



THE GRANDE SPA  
&  
FITNESS CLUB

**SHERATON GRANDE SUKHUMVIT, A LUXURY COLLECTION HOTEL, BANGKOK**

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## THE GRANDE SPA PHILOSOPHY

Renowned as one of the finest hotel spas in Bangkok, The Grande Spa is a sanctuary where purity, stillness and calm create a refuge for body and mind. Our treatments combine ancient wisdom and contemporary healing techniques with therapeutic spa products made from natural local ingredients.

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

## CURATED EXPERIENCES



### INDIGENOUS THERAPEUTIC LUK PRA KOB

120 mins / THB 4,700

Inspired by the Thai tradition of natural healing, this authentic ritual uses the curative essential oils and a warm Luk Pra Kob herbal compress to help alleviate physical ailments. This is combined with our deep yet gentle signature Indigenous Realignment Massage to release muscle tension. The treatment ends with a scalp massage for full relaxation.

### ORIENTAL GLOW

150 mins / THB 6,400

Rejuvenate your body and mind with a gentle touch of the Orient and an invigorating body scrub. The treatment ends with an aromatic oil massage and a mini facial for a glowing skin.

### SIAMESE RETREAT EXPERIENCE

180 mins / THB 7,000

Embark on your authentic Thai spa journey with an organic Himalayan Salt Scrub followed by our signature Indigenous Realignment Massage and a Pure Essence Facial.

### AN INDULGENT ROMANTIC MOMENT

210 mins / THB 12,000  
for 2 persons

Your harmonious journey begins in a private sauna and milk spa bath followed by your choice of a gentle Body Scrub and a Full Body Massage. Our White Lamination and Skin Escape for men completes your romantic spa experience for two.

*All prices are subject to 10% service charge and 7% government tax.*

## FACIAL RITUALS



### **PHYTOMER: HYDRA BLUE PLUMPING MOISTURIZING TREATMENT**

**60 mins / THB 3,000**

The skin is immersed in an intense moisturizing bath to leave you looking youthful and radiant.

### **PHYTOMER: SKIN ESCAPE FOR MEN FACIAL TREATMENT FOR MEN**

**60 mins / THB 3,000**

Cleansing and facial treatment creams by PHYTOMER HOMME.

### **PHYTOMER: CITYLIFE ANTI-POLLUTION SKIN FRESHNESS TREATMENT**

**60 mins / THB 3,400**

60 minutes to detoxify city-dwellers' skin and revive dehydrated faces.

### **PHYTOMER: WHITE LUMINATION BRIGHTENING RADIANCE TREATMENT**

**60 mins / THB 3,400**

An instant burst of radiance for a beautiful and glowing complexion with a visible reduction of dark spots.

### **PHYTOMER: DOUCEUR MARINE COMFORTING SOOTHING TREATMENT**

**60 mins / THB 3,800**

A cocooning treatment that softens sensitive skin, strengthens its defenses and leaves it perfectly moisturized.

### **PURE ESSENCE FACIAL**

**60 mins / THB 3,800**

This therapeutic aroma facial is perfect for lymphatic drainage, rehydration, release of muscle tension and skin cleansing.

### **PHYTOMER: PIONEER TREATMENT YOUTH REVEALING TREATMENT**

**90 mins / THB 4,000**

An exceptional anti-aging massage for instantly smoother, firmer, and brighter skin.

*All prices are subject to 10% service charge and 7% government tax.*

# PHYTOMER

## ADD-ON TREATMENTS

### COMBINATION OF ALL ADD-ON TREATMENTS

45 mins / THB 2,400

### PHYTOMER: EYE PERFECTION

30 mins / THB 1,200

#### RADIANCE SMOOTHING EYE TREATMENT

Complementing all our facials, this relaxing treatment returns beautiful youthful sparkle to your eyes.

### PHYTOMER: LIP TREATMENT

30 mins / THB 1,200

#### ACHIEVE FULL AND SMOOTH LIPS

Contains a blend of antioxidants to help protect lips from environmental stressors. Helps to temporarily plump and fill fine lines, leaving your lips soft, smooth and voluminous.

### PHYTOMER: BACK DETOX

30 mins / THB 1,200

#### COOL-DOWN TREATMENT

A relaxing massage of the back, scalp, and feet, integrated with a blend of detoxifying marine products.

### PHYTOMER: LEG REVIVAL

30 mins / THB 1,200

#### BEAUTIFUL LEGS SOOTHING TREATMENT

A targeted treatment to comfort and relieve tired legs, as well as visibly enhance their appearance.

*All prices are subject to 10% service charge and 7% government tax.*

## MASSAGE RITUALS



### TRADITIONAL THAI MASSAGE

Using traditional Thai acupuncture techniques, Thai massage is designed to eliminate body toxins and impart a sense of relaxation. This tranquil state helps lower stress, enhance blood circulation, and improve overall health.

60 mins / THB 2,400  
90 mins / THB 3,000

### AROMATHERAPY MASSAGE

A gentle and soothing massage using aromatic oriental essential oils to strengthen the body's physical, mental and spiritual healing mechanism.

