



SHERATON
GRANDE SUKHUMVIT
HOTEL
BANGKOK

THE
LUXURY
COLLECTION



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THE GRANDE SPA
&
FITNESS CLUB


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 calming 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 / 4,500 baht

Inspired by the Thai tradition of natural healing, this authentic ritual uses the curative essential oil properties of a warm Luk Pra Kob herbal compress to help alleviate physical ailments. This is combined with a 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 / 6,000 baht

Rejuvenate your body and mind with a gentle oriental touch combining a body scrub, releasing tension from the body with an aromatic oil massage and completed with a mini facial for a glowing skin.

Siamese Retreat Experience

180 mins / 6,600 baht

Embark on your authentic Thai spa journey with our organic Grande Essence Scrub followed by our signature indigenous Realignment Massage. Our Pure Essence Facial completes this exquisite experience.

An Indulging Romantic Moment

210 mins / 8,800 baht for 2 persons

Your harmonious journey of togetherness begins in a private sauna and milk spa bath followed by your choice of a gentle Body Scrub and a Full Body Massage. Our Botanical Brightening Healthy Skin Facial and Gentleman's Fitness Cleanse complete your romantic spa experience for two.

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





FACIAL RITUALS

Ultimate Radiant & Refining Exfoliating Treatment

60 mins / 2,800 baht

This unique refining facial includes a three-step exfoliating process to revive and illuminate your skin. Gently sweeping away dead skin cells with a blend of papain, rice extracts, bamboo, salicylic acid and pumpkin enzyme which leaves the skin soft and clear. Natural brightening ingredients like lemon peel, bearberry roots, mulberry root and licorice extract help balance your skin and refine its texture for a radiant finish.

Gentleman's Fitness Cleanse

60 mins / 2,800 baht

A cleansing facial designed to address skin concerns unique to men and help protect against the harsh effects of shaving and everyday environmental damage. Gentle exfoliation removes impurities and prepares the skin for a rehydrating mask, leaving the skin refreshed and radiant.

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



Pore Purifying Facial

60 mins / 3,400 baht

A deep cleanse of your skin with pore purifying mud and healing botanical extracts which soothe redness and inflammation. The result is improved skin clarity and reduced blemishes.

Botanical Brightening Healthy Skin Facial

60 mins / 3,400 baht

A hydroquinone-free skin brightening facial designed for those who are concerned with uneven skin tone. Gentle exfoliation allows for deeper penetration of botanically derived lightening agent with infused extracts of bearberry root, mulberry root, licorice root and mitracarpus scaber plant. This reduces hyperpigmentation by inhibiting the enzyme responsible for pigment production.

Pure Essence Facial

75 mins / 3,800 baht

This therapeutic aroma facial combines our special Facial Massage technique with a bouquet of essential oils to encourage lymphatic drainage, rehydrate, release muscle tension and cleanse the skin.

Intensive Age Defying Hydrating Facial Treatment

90 mins / 4,000 baht

A hydrating facial treatment created to stimulate cell renewal and regenerate the skin to counteract the signs of aging. This facial is a sophisticated clinical treatment formulated with pumpkin enzymes, highly concentrated peptides, botanical extracts, skin hydrators and potent anti-oxidants. The treatment soothes and hydrates, softens and restores youthful radiance.

Add-on treatment

Combination of all Add-on treatments

45 mins / 2,600 baht

Collagen Mask

30 mins / 1,200 baht

Roll back the years with our Collagen Mask. The Matricol Radiant Refining Brightening Masque is designed to nourish your skin and rehydrated epidermal cells. This moisturizing mask uses pure collagen (97%) derived from marine source and aids cell regeneration by promoting firming and lifting benefits.

Collagen Eye Pads

30 mins / 700 baht

Our collagen eye pads offer intense hydrating to refresh and renew, while also plumping the skin around the eye area to fill lines and wrinkles. The treatment helps reduce the appearance of dark circles, leaving the areas under your eyes feeling smooth toned and firm.

