

THE SUKHOTHAI SPA



The Sukhothai Spa

We would be delighted to welcome you to The Sukhothai Spa where we have created a truly unique experience in pampering and relaxation for everyone.

With our warm welcome and Thai hospitality, soothe away the everyday stresses of your hectic daily schedule. Our professionally trained therapists will ensure that in every detail, we make you feel totally relaxed, rejuvenated and pampered .

Browse our selected treatments from the enclosed Spa menu or consult our receptionist to help you create your own ultimate Spa experience!

We look forward to welcoming you.

Helpful information for your visit to The Sukhothai Spa

Opening Hours:

7 Days a week from 09.00 a.m. - 10.00 p.m. Our last Spa booking everyday is at 9.00 p.m. for any one hour treatment.

Reservations:

Advance reservations are recommended as the Spa is very popular amongst our guests. A Credit card number is required at the time of booking. Please arrive at the Spa 15 minutes prior to your appointment time. Late arrivals will be subject to reduced treatment time, because of bookings after your treatment.

Special Health Considerations:

Please inform our staff upon making a reservation if you have any of the following conditions: High blood pressure/allergies/heart condition/physical ailments or disabilities, or if you are pregnant. We also recommend that alcohol not to be consumed before or immediately after your treatment.

Dress Code:

The Spa will provide the appropriate attire for you during your visit and hotel guests are welcome to visit the Sukhothai Spa in their robe and slippers.

Valuables:

The management cannot be responsible for money or valuables damaged, lost or stolen that are brought into the Sukhothai Spa. Lockable storage is however provided in each of the treatment rooms.

Mobile Phones:

For the comfort of all our guests, you will be asked to switch off your mobile phone while visiting the Sukhothai Spa.

The Jasmine or Orchid Suites

For the ultimate service we provide a suite which accommodates two people. Facilities include private changing area, Jacuzzi, Thai herbal steam/shower and relaxation area.

Gift Vouchers:

For the ideal gift or special occasion give a friend or loved one an exclusive pampering Spa Gift Voucher. Our receptionist will be pleased to assist you, in selecting your choice of treatments. 24-hours advance notice is required.

Cancellation Policy:

A 50% charge will be made for treatments cancelled with less than 3 hours notice prior to appointment.

No Show:

Full treatment charge will be applied.

Prices:

All prices are Thai Baht and are subject to 10% Service Charge and applicable Government Tax. Prices are subject to change without prior notice.

Contact Details:

Telephone: 66 (0) 2344 8888, ext: 5918, 5919

Facsimile: 66 (0) 2344 8899

E-mail: spa@sukhothai.com

MASSAGES

Neck and Shoulders 30 Mins

Using a rice oil blend that is high in vitamin E, that complements this intensive massage which dramatically relaxes tense and aching back muscles caused by stress or strenuous activities. Recommend for those who have a busy schedule and are short on time.

Sukhothai Foot Massage 60 Mins

A wonderful floral foot spa including pure essential oils to cleanse and soothe the feet that complement the sheer pleasure of a stimulating lower leg massage. All the energy meridians of the body are identified in the pressure points of the feet and this massage will release blocked energies, relax and revitalise your feet. The ideal treatment after sightseeing, shopping or a round of Golf.

Traditional Thai Massage 60 or 90 Mins

This ancient massage technique has been handed down through centuries. Based on the application of pressure along the energy lines of the body, together with gentle stretching that stimulates energy flow and eases muscle tension. Traditional Thai pyjamas will be provided for you to wear during this massage.

Aromatherapy Massage 60 or 90 Mins

A blend of pure essential oils will be selected for your physical needs, such as stress, muscle aches or circulation, while their aromatic effects will balance your mind and emotions, bringing enhanced relaxation, vitality and general well being. Intensive spinal pressures help to rebalance the nervous system as deep healing massage soothes back, face, neck and shoulders and foot reflexes.

Sport Massage

60 or 90 Mins

A special sports blend is applied all over the body to assist and warm the muscles, followed by deep tissue massage techniques to further penetrate into the muscles. This massage may vary according to your particular needs. Great after a workout at the Gym.

Swedish Massage

60 or 90 Mins

For this traditional European style massage we use an aromatic oil which is worked into the body using a combination of massage techniques to release stress and tension. Pressure can be soft, medium or hard. This massage also helps to relieve tired muscles and improves the circulation, leaving the body feeling totally relaxed.

Jet Lag Massage

60 or 90 Mins

This technique helps to relieve tiredness and fatigue associated with jet lag. The movements are performed to stimulate, invigorate and to assist the body's circulation. This massage will loosen tight muscles in the back, neck, shoulders, arms whilst concentrating on the legs using moisturising gel rich with marine nutrients to leave you feeling balanced and re-energised. Highly recommended after a long flight.

