

The background of the entire page is a dark teal color. Overlaid on this background is a large, stylized graphic of two hands, palms facing each other, with fingers spread. The hands are rendered in a lighter shade of teal, creating a subtle, ethereal effect. The text is centered horizontally and vertically within the space between the hands.

SINDHORN
WELLNESS
by Resense

Spa Menu

The Sindhorn Wellness
Experience

The Sindhorn Wellness Experience

Every element of our spa menu has been carefully designed to provide you with a classical service, a luxurious experience and an element of surprise. Not simply a treatment, but rather, an experience that achieves your desired wellness result and a little more...

Our Massage Experiences are distinct and soothing, our Body Experiences are deeply cleansing in a luxurious and personalised manner, our Facial Experiences are targeted and lavish and our Definitive Experiences are simply 'a must'. The very nature of an 'experience' is that it should be so good that you hope it never ends.

We all look forward to welcoming you to enjoy The Sindhorn Wellness experience and to consult personally and individually about your wellness experience.

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01

The Sindhorn Definitive Experiences

Our unique definitive experiences have been created so you can benefit from the wonders of Thailand and its many wellness traditions.

The Sindhorn Experience

120 or 150 minutes

Your unique Sindhorn experience starts with a gentle Plai body scrub to prepare your skin for an antioxidant tamarind wrap. To finish, a Traditional Thai or Thai Herbal Compress Massage for a complete Thai wellness experience.

Scrub – Wrap – Thai Massage

The Thai Massage Experience

60, 90 or 120 minutes

This oil-free experience is a combination of gentle twists, rocking motions, stretches and rhythmic pressures, to deeply relax the body, improve mobility and reduce muscular tension.

Comfortable, loose-fitting pants and a top are provided.

The Thai Herbal Compress Massage Experience

60 or 90 minutes

Bringing together traditional Thai massage with warm herbal poultices, which are firmly pressed into the muscles to improve circulation and soothe muscular aches.

Comfortable, loose-fitting pants and a top are provided.

The Thai Foot Massage Experience

45 or 60 Minutes

A foot massage that combines acupressure techniques with a wooden massage tool to help improve circulation, relax muscles, relieve tension and boost energy.

02

The Sindhorn Collections

Treat yourself to some well-deserved relaxation and indulge in a variety of treatment collections, customised for you.

The Complete

180 minutes

The optimal collection to make you look and feel at your greatest. To start, we will exfoliate your body with a Himalayan salt and oil scrub, followed by a nourishing body wrap that finishes with a massage of your choice. To finish the 111 Skin 'The Dramatic Healing' facial, leaving you feeling simply amazing.

Scrub, Wrap, Massage & Facial

The De-Stress

120 minutes

Experience weightlessness as you drift away on the dry floatation bed. Your body will be cocooned, and your mind will benefit from having all sensory input. To follow, a destressing Aroma massage, and an Express facial to finish. The perfect collection for those with a busy mind and body seeking to slow down.

Dry Float, Massage & Express Facial

The Ultimate

150 minutes

This ultimate 111 Skin treatment combines the opulent Black Diamond facial with The Black Diamond Sculpting Body treatment. This treatment will leave your face and body firm and lifted with a youthful appearance.

111 Skin Black Diamond Facial & Body Treatment

The Bespoke

150 Minutes

Design your very own Collection by choosing Experiences from our menu. Perfect for those who know what they like and perfect for those who don't – either way, our spa concierge will guide you.

Tailored to you

03 Facial Experiences

Our targeted facials deliver results for every type of skin. Our spa therapists will guide you to the perfect experience for you.

The Black Diamond Lifting Facial

111 Skin / 90 minutes

This luxurious 111 Skin anti-ageing facial encourages a youthful, sculpted and firmer appearance. A series of thoroughly active steps, antioxidant formulas and a wrinkle-minimising wand massage ensure the skin is fresh and taut, for a truly lifted, youthful appearance.

