

THE ORIENTAL SPA TREATMENTS

MASSAGES

SWEDISH MASSAGE

60 minutes / 90 minutes

THB 2,900 / THB 3,700

A European style massage complemented by a blend of oils produced from herbs grown in the hills of northern Thailand. These special oils are massaged into the body to penetrate muscle fibres to promote a feeling of well-being for the body, mind and spirit.

ORIENTAL SIGNATURE MASSAGE

60 minutes / 90 minutes

THB 3,500 / THB 4,300

This unique 'Oriental' experience includes a signature massage with a concentrated blend of essential oils extracted from plants which release their soothing properties into the skin. Our 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 herbal compress containing lemongrass, turmeric and plai.

JETLAG MASSAGE

60 minutes / 90 minutes

THB 2,900 / THB 3,700

The ideal massage technique to banish fatigue and sluggishness associated with jetlag. The movements are designed to stimulate and invigorate you. Oil is used followed by refreshing gel with cypress oil and menthol to leave you with a feeling of renewal.

ORIENTAL TRADITIONAL THAI MASSAGE

60 / 90 / 120 minutes

THB 2,700 / THB 3,500 / THB 4,500

This is a massage that has a firm base in traditional Thai holistic philosophy with roots in ancient teachings. The entire body benefits from pressure point massage and stretching. Tension disappears replaced by a feeling of energy and peace.

BODY SCRUBS

ORIENTAL ORGANIC RICE SCRUB

30 minutes

THB 1,750

The organic black sticky rice with its vitamins and other nutrients gently removes dead skin cells from the body, leaving it feeling refreshed, which is the perfect preparation for any massage.

ORIENTAL BODY GLOW

30 minutes

THB 1,750

The ingredients for this body scrub come from the hills of northern Thailand, blended solely for our use. A combination of honey, seeds and flowers, the scrub re-energises a fatigued body. Other benefits include increased circulation and an enhanced glow from the nourishing effects of honey. Ideal before a relaxing massage.

ORIENTAL SALT GLOW

30 minutes

THB 1,750

This treatment brings to you the healing properties of The Dead Sea. Salt crystals calm the body while easing aches and pains, ultimately giving your whole body a rejuvenating sense of well-being.

BODY WRAPS

ORIENTAL HERBAL WRAP TREATMENT

60 minutes

THB 2,750

This signature spa treatment begins with a soothing blend of fresh herbs from the Royal Projects in Chiang Mai mixed with sesame oil and fresh milk. A stimulating and rejuvenating wrap, which is especially beneficial for dehydrated skin, completes the treatment.



REVITALISING SEAWEED TREATMENT

60 minutes

THB 2,750

Seaweed is recognised as a rich source of minerals and vitamins which are absorbed easily by the skin, promoting the natural process of detoxification, and eliminating excess fluid to reestablish the metabolic balance of the body. This is an ideal treatment to reduce stress and tension with the added benefits of revitalised skin. Application of a special body lotion concludes the relaxing experience.

ORIENTAL MUD WRAP

60 minutes

THB 2,750

The Oriental Mud Wrap combines an abundance of minerals such as magnesium, potassium, and organic plant and algae residues, which absorb impurities whilst stimulating blood circulation to ease aches and relieve fatigue. Therapeutic sea salts are massaged over the body preparing the skin for the application of soft, warm mud before being wrapped in a thermal blanket. The final touches consist of a refreshing shower and a light massage that will leave you feeling refreshed.

BODY TONING TREATMENT

90 minutes

THB 4,300

After a gentle scrub to prepare the skin, a gel active in marine ingredients is applied, followed by a warm seaweed wrap. The seaweed encourages the reduction of fluid retention and detoxification. Regular body toning treatments in conjunction with a simple home care programme will help to prevent the accumulation of toxins causing cellulite.

AQUA EXPERIENCES

ORIENTAL BODY WELLNESS

120 minutes

THB 5,450

This exclusive traditional treatment begins with a blend of Thai herbs applied to the body. Whilst relaxing in a thermal blanket, the warmth allows the body to absorb the benefits of the herbs; ultimately the skin becomes hydrated and smooth. This treatment is suitable for all skin types and is completed with a relaxing essential oil massage.

