



THE  
ORIENTAL  
SPA



A temple of wellbeing, set in a restored century-old teakwood house, The Oriental Spa is an oasis of peace and tranquillity. Guests can discover a range of unique treatments blending traditional Thai and modern Western techniques in private rooms and suites.

The Oriental Spa, which opened as the first city spa in Bangkok, has received numerous awards including a five-star rating by Forbes Travel Guide.

Guests begin their experience with a short boat ride over the River of Kings to The Oriental Spa, which is located directly across the river from the hotel. They are welcomed with a cooling tea and then enjoy a private consultation that allows the therapist to tailor treatments to guests' individual needs.

# ESSENCE OF THAILAND



## **SPIRIT OF ISAAN**

**2 hours 30 minutes**

**THB 8,200**

A beautiful ritual incorporating natural elements of Thailand.

Black sticky rice, coarse coffee beans and jasmine rice soap all come together for an indulgent detoxifying body wrap and exfoliation. Next is a rhythmic Oriental Bamboo Massage. This specialised massage kneads and stretches away any tension, leaving you with a deep sense of relaxation.

After your treatment, time is set aside for you to enjoy a detoxifying juice. You will also be presented with a gift of an embedded loofah soap for you to continue your ritual at home.

*Treatment includes: Body Scrub, Body Wrap, Head Massage and Oriental Bamboo Massage*

## **SENSE OF PAK TAI**

**2 hours 30 minutes**

**THB 8,200**

Step into a world of rejuvenation and tranquillity inspired by Southern Thailand, where the rich heritage of healing therapies meets the natural beauty of the land. Inspired by the region's healing heritage, this treatment begins with a grounding stone foot ritual. The treatment continues with a refreshing coconut body exfoliation, purifying and softening your skin while maintaining its natural balance. As your skin is cleansed, a nourishing black cumin body wrap is applied to hydrate, soothe, and enrich your skin with vital nutrients. Experience the profound healing of Langkasuka therapy as our skilful therapist focuses on your solar plexus, employing acupressure techniques using black cumin to release tension and improve blood circulation.

This treatment is ideal for those with joint or muscle pain, circulation issues. Embark on this transformative journey, and let the healing powers of Southern Thailand rejuvenate your body and soul.

*All prices are subject to 10% service charge and 7% government tax.*

## LANNA CEREMONY

2 hours 30 minutes

THB 8,200

“Tok sen” draws inspiration from northern Thai culture, and reveals the hidden treasures of Chiang Mai’s beauty rituals.

The ceremony begins with a herbal foot bath infused with dry miang leaves, a popular healing herb from this part of the country.

The ceremony continues with a green tea body scrub followed by a body wrap using fang, another local ingredient used to awaken and refresh the skin.

A Lanna massage finishes this experience. The body is tapped rhythmically with a stick made from the bark of a tamarind tree. Warm herbal compresses are then applied to relax the muscles completely.

Treatment includes: Foot Bath, Body Scrub, Body Wrap, Tok Sen Massage and Herbal Compress

## LIFE ALONG THE CHAO PHRAYA RIVER

2 hours 30 minutes

THB 8,200

Experience the magic of Thai wellness with our exclusive treatment inspired by age-old rituals from central Thailand – a revitalising journey that will rejuvenate your body and soul.

Begin with a warm, welcoming foot bath and an invigorating herbal scrub. Then, embrace the local lifestyle of our Thai ancestors with a sarong and a refreshing body exfoliation. Nourish your skin with a soothing herbal wrap and revitalise your senses with a traditional Thai massage that promotes circulation and balances your energy.

Complete your experience with a guided Thai hermit style session of dynamic stretching techniques. Transform yourself with this remarkable Thai-inspired experience.

*All prices are subject to 10% service charge and 7% government tax.*

# SIGNATURE THERAPIES

## ORIENTAL HARMONY

2 hours

THB 14,000

Four hands work in perfect unison in a remarkable experience that inspires a harmony of the senses, as two therapists work together in time and movement. First, a warm scrub that soothes the skin and later a harmonious massage that balances the mind, body and soul.

