SPA

THE PENINSULA

THE PENINSULA BANGKOK



From the banks of the Chao Phraya River,
overlooking Thailand's vibrant capital,
The Peninsula Spa brings together an eclectic blend of
ancient and modern influences with therapies uniquely
layering Thai, Oriental, European and Ayurvedic
philosophies for an entirely new experience.

An exceptional state-of-the-art urban retreat which
complements the legendary Peninsula style and service,
a collection of bespoke treatments exclusive to
The Peninsula Spa - the natural, high-quality skincare
products, anti-stressing oils, revitalising natural ingredients
and holistic healing treatments help restore energy
levels, tranquility and balance.

MARGY'S

Margy's Monte Carlo delivers luxury, expertise and innovation through advanced facial treatments born in Monaco and powered by products made in Switzerland.

With over 40 years of skincare excellence, our signature treatment is clinically proven to lift, hydrate and visibly rejuvenate. Each ritual blends expert techniques with anti-ageing technology for lasting radiance and a youthful glow.

Subtle Energies

Subtle Energies, founded by Farida Irani with over 30 years of clinical research, is renowned for its authentic wellness solutions and holistic skin science. A leader in results-driven aromatherapy with Ayurveda principles, using clean formulations designed to empower the body, mind, and spirit. Made in Australia, the range is COSMOS Certified Natural, Vegan Society and Cruelty Free Certified, using only the highest-grade, responsibly sourced ingredients.



Signature Treatments

THE ESSENTIAL MIND
90 MINUTES

SPA
THE PENINSULA

The Essential Mind offers therapeutic touch, healing oil and vibrational sound therapy for the ultimate relaxation of body and mind that leads to the discovery of inner peace.

Seven singing bowls are used for seven different chakra points or energy centres in the body, allowing the sound vibration to pamper you and slow down your thoughts, letting your mind roam free, while the specially blended healing oil will keep you relaxed as well as promoting deeper relaxation for mental and physical well-being.

COCO SIAM
90 MINUTES

SPA
THE PENINSULA

Pamper yourself with the exotic touch of Coco Siam, a spa programme that creates a sense of destination. It comprises a coconut body scrub, using coconut flesh combined with coconut milk and honey, followed by a body massage with organic virgin coconut oil and using stretching technique and aromatherapy massage.

ASIAN TRINITY SIGNATURE MASSAGE
90 MINUTES

SPA
THE PENINSULA

A truly balanced and restorative Asian massage journey. The experience begins with a soothing singing bowl ritual, followed by Chinese rhythmic rocking motions and Shiatsu massage, as well as Thai gentle stretches and acupressure. Together, they promote relaxation, calm the nervous system, ease tension, and invigorate the senses.



Wellness Journeys

THE ULTIMATE OF THE PENINSULA SPA
210 MINUTES

SPA
THE PENINSULA

The Ultimate of The Peninsula Spa perfectly combines recommended treatments for an unparalleled sense of relaxation and rejuvenation.

The 3-hour and 30-minute spa programme includes:

- Coco Siam Body Scrub
- The Peninsula Spa Signature Massage
- Subtle Energies Facial Treatment
- The Singing Bowl: Healing
- A healthy lunch is served after the treatment

Treatments are offered in a private spa suite and the experience includes an hour of relaxation time to enjoy a steam with rain shower and a hydrotherapy bath.

THAI INDULGENCE
150 MINUTES

SPA
THE PENINSULA

Indulge in a rejuvenating Thai therapy that embraces the essence of traditional Thai healing. The journey combines a Thai herbal balm massage with a hot herbal compress and a soothing head, neck and shoulder massage to ease muscle tension, release energy blockages, and restore inner balance.

BRIDE-TO-BE
120 MINUTES

MARGY'S
MONTE CARLO

An intensive total face and body experience by Margy's Monte Carlo. Prepare for your special day with full-body brushing followed by a Luxurious Lavender Massage and skin-enhancing Firming Collagen Facial to ease away pre-wedding tension.

GENTLEMEN'S DAY

150 MINUTES

Subtle Energies

For the active man or the constant traveller, this customised treatment journey balances and restores oneself, maintaining immunity, muscle strength, and healthy skin. Your body will be invigorated and renewed with a detoxifying body buff, then transported to a place of deep relaxation with a full-body detox massage, which also assists with adrenal fatigue. Feel all the tension drift away as your skin is cleansed and balanced with a gentleman's essential hydration facial to complete this well-being journey.