Sukhothai Blend

60 or 90 Mins

A pressure point massage based on the Asian Theories of energy meridians, this massage is effective in relieving tension, aches and pains. The combination of soothing aromatic Asian oils blended in rice oil coupled with gentle kneading and stretching will leave the body feeling totally relaxed and refreshed.

BODY TREATMENTS

Aromatic Salt Glow 40 Mins

Using authentic Dead Sea salts, honey and mineral rich lotions, this treatment is one of the most effective skin exfoliation techniques, replenishing your skin with nutrients and leaving it with a silky velvet touch. The salts and honey are applied with a soothing effleurage lotion, aiding soft tissue relaxation. Ideal treatment before a relaxing massage.

Detoxifying Coffee Scrub 40 Mins

Designed to detoxify and refresh your body, made from ground coffee beans and natural volcanic pumice. This superior treatment will leave your body feeling deeply cleansed and energized. It also reduces orange peel skin and helps the skin to regain its elasticity. Recommended a minimum of 6 treatments for effectiveness.

Thai Herbal Signature Body Scrub 60 Mins

Using blend of rice flour, tamarind and fresh milk, which are known as a skin beautifier. Specially designed to exfoliate and stimulate the entire body. Thai mint leaf and fresh carrots is applied to the body to further nourish and soften the skin. Complete with aromatic soothing body lotion with light massage to moisturize your skin.

Golden Moor Body Treatment 60 Mins

The cellulite oil is applied specifically to the hips, abdomen and thighs and using exfoliating brush techniques to activate blood circulation and eliminate toxic waste deposits and reduce cellulite build up. This is followed by a warm therapeutic mud mask that contains a truly unique collection of plant and mineral trace-elements and organic substances. A final firm massage with toning cream, will complete this rejuvenation.

Dead Sea Back Cleansing 60 Mins
Specially formulated for everyone, this treatment incorporates the application of Dead Sea salts as a skin exfoliant, then thick layers of mineral rich Dead Sea mud are used to revitalise and deep cleanse the skin, followed by an invigorating deep tissue massage. This treatment is perfect for today's active executives, providing relief from the daily tension and pollutants of city life.

Dead Sea Mud Wrap 60 Mins
This luxurious detoxifying wrap contains an abundance of minerals, organic plants and algae residues to absorb impurities whilst stimulating blood circulation helping to ease aches and pains, and relieve fatigue. After the warm mineral rich mud is applied all over the body, you are wrapped in a thermal blanket and can enjoy a complimentary head massage. On completion of the treatment, revitalise your skin with a refreshing shower and light massage with a natural body lotion that will leave you with a feeling of complete renewal.

Marine Algae Body Treatment 60 Mins
The therapeutic values of seaweed are well recognised as being a rich source of minerals, trace elements and vitamins which are easily absorbed by the skin during this body wrap. The soothing warmth from the thermal blanket promotes the natural process of detoxification and eliminates excess fluid to re-establish the metabolic balance of the body. The ideal treatment to reduce mental stress with the added benefit of revitalised skin. A light massage with a special body lotion concludes the relaxing experience.

Stimulating Leg Treatment 60 Mins
Ideal treatment for relieving heaviness and swelling in the legs and feet. It helps to reduce the fluid and relieve that exhausted feeling. Your legs and feet are wrapped with cloth soaked in a cooling herbal gel that will leave you with a feeling of lightness. Your legs will be massaged with refreshing, stimulating gel. Highly recommended after a long flight.

FACIAL TREATMENTS

Pick Me Up (Express Facial) 30 Mins

A facial suitable for all skin types. A combination of cleansing and compression techniques which help to exfoliate the dead skin cells, toning and moisturising that will rebalance the skin, close open pores and leave your skin with a freshly nourished facial effect.

Aromatherapy Facial 60 Mins

Atmospheric pollution, artificial atmospheres, stress and negative lifestyles tend to diminish the body's capacity to fulfil its needs. This aromatherapy facial is a rejuvenating experience of lymphatic drainage, cleansing, hydrating and moisturising. This facial massage and mask is designed to purify and promote beautifully restored skin.

Fitness Facial for Men 60 Mins

A specially formulated facial for the male complexion, using natural aromatherapy products to cleanse, purify, rehydrate and revitalise the skin. This facial is ideal for city dwellers, frequent air travellers and for those who have stressful or hectic lifestyles.

