



TRAILS OF INDOCHINA

*Artisans of bespoke journeys to
Southeast Asia & beyond*

MYANMAR

SPA & YOGA





▣ EROS HEALTH & BEAUTY SPA

Despite the slightly kitschy exterior, Eros offers all the standard treatments from facials to body therapies.

Behind Pearl shopping Centre, Kaba Aye Pagoda Road, Bahan Tsp, Yangon - Tel: (01) 544 297/ 549 527

Website: <http://www.erosbeautyspa.com/>

Opening hours: 10.00am – 7.00pm

▣ LA SOURCE

Located in a beautiful Dutch villa in suburban Yangon, this well-known, full service spa uses L'Oreal for hair and ODT from Italy and Decleor from France for facials.

12-E, Inya Road, Yangon - Tel: +95 1 512 380 / 526 653

Website: <http://lasourcespa.com.mm/>

Opening hours: 9.00am – 7.00pm

▣ THE LILAWADEE SPA

This hotel spa has a range of Thai spa treatments to meet all your needs, whether you want to relax or rejuvenate, and beautiful suites to enjoy your treatments.

Chatrium Hotel, 40 Natmauk Rd., Tamwe Township - Tel: (01) 544 500

Opening hours: 10.00am – 12.00am

▣ GENKY PHYSIOTHERAPY CLINIC

Genky is a famous spa in Yangon known for its deep tissue massages. Using reflexology, the experts will show you where pressure points are and you will learn how the masseuses train to perfect their highly specialised skills.

285 Bo Aung Kyaw Road (Middle Block), Kyauktada Tsp, Yangon – Tel: +95 9 861 5036

Website: <http://genkyclinic.com/>

Opening hours: 9.00am – 9.00pm

▣ INYA DAY SPA

Inva Day Spa is a peaceful retreat that offers a full-range of spa therapies and treatments. From body wraps and massages to facials and manicures, feel at ease in the hands of the expert therapists. The tensions of travel erase at Inva Day Spa.

16/2 Inya Road, Yangon (Rangoon), Myanmar – Tel: +95 (0) 1537907, +95 (0) 9425777594

Website: <http://www.inyaspa.com/>

Opening hours: 10.00am – 8.00pm (last booking 7.00pm)



▣ SAPEL TRADITIONAL BURMESE FOOT SPA

Enjoy a relaxing foot massage session at Sapel Traditional Burmese Foot Spa. Focusing on pressure points and kneading to remove the knots on the bottom of your feet, Burmese massages are known to be therapeutic and will relieve stress and muscle tension after a tiring day walking on the streets of Yangon. All local staff are well-trained and can speak English.

Corner of Mahabandula Road, 15 Street, Lower Block, Lanmadaw TSP – Tel: 09 253 988 995

Website: <https://www.facebook.com/Sapelfootspa/>

Opening hours: 10.00am - 12.00am

▣ YANGON YOGA HOUSE

This English speaking yoga studio is the first of its kind in Yangon. Opening in May 2014, the goal of this holistic studio is to bring together yogis from near and far. Join the community for a relaxing and rejuvenating escape.

Alan Pya Pagoda road, No. 36 (A & B), Dagon Township, Yangon – Tel: +95 9 973 802714

Website: <http://www.yangonyogahouse.com/>



▣ THIRIPYITSAYA SPA

This scenic spa offers a pretty, thatch-roofed outdoor area with a view of the Irrawaddy as well as cosy and tranquil indoor treatment rooms, depending on your mood. From facials and massages to wraps, scrubs and body treatments, this place is pure bliss for pampering oneself after a hot day walking around the temples.

Thiripyitsaya Sanctuary Resort, Bagan Archeological Zone, Old Bagan - Tel: (061) 600 48

Website: <http://www.thiripyitsaya-resort.com/en/lists/spa>

▣ BLOSSOM SPA

Blossom Spa at Amata Boutique House offers traditional herbal and fruit rubs, organically scented oil massages, and aromatic facial treatments. Royalty and nobility of Old Bagan enjoyed traditional Myanmar massage and so can you.

No 25, Bagan - Chauk Main Road – Tel: +95 61 65099

Website: <http://www.amatabtqhouse.com/blossom-spa>

Open daily 10:00am to 9:00pm