

Spa Menu



Take a break from the hectic pace of life
and retreat into the tranquil environment of St. Gregory.
For a few precious moments, feel like the world is behind you,
your energy revitalized and restored, and step out filled
with a lightness of being.

Pamper yourself with a wide range of face and body treatments
and traditional healing therapies, and let the healing hands of our
therapists bring you into the state of ultimate relaxation
ideal for your mind and body.



THERAPY • FITNESS • AESTHETICS • ACTIVE-AGEING

Pan Pacific Yangon, Myanmar

Corner of Bogyoke Aung San Road & Shwedagon Pagoda Road, Pabedan Township, Yangon
Tel: +95 925 3810 Email: stgregory.ppygn@panpacific.com

ST. GREGORY SIGNATURES

Indonesian Balinese Massage

60 mins USD60

90 mins USD80

An ethnic massage that stimulates deep tissues, relieves muscle soreness, improves circulation and eliminates toxins. Tension areas are eased away with firm, deep pressure, percussion movements and pressure circles.

Relaxing Aromatic Body Bliss Massage

60 mins USD60

90 mins USD80

Combining the power of essential oils with gentle Swedish massage strokes, this holistic therapy melts away tension, calms your senses and lulls you into a state of ultimate relaxation.

ST. GREGORY EXPERIENCE

St. Gregory Spa blends in a reinvigorating Asian wellness experience with the latest offerings in innovative spa and anti-aging products.

Set within an elegant urban oasis, our highly experienced and skilled therapists will whisk you away in renowned signature St. Gregory style.

Speedy Recovery

60 mins USD60

Beauty Enhancer | 30mins
Neck & Shoulder Massage | 30mins

Jet Lag Relief

75 mins USD70

Anti-Stress Back Bliss Massage | 30mins
Foot Massage | 30mins
Scalp Massage | 15mins

Burmese Culture Care

135 mins USD125

Myanmar Burmese Massage | 60mins
Burmese Hydrating Facial | 75mins

Total Wellness

120 mins USD120

Beauty Enhancer | 30mins
Choice of Body Exfoliating Scrub | 30mins
Choice of Massage | 60mins

Perfect for Two

90 mins USD180

Choice of Massage | 60mins
Choice of Balneotherapy | 30mins

BODY WELLNESS

BODY EXFOLIATION

Mineral Tea Exfoliation

30 mins USD40

This invigorating mineral salt exfoliation, derived from a therapeutic thermal mineral source, brims with tea extracts that help remove dull surface skin cells, deep cleanse and stimulate the skin. It has a maximum exfoliation result and is suitable for all skin types, except sensitive and sunburned skin.

Bamboo and Tea Exfoliation

30 mins USD40

A chance to revitalise the skin's radiance through gentle massage and exfoliation. An aromatic paste of apricot oil, shea butter, bamboo powder and Complexe des 4 Thés® (4 Teas Elixir) rids your skin of impurities, leaving it fresh and radiant.

*Guests should not shave prior to these treatments

BODY WELLNESS

BODY DETOXIFICATION

Tea Intense Nourishing Body Wrap

75 mins USD70

The luxurious and creamy Bourbon Tea Intense Body Wrap combines the beneficial properties of milk, rice and kaolin powders with a vanilla and coconut nectar. Enveloped in a sheen of softness and moisture, relax and absorb the unique fragrances and sensations with a soothing scalp massage. The body is left revitalized and skin luxuriously soft.

Purifying Body Wrap

75 mins USD70

Helps remove toxins and restores a sense of calm vitality. Clay, talcum and rice powders absorb excess oils and smooth the texture of the skin, leaving it instantly soft. The detoxifying, antioxidant and anti-ageing properties of green tea, black tea and red tea, also known as rooibos, combine to protect the skin against ageing. Mint leaves invigorate and tone upon contact with the skin. As your skin revitalizes, let your body relax and absorb the unique fragrances and sensations with our soothing scalp massage.

*All wraps are inclusive of a 30-mins body exfoliating scrub

BODY WELLNESS

BODY MASSAGE

Relaxing Aromatic Body Bliss Massage

60 mins USD60

90 mins USD80

Combining the power of essential oils with gentle Swedish massage strokes, this holistic therapy melts away tension, calms your senses and lulls you into a state of ultimate relaxation.

Indonesian Balinese Massage

60 mins USD60

90 mins USD80

An ethnic massage that stimulates deep tissues, relieves muscle soreness, improves circulation and eliminates toxins. Tension areas are eased away with firm, deep pressure, percussion movements and pressure circles.

Anti-Stress Back Bliss Massage

30 mins USD40

A relaxing back massage with slow and deep manipulation, gradually relieving tension in the neck and back.

Neck and Shoulder Massage

30 mins USD40

Relieves stress points on the neck, shoulders and upper back, while soothing tense and aching muscles, leaving you relaxed and energised.