## ORIENTAL QI

1 hour 30 minutes

THB 5,280

A simple, effective and authentic spa experience. This relaxing, hands-on body massage ritual works on the energy of the meridians using the benefits of essential oils.

## INNER STRENGTH

2 hours

THB 7,200

Using a blend of healing and balancing aromatherapy oils, this nurturing treatment uses massage to ease physical tension and emotional anxiety resulting from a traumatic experience or stressful time in one's life.

## INTELLIGENT MOVEMENT

1 hour 30 minutes

THB 5,280

This treatment has been designed to help guests improve their posture and mobility through trigger point release work, deep muscle manipulation, stretching and elongation of the muscles. This treatment helps to soften the muscle tissue, release tension, increase circulation and improve overall mobility in the body.



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# ESSENTIAL TRAVELLER



## JET LAG

1 hour 30 minutes

THB 4,600

The ideal massage to banish dehydration, fatigue and sluggishness associated with jet lag. 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.

## DEEP SLEEP

1 hour 30 minutes

THB 4,600

Using a blend of relaxing essential oils, this full body massage involves carefully applied pressure techniques to balance the nervous system and ease an overactive mind. Induces a deep sense of tranquility and a good night's sleep.

## ORIENTAL FOOT TREATMENT

1 hour

THB 3,600

In Oriental philosophy, the feet are considered a mirror for the systems and functions of the body. Relax with this traditional treatment, which begins with a fragrant foot bath followed by a skillful exfoliation and massage to smooth the feet and lower legs.

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# MASSAGE

All of our massage treatments are customised for each guest. Your therapist will perform a thorough consultation to understand your needs, before designing a treatment drawing from a number of massage techniques to increase muscle relaxation, improve circulation and increase overall wellbeing.

## CANNABIS RELAX AND RESTORE MASSAGE

2 hours

THB 7,500

This anti-inflammatory therapeutic treatment has been designed for muscle fatigue relief, promoting calmness and overall relaxation. The two-hour treatment uses cannabis leaves extract oil (CBD oil), fresh and dry leaves to offer you an ultimate relaxation from within. Your spa journey will begin with a warm cannabis tea to calm your senses, followed by cannabis oil massage focusing on muscle tension areas. A warm herbal poultice with various medicinal Thai herbs including cannabis leaves, will be applied on your back while the heat and herbs will work on your back and shoulder muscles.

This treatment is perfect for people who are challenged with insomnia or jetlag as this promotes overall relaxation and will enable you to have a deep sleep. Cannabis extract oil (CBD oil) is widely known for its pain relief, therefore, this treatment is also recommended for people who have any sport injury or muscle pain. The efficiency of medicinal power you will receive from this treatment make it perfect for those who desire physical and mental relaxation. All spa products and herbs used for this treatment contain only CBD (cannabidiol) which does not produce a psychoactive effect.

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### ORIENTAL SIGNATURE

1 hour 30 minutes

THB 5,280

This unique experience includes a signature massage with a concentrated blend of essential oils - lavender, ylang ylang, patchouli, peppermint, rosemary and lemon, which release their soothing properties into the skin. This 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 compress containing fresh Thai herbs including lemongrass, turmeric and plai.

### ORIENTAL ESSENCE

1 hour 30 minutes

THB 4,600

Using custom-blended Oriental oils and movements inspired by traditional Oriental therapies, this tension-busting massage treats the whole body. Focuses on the traditional stress-holding areas of the back, neck and shoulders.

### MIRACLE MORINGA MASSAGE

1 hour 30 minutes

THB 4,600

A rejuvenating oil massage using Moringa Oil to boost the immune system and enhance the general feeling of wellbeing. Moringa Oil helps cleanse, nourish, and nurture the skin naturally. It also has antibacterial, antioxidants and anti-aging properties thereby aiding numerous skin problems, including dry and sensitive skin. This massage uses another 'master healer', the Clear Quartz Gua Sha to scrape away toxins, improve blood circulation and relieve muscle tension.



