

“Healthy Retreat”



Feeling your best with Mandarin Oriental, Bangkok’s special collection of 4-day, 3-night Healthy Retreat programmes. Participate in revitalising fitness and yoga classes, discover healthy and delicious Thai cuisine, and indulge in serene and relaxing spa treatments at The Oriental Spa.

We look forward to welcoming you to Mandarin Oriental, Bangkok.



Yoga Programme

Discover a holistic path to health and happiness, combat stress, and enjoy a more peaceful, joyful state of mind through the ancient practice of yoga. Regardless of your fitness level or ability, you will experience positive benefits from our yoga sessions as your body, mind and spirit reach a new state of harmony. Guests are invited to attend two sessions of 60-minute yoga classes followed by two tranquil sessions of 90-minute Keraleeya Abhyangam Massage.



Healthy Thai Cuisine Programme

Learn how to prepare mouth-watering—and healthy—Thai cuisine, such as Miang Kham, a leaf-wrapped snack with savoury morsels inside; Pla Nung Manao, steamed sea bass with spicy lime sauce; Gaeng Jued Hed Ruam, a soup made with mixed mushrooms and pork balls; and Woon Gathi Maprao Awn, a coconut jelly. Participate in two sessions of our Private Cooking Class and later unwind with a 90-minute Traditional Thai Massage in The Oriental Spa.



Muay Thai Programme (Thai Boxing Programme)

Muay Thai is popular among Thais, expats and visitors to Thailand. Our training sessions are done in collaboration with Attachai Fairtex Muay Thai Academy, a local leader in Muay Thai training, offering the finest Thai boxing experience in a luxury setting and suitable for people of all skill levels. The programme features two 60-minute Muay Thai sessions in addition to two sessions of a specially designed 90-minute Muay Thai massage.



Boot Camp Programme

High-intensity Boot Camp training features basic interval training and speed drills designed to help you get fit fast. Circuit Training aims to develop strength and muscular endurance. The programme includes one 60-minute Boot Camp session and one 60-minute Circuit Training session. As an ideal cool-down routine, guests enjoy the ultimate in relaxation with one 140-minute Oriental Bliss spa treatment and one 90-minute Oriental Signature Massage at The Oriental Spa.