



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 inspired by Thailand's Northeastern Region, featuring the Oriental Bamboo Massage.

Immerse yourself in the natural elements of locally sourced ingredients – black sticky rice, coffee beans, and loofah soap soaked in warm milk – transformed into an indulgent, detoxifying body mask and exfoliation.

The experience continues with the Oriental Bamboo Massage, employing kneading techniques to ease tension, leaving you in a state of deep relaxation.

Treatment includes Foot Bath, Body Scrub, Body Mask, Head Massage, and Oriental Bamboo Massage.

LANNA CEREMONY

2 hours 30 minutes

THB 8,200

Experience the exquisite beauty rituals of Northern Thailand with Tok Sen Therapy, a hidden gem of wellness.

The ceremony commences with a soothing herbal foot ritual. It is followed by an invigorating golden salt body scrub and a rejuvenating salt flower body mask made from locally sourced ingredients to refresh and awaken the skin.

The Tok Sen Massage involves rhythmic tapping along the meridian lines using a tamarind wooden stick and the application of a warm herbal compress, providing complete muscle relaxation.

Treatment includes Foot Bath, Body Scrub, Body Mask, Tok Sen Massage, and Herbal Compress.

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



LIFE ALONG THE CHAO PHRAYA RIVER

2 hours 30 minutes

THB 8,200

Celebrate the culture of Central Thailand with a ritual inspired by the Songkran festival and traditional way of life along the Chao Phraya River.

The ritual begins with a warm foot bath and a soothing herbal scrub. Then, embrace the local lifestyle of our Thai ancestors with a sarong bath and a refreshing Din Sor Pong (Thai herbal white clay) body scrub and body mask.

Unwind with a traditional Thai massage that promotes circulation and balances your energy. Complete your experience with a guided Thai hermit-style stretching session to continue your wellness journey at home.

Treatment includes Foot Bath, Body Scrub, Body Mask, Traditional Thai Massage, and Thai Hermit-style stretching Session.

SENSE OF PAK TAI

2 hours 30 minutes

THB 8,200

Explore the tranquility of Southern Thailand's wisdom, Langkasuka therapy.

The treatment begins with a grounding stone foot ritual followed by a refreshing coconut body scrub to purify your skin. Once your skin is cleansed, a nourishing black cumin body mask is applied to soothe and enrich your skin with vital nutrients.

Indulge in profound Langkasuka therapy as our skilful therapist gently places a hot river stone on your solar plexus, employing acupressure techniques to improve blood circulation and alleviate joint pain.

Treatment includes Foot Bath, Body Scrub, Body Mask, and Langkasuka Therapy.

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

SIGNATURE THERAPIES

CANNABIS RELAX AND RESTORE MASSAGE

2 hours

THB 7,500

Indulge in this signature treatment designed to promote deep relaxation. Naturally, alleviate stress, reduce anxiety, and uplift your spirit through this two-hour experience.

The treatment combines the therapeutic benefits of cannabis leaf extract oil (CBD oil) with a variety of techniques, including a soothing foot ritual and tension-release massage. To enhance the experience, a warm herbal compress will be applied to your back, improving blood circulation and further easing your body into a state of well-being.

*All spa products and herbs used for this treatment contain only CBD, which does not produce a psychoactive effect.

Treatment includes Foot Ritual, CBD Inhalation, CBD Herbal Compress, and CBD Massage.

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.

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



ORIENTAL QI

1 hour 30 minutes

THB 5,280

A simple, yet profoundly, effective and authentic spa experience. This soothing, hands-on body massage ritual harnesses the energy of the meridians, enhanced by the therapeutic benefits of essential oils.

INNER STRENGTH

1 hour 30 minutes

THB 5,280

Using a blend of healing and balancing aromatherapy oils, this nurturing treatment employs massage techniques to gently ease physical tension and soothe emotional anxiety, offering relief from the effects of trauma or a particularly stressful period in life.

INTELLIGENT MOVEMENT

1 hour 30 minutes

THB 5,280

This treatment is designed to enhance posture and mobility by incorporating trigger point release, deep muscle manipulation, and targeted stretching to elongate the muscles.

