



SPA  
STUDIO





# SPA STUDIO

## BY MANDARIN ORIENTAL

Spa Studio by Mandarin Oriental is located at the newly refurbished Garden Wing of Mandarin Oriental, Bangkok and consists of four luxuriously designed treatment rooms offering powerful, effective and less time-consuming treatments for ladies and gentlemen in a calming yet sophisticated setting.

Featuring customised facial treatments designed to deliver exceptional results using QMS Medicosmetics, which is a Gala Spa Award winning product range from Germany; Louis Paul Endermologie from France, which is recognised as a world leader in connective tissue manipulation; manicure and pedicure by the renowned Podiatrist Bastien Gonzalez; and waxing, express foot, shoulder and head massages.



# BODY

	<i>Duration</i>	<i>Price (THB)</i>
<b>EXPRESS MASSAGE</b>	<b>45 minutes</b>	<b>1,500</b>
<p>Are you crunched for time and need to relax? Our Express Massage Studio is an ideal spot for you to sit back and recharge with our less time-consuming treatments. Choose from back, neck, shoulder, head, arm, foot, joints, eye and ear massages.</p>		
<b>FIT FEET</b>	<b>45 minutes</b>	<b>1,800</b>
<p>In Oriental philosophy, the feet are considered a mirror for the systems and functions of the body. This treatment is designed to sooth heavy, tired legs and feet through exfoliation and relaxing massage, culminating in wrapping the legs in warm towels.</p>		
<b>SMILING JOINTS</b>	<b>45 minutes</b>	<b>1,800</b>
<p>This treatment is a treat for overworked joints, including ankles, knees, wrists and shoulders, and it is perfect for post-sport therapy. A hot herbal compress is performed on the joints, followed by a soothing balm massage to help ease pain and stiffness while improving circulation. This is an ideal treatment for improving joint mobility and strength, and for anti-inflammation.</p>		
<b>MICRO NAP</b>	<b>45 minutes</b>	<b>1,800</b>
<p>This treatment is ideal to achieve rapid relaxation in a limited time with a blend of essential oils that induce sleep and muscle relaxation. A hot pack around the neck and shoulders reduces stiffness and tensions while the stimulation of pressure points on the head and face as well as a foot massage carry you into deep relaxation.</p>		
<b>BEAT THE STRESS</b>	<b>45 minutes</b>	<b>1,800</b>
<p>Alleviate accumulated stress through a shoulder, head and arm massage followed by a hot pack that allows the heat to penetrate the tense area and loosen up the muscles. A drink of your choice like warm milk or hot chocolate is served to lift your mood and help you to beat the stress.</p>		

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

# FACE

	<i>Duration</i>	<i>Price (THB)</i>
<b>COLLAGEN VITA SKIN FACIAL</b>	<b>1 hour 15 minutes</b>	<b>5,580</b>
<p>Developed to help age control your skin, this luxurious and highly regenerating treatment visibly improves the appearance and wellbeing of the skin. Natural soluble collagens replenish moisture levels; pioneering masks refine and stimulate the skin, whilst fine lines and wrinkles are minimised to leave the complexion radiant, renewed and full of vitality.</p>		
<b>ADVANCED CELLULAR HYDRATION</b>	<b>1 hour 15 minutes</b>	<b>5,580</b>
<p>A rejuvenating treatment designed to infuse energy into the skin and help preserve a youthful complexion. Tone and texture are restored whilst targeting premature aging of the skin through the use of a high-performance cellular formulation developed to stimulate cell regeneration.</p>		
<b>ACTIVE TONE FACIAL</b>	<b>1 hour</b>	<b>4,500</b>
<p>Specifically developed to treat the skin at multiple levels, this treatment detoxifies, protects, rehydrates and lifts the skin. The combination of deep cleansing, exfoliation, intense hydration with a lifting and firming massage will leave skin toned and revitalised.</p>		
<b>SKIN REBALANCE FACIAL</b>	<b>45 minutes</b>	<b>3,350</b>
<p>Ideal for all skin types, this purifying treatment includes a special double cleanse technique, gentle exfoliation, a skin-enhancing mask and intense hydration with natural soluble collagens. The perfect combination to balance the skin, refine pores and revitalise the skin's energy.</p>		

## FACIAL ADD-ONS

For added benefits, choose from our handpicked selection of treatment add-ons to create your own facial experience to suit your needs. Treatment additions can only be reserved in combination with treatments of 45 minutes or above.

