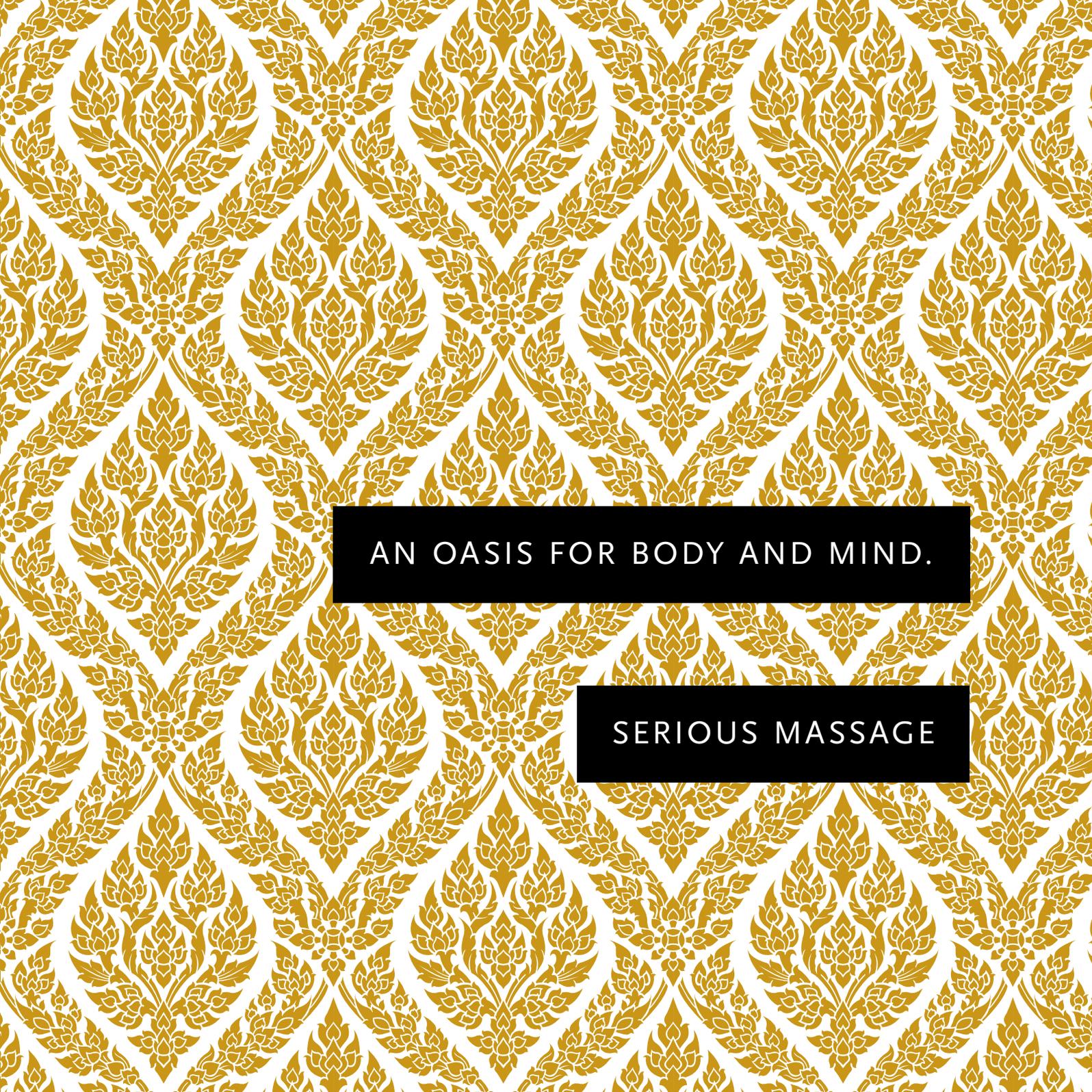


**BAAN THAI SPA**

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AN OASIS FOR BODY AND MIND.

SERIOUS MASSAGE



## PHILOSOPHY

### GOOD DAY! SAWASDEE KHA!

The land of smiles welcomes you! Embark on your trip to Thailand in the heart of Berlin - in the Augsburger Straße on Kurfürstendamm. Escape the hustle and bustle of the city and come and see us at the Baan Thai - Thai House, where you will discover an oasis of calm and well-being. We offer you an authentic experience of Thailand, with all its warmth and friendliness, but without the need to take a twelve hour flight.

Traditional Thai massage is known as Nuad Phaen Boran, which when translated means ancient healing touch. Experience the art of this treatment through the traditional wisdom of yoga which has been used for over 2,500 years to maintain health. Gentle stretching movements and rhythmic pressure along the ten energy pathways as specified by Ayurvedic teaching form the basis of physical well-being and mental balance. Overcoming physical ailments is combined with a regeneration of the spirit.

Our masseurs are immersed in the spirit of this ancient tradition, the meditative act of healing being for them more of a vocation than a profession.

## OUR RELAXATION ROOMS

### THE HOUSE – *BAAN*

Come in and feel at home.  
Escape into the oasis of relaxation and well-being.  
Forget about time and space in our house.