The Dramatic Healing Facial

111 Skin / 60 minutes

A soothing facial from 111 Skin to restore and repair damaged, inflamed or irritated skin. Using a combination of restorative ingredients, this facial will elevate recovery and heal the skin effectively. The result is nourished, protected and rehydrated skin.

03 Facial Experiences

Our targeted facials deliver results for every type of skin. Our spa therapists will guide you to the perfect experience for you.

The Brightness Facial

Valmont / 60 minutes

A comprehensive anti-ageing facial that clarifies the complexion and improves the texture of the skin. This treatment is specifically designed for pigmentation or sun-damaged skin. Your skin will be clearer, revitalised and firmer.

The Energy Facial

Valmont / 60 minutes

This facial treatment focuses on combating the impact of stress, pollution and the high demands of modern life. Dull, lacklustre or congested complexions will benefit from this cellular-renewal facial treatment, which will deliver essential nutrients to the deeper layers of the skin, leaving it regenerated, radiant and firmer.

The Organic Rose Crystal Facial

Organic Pharmacy / 60 Minutes

Combining organic plant actives, cosmeceuticals and vitamins with lymphatic massage, this treatment re-energises and renews the skin. Deep cleansing, followed by three masks, leaves the skin lifted, hydrated and toned.

The Hommage Gentleman's Facial

60 minutes

Tailored just for men. Stressed and fatigued skin will love this purifying yet hydrating treatment. Your face is cleansed, exfoliated and hydrated, leaving your skin refreshed and balanced.

The Hommage Shave Add-On

30 minutes

Enjoy a clean and precise shave with any facial treatment to complete your facial experience.

04 Massage Experiences

Surrender to the wonderful soothing effects of our tailored massage experiences delivered by our therapists' expert hands.

The Duo 60 or 90 minutes

Two can relax and enjoy a massage together in our couple's room. Our spa concierge will consult you to help you select The Aroma or The Bespoke Massage Experience.

The Bespoke 60 or 90 minutes

This classical massage uses five styles of long, gliding and flowing strokes. It has proven to be helpful in reducing muscular pain and joint stiffness and stimulating circulation. It can be performed with a medium or deep pressure.

The Aroma 60 or 90 minutes

A custom massage, balancing the whole body and the mind. A synergy of seamless massage techniques and specially blended essential oils ensure you will feel renewed and refreshed. A soft or medium pressure can be applied.

The Deep 60 or 90 minutes

Before getting down 'to work', this massage experience begins with warming the muscles. This prepares you for a deep stretching massage, relieving tension in the muscles and the connective tissue. Perfect for those who enjoy a stronger massage.

04 Massage Experiences

Surrender to the wonderful soothing effects of our tailored massage experiences delivered by our therapists' expert hands.

The Hot Stone

60 or 90 minutes

Long massage strokes are combined with warm volcanic stones to ease sore muscles, release stiff joints and relieve muscle tension.

The Back, Neck & Shoulders

45 minutes

So many of us hold tension in our upper backs and necks, and this massage is perfectly tailored to suit your individual needs. A combination of massage techniques and carefully selected aroma blends will produce your desired outcome.

The Head

45 minutes

A therapeutic head massage to instantly relieve tension in both the head and neck.

05 Body Experiences

Cleansing, detoxifying and nourishing, our ultimate body experiences ensure head to toe relaxation.

The Bespoke Polish

45 minutes

A relaxing all-over body exfoliation tailored to your skin's needs. Choose from an exfoliating Himalayan salt scrub or a brown cinnamon sugar scrub, to smooth and deeply hydrate your skin. Perfect on its own or prior to other experiences.

The Vichy Shower Polish

45 minutes

Enjoy your Bespoke Polish of choice in our Vichy Shower, with adjustable water jets caressing your body under an invigorating waterfall. The water movement on your skin helps to increase blood circulation, hydrate the skin and soothe the nervous system.

