THE
ORIENTAL
SPA

A temple of wellbeing, set in a restored century-old teakwood house, The Oriental Spa is an oasis of peace, tranquility, and sanctuary where heritage and holistic well-being meet.

The services and offering are inspired by the rhythms of the river and the wisdom of ancient healing. The Oriental Spa is the first 5 starts city spa in Bangkok, and it has been the beacon of wellness since then.

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 9,000**

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 9,000**

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.

SENSE OF PAK TAI
2 hours 30 minutes **THB 9,000**

Explore the tranquility of Southern Thailand's wisdom, Southern Healing 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 Southern Healing Therapy as our skillful 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 Southern Healing Therapy.

LIFE ALONG THE CHAO PHRAYA RIVER
2 hours 30 minutes **THB 9,000**

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.

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

SIGNATURE THERAPIES

SLEEPFULNESS
1 hour 30 minutes **THB 5,800**

Sleepfulness begins with gentle breathwork and subtle aromatherapy to calm the senses before moving into slow, restorative massage techniques that create warmth, comfort, and tranquility. The treatment supports deeper rest and helps ease tension linked to disrupted sleep, travel fatigue, or digital overload.

ORIENTAL QI
1 hour 30 minutes **THB 5,800**

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 BALANCE
1 hour 30 minutes **THB 5,800**

Inner Balance draws on principles of Traditional Chinese Medicine, blending aromatic oils, acupressure, and gentle stretching to release tension and restore equilibrium. The treatment supports emotional grounding and mental clarity, offering a calm reset for guests seeking a steadier state of body and mind.

INTELLIGENT MOVEMENT
1 hour 30 minutes **THB 5,800**

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.

MASSAGE EXPERIENCE

TRADITIONAL THAI MASSAGE

1 hour 30 minutes	**THB 5,200**
2 hours	**THB 6,900**

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 revitalizes both body and mind. It enhances flexibility, relieves joint and muscle tension, and restores balance to the body's energy system.

TRADITIONAL THAI WARRIOR MASSAGE

1 hour 30 minutes	**THB 5,200**
2 hours	**THB 6,900**

The Thai Warrior Massage is an ancient Thai healing technique that blends traditional massage with Thai hermit exercises. It features rhythmic massage, 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.

MIRACLE MORINGA MASSAGE

1 hour 30 minutes	**THB 5,200**
2 hours	**THB 6,900**

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.

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

ORIENTAL HARMONY (Signature)
2 hours **THB 15,400**

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.

RELAX AND RESTORE MASSAGE
2 hours **THB 8,250**

This treatment will naturally alleviate stress, reduce anxiety, and uplift your spirit. The two-hour treatment uses cannabis leaf extract oil (CBD oil) with a combination of techniques including foot ritual and tension release massage. In addition, a warm herbal compress will be applied to your back to improve blood circulation.

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

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

MOTHERHOOD
MUM-TO-BE
1 hour **THB 4,800**
1 hour 30 minutes **THB 5,800**

This luxurious treatment uses traditional aromatherapy massage to nurture and support in a time of constant change. Using the healing benefits of rose oil to balance hormones as well as nourishing the skin, this massage eases away tension in the upper back and shoulders and relaxes the body.

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

BODY EXPERIENCE

THAI THERMAL SALT MASSAGE
2 hours **THB 7,500**

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.

MIRACLE MORINGA RITUAL
2 hours **THB 8,500**

The treatment includes a Rejuvenating Facial and the Miracle Moringa Massage, utilizing 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.

ORIENTAL SIGNATURE
1 hour 30 minutes **THB 5,800**
2 hours **THB 7,500**

This unique experience includes a signature massage with a concentrated blend of essential oils - lavender, ylang ylang, patchouli, peppermint, rosemary and lemon, which release the soothing properties into the skin. With our signature technique, which combines Thai and European styles. To eases muscle tension and energizes the body with acupressure movements and stretching. The experience ends with a localized shoulder and spinal compress containing fresh Thai herbs include lemongrass, turmeric and plai

ADD ON EXPERIENCE **THB 2,250**

Body Scrub 30 minutes | Body Mask 30 minutes

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

ADVANCED SKIN CARE

BESPOKE FACIAL
50 minutes **THB 6,800**

A refined introduction to the iconic BIOLOGIQUE RECHERCHE method ology, this facial begins with deep cleansing and gentle exfoliation using Lotion P50, followed by a bespoke selection of masks, serums and creams tailored to your skin's individual needs. The treatment restores balance, leaving the complexion refreshed, radiant and revitalised.

Ideal for: All skin types.

Perfect for: An add-on to your spa experience.

FACE FIRMING RITUAL
1 hour 10 minutes **THB 9,800**

An exceptional lifting and sculpting treatment enhanced by BIOLOGIQUE RECHERCHE's signature manual techniques. Focusing on the face, neck and décolleté, th is ritual helps redefine facial contours, improve elasticity and restore firmness. Combined with the brand's iconic methodology, it leaves the skin visibly smoother, more toned and naturally radiant.

