



THE GRANDE SPA
&
FITNESS CLUB

THE GRANDE SPA PHILOSOPHY

Renowned as one of the finest hotel spas in Bangkok, The Grande Spa is a sanctuary where purity, stillness and silence, create a refuge for body and mind.

At The Grande Spa, professional therapists, gracious Thai hospitality, and a calming environment ensure an unforgettable spa experience. We invite you to enrich your life through our healing philosophy and rejuvenating treatments.

THE GRANDE SIGNATURE TREATMENTS

Inspired by four elements, The Grande Spa aromatic signature treatments use one of four blends of pure mood-enhancing essential oils.

Dispel is based on the earth element to dispel distress and instill balance.

Nam is based on the water element to counter fear and inspire confidence.

Lom is based on the wind element to counter sadness and induce delight.

Fai is based on the fire element to defuse anger and encourage passion.

Guests choosing treatments from our Signature or Aromatic range can select one of four oils to counter or reinforce an emotion.

THE GRANDE SPA SIGNATURE EXPERIENCES

Grande Therapeutic Luk Pra Kob

2 hrs / Bht 3,800

Inspired by the Thai tradition of natural healing, your indigenous experience begins with a warm Luk Pra Kob Herbal Compress to release muscle tension followed by the Grande Realignment for total relaxation.

Grande Retreat Experience

3 hrs / Bht 6,500

Embark on an authentic Thai spa journey with a Hydrating Body Brush and a calming Lemongrass and Jasmine Body Scrub. Our Signature Grande Realignment massage and Grande Essence Facial complete the exquisite experience.

Grande Romance Luxury

3 hrs 30 mins / Bht 14,000

Your harmonious journey together begins in the privacy of your own sauna and Aromatic Spa Bath and is followed by a gentle scrub of your choice, and your selection of a Full Body Massage. The "Absolute Pearl Illuminating" Facial and "Man Space Pure Performance" Facial complete your romantic spa experience for two.



FACIAL RITUALS

[**comfort zone**]
a complete sense of beauty

Grande Essence Facial

70 mins / Bht 3,700

This aroma therapeutic facial combines our special meridian facial massage technique with a bouquet of essential oil to encourage lymphatic drainage, rehydrate, release muscle tension and cleanse the skin. Customized to your personal skin care needed.

Hydramemory

60 mins / Bht 2,600

This super hydrating treatment will leave your skin feeling silky soft. Advanced ingredients provide deep and long lasting hydration. The re-texturizing mask helps to give your skin a healthy, luminous appearance.

Man Space Pure Performance

60 mins / Bht 2,600

An active purifying treatment that removes impurities, rebalances excessive oily production, and leaves the skin with a clear matte finish.

Skin Resonance

60 mins / Bht 3,000

An equalizing and strengthening treatment designed to rebalance and protect sensitive skin. This aesthetic treatment is effective for reducing the redness of couperose skin and fragile capillaries.

Active Pureness Rebalancing

60 mins / Bht 3,000

A deep cleansing treatment to freshen and tone oily and impure skin. The biphasic algae mask gives extraordinary compactness and softness.

Absolute Pearl Illuminating

60 mins / Bht 3,000

Suitable for all skin types, this whitening anti-age treatment gives a luminous and even skin tone with visible improvement to hyper pigmented areas. Highly recommended for reducing dark spots and uneven skin tone.

Glorious Skin Lifting Perfect

60 mins / Bht 3,500

Enjoy immediate visible results on expression lines for younger-looking, more toned and radiant skin with this botox-like facial treatment.

Add on treatment

30 mins / Bht 1,500

Allow us to assist in the selection of a Collagen Mask for more depleted, mature skin.

MASSAGE RITUALS

Grande Equilibrium

90 mins / Bht 3,200

This authentic ritual uses the curative properties of a steamed Thai herbal compress and aromatic oils in a sequence of acupressure techniques to calm the nerves, relax muscles, and dissolve tension.

Grande Realignment

90 mins / Bht 3,200

120 mins / Bht 3,800

A unique blend of Grande Spa experiences personalized to suit your preference. Slow, intense pressure is applied during this deeply restorative treatment designed for tight, stressed and aching muscles.

Grande Sole Reliever

60 mins / Bht 2,800

This energy-based, traditional Thai massage therapy delivers deep firm rhythmical pressure to specific points on the lower legs and the soles of the feet in order to restore the free flow of energy throughout the body. Preparing the skin with Peppermint Sea Salt Scrub before massage helps the skin to regenerate.