ESSENTIALS

Waxing (Upper Limb)

Under Arm | USD30

Half Arm | USD30

Full Arm | USD50

Waxing (Body)

Half Back | USD40

Back | USD55

Waxing (Lower Limb & Bikini)

Lower Leg | USD40

Upper Leg | USD40

Full Leg | USD 55

BRIEF ESCAPES

Foot Massage

30 mins USD25

Boosts localised lymphatic and blood circulation, improves sleep and overall well-being.

Neck and Shoulder Massage

30mins USD40

Relieves stress points on the neck, shoulders and upper back, while soothing tense and aching muscles, leaving you relaxed and energised.

Beauty Enhancer

30 mins USD40

Dedicated to the executive constantly on the move, this is an instant radiance booster for dull and tired skin. It is an ideal pre-event facial or a supplementary treatment to more comprehensive facials.

Scalp Massage

15 mins USD15

With gentle pressure applied to the scalp, this relaxing massage relieves tension, stimulates circulation and releases healing energies.

ASIAN / ORIENTAL THERAPIES

Myanmar Burmese Massage

60 mins USD50

90 mins USD65

The traditional Burmese massage predates Buddhism and provides a no-frills experience that does not require the use of oils. It focuses on the body's multitude of pressure points, creating a warm sensation, and renewing blood flow, thus reducing stress, improving sleep, and energising the body.

Thai Traditional Massage

60 mins USD50

90 mins USD65

Performed on Traditional Thai mattresses without oil, this full body massage reduces tension, improves flexibility and improving the flow of energy throughout the body. Upgrade to 90 minutes and let our therapists stimulate your trigger points with more advance techniques that will help you stretch key muscle groups and leaving you with a deep sense of relaxation.

SKIN VITALITY

FOR THE GENTLEMEN

Purifying & Detox Care

60 mins USD60

A deep purifying facial that decongests skin, working to eliminate blocked pores and accelerate skin recovery. Fast-acting ingredients reduce sensitivity and provide long-lasting defence against the effects of daily pollutants, leaving skin clean and clear. The face undergoes lymphatic drainage which leaves the skin oxygenated and purified.

FOR THE LADIES

Basic Jet Lag Care

60 mins USD60

A basic, classic deep cleansing facial that exfoliates and works to eliminate blocked pores. The face undergoes lymphatic drainage which leaves the skin oxygenated and purified.

Instant Glow Soothing Facial

60 mins USD60

This extremely gentle treatment soothes, reduces inflammation and fights against skin sensitivity which causes premature ageing of skin. It reinforces blood capillaries, diminishing neuro-sensitivity to reduce the skin's reaction to external stimuli and increasing its level of tolerance.

Burmese Hydrating Facial

75 mins USD70

This exceptional skin-conditioning facial combines the powers of tea plant actives with traditional Burmese Thanaka powder to deeply cleanse, brighten, nourish and renew skin, bringing back its youthful glow. The unique Burmese facial tightens skin, relieves itch, works against wrinkles, and protects the skin against acne.

Rejuvenating Anti-Ageing

90 mins USD80

This revolutionary anti-ageing facial and eye treatment instantly lifts, firms, rejuvenates and plumps up dull, slackened skin whilst reducing dark circles around the eyes. A luxurious hand and arm massage and de-stress scalp treatment complete the visibly brilliant experience. Walk away feeling revived, refreshed and vibrant.

INFORMATION & POLICY

Opening Hours

St. Gregory offers facilities and services for the use of both ladies and gentlemen during the following operating hours: 9am to 9pm daily.

Reservations

Advance reservations are recommended as appointments are subject to availability. A credit card number is required at the time of booking to secure the appointment.

Health Considerations

When making your spa reservation, kindly highlight any health conditions you may have, including pregnancy, high and low blood pressure, heart conditions, skin diseases, allergies or injuries, which may affect your treatment.

Check-in

Please check in at St. Gregory at least 10 minutes prior to your scheduled appointment. Regular amenities and basic toiletries are provided for your use. You may wish to bring along your swimwear if you are using the Day Spa facilities.

Cancellation

Guests who cancel or reschedule their appointments less than 12 hours from their appointment slots will be charged 50% of the requested service fee. A full charge will automatically be imposed in the event of a no-show.

Punctuality

We strongly encourage that you arrive on time for your appointment. In the event that you are late, you may choose to receive:

- the treatment for the remaining time booked, or
- an alternative treatment slot when available

Payment

Payment can be made via cash in United States Dollars, Myanmar Kyats or other major credit cards.

Valuables

The management of St. Gregory and Pan Pacific Yangon will not be responsible for the loss of any money or valuables brought into its premises or the surrounding public areas.

Spa Ethics

Male clients must be appropriately clothed in shorts and a towel in the steam room, sauna room, and jacuzzi.

INFORMATION & POLICY

Minimum Age Requirement

Guests must be at least 18 years of age to utilize gym facilities. Spa services are available to guests aged 17 and above. Junior guests aged 5 to 16 years and accompanied by a legal guardian may use spa services that require them to be fully dressed.

Customer Care

We aim to provide a holistic spa journey for you. Please feel free to contact our associates for any assistance or information. Your feedback and suggestions are much appreciated.