



# QUAN SPA

*Quan is an experience that embraces one of nature's purest restorative elements: spring water. We believe in the balance between the nurturing power of water and the natural world it nourishes, granting the opportunity for complete release and mindful growth. Our treatments provide a transformative experience that restores through the tranquility and purity of water.*

## QUAN SIGNATURES

*Quan Signatures are our indulgent treatments and packages that give you a unique experience, including a selection with local flair that are exclusive to this Quan location.*

 LOCAL INDULGENCES

### QUAN TIME ESCAPE 120 MINUTES | THB 5,000++

This spa experience is tailored just for you. Select the perfect treatments based on your body's specific needs and wellness goals.

### ENERGY BALANCE BY QUAN 120 MINUTES | THB 6,000++

Melt away tension and balance your body's energies. After a body scrub to cleanse the skin, a relaxing massage uses aromatherapy oils and hot stones to ease aching muscles. Finally, a soothing scalp massage and light stretching will leave you feeling rejuvenated.

*Foot Soak | Signature Body Scrub | Aroma Fusion Massage | Hot Stone Back Massage | Scalp Massage*

### BENJA MALEE ANCIENT FLOWER REMEDY 150 MINUTES | THB 5,000++

This refined treatment embraces traditional Thai techniques and ingredients to deliver outstanding results. A natural scrub harnesses "five pollen" flowers to cleanse and refresh the skin, before an aromatic massage combines the four elements to perfectly balance the body and mind. A hot compress of Thai flowers and natural oils then activates internal energy flows to tackle muscle pain and balance circulation throughout the body

*Signature Foot Ritual | Five Pollen Flowers | Dry Scrub Remedy | Aromatic Massage | Benja Malee Floral Aromatic Compress*

### LOVE OF SIAM 150 MINUTES | THB 5,000++

This romantic signature ritual melts away tension from the body and restores balance to the soul. Inspired by the book, "Klai Baan" (or "Far From Home"), when the great King Rama V of Thailand traveled to the West, this treatment features the traditional Thai massage that the king missed so much during his trip. Guests are treated to a body exfoliation treatment and wrap, help to nourish and rehydrate the skin. This is followed by a heavenly Thai massage, also using aromatic Rose oil.

*Foot Soak | Raya Vedic Rose Body Scrub | Raya Vedic Rose Body Wrap | Siam Oriental Massage*

## MASSAGE THERAPY

*Massage therapy is one of the oldest therapeutic remedies known to man. The simple act of human touch has the ability to connect, stimulate, relax and regenerate the body's natural healing processes.*

### ACUPRESSURE POINT MASSAGE

60 MINUTES | THB 2,000++  
90 MINUTES | THB 2,300++

An ancient Thai art, massage has been practiced and perfected in the Kingdom for centuries. Our Thai Heritage Massage combines rhythmic waves, pressure, gentle twisting and deep stretching to aid tension relief and promote the balance of Qi energy in the body. The end result is an extraordinary sense of relaxation and well-being.

*Thai Heritage Massage*

### AROMA FUSION MASSAGE

60 MINUTES | THB 2,500++  
90 MINUTES | THB 3,200++

Rediscover the ancient art of aromatherapy and experience the healing powers of essential oils as we help you journey towards total relaxation.

*Aromatherapy Massage*

### ACTIVE RELEASE MASSAGE

60 MINUTES | THB 2,800++  
90 MINUTES | THB 3,500++

This massage relieves tense muscles after a long day of activities, meetings, sports or travel. This effective treatment boosts circulation and energy flow, leaving you refreshed and back in the game.

*Deep Renewal Massage*

### AFTER MEETING RETREAT 症

45 MINUTES | THB 2,000++

Relieve physical and emotional tension in the neck, back and shoulder area, using a specific blend of massage oils with pure plant extracts

*Back, Neck and Shoulder Massage*

### FOOT MASSAGE 症

60 MINUTES | THB 1,700++

A traditional massage technique of applying gentle pressure to the pressure points of the feet. This stimulating treatment is both deeply relaxing and wonderfully therapeutic

*Relaxing Foot Massage*

### BESPOKE HERBAL HARMONY 症

90 MINUTES | THB 3,800++

A holistic massage inspired by traditional Thai remedies using hot herbal poultices to restore the flow of energy through the body.

### HEAD MASSAGE 症

45 MINUTES | THB 1,900++

Using gentle and stimulating techniques, this calming treatment improves blood flow and nourishes the scalp to deliver deep relaxation.

