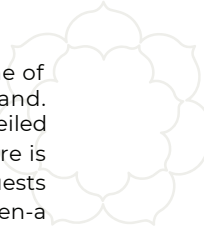




*"Physical fitness is not only one of the most important keys to a healthy body,  
it is the basic of dynamic and creative intellectual activity."  
John F. Kennedy*



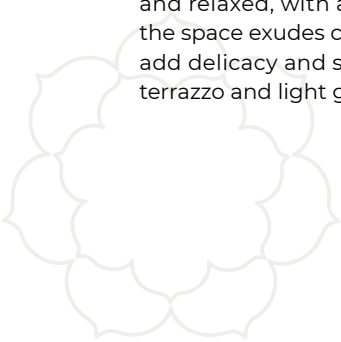


Sukhothai (Thai: สุโขทัย, pronounced Su Ko Tai) is renowned as one of Thailand's seventy-six provinces, nestled in lower northern Thailand. Known as the 'dawn of happiness,' Sukhothai inspires our newly unveiled spa, The Sukhothai Spa, where the ancient Sukhothai-style culture is artfully integrated into our design and ambiance. Here, we invite guests and members on a journey to a tranquil, spiritual, and soothing haven—a serene escape for relaxation and rejuvenation, with nature's embrace as our guiding force. The Sukhothai Spa is an urban oasis, a sanctuary dedicated to wellness.

Our spa seamlessly blends traditional, result-driven, and modern practices from diverse cultures to provide a comprehensive range of treatments. Designed as a retreat from city life, our spa features handpicked, highly trained professionals committed to delivering personalized attention, setting The Sukhothai Spa apart in the realm of wellness. Our extensive array of services includes massage therapy, beauty treatments, hammams, yoga, Pilates, meditation classes, personalized nutrition advice, and fitness training. The in-house facilities, such as a salt-water lap pool, jacuzzi, saunas, steam rooms, a state-of-the-art technology facial room, and dedicated spaces for yoga, Pilates, and meditation, further enhance the guest experience.

Concept of the Treatment Rooms: All treatment rooms welcome guests with warm-toned materials, including traditional wooden Thai doors adorned with elegant bronze handles. Luxurious green natural stone finishes on hammam beds evoke serenity and harmony with nature. The two-step recessed ceiling pays homage to Wat Sri Chum, creating a captivating focal point, while terracotta mosaic tiles in the wet zone symbolize the texture of a lotus leaf, enhancing the room's symbolism and elegance. Inspired by Middle Eastern and North African bathing rituals, our Hammam Room offers a bespoke and private experience that promotes physical cleansing, relaxation, and well-being.

Treatment Room: Located on the second floor, the treatment rooms embrace a simple and direct representation of Thai architecture. Bright and relaxed, with a 'Pra-Kon' wall pattern representing the Thai house, the space exudes contemporary beauty. High ceilings and curved shapes add delicacy and softness, complemented by a jacuzzi tub using green terrazzo and light green mosaic.





moringa  
project.



*"Moringa shows great promise as a tool to help overcome some of the most severe problems in the developing world - malnutrition, deforestation, impure water and poverty. The tree does best in the dry region where these problems are worst." Andrew Young, former Atlanta Mayor and United Nations Ambassador*

## THE ROYAL REMEDIES

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### Dawn of Happiness

*(Includes body scrub, massage and herbal compress/poultice)*

**Single 120-min**

**THB 6,000**

**Couple suite 120-min**

**THB 9,500**

A healing experience designed to nourish and replenish the entire body, starting with a body scrub and followed by the Moringa Royal Thai Massage with an herbal compress. This treatment melts away stress and tension, restoring a state of blissful happiness.

### The Sukhothai Journey

*(includes: reflexology and massage).*

**Single 100-min**

**THB 5,500**

**Couple suite 100-min**

**THB 9,000**

A body treatment that enhances both physical and mental well-being by integrating body massage with foot reflexology, bringing you back to a state of balanced relaxation.

