

JAMUNA

SPA



DINSO
RESORT & VILLAS

VIGNETTE
COLLECTION



DISCOVER A WILD HAVEN OF *Tranquility*

Tucked away in the heart of nature, 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.

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 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, revitalized, and refreshed.

Open everyday,
from 10:00 am until 22:00 pm

Dial 0 or 891 to make a reservation
or contact us at Jamuna Spa reception.

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

SIGNATURE *Treatments*



KING OF DINSO

120 MIN / 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.

COMFORTABLE BODY

120 MIN / 2,890 THB

Experience a sense of regal grandeur with our two-hour massage, expertly designed to leave you feeling majestic. This luxurious stress-buster treatment blends the ancient techniques of Thai massage with the soothing benefits of aromatherapy. The journey begins with a Thai Herbal Compress placed strategically along the muscle lines, followed by a Hot Oil Massage that stretches the muscles, enhances circulation, and promotes the body's energy pathways.

HOT STONE MASSAGE

120 MIN / 3,990 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.

CANDLELIT SERENADE

90 MIN / 2,490 THB

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

AROMATHERAPY HOT OIL MASSAGE

60 MIN / 1,590 THB

120 MIN / 2,890 THB

Indulge in the ultimate spa experience with our signature treatment that seamlessly blends the three most effective therapies, Thai massage, and Aromatherapy. This harmonious combination of techniques delivers both relaxation and healing benefits. The pressure-point therapy of Thai massage stimulates the acupressure points along the body's energy lines, dissolving blockages and relieving muscular stress.

TRADITIONAL *Treatments*



THAI MASSAGE

60 MIN / 1,290 THB

120 MIN / 2,190 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.

AYURVEDIC HEAD MASSAGE

60 MIN / 1,390 THB

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

DINSO FOUR HANDS

90 MIN / 3,890 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 blissful state. The therapists' skilled and intuitive movements, including intertwined hand motions, create a sense of resonance and multiple sensations in your body.

BODY REFRESHING

40 MIN / 1,490 THB

Aloe vera cold stone spot treatment with a mask application helps reduce burning sensations and draws out excess heat from the skin, leaving it cool, calm, and refreshed.

BODY HERBAL

60 MIN / 2,590 THB

A relaxing massage using warm Thai herbal compresses, perfect for relieving stress. The soothing combination of therapeutic herbs and heat helps ease muscle tension and calm the mind, promoting deep relaxation throughout the body.



TRADITIONAL *Treatments*

THAI HERBAL HOT COMPRESS MASSAGE

120 MIN / 2,390 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.

HARMONY WITHIN ABDOMINAL MASSAGE

60 MIN / 1,890 THB

Discover inner harmony and unwind during a 1-hour session blending abdominal massage techniques for optimal relaxation.

TRANQUIL TOUCH

60 MIN / 1,790 THB

Experience deep relaxation and relief with a 1-hour acupressure massage.

COCO-GLOW

60 MIN / 1,990 THB

Experience a unique and revitalising massage using a one-eyed coconut shell to invigorate your body.



FACIAL *Treatments*

DINSO SPECIAL CLEANSING TREATMENT

75 MIN / 2,890 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

60 MIN / 1,990 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

75 MIN / 2,990 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*

AROMATHERAPY BODY SCRUB WITH HOT HERBAL COMPRESS

150 MIN / 2,790 THB

Hot herbal compresses are applied in combination after body scrub. This soothing treatment increases energy flow, improves circulation, relaxes deep muscle issue, treats energy lines that are otherwise unreachable and stimulates nerve ending to promote the body's natural healing process. The aromatic herbs used in hot compresses stimulate the senses and aid deep relaxation; they include Kaffir Lime, Prai, and Camphor.

BODY SCRUB & BATH

120 MIN / 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, leaving your skin feeling silky smooth and refreshed.

ENERGISING COFFEE GLOW

120 MIN / 2,890 THB

Achieve vibrant skin and a brighter mood with this stimulating coffee scrub. Exfoliation and caffeine work together to diminish stress, enhance energy, and leave you feeling radiant and aromatherapy hot oil massage

LAVISH BLISS SCRUB, BODY MASK, AND HOT OIL WRAP

180 MIN / 3,590 THB

Surrender to ultimate luxury with a 3-hour experience, embracing a rejuvenating scrub, nourishing body mask, and a blissful hot oil wrap.

HEAD, BACK & SHOULDER MASSAGE

60 MIN / 1,390 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.

BODY & FOOT *Renewals*

HOLISTIC FOOT MASSAGE

90 MIN / 1,890 THB

A pampering treatment that focuses on massaging the feet, ankles, and lower legs. It typically involves the use of hot towels, aromatic oils, and specialised massage techniques to help improve circulation, reduce tension, and promote relaxation. The treatment is designed to provide a rejuvenating and soothing experience for both the feet and the mind, leaving you feeling refreshed and revitalised.

COMFORTING HAND MASSAGE

60 MIN / 990 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.

ALOE VERA SUNBURN

60 MIN / 1,990 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.

FOOT BLISS

60 MIN / 1,290 THB

Indulge in an hour of pure foot bliss. This revitalizing massage targets pressure points, eases tension, and helps soften tired, rough feet, leaving you feeling light and rejuvenated.

BALM MASSAGE

60 MIN / 1,890 THB

Make the skin soft and comfortable. Cools and refreshes. Reduces tightness in muscles and tendons.



FAMILY *Package*

- SCRUB BODY
 - AROMATHERAPY
 - FACE YOGA
-
- FEET TREATMENT
 - THAI HOT HERBAL COMPRESS
 - THAI MASSAGE
-
- AYURVEDIC HEAD
 - FACE TREATMENT
 - BACK SHOULDER NECK
-

60 MIN / 3,990 THB

COUPLE *Package*

- SALT SCRUB
 - HOT CANDLE
 - BLISS BOMB
-
- BODY SCRUB
 - THAI HOT HERBAL COMPRESS
 - BLISS BOMB
-
- FACE YOGA
 - HEAD BACK SHOULDER
 - BLISS BOMB
-

90 MIN / 3,990 THB

ALL THESE PACKETS WILL USE THE SPECIFIED TOTAL TIME

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

A SPA DAY FOR *Our lovely mothers & children*

ANGEL BLISS

60 MIN / 990 THB

A gentle treatment, uses pressure on the scalp, legs, and feet, along with a grounding oil massage on the back and arms, to improve children's sleep quality, relax their body, and strengthen their immune system. It is recommended for children between the ages of 6 and 12.

SAMSARA MOTHER TO BE TREATMENT

60 MIN / 1,590 THB

This gentle side-lying massage is specifically designed for expecting mothers to release tension in the back and legs. Using organic virgin coconut oil, which nourishes the skin without causing allergic reactions, this treatment is recommended after the first trimester.

RADIANT YOU: BREAST MASSAGE

60 MIN / 2,290 THB

Foster self-care and well-being through a 1-hour breast massage designed for relaxation and rejuvenation, enhancing blood circulation.



ROSE PETAL & BUBBLE

Bath oasis



VILLA OCEAN BATH

890 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

890 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.