- Body Wrap
- Massage

RHASSOUL EXPERIENCE

120 minutes

THB 5,450

At a moderate temperature of 38°C and sitting on ergonomically shaped seats in the Rhassoul, clay and herbs applied to the skin will dry to form a body mask. After approximately 10 minutes a gentle spray of aromatised steam moistens the body mask. A gentle rain shower washes off the mask, revealing brighter, healthier and rosier skin. Completed by a gentle full body massage.

- Rhassoul
- Massage

VITALITY EXPERIENCE

120 minutes

THB 5,450

Indulge in a full body massage stimulated by water nozzles on the sides and air nozzles at the bottom of the Vitality Bath. The jets are designed for a hydro-massage of the back, neck and lower limbs, ultimately improving the venous and lymphatic systems, and circulation. Followed by a relaxing oil body massage to release tension.

- Vitality Bath
- Massage

ESSENCE OF AQUA

90 minutes

THB 5,250

This is the ultimate experience in water-based treatments. It begins with a body scrub on a heated marble scrub table, regulated to a temperature of 37-38°C, to prepare the skin by removing dull and dead skin cells. The next stage is a hydro-massage by water jets in the Vitality Bath. A special mixture of seaweed, mud, Thai herbs and organic black sticky rice is then applied to the body. In the Rhassoul, the therapeutic effects of the ingredients are absorbed by the skin. A gentle application of a soothing body lotion completes the experience.

- Body Scrub
- Vitality Bath
- Rhassoul

AROMATHERAPY ASSOCIATES BODY TREATMENTS

The treatments are designed exclusively for Mandarin Oriental, Bangkok to relax and calm, or re-energise and inspire. Essential oils and natural ingredients, along with massage techniques and healing practices leave one feeling renewed and refreshed.

ROSE ESSENCE OF HEAVEN

120 minutes

THB 6,300

Feel complete peace as the body is cleansed and exfoliated with olive grains, then pampered with essential oils and creams. Our Renew Rose facial uses Damask Rose Water to enhance circulation and rejuvenate the skin. An invigorating facial massage is followed by a hydrating mask, and concludes with a scalp, hand and arm massage.

ZESTY RENEWAL

120 minutes

THB 6,300

Detox, eliminate and tone with this invigorating body treatment. Brisk dry body brushing starts off this treatment, followed by a full body exfoliation to remove dead skin cells and encourage healthy circulation. A blend of gel and oil with pink grapefruit, sweet orange, mandarin with juniper berry, and rosemary is used to add positive energy. An aromatherapy full body massage combined with surface stimulation to buttocks, thighs and stomach enables the body to flush out toxins, while refreshing and toning the skin. A blend of essential oils and mud is massaged into the lower area of the body to draw out impurities, while sustaining moisture. A facial massage and foot reflexology concludes the treatment.

DE-STRESS MUSCLE RELEASE

120 minutes

THB 6,300

A full body exfoliation and warming essential oils help to relax aching muscles. The treatment begins with an application of muscle gel infused with soothing oils of black pepper and rosemary, followed by a deep tissue massage concentrating on tired muscles and joints. The warm oils further aid to ease fatigue with attention on the back, neck, shoulders and feet. A soothing scalp massage finishes the treatment.

TREATMENT ADDITIONS

ORIENTAL HERBAL COMPRESS

30 minutes / 60 minutes

THB 1,750 / THB 2,750

An ancient medical remedy using warm herbal compresses made with lemongrass, turmeric and plai, this is an ideal treatment to relieve pains and bruises. A special massage assists to further ease muscle tension. After the treatment you will enjoy a feeling of lightness.

STRESS RECOVERY BACK, HEAD AND SHOULDER MASSAGE

30 minutes

THB 1,750

The ideal massage to help relieve stiffness and fatigue, as the techniques concentrate on tension areas such as the back, neck and shoulders.

ORIENTAL FOOT MASSAGE

30 minutes

THB 1,750

All the energy meridians of the body are identified in the pressure points of the foot, thereby massaging a specific part of the foot releases blocked energy and stress. It is the perfect massage to follow a long day of walking.