INDULGENT BEAUTY

120 MINUTES

Subtle Energies

Immerse yourself in a full-body exfoliation, then indulge in double creams or aromatic blends embalming the whole body. This retreat finishes with an anti-ageing customised facial, where collagen-boosting actives and stress-reducing techniques allow one to replenish and unwind.

SLEEP WELL - AWAKEN WELL

100 MINUTES

Subtle Energies

Help bring the body into balance and assist with sleeping patterns and energy levels with this customisable jet lag journey. Includes Marma work, lymphatics, and a bronze Kasa bowl technique to draw out excess heat. Working on individual needs, this treatment can be used to awaken or to help bring about a restful slumber. It assists in releasing any fluid retention and strengthens the immune system after a long flight.



Facials

THE PENINSULA FACIAL BY MARGY'S
90 MINUTES

To mark her ten-year collaboration with The Peninsula Hotels, Margie Lombard, the founder of coveted skincare brand Margy's Monte Carlo, has created a new, highly advanced facial treatment exclusively for guests of The Peninsula Spa.

The new Peninsula Facial by Margy's embodies both the science- and results-driven innovation of Margy's Monte Carlo and the impeccable luxury of The Peninsula. Each treatment features a specially formulated massage technique designed to tone, lift, and rejuvenate the face while amplifying the effectiveness of Margy's signature skincare products. The choreography of precise, expertly applied rhythmic movements also provides a profound sense of relaxation and comfort.

We invite you to experience this exceptional treatment, only by appointment at The Peninsula Spa.

SUPER-LIFT HAUTE COUTURE FACIAL
90 MINUTES

This intensively hydrating facial reduces fine lines to promote a smooth and radiant appearance from the first treatment. Highly active face masks featuring Pure Collagen or Botolift Collagen help restore elasticity and leave the skin plumped and luminous.

COLLAGEN FIRMING FACIAL
60 MINUTES

Exceptionally pure, active ingredients are used to transform the appearance of your skin. As well as being intensively hydrating, this facial will smooth fine lines and slow the appearance of ageing.

BRIGHTNESS REVEALING FACIAL

60 MINUTES

MARGY'S MONTE CARLO

Exclusively tailored skincare treatment designed to brighten and boost your complexion. Deep cleansing and highly concentrated active ingredients hydrate and restore your skin, leaving it refreshed and revitalised.

24K GOLD AGE-DEFYING FACIAL

60 MINUTES OR 90 MINUTES

Subtle Energies

Combining collagen and elastin-boosting actives, this age-defying facial features potent ingredients such as Mogra, Queen of Jasmines, and 24K Gold that will penetrate into the dermal layers of the skin, renewing and regenerating skin cells with a sustained result.

Bring a radiant glow to the skin by oxygenating deeply on a cellular level, reducing fine lines and wrinkles whilst addressing emotional needs such as stress, anxiety and hormonal balance.

ADVANCED ANTIOXIDANT FACIAL

60 MINUTES OR 90 MINUTES

Subtle Energies

Designed for dehydrated, mature, sensitive, or damaged skin, this intense, enriching facial therapy delivers an exceptional nutrient-rich elixir that revitalises tired, ageing skin. Infused with advanced antioxidants and essential fatty acids to fight free radical damage and protect the skin from the visible signs of ageing, the facial massage delivers an impressive active serum to increase collagen and hyaluronic acid production, before a botanical hydration mask locks this precious moisture into the skin. Finish this restorative treatment with smooth, vitamin-enriched skin that is deeply hydrated.

GENTLEMAN'S FACIAL

30 MINUTES OR 60 MINUTES

Subtle Energies

This powerful facial will optimise your wellbeing and replenish your skin with a renewed freshness. Wild turmeric offers intense purification while exotic Kashmir lavender soothes and restores. This deeply detoxing treatment will revitalise tired, congested and stressed skin. Toxins will be drawn out through a double cleanse, saffron and frankincense exfoliation, and a purification mud mask. A complete indulgence that purifies and tones.

