



spa & botanica
THE SUKHOTHAI
BANGKOK



Welcome to Spa Botanica The Sukhothai...

A warm welcome to Spa Botanica ñ Bangkok's most intimate urban spa that puts you in the mood to relax, rediscover and reconnect with your inner self without delay



à la carte

Signature Massages

Beaufort Touch

1 hour 45 minutes

Spa Botanica's leading signature massage that will energise the mind, body and spirit. Combining different massage techniques, experience a sense of euphoria created by long languid and therapeutic massage movements

massage pressure ñ medium to firm

Baht 5,800

The Sukhothai Signature Massage

1 hour 30 minutes

Soothing and invigorating massage techniques, based on the oriental principles of energy meridians. Combines relaxing kneading and stretching to reduce stress, improved flexibility and relaxed central nervous system

massage pressure ñ medium to deep

Baht 4,500

Flight Reviver

1 hour 30 minutes

Soothe body aches away with a relaxing full body massage plus inhalation therapy and warm soothing rub of Tension Balm. Completed with a touch up nourishing facial will help rebalance your skin. Before or after flight ideal

Baht 4,100

Jetlag Tonic

1 hour or 1 hour 30 minutes

Designed to soothe travel aches as you awake refreshed for the rest of the journey ahead. Recommended for travelers suffering from backaches and pains or tired legs with poor circulation

Baht 3,000 or Baht 3,800

East-West Blend

1 hour or 1 hour 30 minutes

Combines the best from Oriental and Occidental traditions to leave your entire being relaxed and refreshed

massage pressure - medium

Baht 3,000 or Baht 3,800



Other Massages

Reviving Foot Massage

30 minutes

A stimulating foot massage to improve overall energy balance and enhance well-being

Baht 1,500

Therapeutic Back Massage

30 minutes

This massage offers maximum relief in minimal time for stress gathered in the neck, shoulders and upper back

Baht 1,700

Thai Herbal Retreat

1 hour 45 minutes

An intermingling of age-old herbal techniques, heat compress, deep-tissue massage, and clearing aromatherapy, this treatment promises complete healing. The caress of a steamed herbal ball guaranteed to unlock energy blockage, improve lymphatic drainage, ease joint pains and unknot overworked muscles paves the way to a relaxing full body massage made more soothing with the ancient benefits of lemongrass oil, enveloping your body with repose

massage pressure ñ medium to deep

Baht 4,000

Thai Massage

1 hour 30 minutes or 2 hours

A therapeutic massage comprising a good workout for body flexibility. Traditional art of thumb and palm pressure with yoga stretches are used to stimulate energy flow and relieve deep seated muscle tension

massage pressure - rhythmic pressing and extensive stretching movements

Baht 3,500 or Baht 4,300

Swedish Massage

1 hour or 1 hour 30 minutes

Combines vigorous pressure movements which unknot your tense and tired muscles with unhurried relaxing strokes that calm your nerves and soothe you to deep relaxation

massage pressure - slow, firm and relaxing

Baht 3,000 or Baht 3,800

Deep Tissue Muscle Massage

1 hour or 1 hour 30 minutes

A special deep pressure massage that will release built-up tension trapped in the muscles

massage pressure - firm and deep

Baht 3,000 or Baht 3,800



Aromatherapy

Our aromatherapy treatments are highly effective in enhancing the state of your physical, mental and emotional wellbeing. Special hand-blended essential oil produced by the internationally renowned Aromatherapy Associates from the United Kingdom

Nourishing Hair Treatment

30 minutes

This enriching treatment is based on pure essential oils of rosemary, geranium, ylang ylang and patchouli combined with coconut oil. The oil is massaged into the hair and scalp as part of an Ayurvedic head massage. Working on the muscles and pressure points of the head, tension is released and a deep state of relaxation follows. Restore health and shine to dull, lifeless hair

Baht 1,700

Immune Recovery

1 hour

Keep your respiratory tract and sinuses clear and your immune system strong with this purifying, fortifying upper body treatment. Perfect for those recovering from seasonal allergies or chest complaints or anyone who spends too much time in polluted or stuffy environments, this treatment uses inhalation and pressure point massage to open up airways and maximize effective breathing

Baht 3,000

Let's Relax

2 hours

A most relaxing treatment for stress reduction using the selected essential oil with the therapeutic effect of lavender, petitgrain, ho wood and natural seaweed extracts. Treatment begins with a full body cleanse and exfoliation using olive grains and concentrate body wash. Application of rich aromatherapy oil is applied all over your body followed by a deep pressure massage to slow down, ease a tired body and mind at the end of a busy day