### The Sukhothai Signature Massage

*medium to Firm Pressure.*

**Single 60/90/120-min**

**THB 4,000 / 5,000 / 6,000**

**Couple suite 60/90/120-min**

**THB 7,000 / 8,500 / 9,500**

Experience a harmonious blend of soothing and invigorating massage techniques with The Sukhothai Signature Massage. Rooted in the ancient wisdom of Oriental energy meridians, this massage uses a skillful combination of calming kneading and rejuvenating stretching. It's designed to alleviate stress, enhance flexibility, and promote a profound state of relaxation throughout the central nervous system.

### Nuad Thai Dry Bodywork

*medical - Medium to Firm Pressure.*

**Single 60/90/120-min**

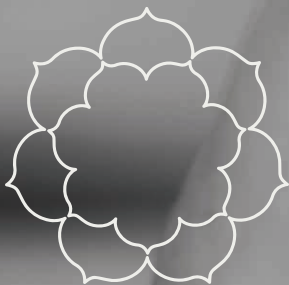
**THB 4,000 / 5,000 / 6,000**

**Couple suite 60/90/120-min**

**THB 7,000 / 8,500 / 9,500**

Immerse yourself in the therapeutic benefits of Nuad Thai Dry Bodywork. This medical-grade massage utilizes a refined combination of bodywork techniques to improve flexibility. By applying precise thumb and palm pressure along with dynamic yoga stretches, this venerable treatment stimulates the body's energy flow and eases stubborn muscle tension.

**PEDI:MANI:CURE** *B* **STUDIO**  
by Bastien Gonzalez



## NAILS – HANDS – FEET TREATMENT PEDI:MANI:CURE STUDIO BY Bastien Gonzalez

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### **Bastien's DUO**

*includes Bastien's Manicure and Bastien's Pedicure,  
performed at the same time*

**Single 75-min**

**THB 5,000**

This synchronized four-hands treatment focuses on your feet, legs, hands, and arms, offering the ultimate in manicure and pedicure luxury with complete relaxation.

### **Bastien's Pedicure**

*color nail polish excluded*

**Single 60-min**

**THB 3,300**

**Couple 60-min**

**THB 5,500**

This thorough pedicure begins with a gentle buffing that restores the natural luster and beauty of the nails. It progresses with a skin treatment that removes hard skin and alleviates dryness. The experience is completed with a full massage from the toes to the knees, easing muscle tension and heaviness for a sensation of lightness and rejuvenation.

### **Bastien's Manicure**

*color nail polish excluded*

**Single 45-min**

**THB 2,500**

**Couple 45-min**

**THB 3,500**

An exceptional manicure in 3 steps: first, a treatment enhances the natural beauty of your nails. Next, a detailed cuticle treatment tackles any dryness. The session ends with a comprehensive massage of the forearms, wrists, hands, and fingers, ensuring a deeply relaxing and restorative experience.







## NAILS – HANDS – FEET TREATMENT PEDI:MANI:CURE STUDIO BY Bastien Gonzalez

### Nail Brightness

45-min

THB 2,500

Focus on the beauty of your nails and cuticles with this treatment, which gently smooths skin dryness. Nails are reshaped and polished using chamois leather and a pearlescent buffing cream to achieve a healthy, shiny appearance. The session concludes with a soothing foot massage, enveloping you in complete relaxation.

### Foot Refoundation Massage

Single 35-min

Couple 35-min

THB 2,200

THB 3,500

Ideal for relieving tired and heavy legs, especially after travel, this massage covers the area from the toes to the knees. It focuses on easing muscle tension, enhancing joint mobility, and improving blood circulation and skin elasticity, particularly addressing swollen soles. An initial exfoliation with Black Diamond Scrub maximizes the cream's penetration during the massage, enhancing its effectiveness.

### Global Massage Refoundation (foot & hand)

Single 35-min

THB 2,200

Foot and Hand Massage - Experience a deeply soothing massage that extends from the toes up to the knees and from the fingers up to the elbows. This synchronized four-hand treatment alleviates muscle tension and reduces the sensation of heaviness, promoting a feeling of overall lightness and relaxation across the body.

### KID'S Pedicure and Manicure

*a guardian must be present during the treatment*

Single 60-min

THB 1,500

Our Kids Manicure and Pedicure services are designed to provide a fun and safe pampering experience for your little ones. Our skilled technicians use non-toxic, child-friendly products to ensure that their nails are beautifully groomed without any harm, with a variety of colors and designs to choose from.