## THE SUN – *DUANG TA WAN*

Open yourself up to the sun of Thailand.  
Healing massage in light-flooded rooms soothes away the stresses  
of everyday life with gentle sounds and in a relaxing manner.



## THE SEA – THA LE

Experience the refreshing effect of the elixir of life - water.  
Everything is taken care of by us so that you can relax.





**BAAN THAI SPA**



## NOTES – BANTHUK

The massages we offer are not to be considered as medical treatment. Only explicitly so-called wellness massages are given. We are not authorized to give any medical information or advice. Please check beforehand with your doctor or therapist whether you are eligible for the particular Thai massage in question. The treatment is given at your own risk and is your own responsibility.

We provide high-quality massages according to ancient traditions. Our employees are properly trained and qualified for that purpose.

Classical Thai massage based on ancient traditions has nothing to do with erotic services, with which it is sometimes associated. We dissociate ourselves from such services and, to prevent misunderstandings, we ask our clients to refrain from any advances towards our employees.

## OFFERS

*As with Yoga, the theory of Thai massage is based on the teachings of Ayurvedic energy pathways. With the various techniques and in particular with the so-called "way of compassionate treatment" of the personnel giving the treatment, Thai medical massage helps to positively influence the body's energy flow. The acupuncture points and energy pathways can be regarded as the gateway to the body and soul of man. Energy blockages in the system hinder the well-being of man and in the most severe cases can also make him sick.*

*Far-Eastern healing massages are highly compatible with psychotherapy treatment, as well as many conventional medical treatments. They help you learn how to re-establish a connection with your own body and listen to the signals it gives, which can otherwise get easily lost in the din of everyday life. We have made it our goal of bringing this knowledge and these skills to you in a pleasant and relaxing environment.*

### TRADITIONAL THAI MASSAGE

- 60 min -

Our traditional massage combines a mixture of slight movements and a pleasantly intense pressure point technique, and uses selected warm natural oils. It is a full body massage of the superficial muscles. This gentle massage gives noticeable relief and has a lasting relaxing effect.



## YOGA MASSAGE

- 60 min -

Thai Yoga Massage is a technique more than 2500 years old, during which oil is not used. It is a combination of acupressure, stretching and meditation. The massage follows certain energy pathways (Sen) while the body is being massaged with thumbs, palms, elbows, knees and feet and the weight of the whole body. The muscles are gently stretched and strengthened, the spine becomes relieved, the lymphatic flow stimulated, and the breathing deepened. Man's inherent natural strength and energy is activated and used to bring one back to a state of harmony.

## AROMA OIL MASSAGE

- 60 min -

Aroma oil massage is one of the oldest forms of treatment, which can stimulate the blood circulation, relieve muscle tension and activate the metabolism. Pleasantly scented massage oils are combined with specially selected essential oils. This full body oil massage also includes a foot and head massage (incl. face compresses).

*The treatment is performed with warm organic oils of jasmine, lemongrass, orange or a neutral scent.*

## HOT STONE MASSAGE

- 90 min -

According to this type of traditional Thai massage, stones are heated to between 52 - 57 degrees before being placed on the energy centres of the body. The warmth of the stones is transferred to the body by means of massaging motions. The heat energy of the stones supports the massage in its depth and has a long-lasting effect.

## HERBAL STAMP MASSAGE

- 90 min -

The treatment with heated herbal pouches is a very special massage which has a deeply penetrating effect on the entire body. After the pouches have been prepared in oil, the skin is gently massaged and at the same time cured by them. Plant extracts, released through the steam, are absorbed into the body with the air we breathe in, as well as through the skin. The muscles relax in the warmth and the ingredients of the herbs can penetrate deeply into the body.

## ANTI STRESS MASSAGE

- 60 min -

The anti-stress massage focuses on the major problem areas of your stressed body: the head, shoulders and back. Painful tension and muscle tightness in the shoulders, head and neck, caused by severe physical stress or a faulty posture, are often due to predominantly sedentary or repetitive activities. Also pain, everyday stress and anger may be blocking the energy pathways of the body and can lead to headaches, back pain and tension. Symptoms such as neck stiffness, dizziness and painful limitation of movement routinely result from this. By slow and rhythmic strokes, the anti-stress massage has a relaxing effect on the nervous system and puts the body in a relaxed state by reducing stress. This is pure relaxation, a recreation for the body, mind and soul.



## HEAD AND SHOULDER MASSAGE

- 30 min -

The head massage stimulates the fine nerves under the skin and also activates blood circulation across the entire head area. Due to slight pressure and constant movement, the nerve endings relax, and the sensitive head muscles can be relaxed more easily. Shoulders, neck and face are included in the treatment. Relaxation quickly results, causing regeneration of the ability to concentrate and, if such massages are taken regularly, can provide significantly more vitality and life force.