Deluxe Lip Kit

30 mins / 500 baht

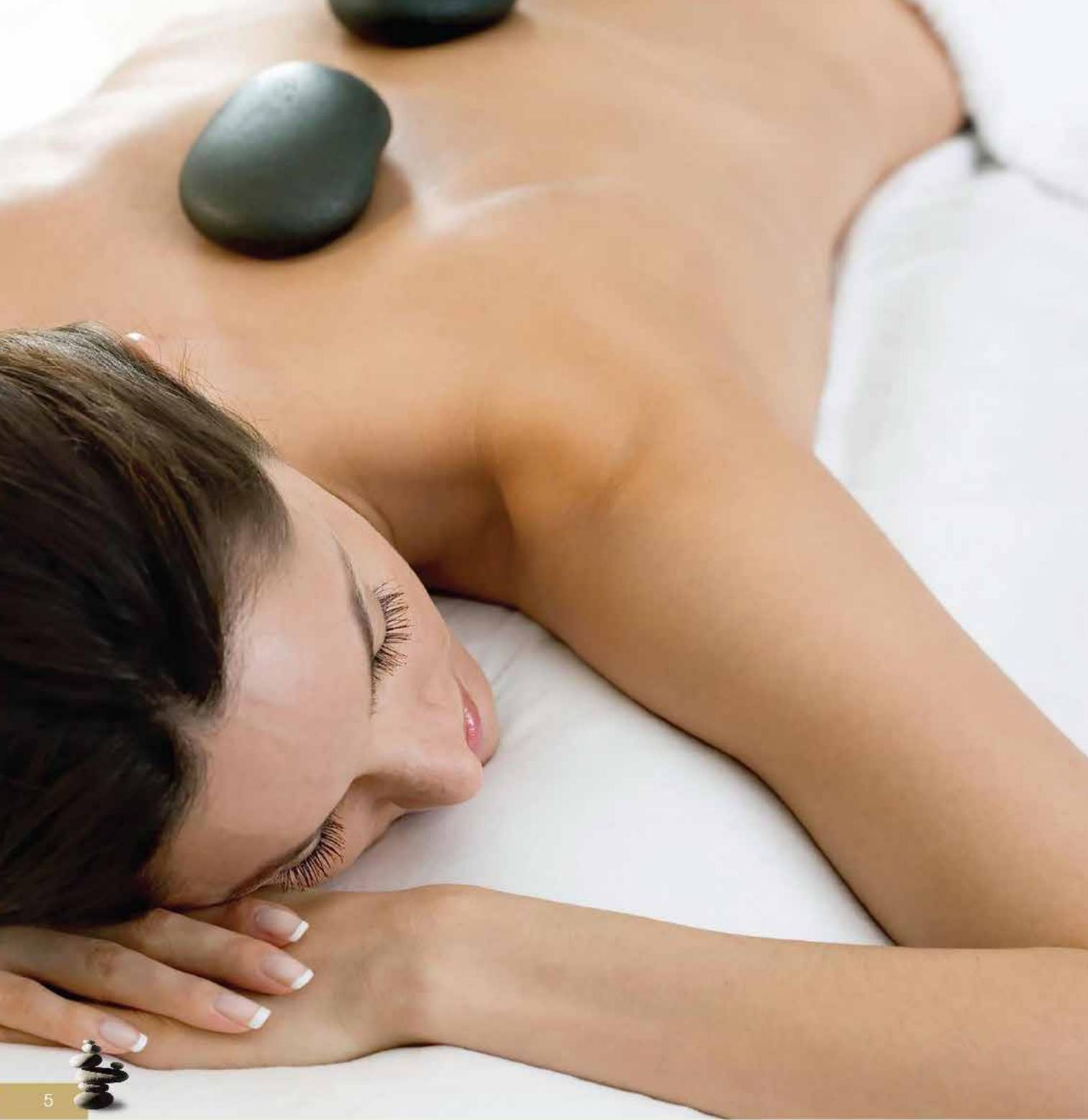
The deluxe lip kit is an anti-aging lip treatment that naturally enhances lip structure, improves contours and volume, and defines the lip line in three steps.

Palm & Sole Therapy

30 mins / 500 baht

With Cellular Intensive Cuticle Recovery Cream and Intensive Age Defying Hydrating Hand and Foot Cream, you can indulge your hands and feet in a specialized treatment that soothes and hydrates.





MASSAGE RITUALS

Traditional Thai Massage

60 mins / 2,200 baht
90 mins / 2,800 baht

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.

Aromatherapy Massage

60 mins / 3,000 baht
90 mins / 3,600 baht

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

Swedish Release

60 mins / 3,000 baht
90 mins / 3,600 baht

Combining ancient Greek and Roman massage techniques, Swedish massage promotes relaxation with long, gliding strokes at the same time it increases blood oxygenation, thereby decreasing toxins, improving circulation, and promoting healing.

Indigenous Realignment

60 mins / 3,200 baht
90 mins / 3,800 baht

A unique blend of Grande Spa experiences personalized to suit your preference. Slow, gentle stretching works through the layers of the myofascial allowing this soft tissue to unwind itself. 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.

Indigenous Equilibrium

90 mins / 3,400 baht

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

Healing Stone Massage

90 mins / 3,400 baht

With careful attention to personal pressure preferences, warm stones are gently placed along meridian lines to release tension. An Aromatherapy Massage to promote deep muscle and tissue relaxation follows.

