

JOURNEYS

THE ORIENTAL SIGNATURE

2 hours THB 5,000
1 hour 30 minutes THB 4,000

This unique ‘Oriental’ Journey includes a signature massage with a concentrated blend of essential oils extracted from plants, which release their soothing properties into the skin. Our technique, which combines Thai and European styles, eases muscle tension and energises the body with acupressure movements and stretching. The experience ends with a localised shoulder and spinal homemade compress containing fresh Thai herbs like lemongrass, turmeric and plai.

MASSAGES

TRADITIONAL THAI

1 hour THB 2,000
1 hour 30 minutes THB 3,000
2 hours THB 4,000

This is a dry massage that has a firm base in traditional Thai holistic philosophy with roots in ancient teachings. The entire body benefits from pressure point massage and stretching. Tension disappears, replaced by a feeling of increased energy and peace.

SWEDISH

1 hour THB 2,000
1 hour 30 minutes THB 3,000
2 hours THB 4,000

A European style massage complemented by a blend of oils produced from herbs grown in the hills of northern Thailand. These special oils are massaged into the body to penetrate muscle fibres to promote a feeling of well-being for the body, mind and spirit.

JETLAG

1 hour THB 2,000
1 hour 30 minutes THB 3,000
2 hours THB 4,000

The ideal massage to banish dehydration, fatigue and sluggishness associated with jetlag. The movements are designed to stimulate and invigorate you. Special oil is used, followed by stimulating leg gel with cypress oil and menthol to leave you feeling renewed.

BALINESE

1 hour THB 2,000
1 hour 30 minutes THB 3,000
2 hours THB 4,000

An ancient deep tissue massage from the Asian healing tradition using a combination of thumb pressure, deep muscle manipulation and warm sweeping strokes that help you to relax and rejuvenate.

MUSCLE RELEASE MASSAGE

1 hour THB 2,000
1 hour 30 minutes THB 3,000

This deep tissue massage is ideal for releasing muscle tension and restoring balance in the Musculoskeletal System. A constant build up of strain in the muscles from over activity may lead to stresses on joints, ligaments and tendons. Slow yet deep pressure is laid with little oil or balm on the trigger points of specific areas that aids to release muscle tension. Trigger points are areas of tenderness in a muscle that gives pain, which are also commonly known as muscle knots.

GENTLEMAN ESSENTIALS

TONE

1 hour 30 minutes THB 3,000
A massage technique using elbows, forearms and knuckles to ease any tightness and tension of muscles. Utilizing high quality products full of natural oils to deeply moisturize and tone your skin.

ESSENTIAL FACIAL AT SPA STUDIO

1 hour THB 4,500
A deep-cleansing and brightening facial using rich, deeply invigorating essential oils and botanical extracts that will leave skin looking clean, luminous and deeply hydrated. A relaxing scalp massage is also performed for a calming and comforting state of mind.

SPECIALISED FACIALS

AGE REPAIR AT SPA STUDIO

1hour 30 minutes THB 6,700
The highly effective anti-aging treatment repairs the skin and works with natural oils of inca inchi and larch extract, which stimulate collagen formation to deliver firm and tightened skin. Skin is thoroughly cleansed, exfoliated and then massaged using lymphatic massage techniques to improve both suppleness and elasticity, before application of two masks. A relaxing scalp massage releases any remaining stress and tension. The result is firm, plumped and more youthful looking complexion. Suitable for aging and dry skin.

ROSE INDULGENCE AT SPA STUDIO

1 hour THB 4,500
The ultimate in facial indulgence, this treatment uses Renew Rose and Damask Rose Water to nourish and purify the skin. An energizing facial massage and hydrating mask complement the luxurious treatment, while a head and back massage conclude this decadent experience. Suitable for sensitive skin.

BALANCE CLEANSING AT SPA STUDIO

1 hour THB 4,500
The facial begins with a thorough cleansing and exfoliation, followed by steam and extraction. A stimulating facial massage and purifying mud mask are applied to draw out impurities, while improving the complexion. The natural properties of lavender and tea tree assist in the balancing of the skin’s natural oils. A relaxing scalp massage completes the treatment and leaves you feeling refreshed and energized. Suitable for normal to oily skin.