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## TRADITIONAL THAI MASSAGE

1 hour 30 minutes

THB 4,600

Performed wearing loose-style clothing, this traditional Thai massage is conducted on a futon. A combination of gentle rocking motions, rhythmic acupressure and assisted stretching helps to deeply relax and revitalise body and mind. Increases flexibility, relieves joint and muscle tension and balances the body's energy system.

## THAI WARRIOR MASSAGE

1 hour 30 minutes

THB 4,600

The Thai Warrior Massage is an ancient Thai body healing and stretching technique. Before the 13<sup>th</sup> century this massage was used to heal injured warriors returning from war. The Thai Warrior Massage combines traditional massage with Reusi Datton (Thai hermit exercise), also known as yoga massage. It features an exciting and dynamic combination of rhythmic massage, acupressure, gentle twisting and deep stretching to aid tension relief and promote the balance of circulating life force energy in your body. Recommended for people in good physical condition.

## MUAY THAI MASSAGE

1 hour 30 minutes

THB 4,600

Muay Thai is a traditional form of boxing that can be used to develop muscle strength, confidence and a spirit of sportsmanship. The Muay Thai Massage is a passive form of deep oil massage emulating typical Muay Thai movements, including gentle punches, along with a massage that uses elbows and knees to provide a deep sense of invigoration and rejuvenation. The massage relaxes the muscles, promotes better circulation, speeds up the removal of uric acid and other toxins and raises mood and awareness.

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# BODY TREATMENTS

## THAI THERMAL SALT RITUAL

2 hours

THB 6,800

This Thai-inspired treatment combines the art of aromatherapy massage using certified organic oils. Himalayan salt is packed in a Thai-style clay pot that helps disperse heat gently and deeply into the body. This muscle releasing treatment concentrates on the back and lower body, promoting circulation and detoxification while the mind floats into a state of deep relaxation.

After the treatment, you can keep your clay pot containing Himalayan salt to continue enjoying its benefits at home and to preserve as a memory of your time at The Oriental Spa.

Recommended prior to massage.

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## MOROCCAN INDULGENCE

2 hours

THB 7,200

Designed to revive the energy in the body and release tension, this treatment begins with a thorough cleanse followed by a scrub of whipped foam mixed with ground olive pits to help polish and exfoliate the skin. Marine mud is applied to the body to absorb impurities. A homemade unique product featuring natural herbal ingredients is applied to the hair for nourishment before one enters the Moroccan Rhassoul. The very first Rhassoul in Bangkok, it is based on the ancient Moroccan principles of heat, water, earth and air to create a sense of total wellbeing.

## MIRACLE MORINGA RITUAL

2 hours

THB 7,500

The treatment combines our Rejuvenating Facial and Miracle Moringa Massage for the ultimate experience to feel revived, refreshed, and glowing. It combines 2 powerful healing elements, Moringa and Clear Quartz Crystal, a “master healer” because it amplifies positive energy, in order to create a unique healing treatment that stimulates the immune system and restores balance to your body. Features a Moringa foot bath to soak away your tension, a full body and face massage using the ancient technique of ‘Gua Sha’ to scrape away toxins, improve blood circulation, relieve muscle tension and give you a natural face lift and glow.

*All prices are subject to 10% service charge and 7% government tax.*



# NATURE'S ALCHEMY

## BODY SCRUB EXPERIENCE

1 hour

THB 3,600

## BODY WRAP EXPERIENCE

1 hour

THB 3,600

Nature has provided all the ingredients to create your signature body scrub and wrap to leave your skin feeling soft and radiant.

For centuries, Thai people have used their forests and gardens to provide the ingredients to revitalise, heal and nurture their skin. At The Oriental Spa, we are carrying on this tradition.

Guided by your therapist and your skin needs, you will choose from an abundance of herbs, seeds, spices, teas, fresh produce and essential oils to personalise your treatment.

Once you have selected your ingredients, the therapist will prepare the scrub or wrap while you relax in your private treatment room.

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# BODY TREATMENT ADDITIONS

## **THAI HERBAL COMPRESS**

30 minutes

THB 1,950

An ancient Thai medical remedy using warm homemade herbal compresses filled with fresh lemongrass, turmeric and plai. This is an ideal treatment to relieve aches and pains.