*Back and Head Massage with Organic Coconut Oil*

### VOLCANIC HOT STONE MASSAGE 症

90 MINUTES | THB 3,700++

Hot stones stimulate circulation and improve the flow of oxygen to tired and tense muscles. This ultimate full-body massage with organic coconut oil will restore balance to tired, overworked muscles and limbs, leaving you feeling flexible and tension-free.

*Full Body Massage with Volcanic Hot Stones*

## SIAM ORIENTAL MASSAGE

90 MINUTES | THB 3,500++

Unlock the ancient secrets of Oriental wellness with this unique treatment. A combination of acupressure techniques, warm aromatherapy oils and assisted yoga poses will focus on the body's natural pressure points, leaving your body and mind feeling relaxed, refreshed and reinvigorated.

*Signature Massage*

## EXTRA TREATMENT TIME

30 MINUTES | THB 900++

Linger longer at Quan Spa! Extend your massage treatment by 30 minutes for a fully invigorating wellness experience.

## BODY THERAPY

*The contemporary art of body therapy combines polishes, scrubs, wraps and masks into luxurious treatments and re-hydrate skin.*

### BODY MASK

30 MINUTES | THB 1,600++

An extra-hydrating body mask will revive and nourish your skin, leaving you feeling smooth, supple and looking radiant.

*Choice of Body Mask | Moisturizing Body Cream*

### SHIMMERING BODY SCRUB

30 MINUTES | THB 1,600++  
UB

This classic remedy exfoliates dry and damaged skin, removing dead surface cells and making your body glow with vitality.

*Choice of Body Exfoliation | Moisturizing Body Cream*

## FACIAL THERAPY

*Our faces reveal all. Our emotions, our history and even our personality. Like your eyes, it really is the window to the soul and deserves extra special care.*

 LOCAL INDULGENCES

### AROMA FUSION CUSTOMIZED FACIAL 60 MINUTES | THB 3,500++

Using two professional masks and a unique resurfacing lotion, this treatment reaches the heights of biotechnological performance to help restore the skin's youthfulness, softness and luminosity. The aromatic facial massage completes the ritual, resulting in complete relaxation. The result is smoother, firmer skin that glows with new radiance.

*Facial Cleanse | Exfoliation | Facial Massage | Mask | Scalp Massage*

### ANTIOXIDANT FACIAL WITH ANTI-WRINKLE EYE CARE 60 MINUTES | THB 3,200++

Using exclusive products rich in anti-oxidants, this treatment hydrates and protects your skin from city pollution. The benefits of this treatment visibly improve the skin's appearance, helping to reduce wrinkles and leaving skin fresh, nourished and radiant.

*Facial Cleanse | Exfoliation | Facial Massage | Eye Care | Mask | Scalp Massage*

### DEEP CLEANSING FACIAL 60 MINUTES | THB 3,200++

This deep cleansing facial is perfect for oily or congested skin. A purifying treatment, it freshens, purifies and revitalizes dull complexions, leaving you skin looking and feeling radiant.

*Facial Cleanse | Exfoliation | Facial Massage | Mask | Scalp Massage*

### EXTENDED YOUTH FACIAL 90 MINUTES | THB 4,500++

Feel younger again with this amazing anti-aging facial, which has been specially designed to help combat the signs of aging and heal damaged skin. Using innovative ingredients, this smoothing, firming mask helps to restructure the facial skin, visibly reducing lines and wrinkles. Your face will be left feeling fresh and replenished and looking young and revitalized.

*Back Massage | Back Mask | Facial Cleanse | Exfoliation | Facial Massage | Mask | Scalp Massage*

## QUAN PLUS

*Enhance your spa experience by adding Quan Plus services to your chosen facial, massage and body therapy without allocating any additional time.*

### HAIR & SCALP DE-STRESS

THB 900++

Nourish your hair with warm organic coconut oil and ease your stress with a soothing scalp massage.

## MEN'S THERAPY

*Crafted specially for the needs and care for men's skin and conditions.*

 LOCAL INDULGENCES

### BRILLIANT MEN'S THERAPY

90 MINUTES | THB 3,500++

Combine a deep-pressure back massage with an Aroma Fusion Facial to soothe your aching body, brighten your complexion and leave you feeling fully refreshed.

*Facial Cleanse | Facial Massage | Moisturizer*

### FITNESS MASSAGE

60 MINUTES | THB 2,500++

90 MINUTES | THB 3,500++

A powerful massage designed for guests suffering from muscle aches and tensions for an instantly invigorated feeling.

