

AYURVEDIC PENTHOUSE

Ayurveda is the science of healthy living from the ancient and rich traditions of India which encompasses the physical, mental, social and spiritual aspects of life and existence. Its eternal principles of wholesome lifestyle guide one towards harmony with one's true self and surroundings by using the inherent laws of nature, thus promoting positive health, well-being and longevity.

“Both our hands, which render the best of health uttering mantras for health, touch you for your health.”

Rig Veda

The Ayurvedic Penthouse at The Oriental Spa offers an exclusive range of rejuvenating therapies straight from the great traditions of *Keraleeya Ayurveda*. Kerala, one of the southern states of India has preserved this health heritage through the ages and has enriched it with unique contributions derived from its own legacy of therapies such as *Karlari Chikitsa*, *Thirummu Chikitsa* and *Marma Chikitsa*, thus making the *Keraleeya Ayurvedic* tradition distinct.

The authentic therapies rendered with sophistication and intuitiveness by our graceful therapists in an ambience exuding an aura of the sublime nature of Ayurveda will transport you to a realm of serenity, clarity, spiritual grounding and timelessness.

We are pleased to welcome you to the Ayurvedic Penthouse to be cocooned in its unique traditional experience of holistic healthcare and wellness.



AYURVEDIC TREATMENTS

KERALEEYA ABHYANGAM – SYNCHRONISED

by 2 therapists

60 minutes + 15 minutes herbal swedanam

+ 15 minutes herbal snanam

THB 7,950

This distinctive style of rejuvenating massage uses harmonious strokes, rhythm, speed and pressure in perfect synchrony covering one from head to heel. The entire experience of being cocooned in caring warmth along with the therapeutic effect of the oil balances all the three levels of physical, mental and spiritual well-being, creating deep relaxation and a sense of grounding.

KERALEEYA ABHYANGAM

60 minutes + 15 minutes herbal swedanam

+ 15 minutes herbal snanam

THB 4,500

This is a variation of the above massage therapy performed by a single therapist. Flowing, soothing movements balance and nourish all the body systems and loosen up 'ama' or toxins from the cells and leave one feeling rejuvenated.

KALARI UZHICHIL

60 minutes + 15 minutes herbal swedanam

+ 15 minutes herbal snanam

THB 4,500

This unique form of massage is the contribution of 'Kalari', the traditional martial art form from Kerala, based on the concept of 'Marmas', the vital energy points of the body. This deep massage helps strengthen muscles, joints and ligaments, improves suppleness and flexibility, tones the body and boosts energy level.

UDWARTANAM

75 minutes + 15 minutes herbal swedanam

THB 4,500

This is a dry herbal massage treatment using classical Ayurvedic herbal powders. The vigorous, frictional movements, along with the effect of the

herbs, help stimulate the circulation and lymph flow, boost metabolism, reducing puffiness, water retention and leaving the skin soft.

KIZHI

75 minutes + 15 minutes herbal snanam

THB 4,500

The soothing heat of fomentation and massage using warm bundles of herbal powders, fresh herbs, grains, pulses or sand, melts away muscular tension, pains and soothes inflamed joints.

URDWANGAM

60 minutes

THB 2,800

Most commonly known as the 'Indian Head Massage.' This is a deeply relaxing and rejuvenating experience which stimulates the vital energy points and increases the flow of subtle energies which controls and nourishes the five senses.

VADANAM

75 minutes

THB 3,500

This Ayurvedic facial therapy uses traditional methods of beauty care, which besides cleansing and refining the skin, boosts circulation, drains away puffiness and imparts a healthy radiance.

UBTAN

15 minutes herbal swedanam + 45 minutes

THB 3,500

A paste made from herbal powders is applied to the body and removed with firm, frictional movements. This cleanses and polishes the skin and the revved-up circulation brightens the complexion.

YOGAYAM

90 minutes

THB 4,500

'Pranayam' or breathing exercises, meditative stillness, guided relaxation, assisted yoga 'asanas', along with the healing touch of physical therapy, guide one towards connectedness and calm. This holistic therapy imbues one with the vital 'Prana' and a sense of harmony, thus coaxing the body to let go of withheld tensions.

MARMAYAM

15 minutes aromatic bath + 75 minutes THB 5,250

Though very gentle and subtle in its technique, this profoundly balancing and grounding therapy focuses on the 'Marmas', or the vital energy points of the body, promotes a feeling of well-being and centredness.

A warm floral bath infused with essential oils is a nurturing precursor to the therapy itself.

VASTHI

60 minutes THB 3,500

Vasthi is a localised deep heat treatment wherein warm oil is retained over a particular area of the body, for a specific period of time. The healing properties of the oil along with the soothing heat penetrate deeply, nourishing and strengthening the underlying tissues and alleviating painful conditions. This is followed by a localised massage and fomentation.

SHIRODHARA

by 2 therapists
60 minutes THB 9,100

'Dhara', a soothing steady stream of warm therapeutic oil flowing over the forehead affects the central nervous system, which in turn triggers a healing process that relaxes the entire body and calms and clears the mind. Medicated milk, buttermilk or other herbal preparations may also be used to suit individual body constitution.

PIZHICHIL

by 3 therapists
60 minutes + 15 minutes herbal swedanam
+ 15 minutes snanam THB 12,800

This unique and luxurious therapy enjoys the distinction of being the 'king of rejuvenation therapies' of the Keraleeya tradition. Warm herbal oil is poured all over the body in a particular fashion by two therapists whilst easing away the stress and tensions with a gentle massage.