## **STRESS RELEASE BACK AND SHOULDER MASSAGE**

30 minutes

THB 1,950

The ideal massage to help relieve stiffness and fatigue in the back, neck and shoulders.



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# HOLISTIC SKIN CARE

## **BESPOKE FACIAL**

1 hour

**THB 5,280**

Following a consultation to determine your needs and skin type, your therapist will select suitable products to create a facial experience tailor-made for your skin needs.

## **MORINGA REJUVENATING FACIAL**

1 hour

**THB 5,280**

A unique rejuvenating facial treatment, using our signature pure Moringa Oil that has healing benefits. Incorporating the use of a Clear Crystal Gua Sha and finger massage to improve elasticity, reduce appearance of fine lines, naturally 'lift' and bring back the 'glow'. The treatment includes a gentle scrub, moringa clay mask and the use of an ancient technique of Gua Sha to detox the skin and improve skin health.

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# ADVANCED SKIN CARE

## **ADVANCED CELLULAR HYDRATION FACIAL** 1 hour 15 minutes      THB 6,500

A rejuvenating treatment designed to infuse energy into the skin and help preserve a youthful complexion. QMS Medicosmetics products help to tone and restore the complexion whilst targeting premature ageing of the skin with a gentle cleanse and exfoliation, relaxing face and head massage, hyaluronic acid mask and moisturisation.

## **ULTIMATE SKIN REJUVENATION** 1 hour 15 minutes      THB 6,500

QMS Medicosmetics facial products and Endermologie technology are combined to offer you the ultimate in skin revival. Your facial begins with cleansing and toning followed by your choice of Age-Defying Endermologie treatment. QMS Medicosmetics collagen is applied followed by an activator mask and face moisturisation leaving skin feeling radiant.

*All prices are subject to 10% service charge and 7% government tax.*



# ENDERMOLOGIE® FOR FACE

Endermologie® is recognised as a world leader in connective tissue manipulation. It aims to awaken the target cells from within for visible slimming, more radiant skin and anti-ageing results to make you look beautiful inside and out.



## **GLOW**

**45 minutes**

**THB 2,800**

Gently exfoliates while reactivating microcirculation to even out the complexion and improve your skin's glow.

## **DETOX**

**45 minutes**

**THB 2,800**

Helps reduce swelling and puffiness around the face through lymphatic drainage and by reducing water retention to restore the face's natural contours.

## **AGE-DEFYING SKIN FIRMING**

**45 minutes**

**THB 2,800**

Anti-ageing, creates stronger and firmer skin, helping it regain its natural tension and redefines the face.

## **AGE-DEFYING SKIN REPLUMPING**

**45 minutes**

**THB 2,800**

Harmonises the volume of the face, restores skin density and fills out wrinkles and fine lines from within.

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# ENDERMOLOGIE® FOR BODY

Stimulate cellular activity within skin to fight against wrinkles, sagging skin, localised resistant fat and cellulite, helping to re-sculpt the body's contours while precisely adapting to the needs of each skin type.

## **CELLULITE REDUCTION**

**1 hour**

**THB 4,500**

This treatment helps to release fat and activate the blood and lymphatic circulation by stimulating the skin and fatty tissue to soften, resulting in a more refined shape and reduced cellulite. It also incorporates hands-on massage techniques for cellulite reduction.

## **FIRMING**

**1 hour**

**THB 4,500**

Triggers deep biological responses to break down fat deposits, boost collagen and increase elastin production. The result is a smoother, firmer, more toned body. It also combines hands-on massage techniques for firming.

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# COUPLES SUITES

## ORIENTAL SUITE

1 hour

THB 3,200

## DELUXE SUITE

1 hour

THB 2,800

In our busy lives it's difficult to find time to spend with friends and loved ones. The Oriental Spa Suites are the perfect place to reconnect and destress in a private, healing sanctuary as you indulge in your spa treatments.

