Water is the source of all life. It has ability to cleanse physically and spiritually. It is no coincidence that our name, Quan, means ‘spring water’, which represents all things good and pure, including health and wellness. At Quan Spa, we draw on these restorative qualities to provide a haven of calm, tranquility and relaxation.

Our treatment rituals are unique, truly indulgent and influenced by customs from around the world, including traditional Thai culture. All of the therapies are personalized to meet your needs and to deliver outstanding results.
SIGNATURE RITUALS

Benja Malee Ancient Flower Remedy
150 minutes
THB 4,800++

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 Dried Scrub Remedy
- Aromatic Massage
- Benja Malee Floral Aromatic Compress

Love of Siam
150 minutes
THB 4,800++

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.

- Signature Foot Ritual
- Raya Vedic Rose Body Scrub
- Raya Vedic Rose Body Wrap
- Siam Oriental Massage
Immerse yourself in the tranquility of Thailand to soothe, relax and restore your body & mind.

**IMMERSE**

Mineral Bath
30 minutes
THB 700++ for 1 person
THB 1,300++ for 2 persons
THB 1,800++ for 3 persons
THB 2,200++ for 4 persons

Bathing has long been known to hold healing properties. Quan Spa embraces the ancient Japanese bathing tradition of "onsen", using mineral-infused water to provide a restorative experience. The power of water can reawaken, relax and renew the mind, body and soul.
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 process.

**TOUCH**

**After Meeting Retreat**
45 minutes - THB 1,800++
Relieve physical and emotional tension in the neck, back and shoulder area, using a specific blend of massage oils with pure plant extracts.

**Aroma Fusion Massage**
60 minutes - THB 2,300++
90 minutes - THB 3,000++
Rediscover the ancient art of aromatherapy and experience the healing powers of essential oils as we help you journey towards total relaxation. We use different blends of oils at different times of the day for the best results.

**Deep Renewal Massage**
60 minutes - THB 2,500++
90 minutes - THB 3,200++
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.

**Bespoke Herbal Harmony**
90 minutes - THB 3,500++
A holistic massage inspired by traditional Thai remedies using hot herbal poultices to restore the flow of energy through the body.

**Aroma Fusion Massage**
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90 minutes - THB 3,000++
Rediscover the ancient art of aromatherapy and experience the healing powers of essential oils as we help you journey towards total relaxation. We use different blends of oils at different times of the day for the best results.
Foot Massage  
60 minutes - THB 1,500++  
A traditional massage technique of applying gentle pressure to the reflex points of the feet. This stimulating treatment is both deeply relaxing and wonderfully therapeutic.

Head Massage  
45 minutes - THB 1,800++  
Using gentle and stimulating techniques, this calming treatment improves blood flow and nourishes the scalp to deliver deep relaxation.

Swedish Massage  
60 minutes - THB 2,300++  
90 minutes - THB 3,000++  
This relaxing full-body massage flows with rhythmic grace, inspired by classical Swedish techniques. Using organic coconut oil known for its antioxidant properties, this treatment is an ideal introduction to massage, helping to soothe overworked muscles and release tension.

Thai Heritage Massage  
60 minutes - THB 1,900++  
90 minutes - THB 2,200++  
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.

Volcanic Hot Stone Massage  
90 minutes - THB 3,500++  
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.

Siam Oriental Massage  
90 minutes - THB 2,900++  
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.

Body Wrap of Your Choice  
30 minutes - THB 1,600++  
This nourishing menu of individual wraps uses powerful pure plant extracts with essential oils to revitalize your skin and deliver the ultimate relaxation.

Body Scrub of Your Choice  
30 minutes - THB 1,600++  
Our mild body exfoliation purifies the body and stimulates lymphatic circulation with the benefits of pure plant extracts to leave your skin feeling deeply cleansed and looking radiant.

Body Wrap of Your Choice  
30 minutes - THB 1,600++  
This nourishing menu of individual wraps uses powerful pure plant extracts with essential oils to revitalize your skin and deliver the ultimate relaxation.

REFRESH  
The contemporary art of body therapy combines scrubs, wraps, polishes and masks to create a luxurious treatment that rejuvenates, detoxifies and re-hydrates the skin.

BODY THERAPY
Our faces reveal our emotions and even our personality. It is often said that our eyes are the windows to our soul, but this is also true for our entire face. Treat yours with extra special care.

**CARESS**

Extended Youth Facial
90 minutes - THB 3,600++

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 looking young and revitalized.

Perfect Purifying Facial
60 minutes - THB 2,900++

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.

**FACE THERAPY**

Rejuvenating Facial
60 minutes - THB 2,900++

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.

Aromatic Facial
60 minutes - THB 3,300++

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.