## FOOT- AND LEG MASSAGE

- 30 min -

The feet are the mirror of our body. Enjoy gentle foot cleansing in a warm aroma cream bath and a soothing massage of your feet and legs along the reflex zones. The general benefits of the foot massage include relaxation, increased blood circulation, a stimulation of the immune system and self-healing, as well as a positive effect on the mind and soul.

## ANTI-CELLULITE MASSAGE

- 60 min -

The anti-cellulite massage can loosen the bonds between the connective tissues and thus specifically treat increased fat and water retention on the thighs, buttocks, abdomen and upper arms. This vigorous massage, which reaches the subcutaneous fat, promotes both blood flow and the detoxification process of the body, and can do much to combat cellulite in conjunction with sports and healthy nutrition and gives your body a n overall feeling of well-being.



## THE TEAM – *THIM*

Our team is waiting for you! The heart and soul of our house is Mrs. Silgradt. She is a certified masseuse and from the outset learned her craft at the prestigious Wat Po School in Bangkok. She is supported by a team of Thai masseuses with in-depth training and years of experience. Continuous training of our employees underlines our commitment to offer Thai massages at the highest level.

## OUR OFFERS

### TRADITIONAL MASSAGE

- 60 min/60 € -

### YOGA MASSAGE

- 60 min/60 € -

### AROMA OIL MASSAGE

- 60 min/70 € -

### HEAD- AND SHOULDER MASSAGE

- 30 min/40 € -

### FOOT- AND LEG MASSAGE

- 30 min/40 € -

### HOT STONE MASSAGE

- 90 min/100 € -

### HERBAL STAMP MASSAGE

- 90 min/110 € -

### ANTI- CELLULITE MASSAGE

- 60 min/70 € -

Fresh bathrobes and towels are provided.

In addition to the massage, a refreshing juice and snacks will be served.

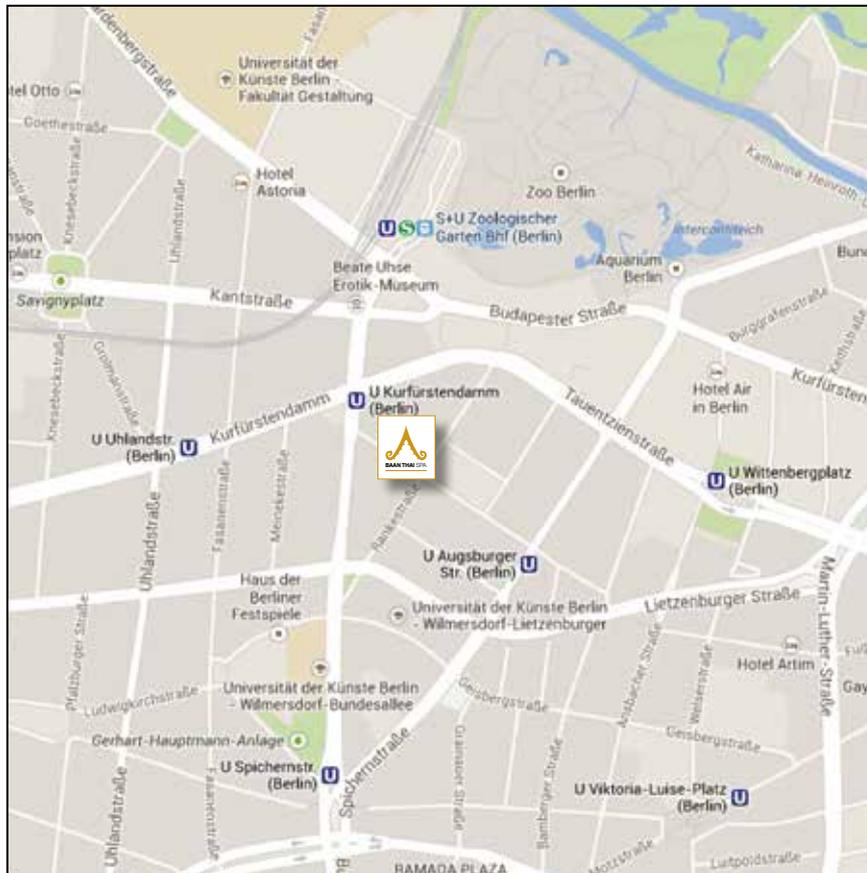
We also offer a complementary soothing foot bath followed by a foot reflex zone massage.

We look forward to meeting you!

You will find more offers on our website:

[www.baan-thai-spa.com](http://www.baan-thai-spa.com)

## WHERE TO FIND US



BAAH THAI SPA , Augsburger Str. 37, 10789 Berlin

## GOODBYE—LA KON, PHOB KAN MAI KHA

In Baan Thai Spa we have created a gem, allowing you to step back from everyday life and seek a place of rest and regeneration.

With the ever-quickening pace of metropolitan life, we want to meet your needs for rest and contemplation and offer you this place of repose and well-being.

All our treatments are for general relaxation and holistic health care.







**BAAN THAI SPA**

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Augsburger Str. 37  
10789 Berlin

T 030. 88 91 59 90  
mail@baan-thai-spa.com  
[www.baan-thai-spa.com](http://www.baan-thai-spa.com)