To truly enhance your spa experience, choose from either our Deluxe Suite or Oriental Suite. Our Oriental Suite is the largest suite and includes a relaxation area, steam shower and luxury tiled jacuzzi bath. Our Deluxe Suite includes a relaxation area, steam shower and jacuzzi bath.

The treatments will be in whichever suite you choose and you will receive an additional 1 hour before or after the treatments for you and your loved one to relax in a rose milk bath. Light refreshments will also be served.

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## PROGRAMMES

### REJUVENATION EXPERIENCE

2 hours 15 minutes

THB 9,900

Experience complete skin rejuvenation with a combination of advanced beauty treatments to boost collagen, volume and hydration, leaving your body and face supple yet firm.

- Endermologie® Cellulite Reduction or Firming body treatment
- Ultimate Skin Rejuvenation Facial

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# FITNESS CENTRE AND WELLNESS CENTRE

Located just across the river, our Fitness Centre is the perfect place for health-conscious people who appreciate professional service and a highly personalised approach to fitness. Our facilities include a complete range of cardiovascular and strength equipment together with a functional training room, tennis courts, heat and water experiences, showers and personal lockers.

We have a range of daily complimentary classes including yoga, aerobics and movement. Please check our timetable at the hotel, Spa and Fitness Centre receptions.

## SPECIALTY ONE-ON-ONE CLASSES

For all one-on-one classes, 24 hours advance booking is required. Private group classes are also available at a special price.

## INTELLIGENT MOVEMENT WORKOUT

**1 hour** **THB 3,600**

The Spas at Mandarin Oriental Hotels have collaborated with Joint Dynamics, a cutting-edge physiotherapy centre in Hong Kong specialising in scientific and individual approaches to treatment and physiotherapy, to create Intelligent Movement, a groundbreaking training approach designed to help guests improve their capacity for quality movement. The Intelligent Movement is supported by a series of mobility drills designed to help extend the benefits of these exercises beyond the Fitness Centre and into your day. These movement sequences go beyond mere stretching and are designed to help unlock mobility by creating motion in all the muscles, tendons and fascia around the joint.

## MUAY THAI BOXING

**1 hour** **THB 3,600**

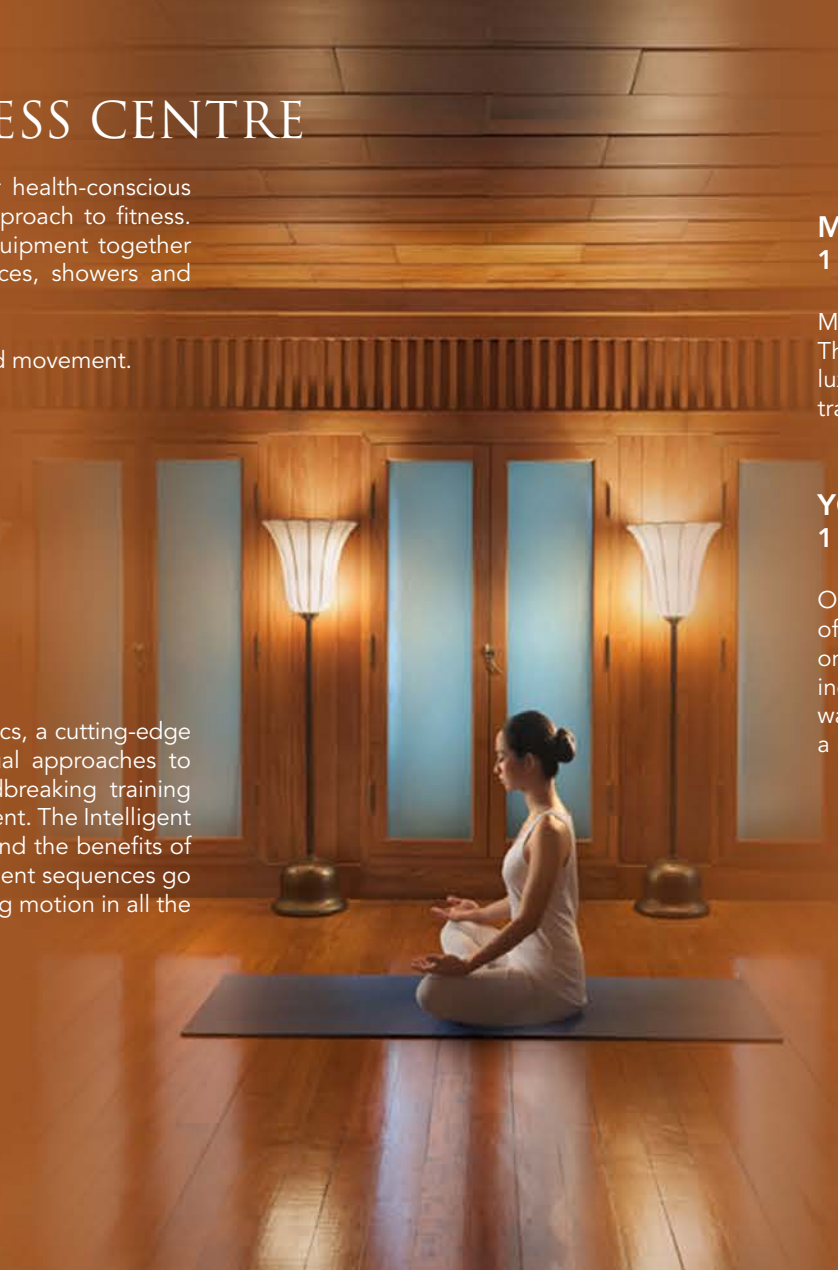
Muay Thai is popular among Thais, expats and visitors to Thailand. We offer the finest Muay Thai boxing experience in a luxury setting with skilled, knowledgeable and experienced trainers.