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



ESSENTIAL BODY CURES

Essential Detoxification

75 mins / 3,600 baht

A customized treatment for skin detoxification that exfoliates and refines skin texture using the power of pandan, mint and a charcoal scrub. Aromas of basil, lesser galangal and bergamot also invigorate the body and mind. This is followed by a body wrap comprising of white Thai mud and anti-oxidant red wine combined with lime, grapefruit and ginger to refresh and warm the skin, boost circulation, eliminate toxins and reduce water retention.

- Pandan, mint and charcoal detoxifying scrub with herbal aromatics
- Red wine antioxidant body mask with lime, grapefruit and ginger aromatics

Essential Revitalization

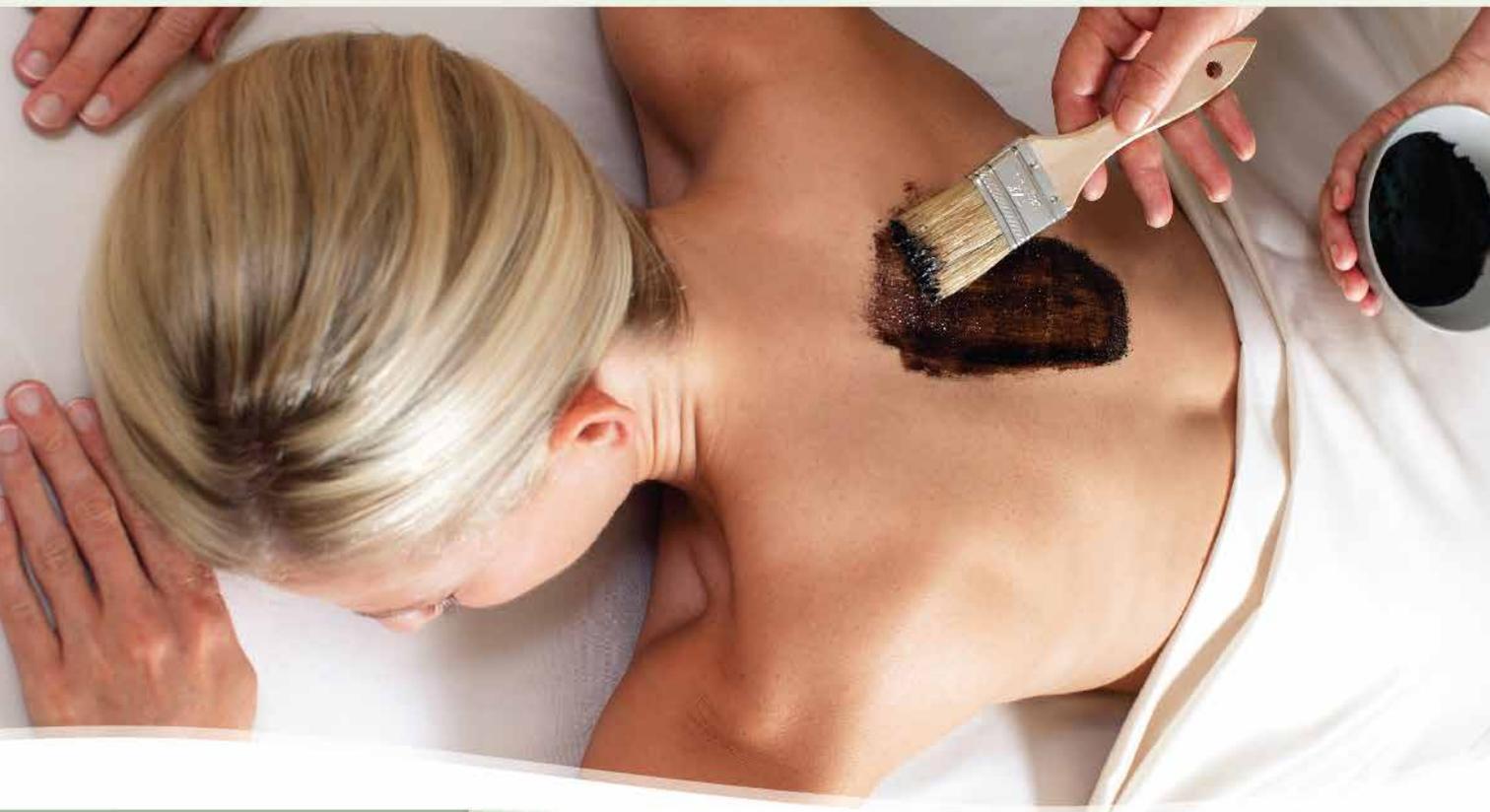
75 mins / 3,600 baht

Designed to reveal healthy beautiful skin, the treatment uses refined salt and jojoba bead extracts along with bearberry and turmeric extracts. Synergistically working as an excellent exfoliating gel it helps eliminate dead cells and suppress pigmentation and melanin production. This is followed by a body wrap comprising of rich milk protein and cucumber extract with an aromatic scent combination of lavender, ylang ylang and rose to quench thirsty skin. This is an ideal treatment for moisturizing and brightening your skin.

