

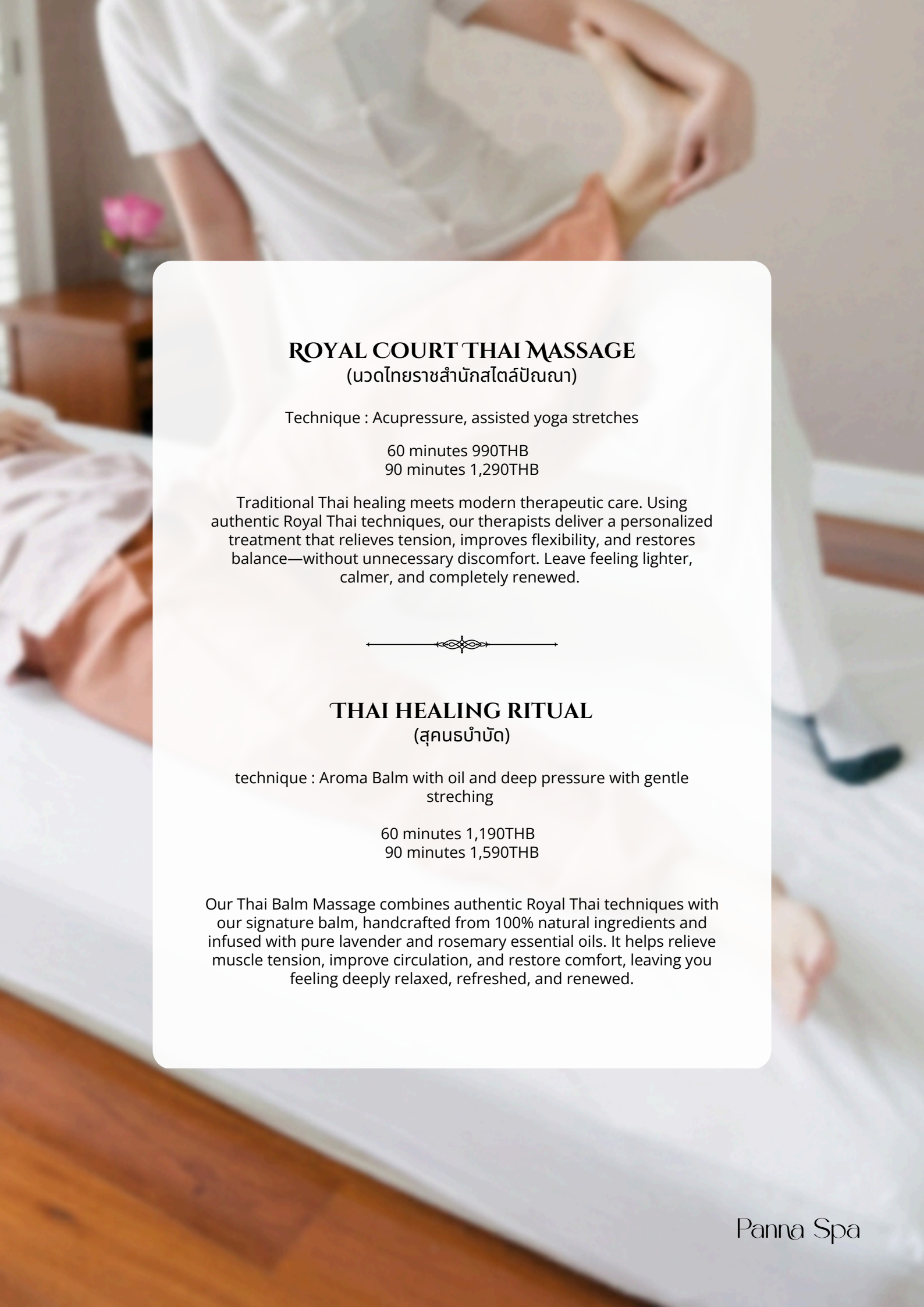
Panna Spa

A SPIRITUAL AND PHYSICAL SANCTUARY



OUR COMMITMENT TO QUALITY AND CARE

Our products are carefully chosen to ensure the utmost quality and care. We adhere to the highest standards of cleanliness, ensuring your visit is clean, relaxing, and professional by changing sheets for every session, maintaining strict staff hygiene, and attending to every detail for your personal comfort. Hygiene and cleanliness are among our top priorities, and we are dedicated to providing outstanding service while maintaining the highest quality standards at all times.



ROYAL COURT THAI MASSAGE
(นวดไทยราชสำนักสไตล์ปัณณา)

Technique : Acupressure, assisted yoga stretches

60 minutes 990THB
90 minutes 1,290THB

Traditional Thai healing meets modern therapeutic care. Using authentic Royal Thai techniques, our therapists deliver a personalized treatment that relieves tension, improves flexibility, and restores balance—without unnecessary discomfort. Leave feeling lighter, calmer, and completely renewed.