The Black Diamond Sculpting

60 Minutes

111 Skin's opulent and indulgent body treatment delivers intensive results to smooth, sculpt and saturate the skin with nourishment. Signature massage techniques and potent formulas encourage lymphatic drainage, leaving you with a more radiant-looking figure.

The Slim and Firm

60 Minutes

Incorporating the natural fat-burning properties of coffee and chilli with targeted massage techniques, designed to reduce bloating and water retention. The skin will feel firmer, and bloating and water retention are significantly reduced.

The Immune Recovery

60 Minutes

Reawaken your senses with lemon and eucalyptus salt inhalation, followed by energising dry skin brushing, preparing you to receive a cupping massage using juniper and fennel oils to encourage detoxification, relieve muscle tension and boost the immune system.

05 Body Experiences

Cleansing, detoxifying and nourishing, our ultimate body experiences ensure head to toe relaxation.

The Complete Detox 60 Minutes

A targeted full-body resculpting treatment, incorporating slimming techniques with active ingredients to break down fat cells, boost circulation and eliminate water retention, leaving you feeling re-energised and your skin firmer and tighter.

The Ballancer

An advanced full-body treatment can enhance the results of your chosen body experience, or you can simply have the Ballancer treatment alone.

The Body Ballancer® is a versatile relaxing and invigorating pressotherapy system that uses the proven principles of lymphatic drainage massage to deliver effective results for a number of body issues, including cellulite, loss of skin tone, fluid retention and bloating.

A course of 5 or 10 Body Ballancer® treatments will reduce the appearance of cellulite, firming, smoothing and toning the skin, and reduce the volume in the abdomen, upper arms, buttocks and legs, which are most commonly affected by fluid retention. Choose the area you want to be treated.

Upper Body 30 or 60 Minutes

To treat the upper abdomen, arms and back.

Lower Body 30 or 60 Minutes

To treat the lower abdomen, buttocks, hips, thighs and entire lower leg.

06

Hamмам Experiences

Immerse yourself in tradition with this complete bathing experience, leaving you refreshed, revived and renewed. Complete your Hammam experience by adding a massage of choice.

The Moroccan Bath

60 Minutes

This experience starts with a deep cleansing using traditional black soap, followed by a vigorous full-body kessa-mitt exfoliation, and finishes with a nourishing ghassoul mud wrap, leaving you refreshed and renewed.

The Turkish Bath

60 Minutes

This experience starts with a deep cleansing using traditional black soap, followed by a vigorous full-body kessa-mitt exfoliation, and finishes with a foam massage, leaving you cleansed and refreshed.

07 Hydrotherapy Experiences

A selection of detoxifying, stress-reducing and relaxing treatments, incorporating the therapeutic benefits of salt, mud and water.

The Rasul

30 Minutes

This self-applied treatment experience can be enjoyed alone or with a friend. Combining the benefits of heat, steam and therapeutic muds, we will guide you to the Rasul chamber, where we will then leave you to relax and enjoy this experience alone or with another.

The Detox Circuit

45 Minutes

A unique three-phased detoxifying treatment, leaving you revitalised and energised.

- A hydromassage lyophilised seawater bath, which delivers an optimum dose of trace elements and minerals, fortifies the epidermis and prevents cellular fatigue.
- Dry Flotation with an active mud wrap to eliminate toxins.
- A Hydrojet water massage using variable pressure to energise, vitalise and tone the body.

07 Hydrotherapy Experiences

A selection of detoxifying, stress-reducing and relaxing treatments, incorporating the therapeutic benefits of salt, mud and water.

The Hydromassage Bath

Relax and enjoy the benefits of active ingredients, massage and warm water – an experience for your senses and an excellent prelude to any massage.

Algae Contouring Bath

20 Minutes

An energising seawater bath, infused with slimming, firming algae extract to detoxify and reduce fluid.

