



MANDARIN ORIENTAL
BANGKOK

15 TO 30 APRIL 2026

THE ORIENTAL WELLNESS CLUB x ASMI BY OBEROI

A SPECIALLY CURATED MENU IN CELEBRATION OF 150 YEARS

In honour of our 150th anniversary, The Oriental Wellness Club welcomes ASMI by Oberoi for a thoughtfully composed collaboration - a meeting of ritual and reason.

Derived from the ancient wisdom of Pancha Kosha and informed by modern science, ASMI's philosophy restores equilibrium across five interconnected pillars of wellbeing. Each layer gently leads to the next, awakening vitality and deepening awareness.

For this limited engagement, Mandarin Oriental, Bangkok will host three esteemed Masters from ASMI by Oberoi, who will personally present a bespoke ASMI (means 'I am' in Sanskrit) journey - refined, nourishing and intentionally crafted

MOVEMENT

My Mindful Morning Movements

Complimentary for in-house guest

Starting daily at 8am at the Yoga House with mindful morning movements can set a positive tone, enhance mental clarity and promote overall well-being.

Warm Up • Sun Salutations • Guided Breathing Practices • Relaxation

BREATHWORK

My Mindful Evening Awareness

Complimentary for in-house guest

Starting daily at 6pm, learning to breathe consciously and with awareness, can be a valuable tool in helping restore balance in my mind and body. Guided breath work helps to reduce the 'noise' within me, and enables me to experience inner silence

This involves a series of guided breathing practices that help me tap into my current state of being and facilitate its healing. The practice is calibrated to accommodate individual level of practice.

BODYWORK

Restore My Tranquility

2 hours

THB 8,000

I choose to awaken my inner energy with this signature treatment that will balance me. I begin the experience with guided breathing. Then, healing gemstones are placed on my vital energy points, followed by the application of Himalayan salt-infused warm poultices. Later, I transcend into a meditative state with Shirodhara, where warm herbal oils gently cascade over my forehead, ushering in a profound sense of peace and rejuvenation.

Lull Me to Sleep

1 hour 30 minutes

THB 5,800

I drift into a restorative state with this sleep-inducing therapy. This treatment focuses on promoting sleep using specially blended aromatherapy oils, while I am cocooned in a sound bath that lulls me into a deep state of relaxation. The experience is enhanced even further through subtle lighting techniques, complemented by sleep-specific music.

Dissolve My Aches

1 hour 30 minutes

THB 5,800

This deeply restorative body work will focus on loosening the tension and soreness in my muscles, using firm yet flowing techniques to unknot and relax frayed musculature. I allow my therapist's healing hands to melt away my aches and pains. The treatment is further enhanced with heat-infused basalt stones, leaving me feeling miraculously renewed from within.

Feel My Heart

1 hour 30 minutes

THB 5,800

This is a heart-opening experience to calm my nervous system and restore my emotional balance. The treatment focuses on nurturing my navel, my body's very first source of nurture, incorporating 'Snehana' therapy. 'Sneha' means love in Sanskrit. This therapy nurtures my body's tissues and harmonises my body with my being. Ultimately, it guides me towards a deeper sense of connection, intimacy and love. I can choose to experience it as a couple, as partners, as mother and daughter, as siblings, as father and son, or equally as myself.

MINDFULNESS

Resonate Me into Harmony

1 hour

Individual THB 4,000

Group (two and above) THB 8,000

This technique allows me to heal through the application of sound. I am immersed into soothing vibrations with this sound therapy session. Using harmonic tones and resonant frequencies, the treatment promotes deep relaxation, reduces my stress, and restores my body's natural balance.

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

A minimum of 24 hours' advance booking is required.