*Swedish massage | Scalp Massage*

### MINI FACIAL LIFTING

THB 900++

This treatment uses a natural marine product to tighten and shape facial contours, easing the visual effects of stress.

*Facial Cleanse | Facial Massage | Moisturizer*

### BACK RETREAT WITH HERBAL HEAT PAD OR VOLCANIC HOT STONES

THB 900++

Melt away tension, ease muscle stiffness and relieve pain with this warm and blissful back treatment.

### ENERGIZING BACK TREATMENT

45 MINUTES | THB 2,500++

Enjoy an ultra-relaxing back treatment with an exfoliation and self-heating mud mask for deep cleansing and a head and shoulder massage to release tension, inducing a sensation of utter relaxation.

*Back Exfoliate & Massage | Self Heating Mud Mask | Head & Shoulder Massage | Scalp Massage*

### EXECUTIVE MEN'S ESCAPE

120 MINUTES | THB 4,500++

Take the time to restore your body and appearance with our relaxing escape. Start with a deep tissue massage to relax tight and tired muscles, before replenishing the skin with a Gentleman's Facial. The result is a deeply relaxing experience that leaves you feeling refreshed and reawakened.

*Deep Renewal Massage | Gentleman's Facial*

## GENTLEMAN'S FACIAL

60 MINUTES | THB 2,900++

This masculine version of our classic facial ritual moisturizes the skin, smooths wrinkles and soothes blemishes, leaving your skin feeling refreshed and nourished.

*Facial Cleanse | Exfoliation | Facial Massage | Mask | Scalp Massage*

## WATER THERAPY

*Water is a powerful healing agent. Relax, refresh and restore your emotional and physical balance with this de-stressing water therapy.*

\* All water therapies are not recommended for guests who are pregnant or have high blood pressure.

## BATHING THERAPY

30 MINUTES | THB 700++

Bathing therapy is recommended prior to your facial, massage or body therapy.

### RELAX

This relaxing aromatherapy, milk-float bath eases tension of your body and mind.

### BALANCE

Refresh your body and de-stress your mind with aromatic oils.

### PURIFY

Unwind and clear your skin with this pure, deep-sea formula of marine and mineral elements.

### RENEW

Immerse yourself in a complete state of relaxation and improve your blood circulation.

## SPA ETIQUETTE

*The Quan Spa team is delighted to recommend you the best treatments suited for your body and skin condition.*

### WHAT SHOULD I WEAR TO THE SPA?

All of our treatment rooms are equipped with changing facilities and we will provide a change of clothing for your session. In addition, please feel free to wear your robe provided in your hotel room.

### WHAT SHOULD I WEAR DURING MY TREATMENTS?

Disposable undergarments are offered in our facilities.

### IS THERE A MINIMUM AGE REQUIREMENT?

Guests 12 to 16 years of age can experience select treatments. Guests under 12 years are not permitted in the spa.

### IS IT NECESSARY TO ARRIVE EARLY FOR MY TREATMENT?

We ask that you arrive at least 10 minutes before your scheduled appointment to allow yourself time to complete a wellness questionnaire, to help us personalize your spa visit.

### WHAT IF I AM RUNNING LATE FOR MY APPOINTMENT?

To ensure the best possible spa experience, please ensure you are on time, as treatment times will be shortened for the next guest's appointment. The full price of the treatment will still be charged.

### WHAT DO I DO IF I NEED TO CANCEL MY SPA TREATMENT?

If you wish to reschedule or cancel your treatment, please inform us 3 hours prior to your appointment time to avoid cancellation charges. All bookings must be guaranteed to either your hotel room or with a valid credit card.

### WHAT DO I DO IF I AM PREGNANT OR HAVE ALLERGIES?

Kindly consult with your physician before signing up for any treatment. We do offer select treatment for pregnant guests. Please make sure to inform the Quan Spa team.

SPA RESERVATIONS  
EMAIL: [mhrs.bkkqp.spa@marriotthotels.com](mailto:mhrs.bkkqp.spa@marriotthotels.com)  
TEL: + 66 (0) 2 059 5555, EXT. 5832

SPA OPENING HOURS  
11:00 AM- 09:00 PM Monday to Sunday

**BANGKOK MARRIOTT MARQUIS QUEEN'S PARK**  
199 Sukhumvit 22 Klong Ton, Klong Toey, Bangkok, Thailand 10110  
<https://www.marriott.com/en-us/hotels/bkkqp-bangkok-marriott-marquis-queens-park/overview/>

All prices quoted are in Thai baht and subject to 10% service charge and applicable government tax.