Baht 6,000



Renew Rose Harmonizer

2 hours

This perfect nourishing skin treatment commences with a full body cleanse and exfoliation followed by rose, jojoba and evening primrose oils body massage which will leave your skin smooth, hydrated and radiant. Any remaining tension is soothed away by a lymphatic drainage scalp massage. Completed with a relaxing Renew Rose facial cleanse and moisturize

Baht 6,000

Body Reviver

2 hours

The ultimate detoxifying treatment that combines the healing benefits of energizing essential oil with pink grapefruit, rosemary, juniper, bergamot and natural seaweed extracts. By encouraging circulation and elimination, this treatment will help those prone to fluid retention, poor digestion and cellulite. A full body cleansing, exfoliation, warm body wrap and intensive lymphatic drainage body and foot massage will leave you feeling invigorated, energized and revived

Baht 6,000







Aromatherapy Facial

Aromatherapy Associates facials work to improve all skin types from within by encouraging healthy circulation & cellular renewal. Natural, light fragrance soothe & restore balance to the emotions

Instant Eye Repair

30 minutes

Refresh and brighten your eyes with this revitalizing eye treatment, the perfect addition to any facial. The delicate eye area is the first place to show tiredness and ageing and it really benefits from some special care and attention. This treatment uses specialised massage techniques to improve micro-circulation and drainage, helping reduce puffiness

Baht 1,700

Skin Refining Facial

1 hour

Refine and freshen oily and combination skin with this balancing facial based on essential oil of neroli and orange flower water helps calm irritated or inflamed skin. Skin is cleansed, exfoliated and then a deep cleansing mask is used to remineralise the skin leaving it looking clean, refreshed and revitalised

Baht 3,900

Rose Renew Facial

1 hour

This luxurious facial harnesses the regenerative properties of rose to nourish, soften and hydrate all skin types, especially dry, delicate and finely textured complexions. This treatment helps to boost your circulation and promote cell renewal and regeneration, leaving your skin radiant, dewy and delicately scented

Baht 3,900

Deep Cleansing Facial

1 hour

An intensive treatment that incorporates steaming, extraction and hot towel compresses, alongside facial massage and a freshwater mud mask, leaving a super clean and fresh skin

Baht 3,900



Aromatherapy Facial

Ultimate Aromatherapy Facial With Massage 1 hour 30 minutes

A prescription facial, designed to suit your individual skin needs. A combination of the finest pure essential oils and plant extracts are applied with specifically designed massage techniques, to restore and recondition the skin, leaving the complexion smooth and luminous. Incorporates stimulating scalp, neck & shoulders and a foot reflex massage to ensure your body and mind are aligned

Baht 4,500

Age Repair Facial

1 hour 30 minutes

This is natural, highly effective skincare to reduce the signs of ageing without using harsh chemicals. This repairing and anti-ageing facial works with natural oils of inca inchi and larch extract which stimulate collagen formation to deliver firm and tightened skin, whilst the anti-inflammatory properties of pomegranate and rosehip seed oil work on slowing down the effects of ageing skin

Baht 4,900









pure indulgence

Thai Herbal Indulgence

2 hours

Designed to stimulate circulation and eliminate toxins, the treatment is ideal for a seasonal detox or complement a weight management programme and be rewarded with supreme health and well-being

Single Baht 5,600
Double Baht 10,500

Includes:

detox foot soak 10 minutes
facial and scalp massage with herbal compress for 20 minutes
thai herbal compress massage 90 minutes
detox healing drink

Jasmine Purifying Ritual

2 hours 30 minutes

An ultimate mind and body ritual that evokes bygone eras of indulgence when the royal Thai jasmine was first used to sensually soften skin and promote youthful, hydrated complexion. This top-to-toe experience is perfected by the subtle, beguiling scent of jasmine that uplifts your soul and creates an unforgettable experience

Single Baht 7,000
Double Baht 13,000

Includes:

jasmine foot scrub 10 minutes
jasmine body cleansing 15 minutes
purifying jasmine bath 20 minutes
herbal inhalation and Tibetan chimes 5 minutes
warm organic jasmine oil massage 90 minutes
jasmine touch up facial 10 minutes

Thailand Flower Ritual

3 hours

A special preparation of local herbs and flowers that promises a blissful awakening of the senses

Single Baht 8,500
Double Baht 15,800

Includes:

pebble foot bath 10 minutes
ylang-ylang and frangipani body scrub 45 minutes
flower bath 20 minutes
deep-pressure thai massage 45 minutes
deep-pressure oil massage 60 minutes



pure indulgence

Asian Spice Retreat

3 hours

This ritual is recommended for those who need deliverance from muscular pain, all the while releasing toxins from the body and leaving skin kissed with instant yet enduring hydration.