THAI HEALING RITUAL
(สุคนธบำบัด)

technique : Aroma Balm with oil and deep pressure with gentle streching

60 minutes 1,190THB
90 minutes 1,590THB

Our Thai Balm Massage combines authentic Royal Thai techniques with our signature balm, handcrafted from 100% natural ingredients and infused with pure lavender and rosemary essential oils. It helps relieve muscle tension, improve circulation, and restore comfort, leaving you feeling deeply relaxed, refreshed, and renewed.

Panna Spa

OUR MASSAGE OIL

At **Panna Spa** , we use only **100% pure**, natural, oil blends suitable for even our most sensitive clients skin. Oils are ethically sourced from a global network of suppliers, with a **guarantee** and **commitment** to care for our sessions.



THE RELAXATION RITUAL
(Swedish Massage)
นวดผ่อนคลายสไตล์สวีดิช

Pressure : Gentle to Medium

60 minutes 1,290THB
90 minutes 1,730THB

Our Swedish Massage combines flowing, therapeutic techniques with the nourishing benefits of Thailand's finest natural coconut oil. Rich in skin-loving nutrients and naturally hydrating, it glides effortlessly over the body to ease tension, improve circulation, and leave your skin feeling soft, smooth, and beautifully nourished.

THE REBALANCING
(Aromatherapy Massage)
นวดปรับสมดุลด้วยน้ำมันอโรมาเธอราพี

Pressure : Gentle to Medium

60 minutes 1,390THB
90 minutes 1,890THB

Our Aromatherapy Massage combines modern Australian massage techniques with 100% natural botanical massage oil, free from fragrances, parabens, mineral oils, and harsh chemicals. Using flowing, therapeutic movements and pure essential oils, each treatment relieves muscle tension, calms the mind, and restores balance—leaving you feeling deeply relaxed, refreshed, and renewed.

THE RECOVERY
(Deep Tissue Massage / Sport Massage)
(นวดฟื้นฟูชั้นลึก)

Pressure : Medium to Firm

60 minutes 1,490THB
90 minutes 2,030THB

Our Deep Tissue Massage combines advanced therapeutic techniques with slow, targeted pressure to release chronic muscle tension and improve mobility. Each treatment is tailored to your body's needs using our 100% natural botanical massage oil, free from fragrances, parabens, mineral oils, and harsh chemicals—leaving you feeling restored, lighter, and renewed.

Panna Spa

ATHLETIC SPORTS massage

90-MIN 2,380.-
120-MIN 3,180.-



THE HARMONY RITUAL

ศาสตร์สู่ความสมดุล

Techniques : Tibetan singing bowl, aromatherapy oil, head massage, foot massage
Pressure : Gentle to firm

90-minutes 2,190THB

A deeply immersive head-to-toe experience that includes a full body oil massage, head massage, and Tibetan singing bowls to restore balance and wellbeing. This signature ritual uses your selection of aromatic massage oils to massage the entire body, helping to release deep tension and gently support healing from within. The soothing sound vibrations of Tibetan singing bowls are then used to calm the nervous system and quiet the mind, creating profound relaxation for both body and mind.

THE GROUNDING RITUAL

(Feet)

ฟื้นคืนสมดุลผ่านฝ่าเท้า

60 minutes 890THB

Immerse your feet in a Epsom Salt bath, then enjoy a revitalising massage. Enhance circulation, invigorate muscles, ease tension, and relieve persistent pain.

