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Health & Wellness Spa

DINSO
RESORT & VILLAS
VIGNETTE
COLLECTION

IHG
HOTELS &
RESORTS



DISCOVER A WILD HAVEN OF *Tranquility*

Tucked away in the heart of nature, D_Jamuna Spa offers a haven of relaxation and renewal. Indulge in expert massages, rejuvenating scrubs, and nourishing wraps, each thoughtfully designed to enhance your well-being. From the moment you step inside, embrace the soothing ambiance, where the essence of the island revitalises both body and soul.

D_Jamuna Spa derives its name from the river that serves as a lifeline for the locals in India, which is called Jamuna River. The name is reflective of our spa's commitment to provide a sanctuary of wellness to our beloved guests.

At D_Jamuna Spa, clients can rest assured that every treatment is delivered by expert therapists, proficient in utilising premium products and techniques to provide a bespoke experience. Indulge in a transformative journey that will leave you feeling rejuvenated, revitalised, and refreshed.

Open everyday,
from 11:00 until 21:00

Dial 0 or 5800 to make a reservation
or contact us at D_Jamuna Spa reception.

For advanced bookings, email us at
dinso.rsvn1@ihg.com

SIGNATURE *Treatments*



KING OF DINSO

120MINS / 3,990 THB

Unwind with a fusion of Thai massage, a heated salt and herb compress, and gentle stretching. Feel tension melt away as circulation improves and skin softens while it dissolves tension, soothes tendons, and softens skin.

COCONUT NOURISHING

150MINS / 3,990 THB

Delight your senses with a natural coconut body scrub that purifies the skin and relaxes tense muscles. The journey ends with a nourishing coconut oil massage, restoring balance and vitality.

COMFORTABLE BODY

120MINS / 2,290 THB

A deeply relaxing full-body oil massage that blends gentle Thai massage techniques with long, flowing strokes to ease muscle tension and calm the mind. The treatment concludes with a warm herbal compress to soothe the body, stimulate circulation, and promote the natural flow of energy throughout the body.

CANDLELIT SERENADE

90MINS / 1,690 THB

Enjoy an intense yet nourishing 90-minute massage using warm, soothing candles to melt away stress and tension.

HOT STONE MASSAGE

120MINS / 2,990 THB

Experience the ultimate in muscle relief with our therapeutic hot stone massage. The penetrating warmth of heated stones loosens tight knots, while skilled massage techniques address specific areas of discomfort.

AROMATHERAPY HOT OIL MASSAGE

60MINS / 1,290 THB

120MINS / 1,990 THB

Indulge in the ultimate aromatherapy experience with our organic oil massage. Choose from seven unique scents to suit your mood and needs. This refined pressure-point technique, rooted in traditional Thai massage, activates energy pathways to dissolve blockages and release deep muscular tension.

TRADITIONAL *Treatments*

THAI MASSAGE

60MINS / 1,190 THB

120MINS / 1,790 THB

Discover the ancient art of Thai bodywork with our signature Thai Massage (Nuad Bo-Rarn) treatment. This technique incorporates gentle yoga-style stretches, guided breathing, and choreographed movements to attain a harmonious balance of fluidity and motion. By sending energy freely along the Sen pathways (energy meridians), this technique aligns and balances the body, allowing for the free flow of energy throughout.

BALM MASSAGE

60MINS / 1,290 THB

A therapeutic massage using traditional Thai herbal balm, ideal for relieving localised pain and tension. The balm creates a warm sensation at first, followed by a refreshing cool finish.

THAI HERBAL HOT COMPRESS MASSAGE

120MINS / 2,190 THB

This unique treatment combines the benefits of traditional Thai massage with the soothing warmth of herbal compresses. The compresses, filled with aromatic herbs, are gently pressed and rolled onto the body, stimulating the senses and inducing deep relaxation. This treatment helps increase energy flow, improve circulation, and relax deep muscle tissue, while also targeting hard-to-reach energy lines and stimulating nerve endings to promote the body's natural healing process.