Single Baht 9,500
Double Baht 17,500

Includes:

thai herbal steam 15 minutes
thai herbal scrub and wrap 45 minutes
aroma spice massage 60 minutes
customised Pa puri facial 60 minutes
two-course healthy spa cuisine and healing drink

Spa Thai Together Day

3 hours 30 minutes

The perfect spa experience to share with that special someone

(for two persons) Baht 19,500

Includes:

pebble foot bath 10 minutes
salt glow body scrub 45 minutes
moor energising wrap 45 minutes
three-course healthy spa cuisine and healing drink
choice of swedish or east-west blend massage 90 minutes
flower bath 20 minutes

Botanical Refresh

5 hours 15 minutes

Revitalise your senses with specialised aromatherapy treatments and leave you relaxed and refreshed

Single Baht 14,500
Double Baht 27,500

Includes:

pebble foot bath 10 minutes
herbal steam 20 minutes
choice of Let's Relax or Body Reviver 120 minutes
reviving foot massage 30 minutes
two-course healthy spa cuisine and healing drink
aromatherapy facial 60 minutes
spa manicure or spa pedicure 75 minutes



Manicure And Pedicure

Polish 15 minutes
Baht 300

French Polish 25 minutes
Baht 400

Manicure on-the-go 45 minutes
A quick manicure inclusive of filing, shaping and buffing of nails plus cuticle treatment. Finished with base coat
Baht 1,200

Spa Manicure 90 minutes
Includes a hand bath, exfoliation, filing, buffing, shaping, cuticle treatment, hydrating mask, a hand massage and nail painting
Baht 2,000

Spa Pedicure 90 minutes
Includes a foot bath, exfoliation, nail and cuticle grooming, callus treatment, refreshing mask, a soothing massage and nail painting
Baht 2,200

Waxing And Hair Removal Services

Upper lips/chin	500 each
Underarms	900
Arms	1,200
Bikini line	1,200
Brazilian	1,800
Chest/half legs	1,500 each
Back	1,800
Full legs	2,000



Poolside Massage Services

Poolside thai massage	45 minutes Baht 2,000
Poolside back massage	20 minutes Baht 1,000
Poolside foot massage	20 minutes Baht 1,000

Daily operation hours 10.00 a.m. - 05.00 p.m.



Spa Information

Telephone : 66 (0) 2344 8900 or 8676, 8677
Facsimile : 66 (0) 2344 8899
Email: spabotanica@sukhothai.com

Hours of Operation

Spa Botanica: from 09:00 a.m. to 10:00 p.m. daily
(last booking for 60 minutes treatment no later than 09:00 p.m.)

Beauty Centre: from 10:00 a.m. to 08:00 p.m. daily
Location: 2nd floor, hotel main building

Reservations

Guests are recommended to make advance booking prior to their arrival, to secure the preferred date and time of treatment. For non-hotel guests, credit card details are required at the time of booking.

Arrival

Please arrive at the spa reception 15 minutes prior to your scheduled appointment. This gives you ample time to check in and prepare for your treatment without any reduced treatment time.

Special Considerations

Guests who have high blood pressure, heart conditions, allergies, are pregnant or have any other medical complications are advised to consult their doctor before signing up for any spa services. Please inform your spa therapist of any medical condition prior to the treatment.

Minimum Age

Selected treatments are available for teenagers aged between 14 to 17 years old and they must be accompanied by a parent in the same treatment room.

Etiquette

We respectfully request all guests to help us maintain the peaceful serenity of the spa by keeping noise to a minimum. Cellular phones and electronic devices are discouraged. Pets are not permitted at the spa. Please refrain from taking photographs at the spa.

Smoking and Alcohol

Smoking and consumption of alcohol are prohibited within the spa premises. Guests should avoid the consumption of alcohol before any spa treatment.

Valuables

The management is not responsible for damages, lost or stolen money and valuables brought into Spa Botanica. Lockers are provided for safekeeping of your belongings.

Late Arrival Policy

Late arrival will not receive any extension in treatment time.

Any cancellations must be made at least 24 hours in advance. Cancellations within 24 hours will incur a 50% penalty. Cancellation within 12 hours or no show will incur a 100% penalty.

Refund Policy

All purchases are non-refundable.

Charges

All prices are in Thai Baht and are subject to 10% service charge and prevailing government tax. Prices are correct at the time of publishing and subject to change without prior notice.





Spa Botanica
The Sukhothai Bangkok

