



PADONMA SPA



SPA MENU

***Padonma is the name for the lotus flower in Myanmar.**

It blooms high out of the lake water on a graceful stem and has long been a symbol of purity and the ability to rise to glory.

PADONMA SPA and WELLNESS COMPLEX

**welcome you to Heaven of Wellness, Tranquility and Warmest Hospitality
at Pristine Lotus Resort & Spa.**

For your peaceful relaxation and healing of the mind, spirit and body, we propose you Hot water spring Jacuzzis, Sauna and Steam, placed on the beautiful bosom of nature.

PADONMA SPA is renowned for its range of treatments that aims at restoring your equilibrium and refreshing you physically, draining away all the strain and stress from your daily life.

Your rejuvenating experiences will be done by our professional team of Therapists together with Aye Pwint Phyu our Spa Manager;

at the helm will accompany you as you embark on a journey of joy and release through our therapies from traditional Myanmar massage as well as a wide selection of soothing massages to beauty treatments of body and facial. We support you during your travel around magnificent Myanmar, draining away all the strain and stress from your daily life.

You will embrace the bliss and treasure the experience.

Enjoy our haven of calm and health for all the senses.

Padonma SPA and Wellness philosophy is to educate our clients on health & wellness by offering the ultimate SPA experience.



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Massage Therapy & Body Work

All our massages use an intuitive fusion of massage modalities tailored to your specific needs. Let your massage calm you, soothe tight muscles, and stimulate circulation. Please advise the Spa Team of the specific benefits you would like to receive from your massage and allow us to guide you to the technique that would best fit your needs.

Myanmar Traditional Massage

Myanmar massage is a non oil massage is greatly influenced by techniques of India, China and specially Thailand, our Traditional massage helping stretches and relaxes your muscles with soft Acupressure on your upper body, arm, hand and feet.

Royal Thai Massage

Thai traditional massage is A combination of yoga stretching, calmness of meditation with deep tissue pressure point techniques without oil to relieving muscles tension, exercise movement and body stretching to reduce stress.

Lotus Massage

Dissolve your emotional and physical stress with this light to firm long strokes oil massage techniques will bring you renewal and relaxation as we relieve the muscles tension, nourish your skin, improve your circulation and create a range of motion.

Aromatherapy Massage

Relax, balances, harmonizes your body, mind and soul with this very soft and gentle slower strokes. The inhaled aroma from essential oils stimulates and create deep Relaxation. It seeks to unify physiological and psychological healing process.

Deep Tissue Massage

A Powerfully healing and energizing massage techniques that focuses primarily on the deeper layers of muscle tension, with Our special muscles oils. It incorporates lots of pleasant pushing, squeezing and pressure to tease muscles into submission.



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Back Massage

A relaxing and effective back massage that will focus on knots and tensions of the muscles. Using medical oils combined with long deep strokes help to heal even the most stubborn kinks.

Foot Massage

A short foot massage can really help to relax, particularly after a long day of walking around and help prevent foot and ankle injuries, improves circulation, reduces the effect of depression and anxiety, lowers blood pressure also headaches and migraines.

Traditional Kimbum Scrub

Kimbum powder is used by the Shan people as soap. It removes dead skin cells and helps to refresh and smooth the skin.

Tamarind Herbal Salt Scrub

Tamarind has high alpha hydroxyl acids which can completely remove dead skin cells and dark spot naturally. High in AHA and Enzymes, Fiber, Vitamin C. Improves skin elasticity, hydration and smoothness.

Spa Face Treatment

Deep Facial Treatment

A Special treatment through the touch of fingers working on your face will help to increase blood flow to muscles, easing away eventual toxins, and releasing tension. A complete multi-course step of cleaning, scrubbing, massaging and choices of special masks for your choice.

- With Oatmeal Mask

Oatmeal mask will alleviate eczema, clam rashes and irritation and will boost the immune function of skin.

- With Vegetable Mask

Very fresh and natural face mask will help our skin to shine in all its glory. Fruit and Vegetables contain many Vitamins and mineral, they are great for refreshing and moisturizing effect.



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Hand and Foot Care

Spa Manicure

A detailed manicure including soaking, cuticle grooming, nail shaping, and massaging to moisturize and nourish the skin. Choose from our range of O.P.I nail polish for a glam and glossy finish!

Spa Pedicure

A perfect pedicure including foot soaking, cuticle grooming, nail shaping, and foot massage. The treatment is complete with your choice from our wonderful colors from O.P.I. professional.