	<i>Duration</i>	<i>Price (THB)</i>
<b>ACTIVATE AND HYDRATE</b>	<b>15 minutes</b>	<b>1,120</b>
Designed to deliver a high-powered boost of energy to increase the skin's natural vitality, this is a perfect treatment to restore tired and stressed skin. A delicate fleece mask infused with a combination of Marine Collagen and Hyaluronic Acid hydrates and soothes the skin to leave it looking refreshed and radiant.		
<b>REVITALISING EYES</b>	<b>15 minutes</b>	<b>1,120</b>
Styled for the delicate eye area, this relaxing treatment helps to soften the signs of aging and fatigue while providing intense hydration to the eye area. Puffy dark circles are reduced and the skin is left nourished, refreshed and lifted.		
<b>LIFT AND CONTOUR</b>	<b>15 minutes</b>	<b>1,120</b>
Focused on improving the skin's tone, this specialised shaping treatment combines an advanced lifting massage with a collagen-enhancing formula to help restore the tonicity of the jaw line, cheeks and eyebrows and leave the skin more supple and youthful looking.		
<b>LIPZONE REPAIR</b>	<b>15 minutes</b>	<b>1,120</b>
A tailored, anti-aging treatment designed to visibly smooth fine lines and wrinkles on the upper lip area. Through powerful ingredients and expert techniques, the lip contour is redefined and firmness restored to the lip zone.		

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# LOUIS PAUL ENDERMOLOGIE

## Reactivate your natural youth

The Louis Paul Endermologie technique was patented in France and is 100% natural. It is designed to optimise tissue health, stimulate the skin and reactivate cellular activity naturally and painlessly with no side effects. The term 'Endermologie' comes from the French word meaning 'through the dermis', and Louis Paul Endermologie is recognised as a world leader in connective tissue manipulation.

The principle mechanics of this state-of-the-art device ensure quality Endermologie. It works like a vacuum or suction device while massaging the skin, affecting all three layers of the skin and helping to produce collagen, elastin and hyaluronic acid as well as to remove scars.

It aims to awaken the target cells from within for visible slimming, more radiant skin and anti-aging results. It increases blood circulation and oxygenates the skin, removing toxins to make you look beautiful inside and out.





# LOUIS PAUL ENDERMOLOGIE

Reactivate your natural youth

## CLASSIC TREATMENTS MENU

	<i>Duration</i>	<i>Price (THB)</i>
<b>GLOW</b> Gently exfoliates while reactivating microcirculation to even out the complexion and improve your skin's glow.	<b>45 minutes</b>	<b>2,300</b>
<b>DETOX</b> Helps reduce swelling and puffiness around the face through lymphatic drainage and by reducing water retention to restore the face's natural contours.	<b>45 minutes</b>	<b>2,300</b>
<b>AGE-DEFYING RESCULPTING</b> Anti-aging, slims the face and double chin, and firms the skin to redefine the face's contours.	<b>45 minutes</b>	<b>2,300</b>
<b>AGE -DEFYING SKIN FIRMING</b> Anti-aging, creates stronger and firmer skin, helping it regain its natural tension and redefines the face.	<b>45 minutes</b>	<b>2,300</b>
<b>AGE-DEFYING REPLUMPING</b> Harmonises the volumes of the face, restores skin density and fills out wrinkles and fine lines from within.	<b>45 minutes</b>	<b>2,300</b>

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# LOUIS PAUL ENDERMOLOGIE

Reactivate your natural youth

	<i>Duration</i>	<i>Price (THB)</i>
<b>ULTIMATE SKIN REJUVENATION</b>		
<b>By QMS Medicosmetics and Louis Paul Endermologie</b>	<b>1 hour</b>	<b>4,500</b>

Revolutionary QMS Medicosmetics facial products and Louis Paul Endermologie technology are combined to offer you the ultimate in skin revival. The treatment begins with cleansing and toning using QMS Medicosmetics products. You can choose Age-Defying Skin Resculpting, Age-Defying Skin Firming or Age-Defying Replumping treatments to match your skin's requirements. QMS Medicosmetics's day or night collagen is applied for youthful looking skin, followed by an activator mask that helps hydrate, moisturise, smoothen and make your skin look radiant. The treatment concludes with face moisturisation using the QMS Medicosmetics protocol best suited to your skin type.

## TARGETED TREATMENTS MENU 15 minutes 800

- Forehead
- Mouth Area
- Neck
- Eye Circles & Puffiness
- Jaw Line
- Décolleté
- Eye Anti-Wrinkles
- Double Chin
- Hands

## PACKAGES

- Classic Treatments Menu Package – book ten 45-minute sessions (THB 23,000) and receive 2 sessions with our compliments.
- Targeted Treatments Menu Package – book ten 15-minute sessions (THB 8,000) and receive 2 sessions with our compliments.
- Book any 5 sessions of any treatment and receive 1 session with our compliments.
- Book any 3 sessions of any treatment and receive 15 minutes with our compliments.