Ceramides Facial

60 Mins

This treatment regenerates the epidermis using plant ceramides, a unique principle developed by innovative and advanced bio-technology research conducted in Switzerland, allowing the skin to recover all the softness, glow and health that it deserves.

Ceramides for Men

60 Mins

Thanks to the innovative and advanced bio-technology research conducted in Switzerland, products are suitable for male skin and a specific ceramides treatment is offered. The fine texture of creams has a moisturising and purifying effect, bringing a new shine to the male complexion.

Ceramides Collagen Face Mask

90 Mins

The ultimate pure lyophilized facial treatment using a collagen mask, which you enrich with a special activator made with deep hydrating agents. Specially designed to help slow down the appearance of fine line and increase the skin elasticity. Ideal for pre-mature skin and skin with dehydrated problems.

Neck and Décolleté Treatment

A specifically formulated treatment for the delicate area of the neck and décolleté, an important element of feminine beauty which is so often neglected.

(Concurrent with Facial Treatment)

SPA PACKAGES

Enjoy and pamper yourself with one of our wonderful packages which you can take by yourself or enjoy with a loved one or friend in the privacy and comfort of our Orchid or Jasmine Suite.

Relaxing Spa Package (2hrs)

- Thai Herbal Signature Body Scrub (60 minutes)
- Sukhothai Blend (60 minutes)
- Refreshment

Enlivening Experience (2hrs 30mins)

- Dead Sea Mud Wrap (60 minutes)
- Aromatherapy Massage or Sukhothai Blend (60 minutes)
- Pick Me Up Facial (30 minutes)
- Refreshment

Sukhothai Revitalising Spa Package

(3hrs)

- Thai Herbal Signature Body Scrub (60 minutes)
- Sukhothai Blend (60 minutes)
- Ceramides Facial (60 minutes)
- Refreshment

The Ultimate Journey (3hrs)

- Aromatic Jacuzzi & Steam (20 minutes)
- Detoxifying Coffee Scrub (40 minutes)
- Jet Lag Massage (60 minutes)
- Aromatherapy Facial (60 minutes)
- Refreshment

Sukhothai Well Being (3hrs 30mins)

- Aromatic Jacuzzi & Steam (20 minutes)
- Aromatic Salt Glow (40 minutes)
- Traditional Thai Massage (90 minutes)
- Aromatherapy Facial (60 minutes)
- Neck & Décolleté Treatment (concurrent with facial)
- Refreshment

BEAUTY TREATMENTS

Luxury Manicure or Luxury Pedicure 90 Mins
 The ultimate luxury in hand or foot care to suit everyone. After exfoliating, they are massaged with a rich nutrient cream to soften the skin's texture, followed by a warm paraffin wax mask that increases softness and rehydration of the skin. A full manicure or pedicure completes this rejuvenation.

THE SUKHOTHAI HAIR SALON

	Women	Men
Shampoo, Set blow dry * with Straightening Iron		
Short	550-*700	350
Long	700-*1,000	
Shampoo, Cut blow dry	1,000	700
Intensive Hair Treatment		
Short	2,000	
Long	2,800	
Coloring		
Color Conditioner	2,500-4,500	2,000
Permanent Color	3,500-5,500	2,500
High Lights	4,500-6,500	
Perm	3,500-6,500	
Luxury Manicure	1,500	1,500
Luxury Pedicure	1,500	1,500
Manicure	700	700
French Manicure	800	
Pedicure	700	700
Waxing		
Lip	300	
Bikini, Underarms	600	
Leg (half)	1,200	
Leg (full)	1,600	
Back		1,600

THE SUKHOTHAI SPA SUITES

The Jasmine Suite or Orchid Suite 30 Mins

(Privacy aromatic jacuzzi & Thai herbal steam)

For the ultimate privacy of Spa services we also highly recommended starting with Thai herbal steam and Aromatic jacuzzi. It allows elimination of all the toxins, impurities and increased blood & lymph circulation and easing muscular tension. Most relaxing to balance mind, body and spirit.

(Concurrent with any treatment)

JUICE MENU

Our natural juices contain fresh pureed local fruits mixed with milk or yogurt and are very much part of a healthy diet, plus they taste great! Fruit is easy to digest and very cleansing and also provides the body with vitamins A, C and E, energy and water.

Recommend after your spa treatment. Great for purifying the blood and settling the stomach.

Tropical Delight

Passion fruit, lime, orange, banana with a dash of natural yogurt.

Cool Blush

Beetroot & cucumber with a twist of lime
(Shaken not stirred).

The Royal Quencher

Watermelon, orange, and melon poured over a mountain of ice.

Asian Tonic

A mix of ginger, turmeric, vanilla, cinnamon and lemongrass.