## NAILS – HANDS – FEET TREATMENT PEDI:MANI:CURE STUDIO BY Bastien Gonzalez

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### Add-on

#### Paraffin Touch

20-min

THB 1,800

Enhance any Bastien Gonzalez treatment by incorporating the Paraffin Touch. The warm, silky wax not only deeply hydrates the skin by helping moisturizers penetrate more effectively but also increases relaxation and eases muscle and joint tension.

#### Black Diamond Scrub Touch

10-min

THB 1,200

Elevate your Bastien Pedicure or Manicure by adding on the Black Diamond Scrub Touch. This mineral-based foaming scrub vigorously exfoliates, removing dead skin cells and leaving the skin smooth and silky. Enriched with essential oils of Thyme and Sage, it ensures your feet and hands remain healthy and elegantly cared for.

#### Color Touch

Single 30-min

Polish / Gel  
THB 950 / 1,250

Choose your favorite from our wide range of nail lacquers for a customized polish application, including nail reshaping to perfect the look of your nails.

#### Gel Removal Touch

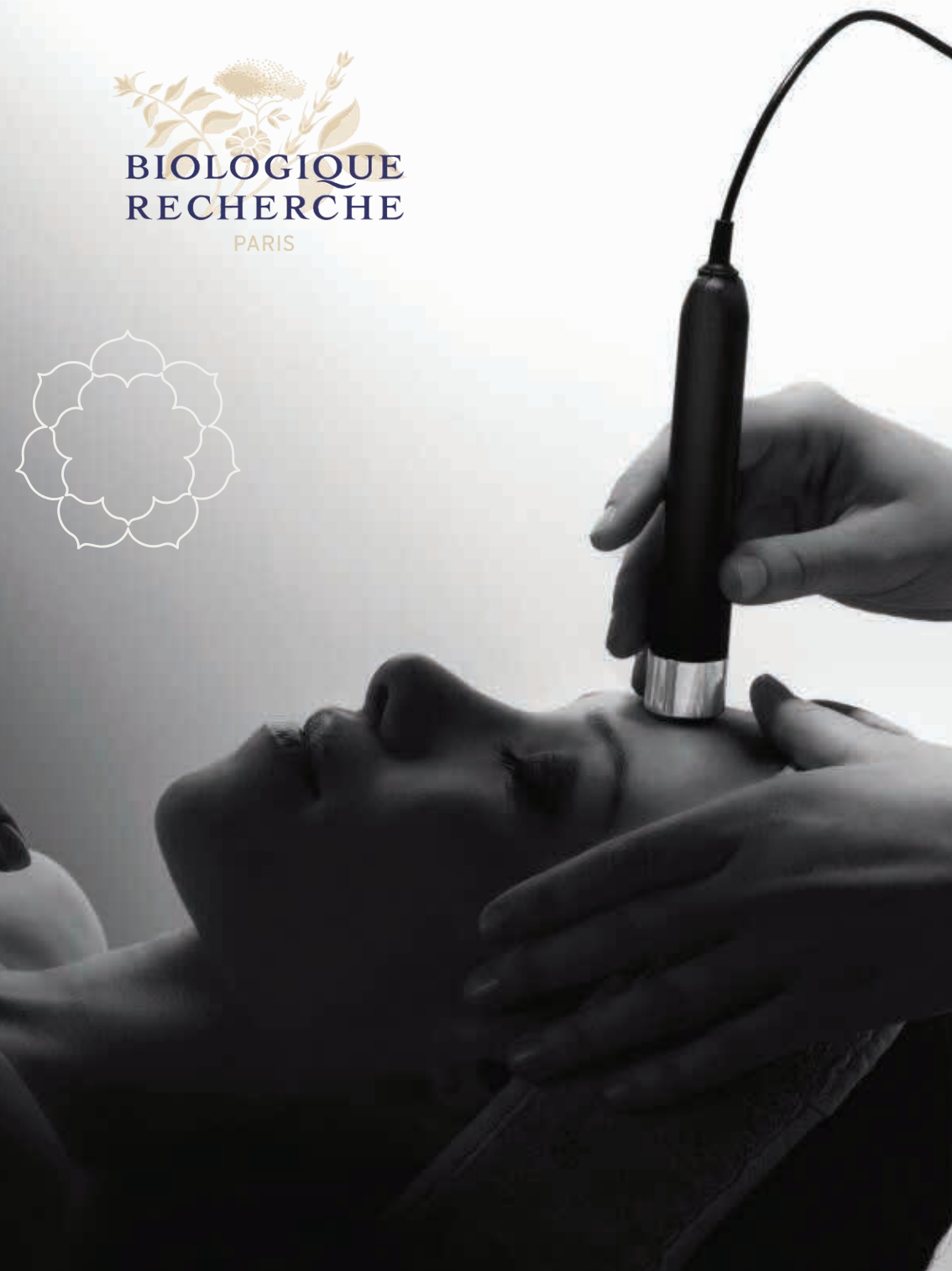
Gel 30-min

THB 1,150

Our Gel Nail Removal service is designed to safely and efficiently remove gel polish without damaging your natural nails. Our trained technicians use professional techniques and products to gently soak and dissolve the gel, making the removal process quick and painless. Say goodbye to chipped or grown-out gel nails and hello to a fresh canvas for your next manicure!



**BIOLOGIQUE  
RECHERCHE**  
PARIS



## FACIAL RESULT DRIVEN & TECHNOLOGIES Biologique Recherche – FRANCE

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### LIFT C.V.S. by BR

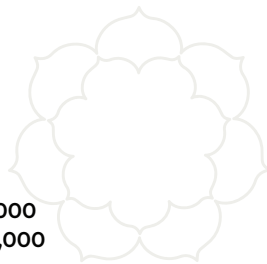
*includes skin analysis, deep cleansing, gentle exfoliating, welcoming massage, prescription personalized skincare for lifting and toning skin.*

**Single 90-min**

**Couple suite 90-min**

**THB 7,000**

**THB 12,000**



This signature treatment re-sculpts and exfoliates, employing a unique hand-shaping technique to address sagging and tone-lacking mature skin. It stimulates the epidermis, redefining and reshaping the face's contour for a rejuvenated appearance.