It effectively softens muscle tissue, releases tension, boosts circulation, and significantly improves overall mobility in the body.



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

TRADITIONAL MASSAGE

TRADITIONAL THAI MASSAGE

1 hour 30 minutes

THB 4,600

Performed while wearing loose-fitting clothing, this traditional Thai massage takes place on a futon. A blend of gentle rocking motions, rhythmic acupressure, and assisted stretching deeply relaxes and revitalises both body and mind. It enhances flexibility, relieves joint and muscle tension, and restores balance to the body's energy system.

THAI WARRIOR MASSAGE

1 hour 30 minutes

THB 4,600

The Thai Warrior Massage is an ancient Thai healing technique that blends traditional massage with Thai hermit exercises. It features rhythmic massage, acupressure, gentle twisting, and deep stretching. This treatment aids in tension relief and promotes the balance of your energy. It is recommended for individuals in good physical condition.

MUAY THAI MASSAGE

1 hour 30 minutes

THB 4,600

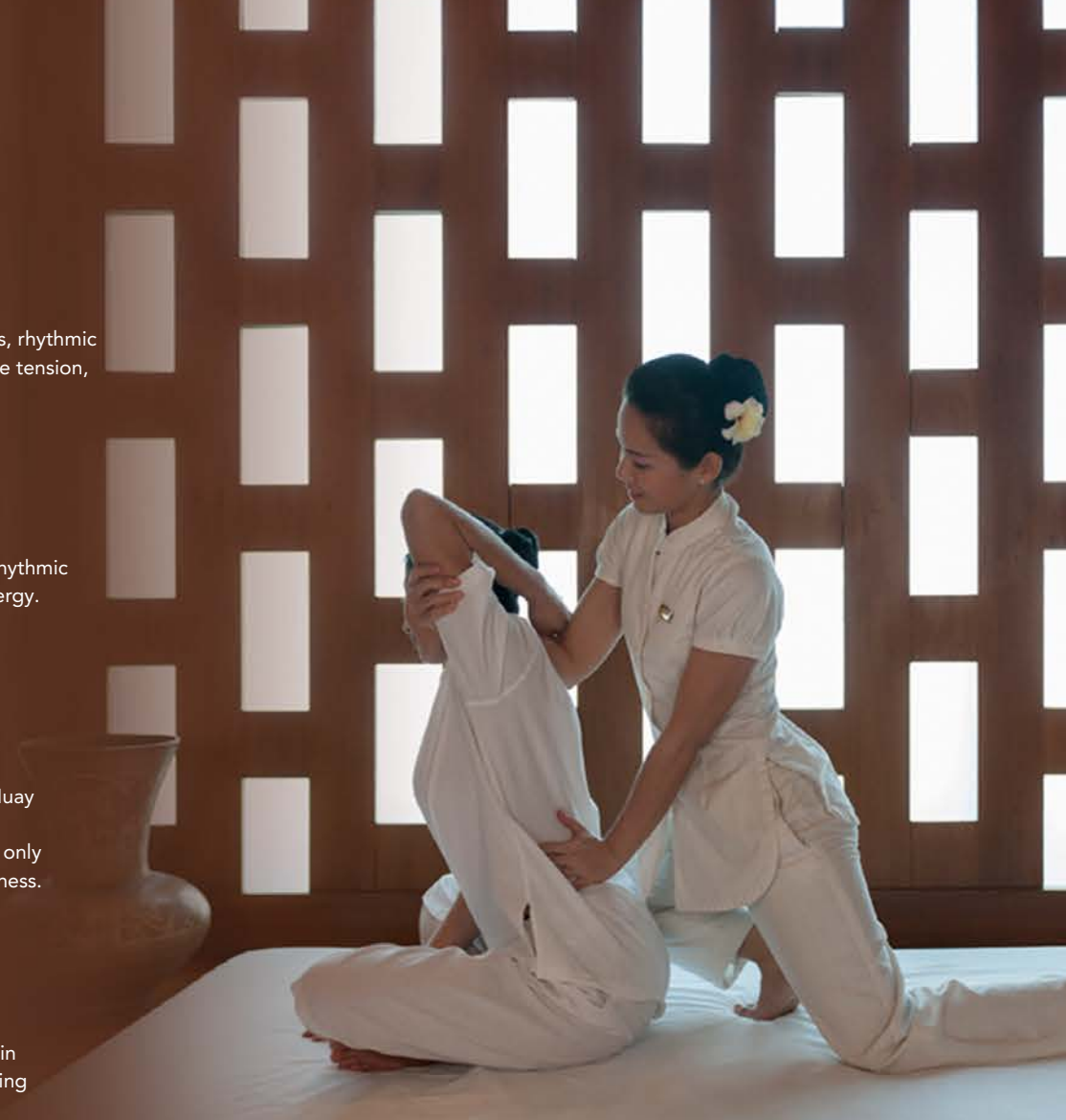
Muay Thai, a traditional form of boxing, is renowned for developing muscle strength, confidence, and a spirit of sportsmanship. The Muay Thai Massage offers a passive yet powerful deep oil massage that emulates the movements of Muay Thai, including gentle punches, as well as massage techniques using elbows and knees to deliver a profound sense of invigoration and rejuvenation. This massage not only relaxes the muscles but also enhances circulation, accelerates the removal of uric acid and other toxins, and elevates mood and awareness.

