

# information

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## MANDARIN ORIENTAL, BANGKOK - THE ORIENTAL SPA, FITNESS & WELLNESS

[The Oriental Spa](#), housed in a restored, century-old teakwood house, offers an oasis of peace and tranquillity where guests can discover a range of [treatments](#) that blend traditional Thai ancient rituals with modern Western techniques. The Oriental Spa was the first spa to open within a Bangkok hotel in 1993 and has received numerous awards, including being the only spa in Thailand to have been awarded five stars by Forbes Travel Guide.

Located alongside the Chao Phraya River, The Oriental Spa journey starts as guests are carried across the River of Kings in the hotel's private shuttle boats to be greeted with a cooling tea. Every treatment begins with a private therapist consultation in order to determine each individual's personal and current state of wellbeing. The treatment and oils are then tailored to each guest in order to leave the body, mind and spirit in perfect harmony.

Mandarin Oriental's signature spa therapies have been devised to address guests' increasing desire for simple, effective and authentic spa experiences. Each of the private treatment rooms promises relaxation and renewal upon entering their doors.

Guests can select from over [30 different treatments](#), including *Signature Therapies* such as 'Oriental Harmony', where four hands work in perfect unison to inspire a harmony of the senses to *Essence of Thailand* experiences that include 'Spirit of Isaan', where a blend of natural ingredients are incorporated within a body wrap and exfoliation before a rhythmic Oriental bamboo massage. The Oriental Spa even offers a Muay Thai Massage where movements from the nation's popular sport are incorporated in the treatment to provide a deep sense of invigoration and rejuvenation.

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Guests are also provided with exercise guidance, and the Spa Boutique sells a range of products that the therapists recommend, in order to allow guests to extend the beneficial effects of their programme at home.

**Facilities include:**

Ten treatment rooms with private shower and steam facilities

Five specialty suites, including four with Jacuzzis

Three treatment rooms dedicated to facial therapy

Moroccan Rhassoul

Relaxation lounge

Spa Boutique allowing guests to extend their experience at home

**Opening hours:** 9am to 10pm daily.

**FITNESS & WELLNESS CENTRE**

The [Fitness & Wellness Centre](#), located just beyond The Oriental Spa, is the ideal place for health-conscious people who appreciate professional service and a highly personalised approach to fitness. The state-of-the-art gymnasium comes complete with everything needed for a total body workout, offering the latest cardio-vascular and strength equipment, including aerobic machines and weight training facilities. The Centre is also home to its own Muay Thai studio and hotel guests and members can enjoy twice daily complimentary yoga, Pilates, Muay Thai, HIIT, fit ball or Zuma classes.

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**Facilities include:**

The latest cardio-vascular and strength equipment

Professional personal training facility

Floodlit tennis courts

Muay Thai boxing training studio

Aerobic/yoga studio

Professional instructors available for all of the above facilities

Sports gear and rackets for all facilities available for rent

Private shower, changing and personal locker facilities

Aroma steam room, sauna and Jacuzzis

**Opening hours:** 6am to 10pm daily.

**Yoga at Fitness & Wellness Centre**

Understanding that practicing Yoga is the ideal way to achieve healthier and more peaceful living, the Fitness & Wellness Centre offers guests a dedicated yoga studio and a yoga mat is placed within each of the hotel's rooms and suites. Neelam Khatri, resident Yogic Lifestyle Trainer, who has extensive training and experience, offers a range of wellness activities, including yoga, Ayurveda, meditation as well as designing customised wellness programmes. Her popular yoga classes include lively group sessions or one-on-one private classes, tailored to meet each guest's specific needs.

**Muay Thai Boxing at Fitness & Wellness Centre**

Muay Thai is popular among Thais, expats and visitors to Thailand and the Fitness & Wellness Centre is home to a dedicated Muay Thai Boxing Studio. Working together with Attachai

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Fairtex Muay Thai Academy, a leader in Muay Thai training, visitors and guests can enjoy the finest Thai boxing experience in a luxury setting. These sessions are perfectly suited for people of all skill levels, including beginners and those who simply want to try a fun, new exercise.

### **SPA STUDIO**

Mandarin Oriental, Bangkok's Spa Studio is located on the first floor of the Garden Wing and consists of four luxuriously designed treatment rooms offering [results-driven treatments](#) for ladies and gentlemen.

The Spa Studio is the only place in Thailand where guests can enjoy signature Pedi:Mani:Cure treatments by the renowned podiatrist Bastien Gonzalez. Customised facial treatments designed to deliver exceptional results using QMS Medicosmetics, a Gala Spa award-winning product range from Germany formulated by leading skin care specialist Dr Erich Schulte, are also on offer. Advance beauty technology by Endermologie, which impacts all the natural mechanisms of skin, is also available. Time-conscious guests can benefit from express 45-minute treatments.

**Opening hours:** 10am to 8pm Monday to Sunday.

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For further information, please contact:

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