

A Wholesome Massage Adventure



On passing through the portals of The Spa, it becomes apparent that another realm has somehow been entered – a world of peace and inner balance.

Maybe it's the soothing music, lightly scented air and mood lighting. How about these cushy, white slippers being slid onto your feet by a graceful Thai staff member who speaks good English? She's also offered you a cup of ginger tea and a cold face towel emitting the fragrance of lavender and peppermint. This is standard treatment while at a spa, and there are a plethora of them in Chiang Mai, right? Er... No, not quite like this one.

Perhaps this will seem more convincing after your health consultation, and you've been whisked off to a luxury treatment room. Your feet have been gently washed, and you're now lying facedown on a cushy, massage table – gazing down into a large bowl of pellucid water, with floating greenery and a flower that has been precisely positioned in your view.

Meanwhile the massage therapist is preparing the warmed massage oil, as well as the energy balancing crystals that will be strategically placed upon your body's chakra points, as part of this unique 'signature treatment'.

It's after the magical hands of the therapist begin connecting with your awaiting body – thoroughly kneading you into a state of optimal health, while intuitively using the long, therapeutic stroking techniques of Indian-style massage – that you really begin to realize the wholesomeness of this experience. Front and back, side-to-side; it literally feels as though you're being nourished by someone who's known you for a long time. This isn't just a top-notch, professional massage. It's soul therapy.

After this bliss, a few rings of the Tibetan singing bowl and a steamy shower, you're immersed in a warm bath that has been blessed with energy-restoring mineral crystals. While sipping camomile tea and lounging in the flickering candlelight, you begin relishing how amazing it feels to once-again sense your own being – vibrantly alive and well.

"The Méridien Spa offers something that is truly unique, a totally new experience," says Kanittha Srithuma, the manager of Le Méridien Chiang Mai. "At the end of a session, we want our guests to feel rid of all their tension."

Also available is an extensive array of treatments and therapies aligning ancient, oriental traditions with today's Western sensibilities. Whether it's a manicure, pedicure, foot massage – or the "buffet treatment," including a body scrub, wrap, jacuzzi bath, massage (Thai or oil), as well as foot and hand rubs – well-trained staff with at least five years of professional experience in the spa industry are right on-hand.

"I believe people will fall in love with the quality of our therapists," said Araya Panyanuwat, their marketing communications manager. "They are really, really good. What we want is for our guests to feel completely, relieved and relaxed," she added. "We would like them to open their minds and gain a new perspective on what a massage experience can offer."

Khun Araya surmises that some people may be deterred from giving The Spa a try due to it's location inside Chiang Mai's classy, Le Méridien Hotel. Therefore to help dispel this hesitance, anyone can take advantage of the 25% discount promotion for a 'signature treatment, 120 minutes Chakra Ritual', normally priced at over 3,767 baht, until March 31, 2012. What's more, simply let the Spa's receptionist know that you've read this Guidelines piece and benefit by an additional 25 percent off. Couples packages, as well as discounts for birthdays and hotel guests, are also available.

Khun Kanittha says this promotion aims at providing everyone – both locals and tourists who need to "reboot" – with an opportunity to experience The Spa. She hopes that people "will get to know us, experience this, love it, and then come back."

"Just come and explore something you haven't yet experienced," added Araya. "Try it out, and see what's here." The one thing you can gain for sure is health and wellness...



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