THAI THERMAL SALT MASSAGE

2 hours

THB 6,800

This Thai-inspired treatment combines the art of aromatherapy massage with the use of certified organic oils. Himalayan salt, encased in a traditional Thai clay pot, gently disperses soothing heat deep into the body. Focusing on the back and lower body, this muscle-relaxing treatment promotes circulation and detoxification while guiding the mind into a state of profound relaxation.



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

MIRACLE MORINGA



MIRACLE MORINGA RITUAL

2 hours

THB 7,500

The treatment includes a Rejuvenating Facial and the Miracle Moringa Massage, utilising Moringa and Clear Quartz Crystal as healing elements. It stimulates the immune system, restores body balance, and provides a natural facelift and glow through ancient Gua Sha techniques.

MIRACLE MORINGA MASSAGE

1 hour 30 minutes

THB 4,600

A rejuvenating oil massage using Moringa Oil, designed to boost the immune system and enhance overall well-being. Moringa Oil naturally cleanses, nourishes, and nurtures the skin, offering antibacterial, antioxidant, and anti-ageing benefits that address various skin concerns, including dryness and sensitivity.

This massage also incorporates another 'master healer,' the Clear Quartz Gua Sha, to gently scrape away toxins, improve blood circulation, and relieve muscle tension.

MORINGA REJUVENATING FACIAL

1 hour

THB 5,280

A unique rejuvenating facial treatment featuring our signature pure Moringa Oil, renowned for its healing properties. This treatment incorporates the use of a Clear Crystal Gua Sha and expert finger massage to enhance elasticity, reduce the appearance of fine lines, and naturally lift and restore your skin's glow.

The experience includes a gentle scrub, a Moringa clay mask, and the ancient Gua Sha technique to detoxify the skin and improve overall skin health.

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

BODY TREATMENT

MOROCCAN INDULGENCE

2 hours

THB 7,200

Designed to revitalise and release tension, this treatment begins with a thorough cleanse followed by a scrub using whipped foam mixed with ground olive pits, polishing and exfoliating the skin. Marine mud is then applied to the body to absorb impurities, leaving the skin purified and refreshed.

A unique homemade product featuring natural herbal ingredients is applied to the hair for deep nourishment before you step into the Moroccan Rhassoul. The first of its kind in Bangkok, this Rhassoul is inspired by ancient Moroccan traditions, harnessing the elements of heat, water, earth, and air to create a profound sense of well-being.

THAI HERBAL COMPRESS

30 minutes

THB 1,950

This ancient Thai remedy utilises warm, homemade herbal compresses filled with fresh lemongrass, turmeric, and plai. This treatment is ideal for relieving aches and pains, offering a soothing blend of natural ingredients to promote healing and relaxation.

STRESS RELEASE BACK & SHOULDER MASSAGE

30 minutes

THB 1,950

The perfect massage to alleviate stiffness and fatigue in the back, neck, and shoulders.

