



NOOR INTERNATIONAL THAI SPA

Traditional Thai Massage



Thai massage – also known as Thai Yoga Massage, or informally as ‘the lazy person’s yoga’ – combines assisted yoga with acupressure techniques. The therapist will incorporate yogic stretching movements as they knead and press muscles along the body’s energy lines with the hands and feet. Thai massage combines the principles of acupressure whereby the Sen is stimulated, which is said to balance the energy system in the body.

BENIFITS

Alleviate stress,
depression and anxiety

Reduce temporary
or chronic pain

Improve the quality of
your sleep and know you
feel in the mornings

Enhance and
recharge your
immunity system

Eliminate daily
fatigue and
brain fog

2800 -60min

4500- 90min



NOOR INTERNATIONAL THAI SPA

Balinese Massage



Balinese massage is a full-body, deep-tissue, holistic treatment. Traditional Balinese massage uses a combination of gentle stretches, acupressure, reflexology, and aromatherapy to stimulate the flow of blood, oxygen and "qi" (energy) around your body, and bring a sense of wellbeing, calm and deep relaxation.

BENIFITS

Relieves muscle pain	Treates any kind of sleep issues	Boots blood cirulation	Pormotes skin health	Helps to keep away stress	Serve as an energizer	Boost the immunity level
----------------------	----------------------------------	------------------------	----------------------	---------------------------	-----------------------	--------------------------

3000 -60min

4500- 90min



NOOR INTERNATIONAL THAI SPA

Swedish Massage Therapy



Swedish Massage is the most common and best known type of massage. It is done by applying long fluid strokes of muscles and tissues with pressure that varies from light to medium to firm. This type of massage is considered to be one of the most relaxing methods.

BENIFITS

Pain Management

Increases blood
circulation

Rehabilitation for
muscle injuires

Increases
Flexibility

Reducesa
Stress

Elimonates
toxins

3000 -60min

5000- 90min



NOOR INTERNATIONAL THAI SPA

Aroma Massage Therapy



In this method, the practitioner (whether an aromatherapist or a massage therapist) administers essential oils to treat the patient by direct application to the skin specifically through massage oils rather than through sprays or salt baths.

BENIFITS

Stress-reducing	Relieve anxiety	Decreases muscle tension. ...	Helps with pain relief	Relieves the symptoms of depression	Reduce the side effects associated with chemotherapy
-----------------	-----------------	-------------------------------	------------------------	-------------------------------------	--

2800 -60min

4500- 90min



NOOR INTERNATIONAL THAI SPA

Deep tissue massage Therapy



Slow strokes with the aim of stretching the muscle's fibres.

Maintaining depth of treatment to target deep tissues.

Using body weight to generate the force transmitted through the hands, knuckles or elbows to use gravity which reduces muscle fatigue for the registered massage therapist.

BENIFITS

May help
back pain

May reduce
high blood pressure

Aids recovery
after injury

reduce lower back pain
in a 28-year-old pregnant person.

improve circulation to reduce
swelling or buildup of fluid
around the injury

4000 - 60 min

5500 - 90 min



NOOR INTERNATIONAL THAI SPA

Sports Massage Therapy



Sports massage is a deep form of soft tissue mobilisation. A sports massage can be applied in a sporting and non-sporting context. Sports massage involves a wide range of techniques that include effleurage, kneading, wringing, hacking and trigger pointing.

BENIFITS

increase
flexibility.

prevent injuries.

improve performance.

increase endurance.

help with healing after a sports injury.

3500 - 60 min

5000 - 90 min



NOOR INTERNATIONAL THAI SPA

Cream massage therapy



Apply massage cream to chest and use upward and outward strokes across upper chest, up through the neck, across the chin and up onto the cheeks. Circle around the outer corners of the eyes then up and out through the forehead.

BENIFITS

It can help to alleviate stress,	Enhance the immune system,	Reduce inflammation	Improve circulation	Moisturize and nourish the skin	provide pain relief, and promote overall well-being
-------------------------------------	-------------------------------	------------------------	------------------------	------------------------------------	--

4000 -60min

5500- 90min



NOOR INTERNATIONAL THAI SPA

Gel massage Therapy



Face neck and upper. Body if your client is contraindicated to any of the additives. Add three to four drops of calming botanical mixer to massage gel cream

BENIFITS

Gives skin a
hydrating boost

Improves
complexion

Fights environmental
damage

Suitable for all
skin types

Removes Dead
Skin

4500 -60min

5500- 90min



NOOR INTERNATIONAL THAI SPA

Hot oil massage therapy



Start with your shoulders, neck, and upper back before moving onto larger parts such as the lower back, legs, and arms. Massage in a Circular Motion – To massage hot oil into your skin effectively, use circular massage strokes. This massage technique helps to reduce tension in your muscles and relaxes the body.