THE CIRCULATION RITUAL

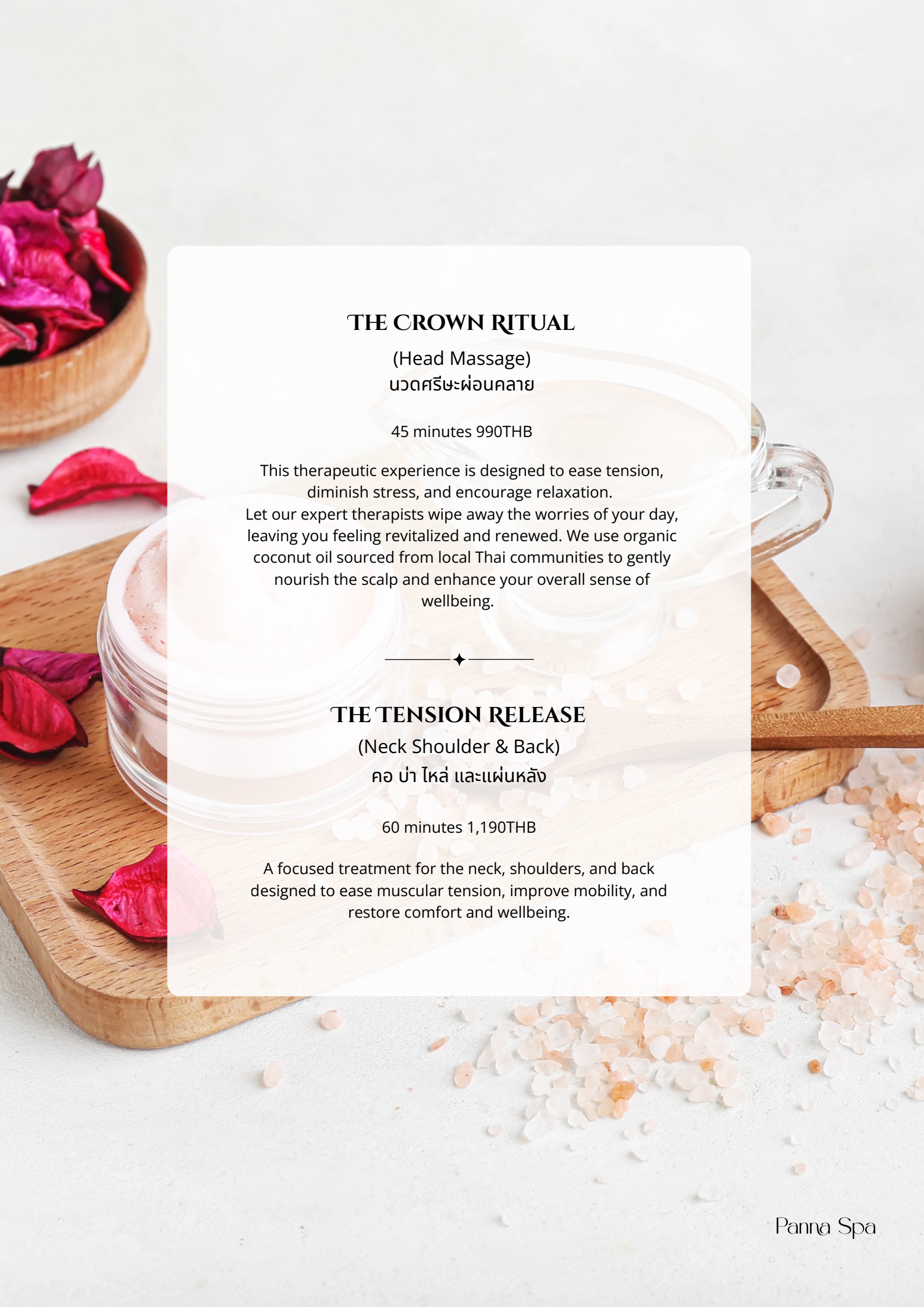
(Arms Hand Arm Leg & Feet)

ทรีตเมนต์กระตุ้นการไหลเวียน (แขนและขา)

60 minutes 1,190THB

A light, circulation-boosting massage that focuses on arms and legs to support lymphatic flow, reduce swelling and heaviness, and leave you feeling lighter, refreshed, and energised for the day.





THE CROWN RITUAL

(Head Massage)
นวดศรีษะผ่อนคลาย

45 minutes 990THB

This therapeutic experience is designed to ease tension, diminish stress, and encourage relaxation.
Let our expert therapists wipe away the worries of your day, leaving you feeling revitalized and renewed. We use organic coconut oil sourced from local Thai communities to gently nourish the scalp and enhance your overall sense of wellbeing.

THE TENSION RELEASE

(Neck Shoulder & Back)
คอ บ่า ไหล่ และแผ่นหลัง

60 minutes 1,190THB

A focused treatment for the neck, shoulders, and back designed to ease muscular tension, improve mobility, and restore comfort and wellbeing.



ADD-ON

THE GROUNDING RITUAL

15 minutes 269THB

THE CROWN RITUAL

15 minutes 299 THB

AROMATHERAPY BUBBLE BATH

30 minute 990 THB

**Add-on treatments are available only in combination
with a main treatment and cannot be booked on their own.



SILKEN SKIN POLISH

ซิลเคน สกิน โพลิช (สคลับผิว)

60 minutes 1,390THB

A luxurious exfoliating ritual that gently removes dull skin, revealing a smoother, softer, and naturally radiant complexion. Finished with nourishing botanical oils to deeply hydrate and leave your skin beautifully silky.

