CHATRIUM HOTEL
ROYAL LAKE · YANGON

NEMITA SPA

BODY MASSAGE

Aromatherapy

(90 mins) – 70 USD

Discover natural healing through aromatherapy with a choice of five specially curated pure essential oil blends. This gentle, soothing massage promotes relaxation, restores energy, and enhances overall well-being.

Lilawadee Massage

(60 mins) – 60 USD

Our signature Lilawadee Massage is an invigorating treatment that begins with a deep back massage to relieve tired muscles, reduce tension, and improve blood circulation.

Herbal Oil Care

(60 mins) – 50 USD

This firm massage enhances blood circulation and soothes tense muscles, leaving you feeling revitalised and refreshed.

Traditional Thai Massage

(90 mins) – 45 USD

Grounded in ancient Thai holistic traditions, this dry massage works along the body's energy pathways. It combines firm techniques to promote deep relaxation and improve flexibility.

Foot Reflexology

(60 mins) – 30 USD

This holistic therapy uses targeted pressure points on the feet to rebalance the body, connecting relaxation zones to internal organs and reducing tension.

BODY TREATMENT

Thai Herbal Heat Revival

(90 mins) – 70 USD

This rejuvenating treatment combines a traditional Thai massage (60 mins) with Thai herbal heat therapy (30 mins).

Body Scrubs

(40 mins each) – 40 USD

- Mangosteen Salt Scrub
- Sea Salt Scrub
- Thai Tamarind Scrub
- Kiwi & Macadamia Body Scrub

Sauna

(30 mins) – 20 USD

LILAWADEE SPA PACKAGES

Stress Away

(120 mins) – 90 USD

Includes mangosteen salt scrub and aromatherapy.

A Touch of Lilawadee

(90 mins) – 80 USD

Includes kiwi body scrub and Lilawadee massage.

Available for in-house guests only.
Location: Ground Level
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