Say goodbye to stress, insomnia and jet lag with Spa Cenvaree's new 'Shirodhara' therapy session

Centara Grand at CentralWorld's award-winning Spa Cenvaree has just launched its new 60-minute 'Shirodhara' treatment therapy, designed not only to relax the body but also to help those suffering with insomnia, stress or jet lag.

Based on the famous Ayurvedic approach to medicine with its history dating back to ancient India, this treatment involves gently pouring herbal oils over the forehead (or the 'third eye').
The continuous flow of liquid is known to help promote relaxation, reduce anxiety and lull you into a deep sense of calm.

And let's face it – in a hectic city like Bangkok, we all need a moment of total calmness from time to time.

This unique 'Shirodhara' treatment therapy is priced at THB 2,500++ / person for one hour, exclusively available at Spa Cenvaree.

You can find the spa located on the 26th floor of Centara Grand at CentralWorld, with access via street level or through the shopping mall. For more information or to make bookings, please call 02100-1234 ext. 6511, 6516 or email: spacgcw@chr.co.th

Find out more about Spa Cenvaree below.
Website: www.spacenvaree.com/spa/centara-grand-centralworld-bangkok
Facebook: Centara Grand & Bangkok Convention Centre at CentralWorld
Instagram: Centaragrand_Centralworld
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