This therapy strengthens the immune system and the nervous system, nourishes all the body tissues and bestows one with vitality and clarity.

TREATMENT ADDITIONS (Subject to availability)

LOCALISED MESSAGES

30 minutes / 60 minutes THB 1,750 / THB 2,800

Hand & foot massage, back massage or head, neck & shoulder massage.

FLORAL AROMATIC BATH

30 minutes THB 1,750

A warm, soothing bath in a specially designed, hand hammered copper bath tub with flowers and aromatic oils.

HERBAL CONCOCTION BATH*

30 minutes THB 2,000

A soothing bath with Ayurvedic classical herbal decoction that improves circulation, eases muscle tension and provides good physical and mental relaxation.

**24-hour notice is appreciated to make the necessary arrangements.*

AYURVEDIC PACKAGES

AYUR JEEVAN

2 hours THB 12,250

Indulge in the holistic rejuvenating experience of Ayurveda by the combination of a full body massage and warm oil flow on the forehead, followed by a herbal steam and scrub to complete the treatment.

- Keraleeya Abhyangam*
- Shirodhara
- Herbal Swedanam
- Herbal Snanam

**Replacement options: Kalari Uzhichil*

Keraleeya Abhyangam can be replaced by Pizhichil for a package price of THB 16,500

AYUR SHANTAM

2 hours 30 minutes

THB 12,250

Quieten all internal chatter and experience a moment of peace and serenity.

- Floral aromatic bath
- Urdwangam
- Marma Hands & Feet
- Shirodhara

AYUR NIVARANAM

2 hours 30 minutes

THB 7,700

Feel the healing warmth and soothing relief from muscular aches, tension, and strain.

- Herbal Swedanam
- Vasthi
- Kizhi
- Herbal Snanam

AYUR NIDRA

2 hours 30 minutes

THB 13,300

Experience the relaxing benefits of Ayurveda for betterment of sleep. It is a very useful combination of treatments to de-stress and to correct jetlag and other sleep disturbances.

- Keraleeya Abhyangam
- Shirodhara
- Marma Foot Massage
- Herbal Swedanam
- Herbal Snanam

AYUR POORNAM

3 hours 30 minutes

THB 10,800

Indulge in a pampering ritual for your complete body from head to toe.

- Kalari Uzhichil
- Herbal Swedanam
- Ubtan
- Vadanam

AYUR SAMGAM

4 hours 30 minutes

THB 19,400

Experience the meditative mind-body connection that leads to ultimate relaxation.

- Yogayam
- Urdwangam
- Keraleeya Abhyangam
- Shirodhara

AYUR BANDAM

for couples

1 hour 30 minutes

THB 9,900

Share a moment of connectedness with your partner in this gentle therapy session.

- Floral bath
- Marmayam

Note: The choice of therapies in the above programmes is subject to change as per individual requirement.

SPECIALITY TRADITIONAL TREATMENTS

LOMI-LOMI MASSAGE

90 minutes

THB 3,700

This unique healing traditional massage, handed down through generations in Hawaii, is profoundly healing and nurturing. Its fluid, rhythmic movements release stress and tension from within the body and restore balance and harmony to mind, body and spirit by penetrating the senses.

BALINESE MASSAGE

90 minutes

THB 3,700

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 one relax and rejuvenate.

RETREAT TIPS

- Our Ayurvedic team will help you select the therapies suitable for your body type and needs, based on a brief body constitution assessment.
- The choice of oils and other herbs used in the therapies depends on this assessment. The Ayurvedic oils and other herbal mixtures are prepared as per the classical texts of Ayurveda, and the therapeutic qualities of these greatly enhance the efficacy of the therapies.
- Most of the 'keralaeeya' oil body treatments are followed by 'swedanam' or herbal steam, which help in eliminating the toxins, and by 'snanam', the customary cleansing bath with herbal powders.
- Each session allows an additional 15 minutes for pre-therapy rituals and post-therapy relaxation.
- Ayurvedic therapies, either individually or as a combination, are usually recommended as a course of 3, 5, 7 days or longer for long lasting therapeutic benefits.
- Customised Ayurvedic programmes to suit individual constitution and health needs are available. Programmes such as Ayurvedic Rejuvenation, Stress Relief and Body Toning are available from 3 days to 3 weeks or longer.
- We recommend that you reserve your preferred time slot and duration and arrive at least 30 minutes prior to the scheduled time, for the body type assessment consultation and selection of treatment. For the subsequent sessions, you may arrive 10 minutes prior to session.
- Late arrivals may result in shortening of the scheduled treatments. A room number, reservation confirmation number or credit card details are required to secure Spa appointments.
- Kindly allow us a 4-hour notice should you need to reschedule, change or cancel your appointment, subject to availability. Cancellations with less than a 4-hour notice will incur a 50% charge of your total services cancelled and a no-show will incur a full charge. Once a room reservation at Mandarin Oriental, Bangkok is cancelled, Spa reservation will be cancelled automatically.
- The management accepts no responsibility for any loss of money or valuables of any kind brought into the Spa premises.
- We appreciate your helping us maintain the wholesomeness and serenity of the environment by refraining from smoking or using cell phones.

For reservations or further information, please call the Ayurvedic Penthouse at ext. 7434
Spa opening hours: 9.00 am – 10.00 pm



THE
ORIENTAL
SPA

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