FOOT MASSAGE

30 minutes

THB 1,950

In Oriental philosophy, the feet are seen as a reflection of the body's systems and functions. Unwind with this traditional massage, designed to release tension in your lower legs and feet, promoting overall relaxation and well-being.



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

BODY SCRUB AND BODY MASK EXPERIENCE



BODY SCRUB EXPERIENCE

1 hour

THB 3,600

Indulge in our revitalising body scrub, crafted with a blend of local, natural ingredients sourced from regions across Thailand. This treatment is perfect for exfoliating dead skin while promoting overall skin health and radiance.

*We recommend booking a body mask after this treatment to nourish your skin further.

- Golden Salt Body Scrub from Nan province, Northern Thailand – ideal for oily skin. We recommend following this treatment with a Salt Flower Body Mask for optimal results.
- Black Sticky Rice Body Scrub from Surin province in Northeast Thailand – perfect for sensitive skin. We recommend pairing this treatment with a Black Sticky Rice Body Mask for enhanced nourishment.
- Coconut Body Scrub from Samui Island, Southern Thailand – ideal for normal and dry skin. We recommend following this treatment with a Coconut Body Mask for deeper hydration and nourishment.
- Din Sor Pong (Thai White Clay) Body Scrub from Dinsorpong Village, Lopburi province in Central Thailand – suitable for all skin types. We recommend following this treatment with a Din Sor Pong (Thai White Clay) Body Mask for optimal results.

BODY MASK EXPERIENCE

1 hour

THB 3,600

Experience the ultimate relaxation with our body mask, crafted from natural ingredients sourced from across Thailand. This treatment deeply hydrates and nourishes your skin, helping to detoxify and rejuvenate your body. Perfect for a complete body refresh.

*We recommend booking a body scrub before this treatment to remove dead skin effectively.

- Salt Flower Body Mask from Nan Province, Northern Thailand – ideal for oily skin. We recommend booking a Golden Salt Body Scrub before this treatment.
- Black Sticky Rice Body Mask from Surin Province, Northeast Thailand – perfect for sensitive skin. We recommend booking a Black Sticky Rice Body Scrub before this treatment.
- Coconut Body Mask from Samui Island, Southern Thailand – suitable for normal and dry skin. We recommend booking a Coconut Body Scrub before this treatment.
- Din Sor Pong (Thai White Clay) Body Mask from Dinsorpong Village, Lopburi, Central Thailand – suitable for all skin types. We recommend booking a Din Sor Pong (Thai White Clay) Body Scrub before this treatment.

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

ADVANCED SKIN CARE

THE REPARATIVE FACIAL

1 hour 30 minutes

THB 8,200

A high-performance facial formulated with powerful antioxidants to neutralise free radical damage and repair irritated skin. This advanced treatment combines a double clinical cleanse with deep tissue muscle massage, utilising the 111SKIN signature NAC Y2 complex to strengthen and restore the skin's lipid barrier while preventing further inflammation. Ideal for dehydrated and sensitive skin.

BLACK DIAMOND NON-SURGICAL FACIAL LIFT

1 hour 30 minutes

THB 8,200

This comprehensive and luxurious anti-ageing facial utilises 111SKIN's most potent Intensive Collection to promote a youthful, lifted, and firmer appearance. A combination of wrinkle-minimising wand massage and signature techniques ensures your skin is refreshed, lifted, and sculpted to accentuate the natural contours of your face.

BLACK DIAMOND BODY SCULPTING TREATMENT

1 hour

THB 6,500

This powerful body treatment from 111SKIN's Intensive range delivers dramatic results, shaping, smoothing, and deeply nourishing the skin. Through signature massage techniques and potent professional formulas, lymphatic drainage is enhanced, and skin is visibly firmed. The result is a smoother, more sculpted, and radiant-looking figure.