## YOGA

**1 hour** **THB 3,600**

Our resident Yogic Lifestyle Trainer Neelam Khatri has a wealth of experience in teaching yoga from lively group sessions to one-on-one private classes tailored to meet each guest's individual needs, fitness levels and abilities. Discover a holistic way to health and happiness, combat stress, and experience a more peaceful, joyful state of mind.

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**PERSONAL TRAINING**  
1 hour THB 2,500

Dedicated to keeping up with your Fitness routine and reaching your health and wellness goals while on the move. Our professional Fitness trainers are here to craft a bespoke plan tailored to your needs. Let us support you in maintaining your routine and staying fit while traveling. Embark on your journey towards a healthier, more active version of yourself.

**TENNIS WITH A COACH**  
1 hour THB 2,500

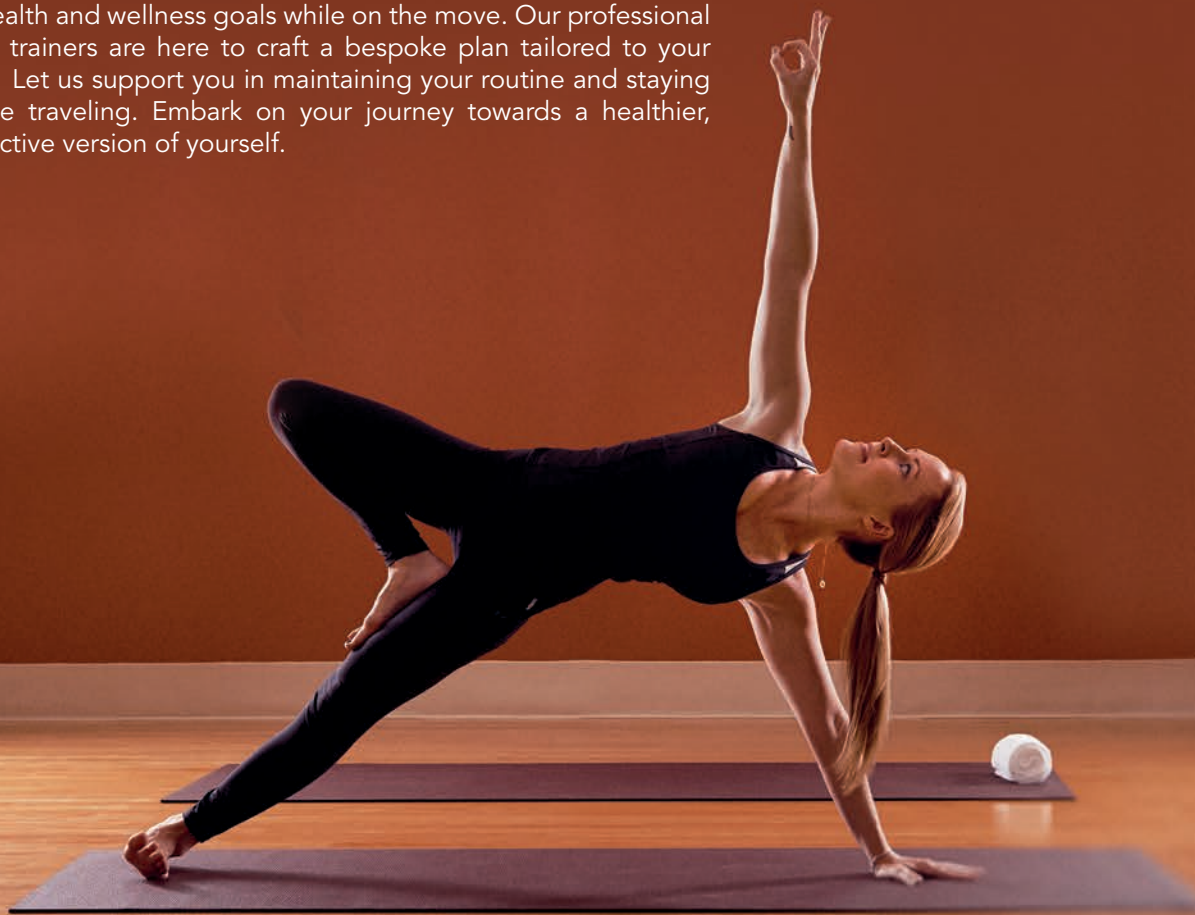
Tennis is the perfect sport to maintain health & fitness and agility while socialising with friends. Our pro coach will help you improve your forehand, backhand and volley.

**PRIVATE MINDFULNESS SESSION**  
30-minute session THB 1,800

Can be arranged in meditation, pranayama (breathing techniques) and mantra chanting for mental peace.

**MOTR®**  
1 hour THB 3,600

MOTR®, an acronym for Movement On The Roller, combines the functionality of a Pilates reformer, foam roller, and resistance trainer in one compact unit. This innovative device enables diverse body position exercises for full-body conditioning, ideal for strength, agility, and balance enhancement. Let our expert trainer guide you through a fun and engaging workout.