SUITE EXPERIENCES

DELUXE SUITE

60 minutes

THB 1,750

ORIENTAL SUITE

60 minutes

THB 2,250

Enjoy the Suite atmosphere by selecting one of the following baths:

- Organic Rose & Milk Bath
- Organic Jasmine & Sugar Bath
- Detoxifying Marine Pebble Bath

SPECIALISED FACIALS

EXPRESS FACIAL

30 minutes

THB 1,750

The perfect facial treatment to cleanse your skin and eliminate stress when time is a factor. It benefits every type of skin condition.

ROSE INDULGENCE

60 minutes

THB 2,750

The ultimate in facial indulgence, this treatment uses Renew Rose and Damask Rose Water to nourish and purify the skin. An energising facial massage and hydrating mask complement the luxurious treatment, while a scalp, arm, hand and back massage conclude this decadent experience.

ANTI-AGE FACIAL

60 minutes

THB 2,750

Rose and Frankincense are blended together to honour the timeless practice of smoothing skin texture and encouraging skin renewal. Hydrating gel and mud masks coupled with a relaxing facial pressure point massage stimulates a youthful lustre. Results are visible as lines and wrinkles are minimised. This treatment is suitable for mature and dry skin types.

BALANCE CLEANSING FACIAL

60 minutes

THB 2,750

The facial begins with a thorough cleansing and exfoliation, followed by steam and extraction. A stimulating facial massage and purifying mud mask are applied to draw out oiliness and impurities, while re-mineralising the complexion. The natural properties of lavender and Tea Tree assist in the balance of the skin's natural oils. A relaxing scalp massage completes the treatment and leaves you feeling refreshed and energised.

DISCOVERY FACIAL TREATMENT

60 minutes

THB 3,200

Signs of ageing and lack of lustre disappear as extra-rich cream is massaged into the skin, bringing back vitality and suppleness to the

face. This is a recommended treatment for skin that has experienced excessive sunlight or harsh climate conditions.

PURIFYING FACIAL TREATMENT

60 minutes

THB 3,200

This treatment helps regulate sebum production, deep-cleaning and purifying the skin without drying it out. Complexion becomes purer, fresh and glowing at the end. This is suitable for all skin types.

INTENSIVE COLLAGEN FACIAL TREATMENT

90 minutes

THB 5,800

Valmont products coupled with this intensive facial improve the appearance of wrinkles, increase suppleness, and re-hydrate the delicate eye region. After just one session the skin shows signs of improvement and youth.

WAXING

CHIN, LIPS, BIKINI, UNDERARMS

THB 1,000

HALF LEG

THB 1,750

FULL LEG

THB 3,000

THE FINISHING TOUCHES

MANICURE 60 minutes

THB 1,750

PEDICURE 60 minutes

THB 2,000

Hand and foot care, including an invigorating scrub and a soothing massage with a rich collagen cream, stimulates relaxation and peace of mind.

ORIENTAL LUXURY MANICURE

90 minutes

THB 2,400

ORIENTAL LUXURY PEDICURE

90 minutes

THB 2,750

This is the ultimate in luxury hand and foot care. Both are massaged with a rich collagen cream that brings on relaxation coupled with softer skin. The application of warm paraffin wax prepares the hands and feet for the treatment, and a full manicure completes the experience.

THE ORIENTAL SPA PROGRAMMES

HALF-DAY SPA PROGRAMMES

ORIENTAL EXPERIENCE

3 hours, 30 minutes

Single THB 9,990
Double THB 19,900

- Oriental Herbal Compress (30 minutes)
- Oriental Organic Rice Scrub (30 minutes)
- Oriental Signature Massage (90 minutes)
- Rose Indulgence Facial (60 minutes)
- Herbal tea, fruit juice or mineral water with Spa snack

EASTERN DELIGHTS

For couples, 3 hours

Deluxe Suite THB 18,220
Oriental Suite THB 18,670

- Thai Organic Treatment (90 minutes)
- Oriental Traditional Thai Massage (90 minutes)
- Herbal tea, fruit juice or mineral water with Spa snack