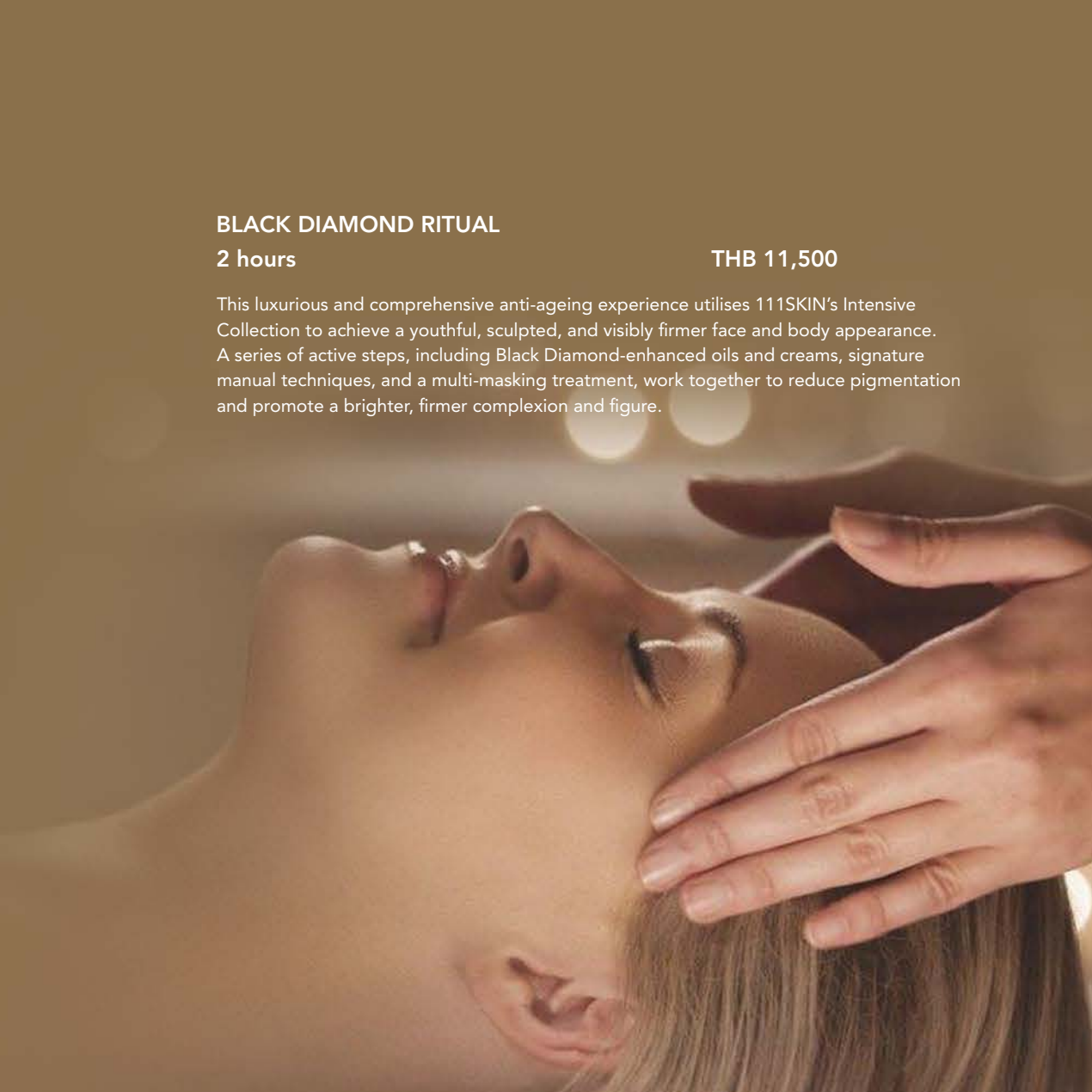
BLACK DIAMOND RITUAL

2 hours

THB 11,500

This luxurious and comprehensive anti-ageing experience utilises 111SKIN's Intensive Collection to achieve a youthful, sculpted, and visibly firmer face and body appearance. A series of active steps, including Black Diamond-enhanced oils and creams, signature manual techniques, and a multi-masking treatment, work together to reduce pigmentation and promote a brighter, firmer complexion and figure.

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



ENDERMOLOGIE® FOR FACE

Endermologie® is recognised globally as a leader in connective tissue manipulation. This innovative treatment activates target cells from within, delivering visible slimming, radiant skin, and anti-ageing results that enhance your beauty from the inside out.

GLOW

45 minutes

THB 2,800

Gently exfoliates while reactivating microcirculation, evening out the complexion and enhancing your skin's natural glow.