Thalasso Seawater Bath

20 Minutes

Rebalance your body with a lyophilised seawater bath, which delivers the optimum dose of trace elements and minerals, fortifies the epidermis and prevents cellular fatigue.

08 Floating Experiences

Choose to float or to dry-float and unwind from your daily sensory overload and experience a deep state of relaxation that will bring your mind to rest.

The Dry Float 30 Minutes

Experience weightlessness by floating on a bed of covered body temperature water. As you sink into the dry floatation bed your body is cocooned and your mind benefits from removing all sensory input, giving you a chance to recover and re-energise.

Select your dry float experience.

- Dry Float
- Dry Float with a detoxifying body wrap
- Dry Float and a choice of 60- or 90-minute massage
- Dry Float, wrap and a choice of 60- or 90-minute massage

The Float 60 or 90 Minutes

Float effortlessly in a pool of heated Epsom saltwater. With a feeling of complete weightlessness, and free from sensory input, your mind and body can take a well-deserved break. With this newfound stillness, the stress will simply float away.

Select your float experience.

- Floating
- Floating and a choice of 60- or 90-minute massage

09

Thermal Journeys

Experience our unique thermal area at your leisure, nestled in the wellness facilities overlooking the magnificent Bangkok skyline. The area offers pure tranquillity and relaxation, allowing you to restore your energy levels and balance out the everyday stressors.

Whilst enjoying our thermal facilities, you can benefit from one of our self-guided thermal journeys and experience the wellness benefits of contrast bathing and achieve your desired outcome.

Thermal Pass

Enjoy the benefits of our thermal area.

Relaxation

Contrast bathing to promote slow gradual relaxation.

Detox

Contrast bathing to eliminate impurities.

Revitalising

Contrast bathing to promote a renewed sense of vitality.

Thermal Facilities

- Ice Chamber
- Salt Sauna
- Bio-Sauna
- Aroma Steam
- Experience Shower
- Bucket Shower
- Teppidariums
- Relaxation Lounge with Zero-Gravity Loungers

In-room Treatment

Room service doesn't get any more rejuvenating than an in-room treatment from Sindhorn Wellness by Resense. Choose from a range of massage experiences and let our expert therapists soothe you where you lay your head. Relax, unwind, and take advantage of the ultimate convenience. Advance reservation is required within a minimum of one hour.

- The Thai Foot Massage
- The Thai Massage
- The Aroma
- The Deep
- The Energy Facial
- The Hommage Gentleman's Facial

The Spa Suavities

The spa environment is one of tranquillity and relaxation. Please respect the quiet and privacy of our other guests. We kindly request that you refrain from using mobile phones and cameras. It is recommended that you leave all valuables in your guestroom safe. The spa cannot assume liability for any valuables.

Health Concerns

Please advise us of any health conditions, allergies or injuries that could affect your experience or use of the spa facilities.

Spa Experience

For your convenience, the spa will provide towels, slippers, shower caps and all amenities required for use during your visit. During all experiences, you will be properly draped for ensured privacy.

The Private Lounge

As your treatment benefits both body and mind, we invite and encourage you to rest after your experience to ensure that you gain the full benefit.

Reservations

Advanced booking is highly recommended to ensure preferred times are available, particularly if you decide to visit us a number of times during your stay. The spa provides walk-in bookings based on availability. You should plan to arrive 30 minutes before to experience our thermal area which will maximize the benefit of your treatment. To make a reservation, call the spa reception from your guest room by pressing 'o' button on your in-room phone.

Gift Certificates

Our gift certificates make a wonderful gift for any special occasion. Please enquire with our Spa Concierge for details and purchase.

Minimum Age

The minimum age for spa treatments is 16.

Lateness & Cancellation Policy

Please be aware that your late arrival may result in a reduction of treatment time as a courtesy to our next guest. We kindly ask our guests to give a minimum of 8 hours' notice for cancellations. With fewer than 8 hours' notice you will be charged the full price.



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