



# 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

Baht 3,000 or Baht 3,800

massage pressure - firm and deep



# 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



# **Body Scrub**

45 minutes Baht 2,400

### Happy Holiday Skin Polish

Enjoy choosing preferred exfoliating products with your therapist. A relaxing all over exfoliation and layering of richly nourishing Aromatherapy Associates skincare to leave the skin looking radiant and feeling wonderfully smooth

### Jasmine Skin Refiner

A penetrating treat that leaves your body revitalized and your skin smoother, the Jasmine Skin Refiner creates a seduction of the senses. Treat your skin to the ultimate exfoliating experience with apricot seeds and fresh tamarind; while cooling cucumber and rich shea butter cools you down from the inside and brings forth your inner glow. The essence of the night-blooming jasmine stays with you long after the treatment

### Tropical Skin Indulgence

The keys to an exotic tropical garden await. This burst of vibrant, scintillating ylang-ylang and frangipani will transport your senses to a faraway nirvana. Apricot seeds will delicately strip your skin of unwanted dryness; all the while bestowing it with enduring protection with gentle rose water

### **Body Salt Glow**

A deep cleansing and refreshing exfoliation uses mineral sea salts with natural peppermint, eucalyptus and tea tree oils to remove impurities and dead cells and stimulates circulation

### Thai Coconut Butter Scrub

Luxuriate in gloriously supple skin with this one-of-a-kind body scrub. While finely ground loofahs, married with the goodness of tropical coconuts exfoliate your skin from worldly impurities, rich shea butter kisses your skin with unwavering moisture. Tangy and AHA-rich tamarind gifts you with verve you can take home

### Thai Herbal Signature Scrub And Wrap

60 minute

Feel the freshness of natural exfoliating blends from rice powder, tamarind and fresh milk that smooth away skin impurity followed by a custom blended herbal mask which helps heal, soften and reveal your natural glow

Baht 3.000



## **Body Wrap**

1 hour Baht 3,000

### Summer Skin Cooler

Gentle exfoliation (optional if skin is sunburnt) prepares the body for an intensive layering of hydrating rose gel, soothing lavender oil and nourishing body cream rich in shea butter. A hydrating mask is applied to the face and while the active extracts get to work an Ayurvedic scalp massage releases tension in the head for an all-over relaxing, restorative treatment

### Moor Energizing Wrap

Suitable for jet lag or stress-related ailments. Soak in the deep energizing properties of this moor wrap. High in natural vitamins, minerals and enzymes, the black magna rejuvenates the skin and imparts a sense of well-being

# **Pregnancy Treatments**

### Ultimate Rose Pregnancy Massage

1 hour 15 minutes

Relieve stresses and strains, heavy legs and an aching back with this all over body treatment. Includes relaxing and rejuvenating full scalp and facial massage Recommended only after the first trimester

massage pressure - light and soothing

Raht 3 800

### Rose Hydrating Cocoon

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Bring back your radiance with this comforting, restorative treatment. Richly moisturising rose oils and creams are layered onto freshly exfoliated skin before being gently wrapped and left to deeply penetrate with the body's own heat whilst the aroma has an expansive quality that soothes the emotions and nurtures the heart. Highly recommended for the new mother and bride to be

Baht 3.000



# 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



### Harnn Facial

HARNN takes pride in our cultural heritage. The legacy of our ancestors is treasured and their wisdom has become inspirations, enabling us to create the ultimate spa experience that will tantalize your 5 senses, and focus on restoring the natural balance of the body, and mind.

Water Lily Facial Retreat

### Uplifting Facial (for dry or aging skin)

60 minutes

Our Ultra hydrating facial mask and cellular-regenerating massage will help combat dry skin and improve blood circulation along with relaxing tensed facial muscle, one factor causing deep wrinkles.

Skin Exfoliation

- Revitalizing Lymphatic Drainage Massage
- Uplifting Facial Massage
- Deep Nutrition Facial Mask
- Hand & Foot Massage
- Skin Hydrating Moisturizer

### Clarifying Facial (for normal to oil skin)

60 minutes

Light nourishment helps replenish the skin's moisture without adding greasiness, leaving your face soft and glory.

• Detoxifying Lymphatic Drainage Massage

Baht 3.000

- Deep Nutrition Facial Mask
- Skin Exfoliation
- Relaxing Facial Massage
- Hand & Foot Massage
- Gentle Moisturizing

### Hydrating Facial (for normal to dry skin)

60 minutes

The nourish treatment will take you through an utterly relaxing journey. Facial Skin will be revitalized and hydrates leaving you the touch of soft, supple and glowing skin.

Skin Exfoliation

Raht 3 00

- Revitalizing Lymphatic Drainage Massage
- Deep Nutrition Facial Mask
- Skin Hydrating Moisturizer
- Relaxing Facial Massage
- Hand & Foot Massage



# Spa For Men

If you need to spend some spa time but still hesitate on what to choose for your visit, try these special men's packages that will spoil you thoroughly with delightful combinations

Relieve 45 minutes

A quick fix massage technique to ease away the tension and tiredness of your neck, back and shoulders

Includes:

therapeutic back massage 40 minutes tension balm for neck and shoulders invigorating stretch 5 minutes

Baht 2.500

Balance 1 hour 30 minutes

Restore emotional and physical balance with this soothing and restorative treatment

Includes.

swedish massage 60 minutes relaxing foot herbal compress 30 minutes

Baht 4.100

De-Stress 2 hours

Soothe muscles that have taken a pounding from sports and exercise Help muscle injuries heal as well as prevent additional ones

Includes:

body salt glow 45 minutes deep tissue massage 75 minutes one healing drink

Baht 5,600



# Spa For Men

### Rejuvenate

2 hours 30 minutes

Release your stress and feel deeply relaxed with glowing youthful skin

#### Includes:

deep dry pressure massage 30 minutes east-west blend massage 60 minutes energizing facial for men 60 minutes one healing drink

Baht 7.000

### Mantastic Escape

4 hours 15 minutes

A perfect getaway that will leave you feel totally renewed from top to toe

#### Includes:

body scrub 30 minutes body wrap 30 minutes the sukhothai signature massage 90 minutes two-course healthy spa cuisine and healing drink deep cleansing facial 60 minutes manicure on-the-go 45 minutes

Baht 12,000



# 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 buildinc

#### 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 anv 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