WESTERN DELIGHTS

For couples, 3 hours

Deluxe Suite THB 18,580
Oriental Suite THB 19,030

- Ocean Treat (90 minutes)
- Jetlag Massage or Swedish Massage (90 minutes)
- Herbal tea, fruit juice or mineral water with Spa snack

THE REVITALISER

3 hours, 30 minutes

Deluxe Suite THB 17,230
Oriental Suite THB 17,680

- Revitalising Seaweed Treatment (60 minutes)
- Jetlag Massage or Swedish Massage (90 minutes)
- Express Facial (30 minutes)
- A selection of Vitality Baths (30 minutes)
- Herbal tea, fruit juice or mineral water with Spa snack

Select any one of the following baths to accompany your treatment in the suite:

- Organic Rose & Milk Bath
- Organic Jasmine & Sugar Bath
- Detoxifying Marine Pebble Bath

FULL DAY SPA PROGRAMMES

ORIENTAL ROMANCE

For Couples, 6 hours

Deluxe Suite THB 24,600
Oriental Suite THB 25,100

- Oriental Herbal Wrap Treatment or Revitalising Seaweed Treatment (60 minutes)
- Jetlag Massage or Swedish Massage (90 minutes)
- Rose Indulgence Facial (60 minutes)
- Manicure or Pedicure (60 minutes)
- Special Spa Cuisine (60 minutes)
- A selection of Vitality Baths (30 minutes)
- Herbal tea, fruit juice or mineral water with Spa snack

Select any one of the following baths to go with your treatment in the suite:

- Organic Rose & Milk Bath
- Organic Jasmine & Sugar Bath
- Detoxifying Marine Pebble Bath

SPIRIT OF THE ORIENTAL

5 hours

THB 11,800

- Oriental Herbal Wrap (60 minutes)
- Oriental Herbal Compress (30 minutes)
- Oriental Signature Massage (90 minutes)
- Rose Indulgence Facial (60 minutes)

- Special Spa Cuisine (60 minutes)
- Herbal tea, fruit juice or mineral water with Spa snack

THE PERFECT DAY

5 hours, 30 minutes

THB 14,700

- Essence of Aqua (90 minutes)
- Jetlag Massage or Swedish Massage (90 minutes)
- Intensive Collagen Facial Treatment (90 minutes)
- Special Spa Cuisine (60 minutes)
- Herbal tea, fruit juice or mineral water with Spa snack

THE ORIENTAL SPA WELLNESS PROGRAMME THREE DAYS / TWO NIGHTS

THE ORIENTAL PAMPERING PROGRAMME

8 hours

- Essence of Aqua (90 minutes)
- Oriental Herbal Wrap (60 minutes)
- Jetlag Massage or Swedish Massage (90 minutes)
- Oriental Signature Massage (90 minutes)
- Oriental Herbal Compress (30 minutes)
- Rose Indulgence Facial (60 minutes)
- Manicure or Pedicure (60 minutes)

THE ORIENTAL REJUVENATOR PROGRAMME 8 hours, 15 minutes

- Essence of Aqua (90 minutes)
- Revitalising Seaweed Treatment (60 minutes)
- Jetlag Massage or Swedish Massage (90 minutes)
- Keraleeya Abhyangam (90 minutes)
- Yogayam (90 minutes)
- Vadanam Facial (75 minutes)

AYURVEDIC EXPERIENCE

7 hours, 45 minutes

- Keraleeya Abhyangam (90 minutes)
- Yogayam (90 minutes)
- Vadanam Facial (75 minutes)
- Ubtan Scrub (60 minutes)
- Kizhi (90 minutes)
- Urdwangam (60 minutes)

Each programme includes:

- Two nights' accommodation in a Superior Room
- Daily breakfast
- Round trip airport transfer
- Selected programme will be arranged to suit your preferred schedule