BENIFITS

Improves your mood and can beat depression:

Beats body pain:

Gets rid of dead skin and dirt effectively:

Helps your nerves become healthier:

Improves heart health:

4000 -60min

5500- 90min



NOOR INTERNATIONAL THAI SPA

Hot candle massage Therapy



In a hot candle massage, the candle is first melted by burning it. For this, the candle is placed in a vessel in which the wax is melted and then poured on the body. It is then immediately spread and scrubbed with light hands to remove dead skin. Further, hot towels are wrapped around the body for moisturisation.

BENIFITS

Dooply nourishes
your skin

Protects you from
harsh sun

Keeps the skin
moisturised

Dry/cracked feet's
best friend

Applying before going
to swimming pool can
drastically lessen the tanning

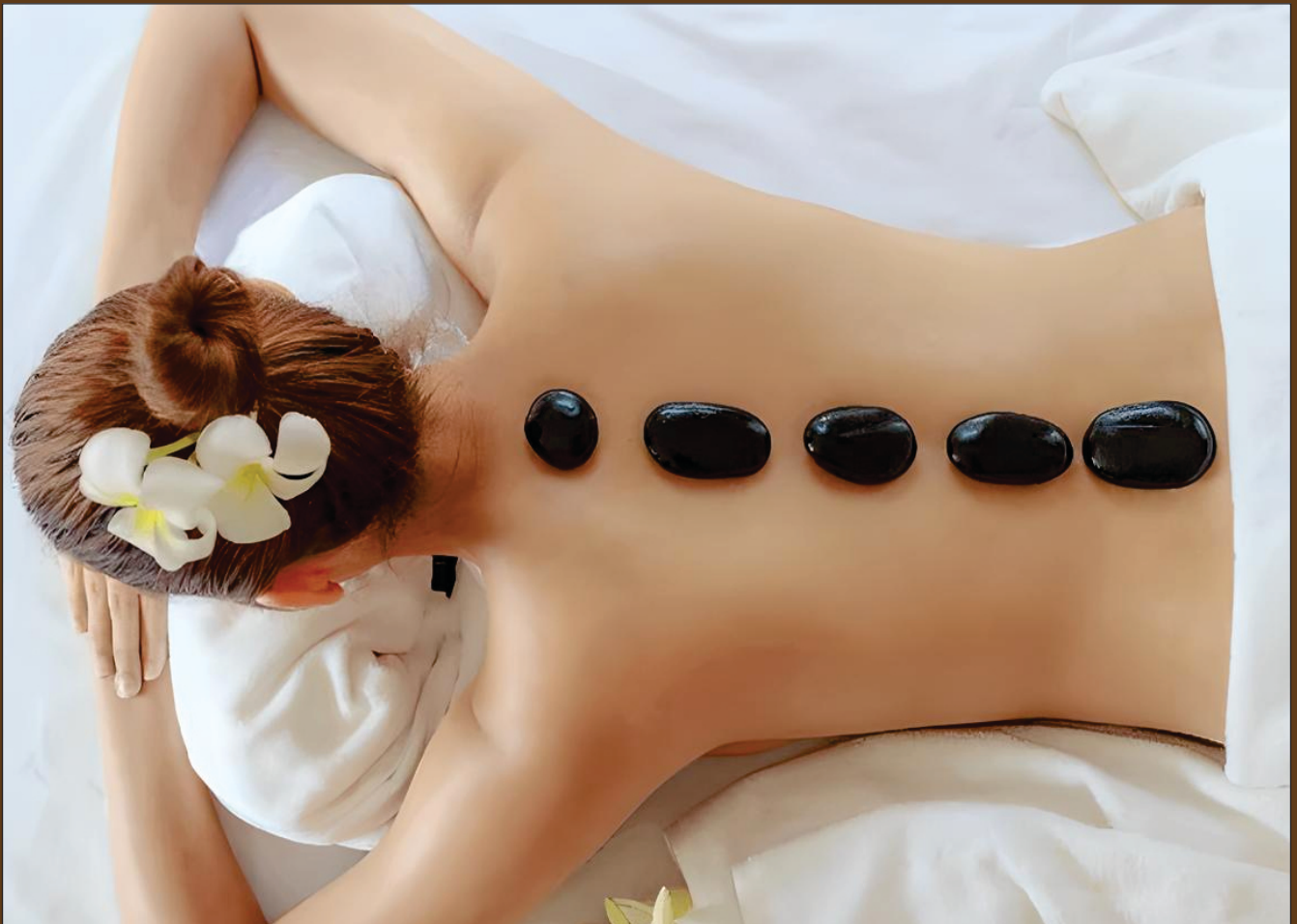
4500 -60min

6000- 90min



NOOR INTERNATIONAL THAI SPA

Hot stone massage therapy



A hot stone massage may begin with a traditional Swedish massage technique to prepare your muscles. Your spa therapist will then place the warm stones on key acupressure points on your body. The stones warm and relax your muscles, allowing deeper pressure to be applied during your massage.

BENIFITS

It's comforting
and relaxing

The heat aids
depth

Relief from
tension and pain

Relief from stress
and anxiety.

Draw out toxins
and
Self-healing.

5500 -60min

6500- 90min



NOOR INTERNATIONAL THAI SPA

Himalayas Salt stone massage Therapy



A hot stone massage may begin with a traditional Swedish massage technique to prepare your muscles. Your spa therapist will then place the warm stones on key acupressure points on your body. The stones warm and relax your muscles, allowing deeper pressure to be applied during your massage.

BENIFITS

It's comforting
and relaxing

The heat aids
depth

Relief from
tension and pain

Relief from stress
and anxiety.

Draw out toxins
and
Self-healing.

5000 -60min

6500- 90min



NOOR INTERNATIONAL THAI SPA

Ayurvedic potli massage therapy



During the massage, the therapist applies the potli onto specific areas of the body, using gentle pressure, circular motions, and tapping. The heat from the potli helps in opening up the pores, improving blood circulation, and relaxing the muscles.

BENIFITS

Relax Your Muscles And Improve