Ideal for: Skin in need of enhanced firmness, elasticity, definition and ren ewed radiance.

Perfect for: A red carpet glow.

RADIANCE LIFT RITUAL
1 hour 40 minutes **THB 12,800**

Immerse yourself in a deeply restorative treatment designed to replenish moisture and strengthen the skin's natural barrier. This intensive ritual delivers lasting hydration while smoothing texture, restoring comfort and enhancing radiance. The complexion is left soft, supple, plump and beautifully luminous.

Ideal for: All skin types, especially dehydrated, delicate or sensitive skin.

Perfect for: Reviving skin after a busy day in Bangkok. Or Daily skin recovery in Bangkok.

ULTIMATE PURITY
1 hour 15 minutes **THB 8,800**

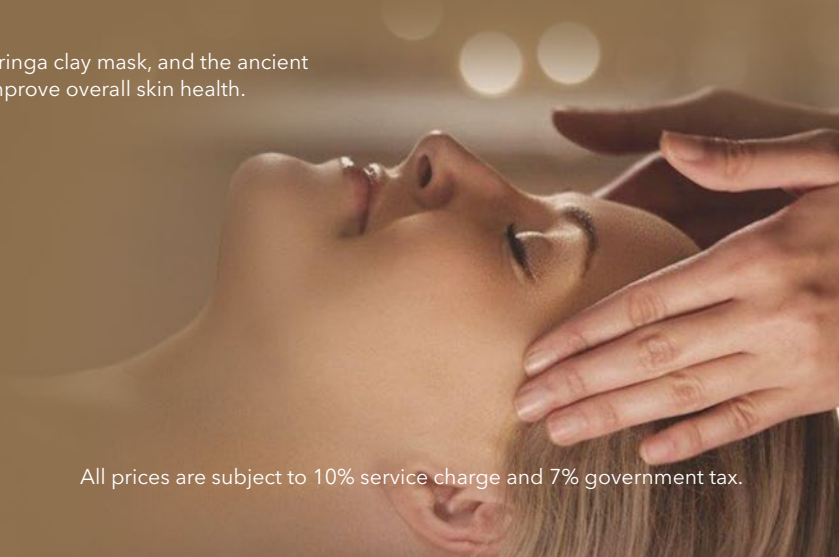
This is the ultimate purity facial experience by the Hydra Facial, using the lymphatic hand pieces plus an Active 4 cleanser peel to scrape away dead skin.

In addition to improving the skin's moisture and hydration, Hydra Facial treatments have been demonstrated to dramatically reduce the quantity of debris and sebum that obstruct pores. Continually with use of BIOLOGIQUE RECHERCHE's cream PTO Metamorphique which has a concentration of potent actives that penetrate deeper into the skin,the formulation combats the visible signs of ageing and nourish after we utilize face massage techniques with the skin care.

MORINGA REJUVENATING FACIAL - (Holistic Skincare)
1 hour **THB 6,200**

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.

ENDERMOLOGIE® FOR FACE

Endermologie® is recognized 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 5,200**

Gently exfoliates while reactivating microcirculation to even out the complexion and improve your skin's glow.

DETOX
45 minutes **THB 5,200**

Helps reduce swelling and puffiness around the face through lymphatic drainage and by reducing water retention to restore the face's natural contours.

AGE-DEFYING
45 minutes **THB 5,200**

The French technology fight for a natural beauty by creating stronger and firmer skin. They help to regain its natural collagen production and redefines the face contour.

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

ENDERMOLOGIE® FOR BODY

Stimulate cellular activity within skin to fight against wrinkles, sagging skin, localised resistant fat and cellulite, helping to re-sculpt the body's contours while precisely adapting to the needs of each skin type.

CELLULITE REDUCTION
1 hour **THB 6,000**

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.

SLIMMING
1 hour **THB 6,000**

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.

SUITE EXPERIENCE

SERENITY FOR TWO
2 hours 30 minutes **THB 16,000**

Reconnect through stillness, movement, and quiet togetherness with serenity for two at The Oriental Spa, Deluxe Suite. This thoughtfully designed experience begins with a calming herbal tea ceremony and guided couple's meditation, followed by private time in the Oriental Suite complete with Jacuzzi, steam room, and signature Thai refreshments.

The 90-minute Oriental Signature Massage combines nurturing Yin strokes with an invigorating Yang herbal compress to restore balance and deepen your inner connection.

YIN & YANG HARMONY
2 hours 30 minutes **THB 20,000**

The Yin & Yang Spa Journey begins with a guided meditation in your private spa suite. You will then share a soothing water experience that warms the body, calms the mind, and harmonizes your energies together. The journey continues with our Haute Contour Facial, a luxurious lifting and sculpting treatment that enhances radiance and refines facial contours.

The experience thoughtfully designed for couples is ideal for anniversaries, celebrations, or simply creating time to reconnect. It nurtures emotional balance, strengthens closeness, and leaves you both feeling renewed, luminous, and beautifully aligned—inside and out.