### Booster VipO2 by BR

*includes skin analysis, deep cleansing, gentle exfoliating, welcoming massage, prescription personalized skincare for brightening and refreshing skin.*

**Single 90-min**

**Couple suite 90-min**

**THB 7,000**

**THB 12,000**

This treatment detoxifies and stimulates the epidermis, re-oxygenating skin tissue to enhance local blood circulation and nutrient delivery. It strengthens the skin barrier, protecting against free radicals and harsh environmental conditions.

### Lissant by BR

*includes skin analysis, deep cleansing, gentle exfoliating, welcoming massage, prescription personalized skincare for healthy and radiant glowing skin.*

**Single 60-min**

**Couple suite 60-min**

**THB 6,000**

**THB 9,500**

This treatment offers an intense moisturizing and smoothing effect, ideal for all Skin Instant® types, including dehydrated, thin, and sensitive skin. Experience immediate enhancement in skin texture and tone, leaving you with a visibly softer and more radiant complexion.



*"A mother's body is a sanctuary, a sacred vessel that nurtures and protects the miracle of life, a testament to the incredible power of creation."*

## MASSAGES

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### Booster Minueur by BR

*includes slimming, contour redefining, and application of body serum and cream*

**Single 60/90/120-min**

**Couple suite 60/90/120-min**

**THB 4,000 / 5,500 / 7,500**

**THB 7,000 / 8,500 / 9,500**

This treatment is designed to slim and sculpt, enhancing the skin's appearance by promoting lipolysis, reducing adipocyte volume, and eliminating excess water from tissues.

## EXPRESS & QUICK

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### Back, Neck and Shoulder release

*bespoke pressure*

**Single 45-min**

**Couple suite 45-min**

**THB 3,000**

**THB 4,500**

This therapeutic massage focuses on trigger point release along anatomical lines to aid in reducing headaches, migraines, and eye strain. It is tailored to address tension specifically in the back, neck, and shoulders.