15 October 2008 – 31 March 2009:

Single THB 46,990

Double THB 66,990

1 April – 30 September 2009:

Single THB 39,990

Double THB 55,990

THE ORIENTAL SPA WELLNESS PROGRAMME SEVEN DAYS / SIX NIGHTS

Includes all treatment programmes in the Six Days/Seven Nights Wellness Programme, with participants receiving:

- 6 nights' accommodation in a Superior Room
- Daily American Breakfast at Verandah
- Round trip airport transfer
- Wellness lunch at Sala Rim Naam during 6 days of treatment
- Private nutritional wellness consultation with Dr. Prasanna, our Ayurvedic specialist
- Complimentary 2 sessions with private personal trainer at Health Centre
- 3 Private Tai-chi sessions
- 4 private Yoga sessions
- An introductory practical class of healthy cooking
- 11-hour, 30-minute Ayurvedic Treatment Programme
- 8-hour Spa Treatment Programme

Details of the Wellness Activities

Day 1

Arrival at Mandarin Oriental, Bangkok

Day 2

Essence of Aqua, 90 minutes

Jetlag Massage, 90 minutes

Rose Indulgence Facial, 60 minutes

Day 3

Keraleeya Abhyangam, 90 minutes

Shirodhara, 60 minutes

Marmayam, 90 minutes

Day 4

Kizhi, 90 minutes

Shirodhara, 60 minutes

Yogayam, 90 minutes

Day 5

Shirodhara, 60 minutes

Vasthi, 60 minutes

Keraleeya Abhyangam, 90 minutes

Day 6

The Oriental Traditional Thai Massage, 90 minutes

The Oriental Herbal Compress, 30 minutes

Manicure, 60 minutes

Pedicure, 60 minutes

Each participant will receive a complimentary Wellness Gift Set that includes:

- 1 Bottle of shower gel
- 1 Bottle of body lotion
- 1 Bottle of shampoo
- 1 Bottle of conditioner
- 1 Spiritual book set: *Spirit of Enquiry, Source of Life, The Space Within*

8 January – 31 March 2009:

Single THB 170,000

Double THB 269,900

1 April – 15 October 2009:

Single THB 158,500

Double THB 258,300

GIFT VOUCHERS

Available for any treatment, including full- or half-day programmes at The Oriental Spa.

SPECIAL SPA CUISINE

Available for lunch and dinner (per à la carte menu).

To further enhance the 'Oriental Experience', we also offer Thai Cooking Classes as well as Thai Culture Programmes priced at THB 4,000 net per half-day class. Advance reservations are recommended.

CANCELLATION POLICY

Packages must be cancelled 24 hours prior to reservation time or client will be charged at the full rate. Once a room reservation at Mandarin Oriental, Bangkok is cancelled, Spa reservations will be cancelled automatically.

HOW TO SPA

- Arriving in The Oriental Spa you leave behind the stressful world and walk into an oasis of pampered luxury, where the subtle tones and textures of the muted Oriental décor embrace you and the warmth of golden teak and lustrous Thai silk sets the mood for your journey towards physical and spiritual well-being.
- With 19 spacious, self-contained suites, the exclusive ambiance of The Oriental Spa and Ayurvedic Penthouse provides absolute privacy and the perfect environment for a choice of over 25 stimulating therapies and treatments. Whether for just an hour, or as a full-week comprehensive rejuvenation programme, the benefits to body and spirit will be truly rewarding.
- In Thailand the skills of traditional massage and use of natural herbal remedies are ancient arts, secrets handed down over the centuries. At The Oriental Spa the full magic of these age-old therapies is employed in treatments perfectly suited to reducing stress, rejuvenating and beautifying the body, ultimately creating a treat for all the senses.
- Advance booking for Spa services is highly recommended to ensure availability. Please book the exact time you have available when making your hotel room reservation. A room number, reservation confirmation number or credit card details, are required to secure Spa appointments.
- Please check in at the Spa reception at least 15 minutes prior to your scheduled appointment. Late arrivals will be subject to time deduction.
- 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 reservations 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.



The Oriental Spa and Ayurvedic Penthouse
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E-mail: mobkk-spa@mohg.com

For reservations or further information, please call The Oriental Spa at ext. 7440
Spa opening hours: 9.00 am – 10.00 pm