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# LOUIS PAUL ENDERMOLOGIE

## Body Treatments for Slimming & Cellulite Reduction

With more than 30 years of expertise and scientific research, LPG has created a new technology called Endermologie that masters all the natural mechanisms of skin cells in a single treatment.

Endermologie is 100% natural, stimulating cellular activity within skin to fight unaesthetic manifestations such as wrinkles, sagging skin, localized resistant fat and cellulite, helping to re-sculpt the body's contours while precisely adapting to the needs of each skin type.

	<i>Duration</i>	<i>Price (THB)</i>
<b>CELLULITE REDUCTION</b>	<b>1 hour</b>	<b>4,000</b>
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. You may select specific areas such as back, stomach, waist, buttocks, thighs, calves or pectorals. It also incorporates hands-on massage techniques for cellulite reduction.		
<b>FIRMING</b>	<b>1 hour</b>	<b>4,000</b>
Triggers deep biological responses to break down fat deposits, boost collagen and increase elastin production. The result is a smoother, firmer, more toned body. You may select specific areas such as arms, back, stomach, waist, buttocks, thighs, calves or pectorals. It also combines hands-on massage techniques for firming.		
<b>DETOX</b>	<b>45 minutes</b>	<b>3,000</b>
Stimulates circulatory exchanges to fight water retention, and drains toxins as skin is "re-oxygenated". Provides an immediate boost and sensation of lightness. The deep massaging action helps to remove toxins and any abnormal fluid buildup.		

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	<i>Duration</i>	<i>Price (THB)</i>
<b>HEALTH</b>	<b>45 minutes</b>	<b>3,000</b>
LPG also offers effective treatments for inflammation, back pain, neck pain, fibrosis, tired legs, muscle tension, lymphedema, muscle warm-up prior to exercise, recovery, or tendon or ligament swelling.		

<b>RELAXATION</b>	<b>45 minutes</b>	<b>3,000</b>
Unwinds muscular tension, eliminates stress and brings a profound sense of relaxation.		

<b>FIT &amp; FIRM</b>	<b>2 hour</b>	<b>8,000</b>
This package is ideal if you are looking for a visible 'fit & firm' effect for your entire body from head-to-toe. Endermologie for the body targets stubborn localized fat as by increasing the circulation leaving the skin firm. Endermologie for the face acts like a real skin workout, awakening the natural synthesis of essential rejuvenating substances and helping to boost collagen production for firmness, elastin for suppleness and hyaluronic acid for volume and hydration. It also combines revolutionary QMS Medicosmetics facial products to provide unparalleled skin revival and a hands-on massage to complete the experience.		

<b>TARGETED TREATMENTS</b>	<b>15 minutes</b>	<b>1,000</b>
<b>WOMEN</b>		
Arms, back, waist, stomach, saddlebags, buttocks, thighs, inner thighs, knees or calves.		

**MEN**  
Arms, back, pectorals, waist, stomach or thighs.

## PACKAGES

- Buy any 12 Endermologie or targeted treatments sessions and pay only for 10 or buy 6 and pay only for 5.
- Buy any 3 Endermologie Treatment and receive 30 minutes targeted treatments sessions with our compliments.

A course of at least 10 sessions is recommended for optimum results, with regular follow-up treatments for maintenance.

# WAXING

An exclusive facility dedicated for painless waxing and performed by our expert waxologist. Both natural and elastic wax are carefully selected to suit different skin types in flavours such as chocolate, strawberry and lemon for perfectly smooth skin.

	WOMEN	MEN		WOMEN	MEN
<b>LEGS</b>			<b>UPPER LIP OR CHIN</b>	1,000	1,200
Half Leg (Top or Bottom)	1,000	1,200			
Full Legs	2,000	2,300	<b>UPPER BODY</b>		
<b>BIKINI</b>			Shoulder & Full Back	2,000	2,300
Bikini Line	1,000	N/A	Shoulder, Chest & Stomach	2,000	2,300
Brazilian Triangle	1,500	N/A	Full Back	1,500	1,800
Brazilian String	1,500	N/A	Shoulder & Chest	1,500	1,800
Brazilian Strip	1,500	N/A	Shoulder or Chest	800	1,000
			Stomach	800	1,000
<b>ARMS</b>					
Full Arms	2,000	2,300			
Half Arms	1,200	1,500			
Under Arms	800	1,000			

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LUXURY IS THE RESULT OF PERFECT HARMONY BETWEEN QUALITY AND SERVICE

Bastien Gonzalez is internationally famous for his unique approach to foot treatments. Using his professional expertise and experience as a Podiatrist, he designed and developed exclusive treatments for the feet, nails and hands whose uniqueness lies in the fusion of well-being and beauty. Bastien selects and trains every member of his team to his treatment protocols and standards, ensuring the excellence of his know-how all over the world.