DETOX

45 minutes

THB 2,800

Reduces facial swelling and puffiness by promoting lymphatic drainage and decreasing water retention, helping to restore the face's natural contours.

AGE-DEFYING SKIN FIRMING

45 minutes

THB 2,800

Anti-ageing treatment that strengthens and firms the skin, restoring its natural tension and redefining the contours of the face.

AGE-DEFYING SKIN REPLUMPING

45 minutes

THB 2,800

Harmonises facial volume, restores skin density, and fills in wrinkles and fine lines from within.

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

ENDERMOLOGIE® FOR BODY

Stimulates cellular activity within the skin to combat wrinkles, sagging, stubborn fat, and cellulite, effectively re-sculpting the body's contours while precisely addressing the needs of each skin type.

CELLULITE REDUCTION

1 hour

THB 4,500

This treatment targets fat release and stimulates blood and lymphatic circulation by softening the skin and fatty tissue, resulting in a more refined shape and reduced cellulite. It also incorporates hands-on massage techniques for enhanced cellulite reduction.

FIRMING

1 hour

THB 4,500

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

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

COUPLES SUITES

ORIENTAL SUITE

1 hour

THB 3,200

DELUXE SUITE

1 hour

THB 2,800

Enhance your spa experience by reserving one of our exclusive suites, where you can reconnect and de-stress in a private, healing sanctuary while indulging in your chosen spa treatments.

Our spacious Oriental Suite, the largest available, offers a relaxation area, a steam shower, and a luxurious tiled Jacuzzi bath.

The Deluxe Suite also provides a relaxation area, steam shower, and a soothing Jacuzzi bath.

You can enjoy your treatments in the suite of your choice, with an additional hour of relaxation before or after your session in a rose milk bath. Light refreshments will be served to complete your rejuvenating experience.

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



FITNESS CENTRE AND WELLNESS CENTRE

Conveniently located just across the river, our Fitness Centre is the ideal destination for health-conscious individuals who value professional service and a highly personalised approach to fitness. Our facilities feature a full range of cardiovascular and strength equipment, a functional training room, tennis courts, heat and water experiences, showers, and personal lockers.

We also offer a variety of daily complimentary classes, including yoga, aerobics, and movement. For class schedules, please check the timetable available at the hotel, spa, and fitness centre receptions.

SPECIALTY ONE-ON-ONE CLASSES

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

INTELLIGENT MOVEMENT WORKOUT

1 hour

THB 3,600

The Spas at Mandarin Oriental Hotels have partnered with Joint Dynamics, a cutting-edge physiotherapy centre in Hong Kong specialising in scientific and individualised approaches to treatment and physiotherapy, to create Intelligent Movement – a groundbreaking training method designed to enhance your capacity for quality movement. This approach is supported by a series of mobility drills that extend the benefits beyond the Fitness Centre and into your daily life. These sequences go beyond traditional stretching, unlocking mobility by engaging all the muscles, tendons, and fascia around the joints.

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 luxurious setting, guided by skilled, knowledgeable, and experienced trainers.

YOGA

1 hour

THB 3,600

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

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

ICE BATH

30 minutes

THB 2,300

Immerse yourself in our rejuvenating Ice Bath experience, a 30-minute session designed to refresh body and mind. The invigorating cold waters offer numerous health benefits, including reduced inflammation, accelerated muscle recovery, improved sleep, and enhanced blood circulation. The contrast between hot and cold treatments further boosts overall wellness and strengthens the immune system, leaving you revitalised and refreshed.

As part of our wellness experience, the Ice Bath service is complemented by additional amenities:

Breathwork: Enhance relaxation with guided breathwork sessions, helping you find inner peace and tranquillity during your spa visit.

Steam Bath: After the invigorating ice bath, unwind in our steam room, where the soothing warmth promotes detoxification, stress relief, and improved circulation.