IN ROOM MASSAGES

Thai Massage/ Jetlag Massage/ Swedish massage/ Balinese Massage/ Muscle Release/ Gentlemen Essential Tone
1 hour THB 2,900
1 hour 30 minutes THB 3,900
2 hours THB 4,900

PS: The above prices are the reduced prices exclusive during the renovation period.

TERMS & CONDITIONS

OPENING HOURS
Spa Treatments: Mon – Sun10.00 am – 10.00 pm
Last booking at 8.30 pm

CANCELLATION POLICY
Please allow 24 hours notice of cancellation to avoid charges. Cancellations within 24 hours will incur a 50% charge. Cancellation within 12 hours or a no-show will incur a 100% charge. A credit card number is required at the time of booking.

GIFT CERTIFICATES
An ideal gift for Spa enthusiasts, gift certificates are available at The Oriental Spa at Mandarin Oriental Bangkok.

PRIVATE FUNCTIONS AND GROUP BOOKINGS
Information on special Spa packages or customised group bookings can be obtained by contacting the Spa Reception.

SPA ETIQUETTE
Our Spa environment is one of tranquility and relaxation. Please respect all Spa guests’ desire for privacy and serenity.

SPA ARRIVAL
We recommend that you check in at the Spa at least 15 minutes prior to your first scheduled appointment. This allows you to have a brief discussion with us about your treatment expectations. Please understand that late arrivals will not receive an extension of scheduled treatments.

AGE REQUIREMENT
The minimum age requirement for access to the Spa and Health Centre is 18.

HEALTH CONDITIONS
Please advise us of any health conditions, allergies, or injuries when making your Spa reservation.

PREGNANCY
Please mention if you are pregnant when making your booking to allow the Spa Reception team to guide you in selecting a suitable treatment.

FOR GENTLEMEN
We recommend that you shave four hours prior to a facial for maximum benefit.

TERMS & CONDITIONS

HYGIENE

In keeping with our commitment to safety and hygiene, our equipment is sterilised after each service and treatment.

LOSS OR DAMAGE

We regret that we cannot be responsible for any loss or damage of personal articles and recommend that you leave jewellery in your room or at home. Please keep all valuables locked in your locker during your visit. For the protection of your clothing, we ask that you wear the robe provided.

ACCIDENTS OR INJURIES

The Oriental Spa at Mandarin Oriental, Bangkok, shall not be liable for any accident or injury suffered by any member or guest.

RESTRICTIONS

The use of alcohol and tobacco is strictly prohibited before and during treatments. Unacceptable behaviour towards our staff will not be tolerated and in which case a treatment will be terminated without refund.

SPA BOUTIQUE

To continue your Spa regimen at home, all Spa products used during the treatments and services are available in our Spa Boutique.

REFUND POLICY

Unopened retail products can be exchanged within ten days of purchase, if presented with the original receipt. No cash or credit card refunds will be processed.



THE
ORIENTAL
SPA

Your Temple of Well-Being

The Oriental Spa at Mandarin Oriental Bangkok
Phone: 66 (0) 2 659-0444, E-mail: mobkk-spa@mohg.com
www.mandarinoriental.com/bangkok/spa

For reservations or further information, please call The Oriental Spa at ext. 7440, 7444

THE ORIENTAL SPA AT MANDARIN ORIENTAL, BANGKOK

PHILOSOPHY

The quest for good health and beauty through meditation, massage and use of natural herbal remedies is an ancient tradition in Thailand. Experience this tradition, handed down through countless generations for peace and tranquility.

Guests will discover the pleasure and benefits of therapies based on traditional Thai and modern Western techniques to soothe away the stress of modern life and dissolve impurities – the benefits to body and mind will become obvious from the moment treatments begin.

TREATMENTS

Respect for the uniqueness of each individual is the foundation of our Spa experience. Our highly trained and skilled therapists are committed to excellence. Infused with enthusiasm, they take pride in delivering personalised, dedicated service. Our therapies combine both ancient and contemporary techniques and are designed to bring you balance and harmony.