POMEGRANATE ENZYME FACIAL

45 MINUTES

Subtle Energies

Reveal a brighter, fresher skin through the transformational power of polyphenols including activated pomegranate enzymes and natural AHAs which effectively resurface and smooth the skin. The active aromatics and botanicals nourish and maintain moisture levels, while gentle exfoliation reveals a smoother and brighter complexion. Indulge in this remarkable facial for a rejuvenated and radiant skin experience.



Body Massages

RESTORE AROMATIC MASSAGE

60 MINUTES OR 90 MINUTES

Subtle Energies

A signature aromatherapy massage designed to promote deep relaxation and holistic well-being. This treatment typically involves the therapeutic application of high-quality essential oils, combined with various massage techniques such as pressure-point massage and gentle stretching, aiming to relieve muscle tension, enhance flexibility, and induce a profound sense of tranquillity and revitalisation.

VOLCANIC HOT STONE MASSAGE

90 MINUTES

SPA THE PENINSULA

This penetrating massage combines the alluring warmth of pure essential oils, smoothed over the body using natural, heated volcanic stones to release tension from muscular tissues. Simultaneously, smaller healing stones are placed on key energy centres of the body to channel their power towards ultimate relaxation and balance the spirit.

HERBAL THAI COMPRESS MASSAGE

90 MINUTES

SPA THE PENINSULA

A traditional Thai treatment using stimulating techniques and therapeutic herbs to release muscle tension and energise the body. During a relaxing oil massage, steamed herbal compresses are applied to specific parts of the body using gentle circular and rolling movements. As the pores open and allow the herbs to take effect, the body finds calming relief from sore muscles and ligaments, back pain, migraines, stress and anxiety.

ROYAL THAI MASSAGE
90 MINUTES

SPA
THE PENINSULA

This traditional massage uses techniques that have been handed down through generations of treating Thai royalty. A stimulating and relaxing experience, the technique includes a pressure point massage along the body's 10 major energy channels, releases blocked energy and increases awareness and vitality. Gentle stretching of the joints and muscles relieves tension, enhances flexibility and induces a deep state of tranquility.

AROMATHERAPY MASSAGE
60 MINUTES OR 90 MINUTES

SPA
THE PENINSULA

A sophisticated, soothing and indulgent massage. This massage is based on techniques to gently ease surface tension, and relax the nervous system, ideal for those who prefer a lighter style massage to help unwind.

DEEP TISSUE MASSAGE
60 MINUTES OR 90 MINUTES

SPA
THE PENINSULA

A traditional massage with regulated pressure that is excellent for releasing knots and tension in the body. Stimulating, long and strong movements effectively ease tired, aching muscles in the back and limbs.

TRADITIONAL FOOT MASSAGE
60 MINUTES

SPA
THE PENINSULA

Our highly skilled therapists use their fingers, thumbs and knuckles to gently apply pressure to specific nerve endings in the feet, which correspond to organs and systems of the upper body. This therapy is particularly beneficial in treating tension headaches, poor circulation and a sluggish digestive system, and for general relief from pain and stress.



Specialised Treatments

MATERNITY MASSAGE
90 MINUTES

SPA
THE PENINSULA

This nurturing massage has been carefully designed for pregnant and nursing mothers, and is performed by experienced therapists using advanced techniques that are both safe and effective. The soothing essence of the massage allows pregnant women to unwind and feel comforted during this special time, alleviating backaches, headaches as well as neck and shoulder tension caused by muscle tightness and shifts in posture. Ultimately, this treatment reduces fatigue and improves the skin's elasticity.

LUXURIOUS LAVENDER MASSAGE
60 MINUTES OR 90 MINUTES

MARGY'S
MONTE CARLO

This results-driven full body massage uses MARGY'S The Lavender Oil harvested from Provence in France combined with signature movement techniques to deeply stimulate circulation and promote drainage and detoxification. Lavender properties soothe and relax the body providing sense of well-being. This luxurious experience not only helps release tensions, but also gives instant firming and toning results.



Peninsula Essentials

SHIRODHARA
30 MINUTES

SPA THE PENINSULA

The ancient technique of Shirodhara, the pouring of oil on the forehead, is then performed, resulting in a state of deep relaxation and meditation. For best results, this treatment should be performed in a series.