The Flexibility Of Your Body

Enhance Your Skin's
Strength And Health

Calm Your Mind And
Get Relief From Stress

Improve Your
Immune System

5500 -60min

6500- 90min



NOOR INTERNATIONAL THAI SPA

Himalayas salt scrub therapy



This Himalayan pink salt scrub is best when applied before a warm bath. Massage into wet skin all over the body and step into a warm bath for at least 20 minutes. Soak, rest, relax, and dry your skin after the bath. Bring a cool glass of water to the bath with you as detoxification can be powerful.

BENIFITS

Exfoliates skin

Skin detoxifier

Balances skin ph

Softens skin
and more

5500 -60min

6500- 90min



NOOR INTERNATIONAL THAI SPA

Scrub massage therapy



Soften your skin with a lukewarm water shower for about five minutes.

Stop the shower. ...

Keep on massaging gently; do not apply a lot of pressure.

Rinse your body thoroughly.

Apply light body oil or a non-greasy lotion or moisturizer on slightly damp skin.

BENIFITS

Exfoliation Removes
Dead Skin Cells.

Reach
Neglected Areas

Helps Achieve
a More Hydrated Skin.

Lessens the
frequency of acne

Gives You a
Younger Looking Skin

4500 -60min

6000- 90min



NOOR INTERNATIONAL THAI SPA

Wine massage therapy



Wine therapy removes dry skin and increases circulation with a foamy, vitamin-rich scrub of sea salt and wine, followed by a warm wine massage.

Red wine can also help improve inflammation as well as blood circulation, all things that go towards good skin. Reduces signs of aging : antioxidants in wine like tannins, resveratrol, and flavonoid can encourage the production of collagen, and help protect your skin from harmful UV rays and pollution

BENIFITS

Lowers bad
cholesterol

Prevents
Obesity

Reduces stress
and depression

may prevent
Cancer

Make Skin
Glow

5500 -60min

6500- 90min



NOOR INTERNATIONAL THAI SPA

Full body polishing



Body polishing is a beauty treatment that involves exfoliating the skin to remove dead skin cells, dirt, and impurities. The process leaves your skin looking brighter, smoother, and more even. Body polish typically uses a combination of abrasive materials, such as sea salt or sugar, and natural ingredients like essential oils and herbs. The ingredients work together to gently exfoliate the skin and nourish it with vitamins and minerals.