Traditional Thai Massage

60 mins / Bht 2,100

90 mins / Bht 2,700

Using traditional Thai acupressure techniques, pressure is applied through stretching movements to points along the body's meridian lines to release muscle tension, improve flexibility and stimulate circulation.

Aromatherapy Massage

60 mins / Bht 2,600

90 mins / Bht 3,200

A gentle and soothing massage that uses the therapeutic qualities of aromatic oriental essential oils to strengthen the body's physical, mental and spiritual healing mechanism.

Swedish Release

60 mins / Bht 2,600

90 mins / Bht 3,200

The renowned Swedish massage combined with a soothing herbal cream. Rhythmic sweeping strokes help improve circulation, release toxins from the muscles, and induce deep relaxation.

Healing Stone Massage

90 mins / Bht 3,200

]With careful attention to personal pressure preferences, warm stones are gently placed along meridian lines to release tension. An Aromatherapy Massage to promote deep muscle and tissue relaxation follows.

Lymphatic Drainage Massage

60 mins / Bht 2,800

90 mins / Bht 3,200

A specialist massage technique that uses light rhythmic strokes to stimulate the lymphatic system, eliminate metabolic waste and fluid retention. The treatment is followed by a unique facial massage to encourage lymphatic drainage and rehydration for longer duration.

BODY TREATS

BODY WRAPS

Detoxifying Essential Wrap

75 mins / Bht 3,200

A customized treatment for skin detoxification that exfoliates, smoothes and refines skin texture using oriental herb scrub ingredients to promote cell regeneration. The treatment is followed by a Dead Sea Mud with Caramel Wrap and a Lemongrass and Jasmine Hydrating Application to leave the skin cool and luminous.

- Oolong Body Scrub
- Dead Sea Mud with Caramel Body Wrap
- Lemongrass & Jasmine Hydrating Application

Revitalizing Essential Wrap

75 mins / Bht 3,200

Designed to reveal healthy beautiful skin, the treatment uses a Fleur de Fleur Cream Scrub followed by a hydrating Ylang Ylang, Geranium and Rosemary Wrap, a deeply relaxing head massage. The final touch is a Coconut and Lavender Hydrating Application to reveal radiant skin.

- Fleur de Fleur Cream Scrub
- Hydrating Wrap
- Coconut & Lavender Hydrating Application

Body Refiner / Nutritional Reshaping Treatment

60 mins / Bht 3,800

Providing progressive results, the oxygenation and synergy of active ingredients are used to tone and firm the skin, purifying it and helping to combat visible signs of cellulite.

BODY SCRUBS

Grande Essence Scrub

30 mins / Bht 1,700

A gentle blend of enriching indigenous lemongrass and jasmine, aromatic oils and polishing mineral sea salts designed to restore luster to dull dry skin and balance the body's natural composition.

Coconut & Cucumber Silk Scrub

30 mins / Bht 1,700

Our blend of sugar and cucumber help to gently remove dead skin cells while coconut extract works a nourishment property. It is ideal for sensitive skin.

Bergamot & Lavender Salt Scrub

30 mins / Bht 1,700

This deep-cleansing scrub blends the stimulating properties of bergamot with the purifying benefits of mineral sea salts to improve circulation and remove dry skin cells. Lavender extract also has a calming effect.

Lanna Thanaka Scrub

60 mins / Bht 2,700

This authentic exfoliation and beauty treatment that originated in northern Thailand uses a golden powder made from Thanaka tree bark to remove dead skin cells and deeper impurities while a gentle kneading massage with Aloe Vera stimulates muscles and relaxes the mind.

Luk Pra Kob Remedy

A traditional steamed compress of therapeutic Thai herbs with excellent anti-inflammatory benefits is pressed gently along the neck, shoulders, and spine to treat aching muscles and relieve stress.

Recommended to combine with other massage therapies for deep therapeutic satisfaction.

Hydrotherapy Treatment

Immerse yourself into our stimulating jet tub and enjoy a luxurious seaweed or milk bath. This hydro-massage treatment is designed to awaken the seven chakras or energy centers, improving blood circulation and relieving muscle tension.

Mini Cleansing Facial

This perfect express facial is personalized to suit individual skin requirements with cleansing, toning and exfoliating followed by our signature facial drainage massage technique.

Siamese Head Massage

This stress-relieving massage works warm herb-infused oil into chakra points to help release physical and emotional tension, leaving you feeling refreshed and rejuvenated.