HEAD, BACK & SHOULDER MASSAGE

60MINS / 1,090 THB

Experience the ultimate full-body relaxation with our Head-to-Back Massage. This indulgent treatment begins with a neck and shoulder massage that targets tension-causing stress and chronic pain, leaving you feeling rejuvenated and renewed. The treatment concludes with a soothing head massage that stimulates scalp circulation and restores energy flow to the temples.

HEAD MASSAGE

60MINS / 1,090 THB

A combination of head massage with an emphasis on ancient Thai lines, helps relieve stress and reduce migraine headaches.

DINSO FOUR HANDS

90MINS / 3,990 THB

Experience the ultimate indulgence with our Four-Handed Massage, where the synergy of two therapists working in unison creates a sublime sense of relaxation and rejuvenation. The synchronised waves of the therapists' movements, combined with fragrant oils, envelop your body in a state of pure bliss. The therapists' skilled and intuitive movements, including intertwined hand motions, create a sense of resonance and multiple sensations in your body.

TRADITIONAL *Treatments*

HARMONY WITHIN ABDOMINAL MASSAGE

60MINS / 1,590 THB

Discover inner balance and release stored tension with this specialised 60-minute massage. Gentle abdominal techniques stimulate internal organs, support digestion, and promote deep relaxation from the inside out.

TRANQUIL TOUCH

60MINS / 1,790 THB

Experience deep relaxation and relief with a 60-minute acupressure massage.



All prices are subject to prevailing government taxes and 10% service charge.

FACIAL *Treatments*

DINSO SPECIAL CLEANSING TREATMENT

75MINS / 1,890 THB

This specialised treatment is designed to cater to those with delicate or sensitive skin, providing a gentle yet effective solution to soothe and repair any irritation. It involves a comprehensive skincare regimen that encompasses cleansing, toning, and a gentle facial scrub, followed by a nourishing mask and massage to remove dead skin cells and reveal a brighter, healthier complexion.

FACIAL YOGA

60MINS / 1,490 THB

Experience the luxury of jade stone, revered for centuries as more valuable than gold, in this transformative treatment. Our skilled therapists use Gua Sha massage techniques and sacred lotus to combat the effects of aging, bringing balance and vibrancy to your whole self. The result is beautifully toned and radiant skin that erases all signs of time passing

VENTE TEA TREE MASK

75MINS / 2,290 THB

Rubber mask that combines 3 types of natural extracts with a soft mask texture. And concentrated with extracts from Tea tree Oil to help stimulate, revitalise the skin, resist germs and reduce inflammation of the skin. Reduce excess oil Combined with extracts from Salix Extract and Algin to help exfoliate old skin cells. Eliminate clogged pores Makes it effective in treating acne well. Ready to stimulate the creation of new skin cells and create collagen. Prevents aging. Increase firmness and improve the skin's appearance to make it look bright and radiant.



BODY & FOOT *Scrubs*

ENERGISING COFFEE GLOW

120MINS / 2,290 THB

Achieve vibrant skin and a brighter mood with this stimulating coffee scrub. Exfoliating coffee grounds and energising caffeine work together to reduce stress, revitalise your senses, and leave your skin glowing. The treatment concludes with a soothing aromatherapy hot oil massage to relax the body and uplift the spirit.

BODY SCRUB & BATH

120MINS / 2,590 THB

Indulge in a complete body transformation. A stimulating scrub removes dead skin cells, followed by a relaxing soak in a warm bath. Finish with a nourishing wrap, to leave your skin feeling silky smooth and refreshed.

AROMATHERAPY BODY SCRUB WITH HOT HERBAL COMPRESS

150MINS / 2,790 THB

Following a gentle body scrub, warm herbal compresses are applied to stimulate energy flow, ease muscle tension, and improve circulation. Enriched with traditional Thai herbs such as kaffir lime, prai, and camphor, the aromatic warmth penetrates deeply to awaken the senses, restore balance, and encourage the body's natural healing process.

