



## Treatment Menu

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# Welcome to Royal Nuad Thai

*A hidden sanctuary in the heart of London,  
where our only focus is you.*

At Royal Nuad Thai, we have created our very own oasis of calm; a space where you can take the time for yourself to truly relax, renew your strength and restore your inner sense of wellbeing.

Our holistic treatment menu features a curated collection of massage and beauty treatments, including our signature Thai massages, carried out in one of three beautifully-appointed treatment rooms.

## OPENING HOURS

*Monday to Sunday 10.00am - 8.00pm*



# Signature Thai Massages

## ROYAL NUAD THAI MASSAGE

60 min | £120    90 min | £165    120 min | £220

Our traditional 'Nuad Thai' or 'Thai yoga' massage helps balance energy and harmony within the body through a combination of assisted yoga postures and gentle stretches. No oil is required, instead the therapist uses their hands, knees and feet to manipulate the body into different positions; loosening muscles, alleviating joints and improving mobility.

## ROYAL THAI OIL MASSAGE

60 min | £120    90 min | £165    120 min | £220

Our full body Thai oil massage uses warm essential oils and smooth flowing massage strokes to dissolve toxins, boost your immune system and help you feel relaxed and rejuvenated.

## THE ULTIMATE THAI MASSAGE

60 min | £135    90 min | £185

Our signature massage is the ultimate combination of Thai yoga followed by a hot oil massage, promising the best of both worlds. A sequence of manipulated movements inspired by yogic stretching will help relieve aching muscles and stiff joints, ending with a relaxing massage to help aid stress levels and improve tension.

## TRADITIONAL THAI HERBAL COMPRESS MASSAGE

60 min | £135

A hot herb-infused compress ball is pressed over the entire body; relaxing muscles and relieving stress, promoting blood circulation and stimulating the lymphatic system to help release toxins. Includes a 45 minute hot oil massage followed by 15 minutes of herbal compress.



# Massage Treatments

## **AROMATHERAPY MASSAGE**

60 min | £130    90 min | £175    120 min | £230

One of the finest anti-stress treatments, this full body massage has both physiological and psychological benefits. The combination of therapy and therapeutic qualities of the essential oils will soothe the body, strengthen the nervous system and restore lost energy.

## **DE-STRESS DEEP TISSUE MASSAGE**

60 min | £140

This deeply restorative treatment is specifically designed for tight, stressed and aching muscles. Using slow movement and firm pressure techniques, the deeper layers of the muscles are worked, releasing pain and tension and helping train muscles to strengthen and heal.

## **SWEDISH MASSAGE**

60 min | £120    90 min | £165    120 min | £220

The classic massage is a therapeutic treatment for the entire body that works the soft tissues and muscles to help remove knots and restore health - creating a calming and balancing effect and leaving you feeling relaxed and invigorated.

## **SPORTS MASSAGE**

60 min | £140

With a focus on specific problem areas, a sports massage incorporates deep tissue massage that works deep into the muscles to improve mobility, ease pain and tension and reduce the risk of future injury. Your therapist will tailor the treatment to your specific needs and it may feel slightly uncomfortable whilst they work your sore and inflamed muscles.



# Massage Treatments

## **BACK, NECK & SHOULDER MASSAGE**

30 min | £70    60 min | £120

This deeply relaxing treatment is perfect for reducing and relieving tension in the head, neck and shoulder areas as a result of the stresses of modern day living, as well as increasing flexibility, improving circulation and posture.

## **HEAD & SCALP MASSAGE**

30 min | £70

Experience deep relaxation with this head massage, using specialist pressure point techniques to help relieve stress and tension build up.

## **FOOT MASSAGE**

30 min | £70    60 min | £120

This ancient pressure point healing method uses the power and sensitivity of the human hand to press key points on the surface of the skin, stimulating circulation and leaving tired and sore feet feeling rejuvenated.

### **UNWIND TOGETHER**

Whether it's with a friend or your loved one, our double and triple treatment rooms are the perfect way to enjoy one of our indulgent massages together.



# Pregnancy Massages

Treat yourself to some well-deserved rest and relaxation to help calm your mind and body before baby arrives. Whether it be a firmer massage to help relieve discomfort or a softer massage to help you relax, our gentle pregnancy massages are carefully designed to help expectant Mothers find comfort and relief from the day-to-day strains of pregnancy during their second and third trimesters.

## **PRENATAL FULL BODY THAI OIL MASSAGE**

60 min | £120    90 min | £165    120 min | £220

This nourishing body massage is carefully designed to aid relaxation for mind, body and baby. Treat yourself to some well-deserved pampering before baby arrives with a relaxing moment to calm your mind and body before giving birth.

## **PRENATAL HEAD, BACK, NECK & SHOULDER MASSAGE**

30 min | £70

Pregnancy can put a lot of strain on these areas in particular, so a deep tissue massage can be just what's needed to ease any tensions that extra weight and changes in posture can cause, leaving you with more energy and feeling invigorate.

## **PRENATAL FOOT MASSAGE**

30 min | £70    60 min | £120

Experience a gentle and soothing foot massage to relieve tired and swollen feet.



# Beauty Treatments

## FACIALS

Facial 60 min | £120   Deluxe Facial 90 min | £165

Our qualified therapists offer a range of facial treatments to provide the ultimate in skin care. If you want to look your best, our pampering and relaxing beauty treatments are just the answer.

## MANICURES & PEDICURES

60 min | In guest room

Our pampering luxury treatments will rejuvenate and beautify your hands and feet, perfect as a special treat or to show-off for a night out.

- |                                |      |                   |     |
|--------------------------------|------|-------------------|-----|
| - Luxury manicure or pedicure  | £100 | - Shellac removal | £40 |
| - Express manicure or pedicure | £100 | - French polish   | £30 |
| - Shellac manicure or pedicure | £120 |                   |     |

## HAIRDRESSING

60 min | £145 | In guest room

From a tousled blow dry to a glamorous up do, our professional stylists will create a style to flatter you and leave you feeling your best.

- Blow-dry      £120
- Cut & style    £140

## MAKE-UP

£120 | In guest room

Going out calls for a flawless cosmetic finish that only a professional can provide. Our make-up artists will create the perfect look for you using only high quality products.





# Terms and Conditions

## **BOOKING**

Advance booking is essential to guarantee your preferred time slot. To book, please call our team on +44 (0) 20 7551 6163 or dial 3030 from your in-room telephone. Please inform us if you have a preference of male or female therapist at the time of booking and we will try our best to accommodate.

## **AGE REQUIREMENT**

Our treatment rooms are reserved for adults only.

## **ARRIVAL TIME**

Please allow sufficient time before your treatment to complete a treatment consultation form. We recommend you arrive 15 minutes in advance of your treatment. Please be advised that late arrivals will result in a reduction of treatment time.

## **CANCELLATION**

We have a 24 hour cancellation policy and all appointments cancelled within this time will be charged at 100%.

## **HEALTH CONDITIONS**

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your treatment reservation.

## **PREGNANCY**

We have specifically designed treatments for expectant mothers in their second and third trimesters. Please contact us for further information.

## **PRICES**

All prices are quoted in GBP and are subject to change at any time. Gratuities are not included and are welcomed at your discretion.



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