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WHICH ELEMENT ARE YOU?

Four Elements Massage at S Medical Spa



The question doesn't only seek your personality but also the most suitable massage therapy for you. The award-winning medical spa S Medical Spa combines Thai remedial principles in a holistic approach.

According to the methodology, everyone has a dominant body element derived from his or her birth month. Each element is prone to certain diseases or risks; for example Earth (born Oct-Dec) is prone to heart problems and food poisoning; Water (born Jul-Sep) to digestive and respiratory problems; Wind (born Apr-Jun) to nervousness-related problems and circulation issues; and Fire (born Jan-Mar) to digestive problems, fever, and liver damage.

The new Four Elements Massage (B3,531/90 minutes) is hence aimed to balance the elements of the body by fusing Thai-style massage techniques with aromatherapy massage. The therapeutic treat focuses on the meridian (life-energy flow), muscle stretching and pain relief.

Spa-goer can also enjoy the spa's facilities including Eastern and Western herbal steam rooms, hydro jacuzzis and saunas, as well as professional service and care in a relaxing environment.

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