AVALON

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AVALON SPA TEAM

Behind every treatment at AVALON stands a team of skilled therapists, guided by one philosophy, Wellness Reimagined. Through skilled techniques, attentive service, and personalized care, they create moments of true comfort and restoration, helping you pause, reconnect, and return to daily life feeling genuinely renewed.

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Golden Valley,
20 Pearl Rd, Yangon

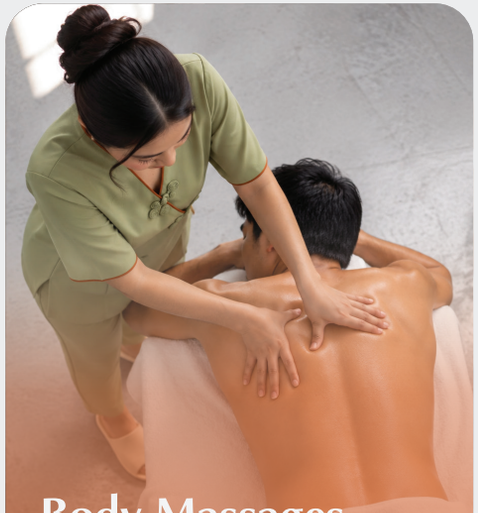
AVALON
Wellness Reimagined

SPA



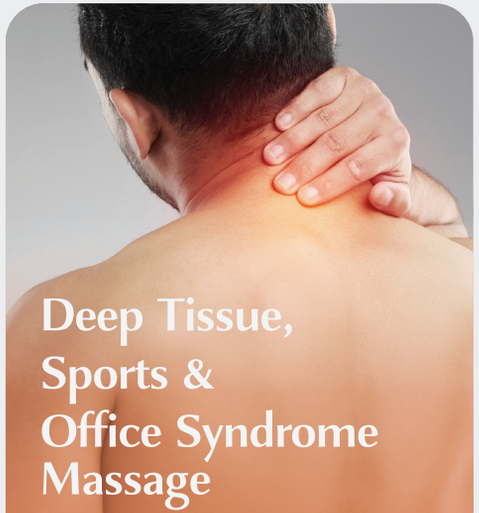
ABOUT THE DEPARTMENT

Wellness sometimes begins with simply slowing down. At AVALON, our spa is not just a place to relax. It is a space to pause, reconnect, and restore, bringing together restorative treatments, calming surroundings, and attentive care. Set within a serene, private environment, our Spa Department offers thoughtfully personalized experiences shaped around what your body and mind need in each moment, guided by therapists whose attentiveness feels genuine rather than routine. Every detail is considered, from gentle pacing and quiet comfort to a sense of calm that continues beyond the treatment itself. Because taking time to rest is not an indulgence but an essential part of living well, guests leave not merely relaxed but renewed, carrying a quieter mind and a more balanced body back into daily life. This is where relaxation becomes recovery, and recovery becomes part of something larger. It is AVALON's philosophy of living well, with greater calm, balance, and vitality.



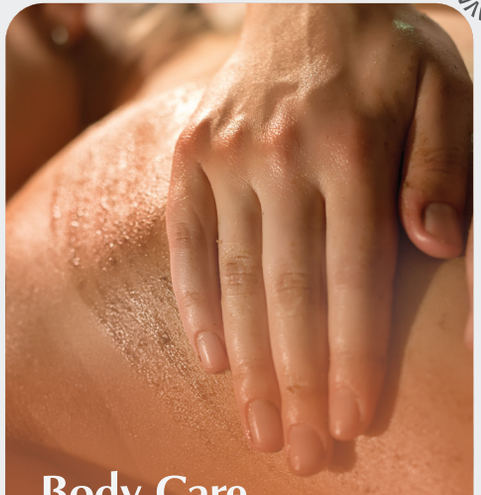
Body Massages

Traditional, Thai, herbal, hot stone, aroma oil, and foot massages, thoughtfully designed to relieve tension and restore a sense of balance throughout the body.