BENIFITS

Body polish exfoliates
and rejuvenates skin:

Promotes healthy
skin

Stimulates new skin
cell growth:

Help to enhance
tanning results:

Deep cleanses
pores:

5000 -60min

6500- 90min



NOOR INTERNATIONAL THAI SPA

Honey Massage



ADROPO
Na vlně zá.

Honey is poured over the area that is being massaged, and then the massage therapist puts hands onto this area and unglues the palms. Easy at first, "ungluing" the hands becomes more difficult with every move because the tension force increases.

BENIFITS

Detoxification: Honey massages are known for their detoxification effects. Honey can help remove toxic substances from the body, improve lymph flow, and cleanse the skin.

Improved circulation: Honey massages can improve blood circulation in the skin and muscles, which can promote better nutrition and waste removal.

Skin health: Honey is rich in nutrients and can help remove dead skin cells and stimulate tissues. Honey also has hydrating and conditioning properties, and can help with dry skin.

5000 -60min

6500- 90min



NOOR INTERNATIONAL THAI SPA

Bamboo Massage



A bamboo massage is a massage technique that uses bamboo sticks to provide a deep, relaxing, and invigorating massage. The massage typically involves the following techniques:

Rolling

The therapist uses long, smooth strokes to roll the bamboo sticks over the muscles. This helps to break up tension and knots.

Kneading

Shorter bamboo sticks are used to knead smaller muscle areas. This helps to relieve muscle tension and break down knots.

BENIFITS

Pain relief: Reduces muscle tension and pain, and can help with arthritic pain

Improved circulation: The warmth of the bamboo tools dilates blood vessels, which increases blood flow and flushes out toxins

Improved flexibility: Increases joint and muscle flexibility

Skin health: Stimulates cellular activity to repair and nourish the skin

5500 -60min

6500- 90min



NOOR INTERNATIONAL THAI SPA

VIP JACUZZI



Pain relief

The heat and buoyancy of the water can reduce inflammation and strain on joints and muscles. The hot water can also help loosen tight muscles

Improved circulation

The hot water dilates blood vessels, which can improve circulation, especially to the extremities. This can help people with arthritis have better movement and less pain in their joints.

Better cardiovascular health

Relaxing in a hot tub can raise your heart rate and lower your blood pressure. One study found that people who took more frequent hot baths were less likely to develop cardiovascular disease.



NOOR INTERNATIONAL THAI SPA

VVIP JACUZZI



Pain relief

The heat and buoyancy of the water can reduce inflammation and strain on joints and muscles. The hot water can also help loosen tight muscles

Improved circulation

The hot water dilates blood vessels, which can improve circulation, especially to the extremities. This can help people with arthritis have better movement and less pain in their joints.

Better cardiovascular health

Relaxing in a hot tub can raise your heart rate and lower your blood pressure. One study found that people who took more frequent hot baths were less likely to develop cardiovascular disease.



NOOR INTERNATIONAL THAI SPA

TURKIS HAMAM



Benefits of a Turkish hammam

A Turkish hammam, also known as a Turkish bath, is a traditional bathing ritual with a long history rooted in Roman, Byzantine, and Islamic bathing practices. It is more than just a bath; it's a holistic experience offering a wide range of benefits for both body and mind.

Deep cleansing and exfoliation

- ★ Opens pores and removes impurities The heat and steam in the hammam open up pores, allowing for a deep cleanse.
- ★ Exfoliation with a kese mitt: A specialized rough mitt, known as a 'kese', is used for a thorough body scrub, removing dead skin cells and revealing smoother, softer, and brighter skin.
- ★ Improves skin texture and tone: The exfoliation and cleansing process helps improve skin texture and tone, leaving it feeling revitalized.

Enhanced circulation

- ★ Stimulates blood flow: The steam and scrubbing action stimulate blood circulation throughout the body.
- ★ Improved oxygenation and nutrient delivery: Increased blood flow delivers more oxygen and nutrients to skin cells and tissues, promoting overall health.
- ★ Aids in detoxification: Enhanced circulation assists in flushing out toxins and impurities from the body, supporting detoxification.