Tension Reliever

A deep acupressure oil massage concentrating on the upper-back, neck and shoulders to release stiffness, ease away shoulder strain and relieve tension. A scalp massage follows to stimulate the body's own healing mechanism.

Sole Reliever

A specialized foot treatment designed to ease tension and refresh the sole of the feet with deep pressure foot reflexology using Thai herbal oil.



SPA PACKAGES

FULL DAY OF PLEASURE

Invigorating Journey

5 hrs 30 mins / Bht 7,900

Escape the stresses of life with our extraordinary Day of Pleasure. Your personal spa journey begins with a relaxing trio of Steam, Sauna and Jacuzzi followed by a Hydrotherapy Bath to banish all tension. Next, a stimulating Full Body Scrub using a blend of authentic natural ingredients gently removes dull skin in preparation for a Revitalizing Essential Wrap and a 60-minute massage of your choice. After an exquisite lunch of spa cuisine at The Sala, the blissful journey ends with a Grande Essence Facial and Siamese Head Massage.

- Steam/Sauna/Jacuzzi
- Body Scrub of choice
- Massage of choice
- Grande Essence Facial and Siamese Head Massage
- Hydrotherapy Bath
- Revitalizing Body Wrap
- Lunch at The Sala

Sukhum Escape

4 hrs 30 mins / Bht 7,300

This enriching treatment begins with a relaxing trio of Steam, Sauna and Jacuzzi to release muscle tension. An authentic Thai steamed Luk Pra Kob Herbal Compress and a Full Body Massage follow. After a healthful lunch of spa cuisine at The Sala, a Grande Essence Facial and Sole Reliever complete the memorable day.

- Steam/Sauna/Jacuzzi
- Massage of choice
- Grande Essence Facial and Sole Reliever
- Luk Pra Kob Herbal compress
- Lunch at The Sala

HALF DAY OF PLEASURE

Aromatic Indulgence

2 hrs 30 mins / Bht 4,900

A pampering experience to indulge your body and mind combines with a Hydro-Massage treatment, Aromatherapy Massage and "Absolute Pearl Illuminating" Facial or "Men Space Pure Performance" Facial for gentlemen.

Traveler's Pampering

2 hrs 30 mins / Bht 4,900

The perfect treatment to overcome jet lag and relieve stiffness, aches and pains, it includes an Aromatherapy Massage, Foot Reflexology and a Hydramemory Facial to soothe you from head to toe.

Cleansing Ritual

3 hrs 30 mins / Bht 7,900

This therapeutic spa package is designed to nourish, detoxify and rejuvenate your body. The package includes a Hydro-Massage treatment, Aromatic Salt Scrub, Seaweed Body Wrap, Lymphatic Drainage Massage and finishing with a Grande Essence Facial.



SPA ETIQUETTE

What to wear

A robe and slippers are provided to wear while visiting our spa. During your treatment, it is recommended that you remove all jewelry and clothing. Our therapists will provide disposable undergarments if required. Therapists are professionally trained and will cover areas of the body that are not a focus of the treatment. We recommend that swimming attire be worn in all Jacuzzi, sauna, and steam facilities.

Storing valuables

While using the spa facilities, please leave your valuables in the jewelry box provided or in your in-room safe.

Special health considerations

If you have health concerns or are pregnant, please to notify our spa staff when booking your treatment. Guests are also requested to complete a pre-treatment form.

Arrival time

Please arrive at least 15 minutes prior to your scheduled appointment time; however, if a late arrival is unavoidable, please call to notify the spa receptionist. Arriving late will limit treatment time as we must complete your service on time in order to accommodate the next guest.

Personal preferences

Whether it is the room temperature or the level of massage pressure, please communicate your preferences to the therapist so they can make your time with us a special experience.

Cancelling a reservation

Guests wishing to cancel a treatment are requested to provide a three-hour cancellation notice otherwise the full service fee will be charged.

Age

Guests at The Grande Spa must be at least 17 years of age to experience the spa treatments and spa facilities.

Opening hours

Spa facilities are open daily from 08:00 - 23:00.

All prices are subject to Service Charge and Government Tax. Prices are subject to change without notice.

For reservations, please call The Grande Spa & Fitness Club.

Telephone: 02 649 8121 Fax: 02 649 8820

Email: grande.spa@luxurycollection.com

Hotel guests, please press 'THE GRANDE SPA & FITNESS CLUB' button on your in-room phone.