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# TERMS & CONDITIONS

## OPENING HOURS

The Oriental Spa: Monday - Sunday from 10am - 8pm

## CANCELLATION POLICY

Please allow 24 hours' notice of cancellation to avoid charges. Cancellations within 24 hours will incur a 100% charge. A credit card authorisation is required at the time of booking.

## DIGITAL DISCONNECTION

Our spa environment is one of tranquility and we would appreciate it if you can turn off your mobile devices and secure them in your locker to respect all spa guests' right to privacy and serenity.

## SPA ARRIVAL

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

## POST TREATMENT

Guests are welcome to use the heat experiences in the Fitness & Wellness Centre after their Spa treatment.

## AGE REQUIREMENT

The minimum age requirement for access to the Spa and Fitness & Wellness Centre is 16 years of age.

## HOME CARE

To continue your spa regimen at home, all spa products used in the treatments are available in our spa boutique, including lifestyle items and souvenirs.

## GIFT CARDS

Our gift cards are an ideal gift and are available online at <http://www.mandarinoriental.com/gift-cards/> and at The Spa concierge desk.

## GENTLEMEN'S FACIAL

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



Your Temple of Wellbeing

The Oriental Spa at Mandarin Oriental, Bangkok  
Telephone: +66 (0) 2 659 9000 email: [mobkk-spa@mohg.com](mailto:mobkk-spa@mohg.com)  
[mandarinoriental.com/bangkok.spa](http://mandarinoriental.com/bangkok.spa)