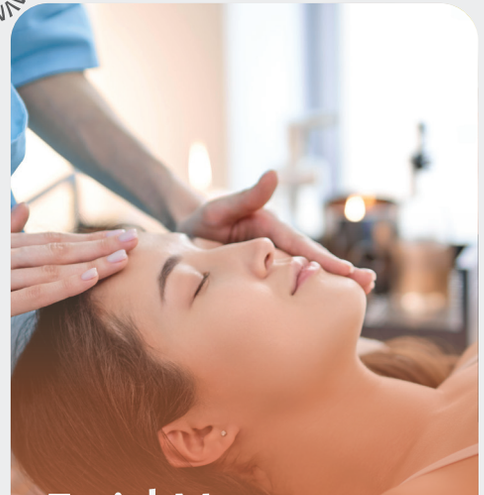
Deep Tissue, Sports & Office Syndrome Massage

Targeted therapeutic massage designed to relieve muscle tension, stiffness, and everyday discomfort, supporting flexibility, recovery, and comfortable movement through focused care tailored to your body's needs.



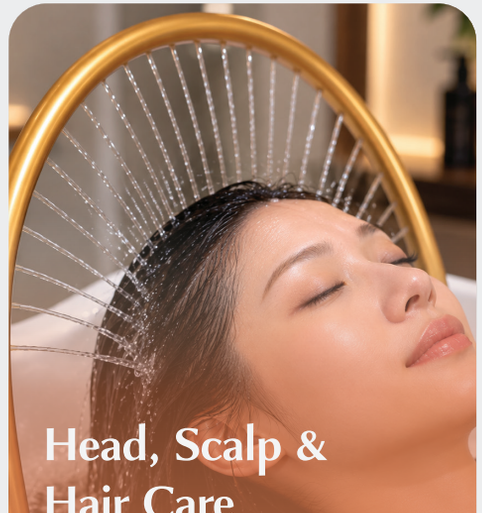
Body Care

Indulge in restorative body care featuring Spa professional treatments and nourishing premium products, combining expert techniques and sensorial care to smooth, soften, replenish, and revitalize your skin.



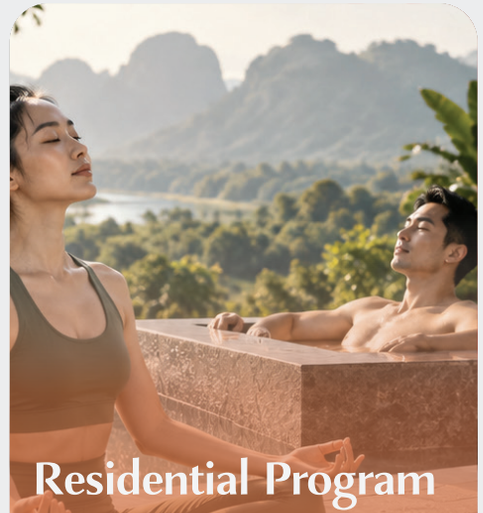
Facial Massage

Gentle, skilled facial massage that softens tension and revitalizes the skin, leaving the face feeling refreshed and renewed.



Head, Scalp & Hair Care

A soothing blend of scalp relaxation, aromatherapy, dry head massage, and nourishing hair care, designed to calm the mind while revitalizing the scalp and hair for renewed wellbeing.



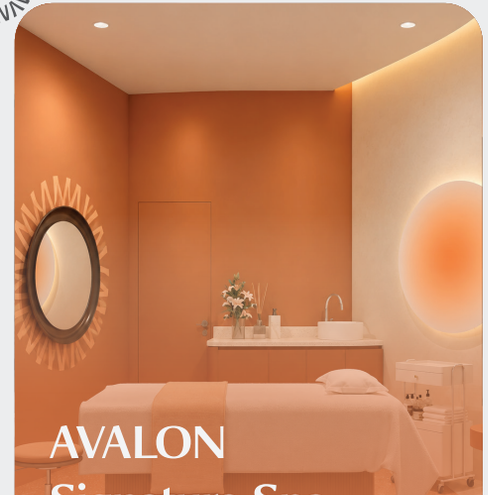
Residential Program

A thoughtfully designed retreat dedicated to restoring balance, vitality, and wellbeing through personalized assessments, expert guidance, nourishing experiences, movement, relaxation, and restorative therapies in a tranquil environment.



Rejuvenating Heat & Cold Therapy

A revitalizing contrast experience combining invigorating cold therapy and restorative warmth, designed to support muscle recovery, stimulate circulation, release tension, and leave you refreshed, recharged, and renewed.



AVALON Signature Spa

A sanctuary where skilled hands, thoughtful techniques, and a calming atmosphere come together to release tension, restore balance, and reconnect you with deeper relaxation and wellbeing.