60 mins / THB 3,400  
90 mins / THB 4,000

### SWEDISH RELEASE

Combining ancient Greek and Roman massage techniques, Swedish massage promotes relaxation with long, gliding strokes, increases blood oxygenation, decreases toxins, improves circulation, and promotes healing.

60 mins / THB 3,400  
90 mins / THB 4,000

### INDIGENOUS REALIGNMENT

Soft to deep pressure massage techniques are applied in sequence to release toxins and increase blood circulation. Highly recommended for those who experience chronic pain.

60 mins / THB 3,400  
90 mins / THB 4,000

### INDIGENOUS EQUILIBRIUM

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

90 mins / THB 4,000

### HEALING STONE MASSAGE

Healing warm stones are gently placed along the meridian lines to release tension, followed by an Aromatherapy Massage.

90 mins / THB 4,000

*All prices are subject to 10% service charge and 7% government tax.*

## ESSENTIAL BODY CURES



### ESSENTIAL DETOXIFICATION

75 mins / THB 3,600

A customized treatment for skin detoxification that exfoliates and refines skin texture. Followed by a body wrap comprising of white Thai mud and anti-oxidant red wine to boost circulation, eliminate toxins and reduce water retention.

### ESSENTIAL REVITALIZATION

75 mins / THB 3,600

The treatment uses Oriental Herb Scrub to help eliminate dead cells and suppress pigmentation and melanin production. This is followed by a body wrap comprising of rich milk protein and cucumber extract to moisturize and brighten your skin.

## BODY SCRUBS



### HIMALAYAN SALT SCRUB

45 mins / THB 2,000

Restore the balance to your body with this gentle blend of sea salt and aromatic sandalwood and myrrh essential oils. Suitable for dry skin.

### ORIENTAL HERB SCRUB

45 mins / THB 2,000

Improve your blood circulation with this aromatic blend of lingzhi and shitake mushrooms, lavender, bergamot with apricot kernel cream. Ideal for all skin types.

### LAVENDER & MINERAL SEA SALT SCRUB

45 mins / THB 2,000

Enhance your skin's glow with this natural deep-cleansing scrub blend of tea tree oil, kaffir lime, mint and refined mineral sea salt. Perfect for improving blood circulation and removing the dry skin cells.

## EXPRESS TREATMENTS

### SIAMESE HEAD MASSAGE

A stress-relieving massage using warm herb-infused oil applied on chakra points to release physical and emotional tension.

30 mins / THB 1,800

### TENSION RELIEVER

A deep acupressure oil massage concentrating on the upper-back, neck and shoulders to release stiffness and ease shoulder strain. The treatment is followed by a head massage to relieve tension.

30 mins / THB 1,800

### SOLE RELIEVER

A relaxing foot massage designed to ease tension and refresh the soles of the feet.

30 mins / THB 1,800

### MINI CLEANSING FACIAL

Perfect for cleansing and exfoliating. Best followed by our signature Pure Essence Facial.

30 mins / THB 2,200

## EXCEPTIONAL DAY LONG EXPERIENCES

### TRAVELER'S PAMPERING

The perfect treatment to overcome jetlag and relieve stiffness, aches and pains, Traveler's Pampering includes a head-to-toe Aromatherapy Massage complemented by a Hydra Blue Facial.

150 mins / THB 5,500

### AROMATIC ESSENTIAL OIL INDULGENCE

A pampering experience to indulge your body and mind including an Aromatherapy Massage and White Lumination or Skin Escape for men and radiant eye masks.

150 mins / THB 6,500

### BODY AND MIND RETREAT

Designed to nourish, detoxify and rejuvenate your body with an Aromatic Salt Scrub, Detoxifying Body Wrap, Lymphatic Drainage Massage, and finished with a Pure Essence Facial.

180 mins / THB 7,000

### INVIGORATING JOURNEY

Escape the stress of the daily life with our pampering 330-minute "Invigorating Journey". Your journey to well-being starts with a trio of steam, sauna and Jacuzzi to release tension in your body and mind. Once relaxed, you will enjoy a stimulating Body Scrub using a blend of authentic natural ingredients, followed by an Essential Revitalizing Wrap, a 60-minute massage of your choice, and a Pure Essence Facial and Siamese Head Massage. Your day of pleasure ends with an exquisite healthy lunch in the tranquil tropical garden at The Sala.

330 mins / THB 9,500

## SPA ETIQUETTE



### **DRESS CODE**

A bathrobe and a pair of slippers are provided at our spa. During your treatment, it is recommended that you remove all jewelry and clothing. Our therapists will provide disposable undergarments.

### **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 notify our spa receptionist upon reservation. Guests are also invited 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 enjoyable.

### **CANCELLING A RESERVATION**

Guests wishing to cancel a treatment must provide 4 hours cancellation notice otherwise the full amount of the fee will be charged.

### **AGE**

Guests at The Grande Spa must be at least 18 years of age to experience the spa treatments and spa facilities.

### **OPENING HOURS**

Spa facilities are open daily from 09:00 - 23:00 hrs. Last treatment must commence at 22:00 hrs. for a 60-minute treatment.

For reservations, please call The Grande Spa 02 6498121 Email: [grande.spa@luxurycollection.com](mailto:grande.spa@luxurycollection.com)

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