- Jojoba bead with bearberry and turmeric gel scrub
- Milk protein, cucumber extract, lavender, ylang ylang and rose absolute body mask

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





BODY SCRUBS

Oriental Herb Scrub

45 mins / 1,800 baht

A blend of lingzhi and shitake with apricot kernel cream scrubs which exfoliates the skin and provides the extra benefit of improved blood circulation. An aromatic blend of lavender, bergamot, and chamomile relaxes and soothes the senses while the essential oils benefit cell regrowth and complement the immunity boosting properties of the active ingredients.

Tea Tree & Lavender Salt Scrub

45 mins / 1,800 baht

This deep-cleansing scrub blends the stimulating properties of tea tree, kaffir lime and mint with the purifying benefits of refined mineral sea salts to improve circulation and remove dry skin cells. Lavender extract adds the calming effect and is ideal as an exfoliating treatment for oily skin.

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





EXPRESS TREATMENTS

Siamese Head Massage

30 mins / 1,800 baht

This stress-relieving massage works warm herb-infused oil into chakra points to help release physical and emotional tension, leaving you feeling refreshed and rejuvenated.

Tension Reliever

30 mins / 1,800 baht

A deep acupressure oil massage concentrating on the upper-back, neck and shoulders to release stiffness, ease away shoulder strain and relieve tension. A scalp massage follows to stimulate the body's own healing mechanism.

Sole Reliever

30 mins / 1,800 baht

A specialized foot massage designed to ease tension and refresh the soles of the feet with deep pressure techniques and herbal cream.

Mini Cleansing Facial

30 mins / 2,000 baht

This perfect express facial is personalized to suit individual skin requirements with cleansing, toning and exfoliating followed by our signature Grande Essence Facial Massage.

Add-on treatment (from the express treatment list)

30 mins / 1,800 baht

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



EXCEPTIONAL DAY LONG EXPERIENCES

Traveler's Pampering

150 mins / 4,900 baht

The perfect treatment to overcome jetlag and relieve stiffness, aches and pains, Traveler's Pampering includes an Aromatherapy Massage, Foot Massage and a Ultimate Radiant Refining Exfoliating Treatment to soothe you from head-to-toe.

Aromatic Essential Oil Indulgence

150 mins / 5,900 baht

A pampering experience to indulge your body and mind includes a Hydro-Massage treatment, Aromatherapy Massage and Botanical Brightening Healthy Skin Facial or Gentleman's Fitness Cleanse.

Body and Mind Retreat

210 mins / 6,000 baht

This therapeutic spa package is designed to nourish, detoxify and rejuvenate your body. The package includes a Hydro Massage, Aromatic Salt Scrub, Detoxifying Body Wrap, Lymphatic Drainage Massage and finishes with a Grande Essence Facial.

Invigorating Journey

360 mins / 8,000 baht

Escape the stresses of life with our extraordinary Day of Pleasure. Your personal spa journey begins with a relaxing trio of steam, sauna and Jacuzzi followed by a Hydrotherapy Bath to banish all tension. Next, a stimulating Full Body Scrub using a blend of authentic natural ingredients gently elevates skin condition in preparation for a Essential Revitalizing Wrap which is followed by a 60-minute massage of your choice. After an exquisite lunch of spa cuisine at The Sala, the blissful journey ends with a Pure Essence Facial and Siamese Head Massage.

- Steam/Sauna/Jacuzzi
- Hydrotherapy Bath
- Body scrub of your choice
- Revitalizing Body Wrap
- Massage of your choice
- Lunch at The Sala
- Pure Essence Facial and Siamese Head Massage

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SPA ETIQUETTE

What to wear

A robe and a pair of slippers are provided to wear while visiting our spa. During your treatment, it is recommended that you remove all jewelry and clothing. Our therapists will provide disposable undergarments. Therapists are professionally trained and will also cover areas of the body that are not a focus of the treatment. We recommend that swimming attire be worn in all whirlpool, sauna, and steam facilities.

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 associates when booking your treatment. Guests are also requested 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 a special experience.

Cancelling a reservation

Guests wishing to cancel a treatment are requested to provide a 4 hour cancellation notice otherwise a full service 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 to commence at 22:00 hrs. for 60 minute treatment. For reservations, please call The Grande Spa 02 6498121 Email: grande.spa@luxurycollection.com
Hotel guests, please press 'THE GRANDE SPA & FITNESS CLUB' button on your in-room phone.

All prices are subject to 10% Service Charge and 7% Government Tax. Prices are subject to change without notice.