PANNA SIGNATURE RITUAL

ปัณณา ซิกเนเจอร์ ริชัล

120 minutes 2,780 THB
150 minutes 3,280 THB

includes :
60 minutes Silken Skin Polish
60 or 90 minutes of Aromatherapy Massage

THE ROYAL PANNA RITUAL

เดอะ รอยัล ปัณณา ริชัว

180 minutes 4,270THB

includes :
30 minutes bubble bath
60 minutes Silken Skin Polish
90 minutes Aromatherapy Massage

*Advance booking is required



BATH TO BLISS

บาธ ทู บลิส

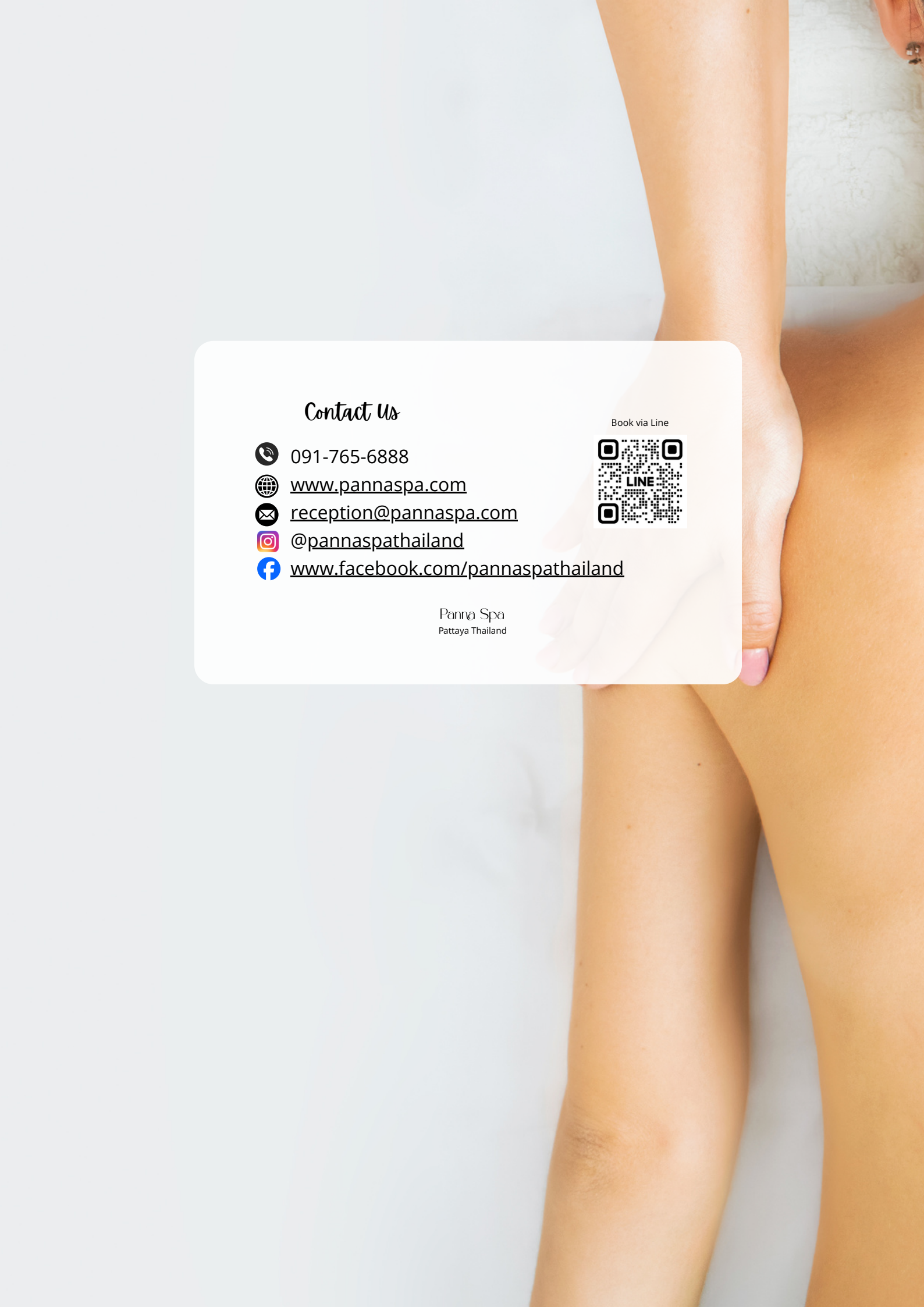
90 minute 2,380 THB
120 minute 2,880 THB

includes :
30 minutes Aromatherapy Bubble Bath
60 or 90 minutes of Aromatherapy Massage Or Silken Skin Polish

AROMATHERAPY BUBBLE BATH

แช่อ่างอโรมาเธอราพีบำบัด

45-minute 1,190 THB



Contact Us

091-765-6888
www.pannaspa.com
reception@pannaspa.com
@pannaspathailand
www.facebook.com/pannaspathailand

Book via Line

Panna Spa
Pattaya Thailand