and the signature Yin & Yang Gua-sha healing technique with the application of precious gem stones, to relieve the muscle tension, nourish the skin, stimulate cellular metabolism and intensify the production of collagen naturally present in the skin with a healthy-looking appearance.

- Singing Bowl Ritual
- Facial Cleansing
- Warm Rose Quartz Gua-sha Facial Massage
- Hydrating Facial Mask
- Aromatic Head Massage with Cold Jade Gua-sha Facial Massage
- Aromatic Hand Massage
- Facial Nourishment

90 minutes

THB 4,500





THE HYDRATING FACIAL

This nourishing treatment will take you through a complete, relaxing journey. Starting with a gentle cleansing, the facial ritual is followed by a mild exfoliation and a hydrating facial mask. Facial skin is revitalized and hydrated with HARNN Certified Organic Hydrating Face Oil, leaving you the touch of soft, supple and radiant skin.

- Facial Cleansing
- Facial Exfoliation
- Stimulating Facial Massage
- Hydrating Facial Mask
- Hand & Foot Massage
- Facial Hydrating Moisturizing

60 minutes

THB 3,900

THE CLARIFYING FACIAL

Achieve bright flawless complexion with White Mulberry extract and HARNN Certified Organic Clarifying Face Oil to brighten skin and decrease melanin synthesis, while inhibiting tyrosinase activity and preventing the darkening of skin cells.

The treatment starts with a deep cleansing, a gentle exfoliation and a clarifying facial mask. Light nourishment helps replenish skin's moisture, leaving your face soft and glowing.

- Facial Cleansing
- Facial Exfoliation
- Relaxing Facial Massage
- Clarifying Facial Mask
- Hand & Foot Massage
- Facial Brightening Moisturizing

60 minutes

THB 3,900





HARNN
Water Lily
Day Protection Cream



HARNN
WATER LILY
ULTRA DETOXIFYING
FACIAL WASH



HARNN
WATER LILY
BLOSSOM ESSENCE TONER MIST

THE UPLIFTING FACIAL

Dryness is the main cause of aging skin. Rejuvenate your skin with HARNN certified organic Revitalizing Face Oil, and cellular-regenerating massage technique which help combat dry skin and improve blood circulation, as well as helping release tensed facial muscle. This facial treatment results in a firm and radiant skin.

- Facial Cleansing
- Facial Exfoliation
- Uplifting Facial Massage
- Nourishing Facial Mask
- Hand & Foot Massage
- Facial Brightening Moisturizing

60 minutes

THB 3,900







SPA ETIQUETTE

Reservations

To make a reservation at HARNN Heritage Spa, please contact the spa at 02-844-8788 or email us at harnn@saliljourney.com. A valid credit card is required to hold your reservation. Prices are subject to change without prior notification.

Pre-arrival

Appointments begin promptly at the time scheduled. If you arrive late, depending on availability, your appointment might be shortened so that the therapist will be on time for the next session. Thus, please kindly arrive 30 minutes prior to your treatment time to fully enjoy the pre-treatment experience.

Health Considerations

For your utmost comfort, please kindly advise upon making a reservation if you have any allergies, ailments or disabilities, especially if you have high blood pressure or if you are pregnant. Our spa receptionist will gladly advise you on which treatment is best suited to your needs. In order for us to make an appropriate recommendation, please kindly complete the spa consultation form. We do not recommend the consumption of alcohol before or directly after any treatment.

Personal Belongings

We would like to recommend you to leave all valuables at home or in your in-room safe deposit box, as we cannot be held responsible for loss of personal items.

Tranquility

We try to keep the Spa as tranquil and relaxing for all of our guests as possible. Kindly refrain from making loud noises, smoking, or using mobile phones when in the spa.

Cancellation

- In-house Guests: Please be advised that we have 4-hour cancellation policy. For cancellations within 4 hours, a cancellation charge of 50% will apply. For cancellations within 2 hours or without any notification, you will be charged in full.
- Guests not staying in the hotel: Please be advised that we have a 24-hour cancellation and rescheduling policy. For cancellations within 24 hours, a cancellation charge of 50% will apply.

For cancellations within 12 hours or without any notification, you will be charged in full.

Tax and Service Charge

In an effort to make your spa experience as seamless as possible, all prices are subject to applicable taxes and service charges. Additional gratuities are welcome and subject to your discretion. All prices are in Thai Baht (THB).



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