HERBAL COMPRESS
30 MINUTES

SPA THE PENINSULA

A warm and soothing Thai herbal compress is recommended for relieving muscular pain, joint stiffness, enhancing body flexibility and restoring energy flows.

COCONUT BODY SCRUB
30 MINUTES

SPA THE PENINSULA

It comprises Coconut body scrub using coconut flesh combined with coconut milk and honey which is an excellent way to exfoliate and moisturise your skin.

FACIAL MARMA MASSAGE
30 MINUTES

Subtle Energies

Subtle Energies' signature facial Marma Massage uses potent anti-ageing actives of Mogra and Indian rose to promote collagen and elastin production, stimulating cell renewal. Release tension, stress, and restore balance.

NECK & SHOULDER MASSAGE

30 MINUTES OR 45 MINUTES

Subtle Energies

Designed to revitalise and awaken the senses. Essential oils and aromatherapy massage techniques alleviate tension and tiredness in the neck and shoulders. An ideal focused treatment to combine with any facial or body massage to enhance the experience.

RASAYANA DETOX BODY SCRUB

30 MINUTES

Subtle Energies

This rejuvenating light to medium exfoliation of walnut shells, buffs away dead skin cells, reducing the signs of cellulite. Uplifting aromatics of Tulasi, Wild Turmeric and Limbu invigorate, ideal for jet lag and tired skin, followed by a personalised full body hydration to complement the detoxification process.

INNER PEACE BATH RITUAL

30 MINUTES

Subtle Energies

Immerse in our Subtle Energies Bath Ritual Collection. Choose from "Peaceful Sleep Bath Ritual", a deeply relaxing bath that features the soothing, calm-inducing essences of Frankincense, Mogra, Narangi and Rose. As well as quieting your mind and readying you for sleep, these aromatics nourish and nurture your skin, and stimulate your body's own natural collagen production. Or "Revitalisation Bath Ritual", a de-stressing and invigorating bath which envelops you in the zesty, enlivening essences of Limbu (Indian lime), Tulasi ("holy" basil), and Wild Turmeric. As well as awakening your senses, these aromatics work to purify skin and alleviate adrenal stress.



Price List

SIGNATURE TREATMENTS

(THB)

The Essential Mind	*90 Minutes*	*6,900*
Coco Siam	*90 Minutes*	*5,900*
Asian Trinity Signature Massage	*90 Minutes*	*5,200*

WELLNESS JOURNEYS

The Ultimate of The Peninsula Spa	*210 Minutes*	*13,900*
Thai Indulgence	*150 Minutes*	*8,500*
Bride-to-Be	*120 Minutes*	*14,000*
Gentlemen's Day	*150 Minutes*	*9,500*
Indulgent Beauty	*120 Minutes*	*9,000*
Sleep Well-Awaken Well	*100 Minutes*	*7,500*

FACIALS

The Peninsula Facial by Margy's	*90 Minutes*	*15,400*
Super-Lift Haute Couture Facial	*90 Minutes*	*14,000*
Collagen Firming Facial	*60 Minutes*	*11,000*
Brightness Revealing Facial	*60 Minutes*	*7,900*
24K Gold Age-Defying Facial	*60 / 90 Minutes*	*6,500 / 7,500*
Advanced Antioxidant Facial	*60 / 90 Minutes*	*6,000 / 7,000*
Gentlemen's Facial	*30 / 60 Minutes*	*3,000 / 4,500*
Pomegranate Enzyme Facial	*45 Minutes*	*5,000*

BODY MASSAGES

Restore Aromatic Massage	*60 / 90 Minutes*	*4,500 / 5,800*
Volcanic Hot Stone Massage	*90 Minutes*	*5,200*
Herbal Thai Compress Massage	*90 Minutes*	*4,900*
Royal Thai Massage	*90 Minutes*	*4,900*
Aromatherapy Massage	*60 / 90 Minutes*	*3,900 / 4,900*
Deep Tissue Massage	*60 / 90 Minutes*	*3,900 / 4,900*
Traditional Foot Massage	*60 Minutes*	*3,500*

