



THE GRANDE SPA  
&  
FITNESS CLUB

SHERATON GRANDE SUKHUMVIT, A LUXURY COLLECTION HOTEL, BANGKOK



### **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

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.

120 mins / 4,500 Baht

### ORIENTAL GLOW

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.

150 mins / 6,200 Baht

### SIAMESE RETREAT EXPERIENCE

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.

180 mins / 6,800 Baht

### AN INDULGENT ROMANTIC MOMENT

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 Lumination and Skin Escape for men completes your romantic spa experience for two.

210 mins / 9,900 Baht  
for 2 persons



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

## FACIAL RITUALS

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**PHYTOMER: HYDRA BLUE  
PLUMPING MOISTURIZING TREATMENT**

60 mins / 3,000 Baht

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 / 3,000 Baht

Cleansing and facial treatment creams by PHYTOMER HOMME.

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

60 mins / 3,400 Baht

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

**PHYTOMER: WHITE LUMINATION  
BRIGHTENING RADIANCE TREATMENT**

60 mins / 3,400 Baht

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

**PHYTOMER: DOUCEUR MARINE  
COMFORTING SOOTHING TREATMENT**

75 mins / 3,800 Baht

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

**PURE ESSENCE FACIAL**

60 mins / 3,800 Baht

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 / 4,000 Baht

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

PHYTOMER





PHYTOMER

## ADD-ON TREATMENTS

### COMBINATION OF ALL ADD-ON TREATMENTS

45 mins / 2,400 Baht

### PHYTOMER: EYE PERFECTION RADIANCE SMOOTHING EYE TREATMENT

30 mins / 1,200 Baht

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

### PHYTOMER: LIP TREATMENT ACHIEVE FULL AND SMOOTH LIPS

30 mins / 1,200 Baht

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 COOL-DOWN TREATMENT

30 mins / 1,200 Baht

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


### PHYTOMER: LEG REVIVAL BEAUTIFUL LEGS SOOTHING TREATMENT

30 mins / 1,200 Baht

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



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## 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 / 2,200 Baht  
90 mins / 2,800 Baht

### 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 / 3,200 Baht  
90 mins / 3,800 Baht

### 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 / 3,200 Baht  
90 mins / 3,800 Baht

### 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 / 3,200 Baht  
90 mins / 3,800 Baht

### 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 / 3,800 Baht

### HEALING STONE MASSAGE

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

90 mins / 3,800 Baht

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## ESSENTIAL BODY CURES

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### ESSENTIAL DETOXIFICATION

75 mins / 3,600 Baht

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 / 3,600 Baht

The treatment uses refined salt and jojoba bead extracts 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

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### HIMALAYAN SALT SCRUB

45 mins / 2,000 Baht

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 / 2,000 Baht

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

### LAVENDER & MINERAL SEA SALT SCRUB

45 mins / 2,000 Baht

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 / 1,800 Baht

### 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 / 1,800 Baht

### SOLE RELIEVER

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

30 mins / 1,800 Baht

### MINI CLEANSING FACIAL

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

30 mins / 2,200 Baht

## 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 / 5,000 Baht

### 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 / 6,000 Baht

### 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 / 6,600 Baht

### 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 / 8,800 Baht







## SPA ETIQUETTE

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### **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.



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