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 a rose milk bath. Light refreshments will be served to complete your rejuvenating experience.

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

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

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

WELLNESS RETREAT

THE ESSENCE OF THAILAND RETREAT
THB 27,900 ++ *excluding the room rate*

The Wellness Club at Mandarin Oriental, Bangkok invites you to experience the true essence of Oriental heritage.

This immersive retreat combines grounding practices, mindful movement, and detox rituals designed to restore balance and enhance your wellbeing – physically, emotionally, and mentally.

Reconnect with your inner harmony and discover the timeless healing traditions of Thailand in an atmosphere of serenity and grace.

Day 1: Arrival & Grounding

Check-In (early check in 1pm)	Welcome drink. Wellness welcome pack with herbal teas and scented pillow mist.
3pm	Private Lifestyle & Wellness Consultation with our Wellness Coach at the Spa across the river followed by a tour.
4:30pm	The Essence of Thailand Treatment Experience. The Region will be recommended by your wellness coach.

Day 2: Movement, Healing & Strength

8am	Yoga Class.
9:30am	Gut Reset Therapy 30 minutes. Abdominal massage, house made probiotic drinks.
12:30pm	Wellness Lunch at The Verandah restaurant, choose from the wellness menu.
4pm	A Private Muay Thai Class by a Professional coach.
6pm	Muay Thai Warrior Recovery Treatment start with a healing sound therapy. Evening at Leisure, light dinner recommended.

Day 3: Detox & Renewal

8am	Yoga Class.
10:30am	Miracle Moringa Ritual Treatment.
1pm	Closing Wellness Consultation. Review progress, lifestyle tips, nutrition guidance
2pm	Check-out with a wellness gift.

Terms and Conditions:
- The wellness retreat price is for one guest
- The second guest can enjoy a 15% discount, plus a free upgrade to the Oriental Suite for one treatment.
- Residents and outside guests are warmly welcome. Please note that full advance payment is required to confirm the booking
- The price is subject to 10% service charge and 7% government tax.

A DAY ESCAPE RETREAT
3 hours **THB 9,600**

Whether you are visiting Thailand or a local resident, we all need moments to disconnect and recharge.

The Wellness Club at Mandarin Oriental, Bangkok invites you to experience a rejuvenating one-day retreat designed to restore your body, mind, and spirit.

Perfect as a birthday treat, a thoughtful gift for a friend, or a gesture of appreciation for a loved one, this curated experience offers the ultimate day of wellbeing.

Your journey begins with a personal wellness consultation, allowing our experts to understand your needs and tailor the experience just for you. Throughout the day, you will enjoy a 90 minutes massage, a 60 minutes Holistic facial, a 30 minutes movement or mindfulness session, and a special gift to take home - a perfect way to conclude your journey.

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

THE GENERATIONAL HARMONY

At Oriental Spa, we bring hearts closer to creating strong family bonds. Enhancing the connections through thoughtfully crafted spa journeys designed for parents and children to share treasured moments together.

For a truly meaningful experience, we invite you to disconnect from electronic devices and reconnect with each other.

BLISSFUL BOND
1 hour **THB 4,200 / per person**

Parent: Oriental Essence Massage
Child: Oriental Essence for Kids

BLISSFUL BOND
1 hour 30 minutes **THB 5,200 / per person**

Parent: Thai or Oriental Essence Massage
Child: 60 minutes Oriental Essence for Kids & 30 minutes Mini Foot Reflexology

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

TERMS & CONDITIONS

OPENING HOURS

The Oriental Spa: Daily from 10am to 8pm
The Little's Fan Club: Thursday to Sunday from 10am to 6pm
The Fitness Centre: Daily from 6am to 10pm
Tennis Courts: Daily (advance booking required)

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.

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.

ARRIVAL

If you do not wish to use the facilities, then we recommend arriving The Oriental Spa 20 minutes prior to your scheduled appointment. Please understand that late arrivals will not receive an extension of scheduled treatments.

Dress Code

Dress comfortably as your spa treatment will be performed in a private treatment room where you can get changed and enjoy your treatment.

The Heat and Water Facilities Usage

We recommend you check in to The Oriental Spa up to 60 minutes prior to your scheduled appointment. This allows you time to complete the health questionnaire and gives you ample time to visit the heat and water facilities, which includes: A separate male & female changing rooms with relaxation lounge, steam room, sauna, jacuzzi and locker room.

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 accessing to the Spa and Fitness & Wellness Centre is 16 years.

GENTLEMEN'S FACIAL

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

CHILDERN BOOKING

The booking takes place in a standard couple treatment room. For the ages 6 to 15, signed parental consent must be completed and a parent or legal guardian must be in the same treatment room. There are certain modifications that need to be made to children's treatments for both safety and enjoyment.

MANDARIN ORIENTAL
BANGKOK

Your Temple of Wellbeing

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