SLEEP CONSULTATION

45 minutes

THB 3,600

Struggling with sleep challenges? Let us guide you toward more restful nights. Our comprehensive 60-minute sleep consultation is designed to enhance your sleep quality naturally. Our service includes:

- 1. Consultation:** Start your journey to better sleep with a personalised consultation form. This essential step allows our experts to understand your specific sleep challenges thoroughly and tailor solutions that meet your unique needs, ensuring you feel genuinely cared for.
- 2. Natural Solutions:** Discover the power of natural remedies as our consultants introduce you to a range of holistic techniques that promote restful sleep. From lifestyle adjustments to relaxation practices, we offer gentle and practical solutions to help you achieve a rejuvenating night's sleep.

Embark on the path to more restorative and peaceful nights with our Sleep Consulting Service.

UNLOCK THE SECRET TO WELL-BEING

1 hour

THB 4,900

Reward your body and mind with an immersive experience designed for true relaxation and inner strength. We recommend combining our Ice Bath with a Sleep Consultation for ultimate holistic healing.

At least 24 hours' advance reservations are required.
All prices are subject to 10% service charge and 7% government tax.

PERSONAL TRAINING

1 hour

THB 2,500

Stay committed to your fitness routine and reach your health and wellness goals, even while on the move. Our professional fitness trainers are here to craft a bespoke plan tailored to your needs. Let us help you maintain your routine and stay fit during your travels, guiding you 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 enjoying time with friends. Our professional coach will help you enhance your forehand, backhand, and volley, improving your game with expert guidance.

PRIVATE MINDFULNESS SESSION

30-minute session

THB 1,800

Available in meditation, pranayama (breathing techniques), and mantra chanting, our mindfulness sessions are designed to bring mental peace and clarity.

MOTR® WORKOUT

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 into one compact unit. This innovative device allows for a variety of exercises that enhance strength, agility, and balance. Let our expert trainer guide you through a fun and engaging full-body workout.

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



WELLNESS RETREAT PROGRAMME

Three-day-two-night Inner Wellness Retreat

Experience the ultimate rejuvenation with The Oriental Spa's exclusive three-day, two-night Wellness Retreat Programme, set against the vibrant backdrop of Bangkok. This programme offers a perfect blend of revitalising spa treatments that nurture inner strength and mindfulness, along with a flexible wellness menu tailored to your needs. It's a luxurious yet accessible introduction to holistic well-being, ideal for those seeking respite from digital stress and the demands of urban life.

Available year-round, subject to availability.

Day 1

- Hotel Familiarisation
- Wellness Consultation
- 90-minute Deep Sleep Massage
- Curated Wellness Dinner at The Verandah
- Bedtime drink

Day 2

- 60-minute Inner Flow Yoga
- 120-minute Inner Strength
- Curated Wellness Lunch at The Verandah
- 60-minute Garland Making - mindfulness session and cultural experience
- 60-minute Sound Bath Therapy
- Curated Wellness Dinner at The Verandah
- Bedtime drink

Day 3

- Private Alms-giving (optional)
- 60-minute Morning Meditation & Inner Flow Dancing

*The programme's inclusions are flexible and can be tailored to accommodate health conditions and personal preferences, ensuring each guest fully enjoys and benefits from the experience.

Price varies depending on the period of stay and chosen inclusions.

At least 48 hours' advance reservations are required.



TERMS & CONDITIONS

OPENING HOURS

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

CANCELLATION POLICY

Please provide at least 24 hours' notice if you need to cancel your appointment to avoid charges. Cancellations made within 24 hours will incur a 100% charge. A credit card authorisation is required at the time of booking.

DIGITAL DISCONNECTION

To maintain our spa's tranquil environment, we kindly ask that you turn off your mobile devices and secure them in your locker, respecting all guests' right to privacy and serenity.

SPA ARRIVAL

We recommend checking in at the Spa Reception at least 15 minutes before your first appointment. This allows time for a brief discussion about your expectations and a chance to relax before your treatment. Please note that late arrivals will not receive an extension of scheduled treatments.

POST TREATMENT

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

AGE REQUIREMENT

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

HOME CARE

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

GIFT CARDS

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

GENTLEMEN'S FACIAL

We recommend shaving at least four hours before your facial for the best results.



Your Temple of Wellbeing

The Oriental Spa at Mandarin Oriental, Bangkok

Telephone: +66 (0) 2 659 9000 email: mobkk-spa@mohg.com

mandarinoriental.com/bangkok/spa