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SPA ESCAPES

Executive Men’s Escape
120 minutes - THB 4,300++

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

Journey to Renewal
120 minutes – THB 5,000++

A unique spa journey that will elevate you to new level of personalized wellness. Combining three sublime rituals and using natural products, this spa journey will leave you feeling relaxed, renewed and re-energized.

• Sesame Body Scrub
• Honey Milk Body Wrap
• Body Massage of Your Choice

Lady Glamour Ritual
120 minutes - THB 4,300++

This sophisticated ritual, designed for the most glamorous of women, combines a cocoon aromatherapy massage and a luxurious facial ritual to leave your skin glowing and your body and mind completely at ease.

• Aroma Fusion Massage
• Rejuvenating Facial

Relax & Revitalize
90 minutes, THB 3,000++

This revitalizing experience begins with a mineral bath to help soothe the muscles and promote circulation. Then let our skilled therapists ease tension from the muscles and unblock your body’s energy pathways with a choice of oil massages.

• Mineral Bath
• Body Massage of Your Choice
**Why should I spa?**

The International SPA Association, ISPA, defines the spa experience as “your time to relax, reflect, revitalize and rejoice”. This is precisely what we aim to deliver, with a range of treatments that incorporate elements that have been used in health and beauty rituals for thousands of years.

**Can someone help me choose the most appropriate treatment?**

Our spa team is always on hand to discuss our range of treatments with you. We will help you meet whatever objective you have, whether it is to detoxify, energize, improve skin clarity and tone, or just to relax.

**Can I have more than one spa treatment in a day?**

Yes. Many spa treatments work in synergy with each other. This mean the therapeutic effects can be extended and improved by having more than one treatment in the same day.

**What if I have a health condition or any health concerns?**

Please notify a member of our spa team prior to your treatment. It is extremely important to advise us if you are pregnant or suffer from high blood pressure.

**Should I eat before my spa treatment?**

As many spa treatments improve blood circulation and pressure techniques, we advise against eating a heavy meal before your treatment. A light snack is appropriate if you are hungry.

We strongly advise against the intake of alcohol before any spa treatment.

**What skin care products will you use in my treatment?**

Rest assured that all of our products are gentle on your skin. Where possible we use marine- and plant-based products that are hypoallergenic. We also have different product ranges to meet specific needs.

**SPA ETIQUETTE**

**What should I wear to the spa?**

All of our luxuriously-appointed treatment rooms are equipped with changing facilities. Feel free to wear the robe provided in your hotel room.

**What should I wear during my treatments?**

We will provide you with disposal underwear. Our therapists are well trained to drape sheets discreetly over any area of the body not involved in the treatment and to respect your privacy at all times.

**Is there a minimum age requirement?**

Guests 16 years old and above are permitted to experience spa treatments. Guests under 16 years of age are not permitted in the spa.

**Is it necessary to arrive early for my treatment?**

We ask that you arrive 15 minutes before your scheduled appointment time to allow yourself time to relax and to complete a health questionnaire. This will enable us to personalize your spa experience.

**What if I am running late for my appointment?**

To ensure that we offer the best possible service to all our guests, your treatment time will be shortened if you arrive late for your appointment. This ensures that the next guest will not be delayed. The full price of the treatment will still be charged.

**What do I do if I need to cancel my spa treatment?**

All bookings must be guaranteed to either your hotel room account or with a valid credit card. Any treatment cancelled within a minimum of three hours’ notice will subject to a charge equal to 50% of the value of the treatment (s). Failure to arrive for your scheduled treatment will incur a charge equal to 100% of the value of the treatment(s).

**How do I pay for my treatments?**

We accept cash (local currency only) and all major credit cards. You can also charge all Quan Spa treatments and services to your room account.

**Is there anything else I should know so I have the best spa experience?**

This is your time to relax and rejuvenate. Please let our therapist know if they can improve your comfort during your treatment. We advise against bringing electronic devices (including mobile phones) to the spa area as these detract from your experience and could also disturb other guests.

Please note that the use of mobile phones within the spa treatment area is not permitted.
Asian Experience
Benja Maker Ancient Flower Remedy
Love of Siam
Bespoke Herbal Harmony
Thai Heritage Massage

Relax
After Meeting Retreat
Aroma Fusion Massage
Deep Renewal Massage
Foot Massage
Swedish Massage

Indulge
Volcanic Hot Stone Massage
Executive Men’s Escape
Lady Glamour Ritual
Journey to Renewal
Relax & Revitalize

Fresh
Mineral Bath

Rejuvenate
Scrubs
Wraps
Anti-Pollution Facial
Extended Youth Facial
Aromatic Facial
Perfect Purifying Facial
All prices quoted are in Thai baht and subject to 10% service charge and applicable government tax.

SPA RESERVATIONS
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SPA OPENING HOURS
10:00 - 22:00 hrs Monday to Sunday

www.bangkokmarriottmarquis.com