SPECIALISED TREATMENTS

			(THB)
SPA THE PENINSULA	Maternity Massage	*90 Minutes*	*4,900*
MARGY'S MONTE CARLO	Luxurious Lavender Massage	*60 / 90 Minutes*	*4,500 / 5,800*

PENINSULA ESSENTIALS

SPA THE PENINSULA	Shirodhara	*30 Minutes*	*2,200*
	Herbal Compress	*30 Minutes*	*2,200*
	Coconut Body Scrub	*30 Minutes*	*2,200*
Subtle Energies	Facial Marma Massage	*30 Minutes*	*2,200*
	Neck & Shoulder Massage	*30 / 45 Minutes*	*2,200 / 2,900*
	Rasayana Detox Body Scrub	*30 Minutes*	*2,200*
	Inner Peace Bath Ritual	*30 Minutes*	*1,500*

PRICES
All prices are subject to a 10% service charge and applicable government tax. Prices are subject to change without prior notice.

CANCELLATION POLICY
A 50% cancellation charge will apply to any treatment or spa programme not cancelled at least 24 hours prior to the appointment. Cancellations made within 12 hours will incur a 100% charge.

GIFT CARDS
Because moments of wellness make the most memorable gifts. Our beautifully presented spa gift cards are perfect for any occasion, a thoughtful gesture for someone special.

Available for all spa treatments and wellness journeys.
Visit The Peninsula Spa for details.

PRIVATE SPA
Enhance your half-day spa journey or any treatment by reserving one of the Private Spa Suites or River Private Spa Suites for Two. Each suite includes a private changing area, steam and rain shower, double hydrotherapy bath and double treatment area. The River Private Spa Suites offer additional space with a balcony overlooking the river and the hotel's three-tiered pool.

- Private Spa Suite THB 2,500 (for two)
- Private River Spa Suite THB 3,500 (for two)

How To Spa

THE PENINSULA SPA

Location: Ground Level
Opening hours: 10:00 am - 10:00 pm
Tel: +66 (2) 020 2888 ext. 6010, 6020
E-mail: spapbk@peninsula.com

ARRIVAL TIME

You are encouraged to arrive 30 minutes prior to your appointment in order to change, relax and enjoy the exclusive facilities at The Peninsula Spa. Please be advised that late arrivals will result in a reduction of treatment time. We would like to invite hotel guests to arrive at the Spa wearing the robe and slippers provided in the guestroom, and would recommend that valuables are left in the in-room safe.

SCHEDULING AN APPOINTMENT

To schedule an appointment for the perfect treatment, please speak with our Spa reception team who will guide you to the right choice. Hotel guests can press The Spa button on the in-room telephone for more information or reservations. As an alternative to selecting specific treatments, we would encourage you to reserve an appointment for Treatment Time (a minimum of two hours) and allow your therapist to work on your individual and specific needs.

HEALTH CONDITION

Kindly advise us of any health conditions, allergies or injuries which could affect your treatment when making your spa reservation.

PREGNANCY

We have specially designed treatments for expectant women and nursing mothers. Please allow our Spa team to guide you in selecting which treatments are most suitable for you during this special time.

To ensure the safety of both mother and child, we do not perform massage during the first trimester of pregnancy. Treatment is available from second trimester onwards.

SPA ETIQUETTE

Our spa environment is one of relaxation and tranquility. Please respect the right of all spa guests to enjoy privacy and serenity. In light of this, please turn off your mobile phones or other handheld devices. Also, smoking is prohibited within the spa area.

The spa will provide towels, slippers, shower caps and all amenities required for use during your visit.

A minimum age of 16 is required for access and treatment at The Peninsula Spa.

CANCELLATION POLICY

A 50% cancellation charge will be incurred for any treatment or spa programme not cancelled at least 24 hours prior to the appointment. Cancellation within 12 hours will incur a 100% charge.



THE PENINSULA

BANGKOK

The Peninsula Spa, 333 Charoennakorn Road, Klongsan, Bangkok 10600, Thailand
T: +66 2 020 2888 F: +66 2 020 2889
spapbk@peninsula.com peninsula.com/bangkok/wellness

HONG KONG • SHANGHAI • BEIJING • TOKYO • NEW YORK • CHICAGO • BEVERLY HILLS
LONDON • PARIS • ISTANBUL • BANGKOK • MANILA