LAVISH BLISS SCRUB, BODY MASK, AND HOT OIL WRAP

180MINS / 2,590 THB

Surrender to ultimate luxury with a 180-minute experience, embracing a rejuvenating scrub, nourishing body mask, and a blissful hot oil wrap.

BODY & FOOT

Renewals

BODY SCRUB

60MINS / 1,390 THB

A deep exfoliating treatment that removes dead skin cells, improves circulation, and leaves the skin smooth and refreshed. Ideal for enhancing skin texture and hydration.

ALOE VERA SUNBURN

60MINS / 1,690 THB

Our Aloe Vera Sunburn Treatment is designed to soothe and heal sun-damaged skin. Aloe Vera is renowned for its natural healing properties and is a powerful anti-inflammatory agent. Our treatment uses pure Aloe Vera gel to hydrate, cool, and calm the skin, reducing redness and irritation. The gel is applied generously to the affected area and left to absorb, providing relief from sunburn discomfort and promoting skin repair.

COMFORTING HAND MASSAGE

60MINS / 1,090 THB

A soothing and relaxing experience that helps to ease tension and promote feelings of calmness and tranquility. This gentle massage involves the use of warm oils or lotions, as well as gentle strokes and kneading techniques to relieve stress and improve circulation in the hands and fingers. Whether you spend your days typing on a keyboard or engaging in other repetitive hand motions, a comforting hand massage is the perfect way to unwind and soothe tired, achy hands.

FOOT BLISS

60MINS / 1,290 THB

Indulge in an hour of pure foot bliss. This revitalising massage targets pressure points, melts away tension, and softens tired, rough feet—leaving you feeling light, refreshed, and thoroughly renewed.



FAMILY *Package*

- SCRUB BODY
 - AROMATHERAPY
 - FACE YOGA
-

- FOOTS TREATMENT
 - THAI HOT HERBAL COMPRESS
 - THAI MASSAGE
-

- AYURVEDIC HEAD
 - FACE TREATMENT
 - BACK SHOULDER NECK
-

PLEASE SELECT

1 option for 1 person

1 HRS EXPERIENCE at 5,990 THB

ALL THESE PACKETS WILL USE THE SPECIFIED TOTAL TIME

All prices are subject to prevailing government taxes and 10% service charge.

A SPA DAY FOR *Our Lovely Ladies & Children*

ANGEL BLISS

60MINS / 990 THB

This gentle treatment uses targeted pressure on the scalp, legs, and feet, combined with a grounding oil massage on the back and arms, to improve sleep quality, calm the body, and support the immune system. Recommended for children aged 6 to 12.

RADIANT YOU: BREAST MASSAGE

60MINS / 2,290 THB

Foster self-care and well-being through a 60-minute breast massage designed for relaxation and rejuvenation, enhancing blood circulation.



All prices are subject to prevailing government taxes and 10% service charge.

ROSE PETAL & BUBBLE

Bath Oasis



VILLA OCEAN BATH

990 THB

Immerse yourself in the warm and luxurious milky bubbles of our wonderful smooth foam milk bath, infused with the heavenly essential oils of citrus. As you soak, the bath calms your mind, improves circulation and provides relief from stress, anxiety, and muscular pain. Enjoy a moment of pure relaxation and rejuvenation.

VILLA MILKY BATH

990 THB

Indulge in a luxurious milk bath experience to soothe your body and calm your mind. Our milk baths are specially handcrafted with a blend of nourishing milk, fragrant roses, and essential oils to provide ultimate relaxation and rejuvenation. The warm and comforting soak helps to ease muscle aches, joint pain, and promotes better sleep. After your bath, your skin will feel soft, moisturised and renewed, making it the perfect pre or post-bedtime ritual.

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