	<i>Duration</i>	<i>Price (THB)</i>
<b>BASTIEN'S DUO</b>	<b>1 hour 15 minutes</b>	<b>4,850</b>
This synchronised four hands treatment focuses on your feet, legs, hands and arms. The ultimate in manicure and pedicure luxury with total relaxation.		
<b>BASTIEN'S PEDICURE</b>	<b>1 hour</b>	<b>3,250</b>
An overall pedicure including a nail treatment (gentle buffing to restore the beauty of the nails which results in a healthy natural shine), followed with a skin treatment to eliminate hard skin and dryness, completed with a massage from the toes up to the knees relieving muscle tension and heaviness.		
<b>NAIL BRIGHTNESS</b>	<b>45 minutes</b>	<b>2,500</b>
A foot treatment focusing on the beauty of nails, cuticles and light smoothing of the skin dryness. Nails are reshaped and buffed with chamois leather and a pearl buffing cream, resulting in healthy, shiny and beautiful nails. The treatment culminates with a relaxing foot massage.		

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LUXURY IS THE RESULT OF PERFECT HARMONY BETWEEN QUALITY AND SERVICE

	<i>Duration</i>	<i>Price (THB)</i>
<b>BASTIEN'S MANICURE</b>	<b>45 minutes</b>	<b>1,900</b>
An exceptional manicure in 3 steps: A cuticle and nail treatment, including a natural beauty finish to the nail and a thorough massage of the forearms, wrists, hands, and fingers. An unforgettable experience.		
<b>PARAFFIN TOUCH</b>	<b>20 minutes</b>	<b>1,200</b>
Intensify any Bastien Gonzalez treatments by adding the paraffin touch. The warmth of this silky wax will aid the penetration of applied moisturisers into the skin for deep hydration. It will enhance relaxation and ease tension in the joints and muscles.		
<b>COLOUR TOUCH</b>	<b>20 minutes</b>	<b>1,200</b>
Select your preferred colour from our range of lacquers, which are formaldehyde, toluene, DBP and camphor-free to prevent any aggression to the nail once removed. <i>Includes nail reshaping.</i>		
<b>FRENCH COLOUR TOUCH</b>	<b>20 minutes</b>	<b>1,200</b>
A white line is applied to the nails tip, followed by a natural soft pink lacquer to the whole nail resulting in the perfect French paint. <i>Includes nail reshaping.</i>		

#### **ADDITIONAL SERVICES ON REQUEST - Contact our staff for more details**

The entire Spa Studio by Mandarin Oriental floor with four recently refurbished luxurious studios are available to hold a private function or a Spa day exclusively with your family, friends or colleagues.

# TERMS & CONDITIONS

## OPENING HOURS

Beauty Treatments: Mon – Sun 10am – 8pm  
Last booking at 7pm

## 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 Spa Studio by Mandarin Oriental.

## PRIVATE FUNCTIONS AND GROUP BOOKINGS

Information on special packages or customised group bookings can be obtained by contacting Spa Studio by Mandarin Oriental Reception.

## ETIQUETTE

Our Spa Studio by Mandarin Oriental environment is one of tranquility and relaxation. Please respect all guests' desire for privacy and serenity.

## ARRIVAL

We recommend that you check in at Spa Studio by Mandarin Oriental 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 Spa Studio by Mandarin Oriental is 18.

## HEALTH CONDITIONS

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

## PREGNANCY

Please mention if you are pregnant when making your booking to allow the 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.

## 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 guest 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

Spa Studio by Mandarin Oriental shall not be liable for any accident or injury suffered by any member or guest.

## RESTRICTIONS

Smoking during treatments is strictly prohibited. Unacceptable behaviour towards our colleagues will not be tolerated and will result in a treatment being terminated without refund.

## BOUTIQUE

To continue your beauty regimen at home, all beauty products used during the treatments and services are available at our reception.

## REFUND POLICY

Unopened retail products can be exchanged within 10 days of purchase, if presented with the original receipt. No cash or credit card refunds will be processed.







MANDARIN ORIENTAL  
BANGKOK

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