### Fatigue Feet

*bespoke pressure*

**Single 45-min**

**Couple suite 45-min**

**THB 3,000**

**THB 4,500**

Ease fatigue and pressure on your feet with medium to firm massage pressure to specific points on the foot up to the knee.





*"Skincare is self-care."  
"Taking care of your skin is the ultimate form of self-care."*



## EXPRESS & QUICK

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### Hair and Scalp Soothe

*Add-on to face treatment - bespoke pressure*

**Single 45-min**

**THB 3,000**

This soothing treatment uses Aloe Vera and Virgin Coconut Oil to calm symptoms associated with a very dry scalp, including itching and irritation, while also nourishing dry, dyed, and weak hair, and strengthening fragile roots.

### Private Usage of Sauna, Steam and Jacuzzi

*Add-on to all treatments*

**Single or Couple**

**THB 3,000**

Experience ultimate luxury and relaxation with exclusive access to the private steam room, sauna, and Jacuzzi in our luxurious presidential suite. Unwind in style and indulge in a pampering retreat like no other





*"Healthy skin is not a luxury. It's a necessity."*

## SCRUBS

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### Chamomile Scrub

*includes body butter application for single scrub – suitable for all skin types, including sensitive*

**Single 60-min**

**THB 4,000**

**Couple suite 60-min**

**THB 7,000**

This creamy, aromatic scrub features Chamomile and gentle buffing grains that effectively sweep away dull surface cells. An invigorating loofah massage accompanies the scrub, stimulating circulation and leaving the body feeling smooth, refreshed, and deeply hydrated.

## WRAPS

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### Moor Mud

*includes body butter application for single wrap – suitable for all skin types, including problematic skin*

**Single 60/90-min**

**THB 5,000 / 6,000**

**Couple suite 60/90-min**

**THB 8,500 / 9,500**

Experience the healing benefits of authentic thermal Moor Mud, which takes over one thousand years to form. This rich, organic mud, laden with minerals and trace elements derived from thermal water, helps heal, soothe, and rejuvenate tired muscles and dull skin.

### Botanical Signature Body Scrub and Wrap

*includes body application for single wrap – suitable for oily skin types*

**Single 60/90-min**

**THB 5,000 / 6,000**

**Couple suite 60/90-min**

**THB 8,500 / 9,500**

Utilizing the therapeutic properties of Moor Mud, this treatment offers deep healing and rejuvenation, soothing tired muscles and revitalizing dull skin with rich minerals and trace elements.



*"Noble deeds and hot baths are the best cures for depression  
" Docie Smith, I Capture the Castle*

## MAN SPECIALTY

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### Sports Massage

*firm pressure*

**Single 90/120-min**

**Couple suite 90/120-min**

**THB 5,000 / 6,000**

**THB 8,500 / 9,500**

Experience an energizing Sports Massage that utilizes five distinct techniques to stimulate nerve endings, purge impure substances from the muscles, and enhance circulation. This vigorous approach promotes cellular repair and recovery, ideal for athletes and those with active lifestyles seeking deep tissue rejuvenation.





MISKAWAAN

Phone: 081-1324951

Line: @miskawaansukhothai (QR as attached)

Email: [contact@miskawaan.com](mailto:contact@miskawaan.com)



## Miskawaan Quick Recovery IV treatments

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### Jet Lag Revive Infusion

45-min

THB 6,500

Traveling across time zones can disrupt both your sleep and your body's natural rhythm. The Jet Lag Revive Infusion is designed to mitigate the effects of jet lag, which go beyond simple fatigue and affect inflammation, immune response, and hormone levels. This infusion is enriched with anti-inflammatory vitamins, amino acids, and minerals, effectively combating the adverse effects of time zone changes. Say goodbye to jet lag and hello to a revitalized you.

### Balancing Gut and Recovery Infusion

45-min

THB 9,700

The fast pace of urban life-with its work demands, social obligations, and constant connectivity-can adversely affect our gut health. Stress, irregular eating patterns, processed foods, and excessive alcohol intake all contribute to digestive issues. The Balancing Gut and Recovery Infusion is crafted with healing nutrients such as L-alanine and L-glutamine to restore the intestinal lining, enhance digestive functions, and support your body's natural detox processes, promoting overall digestive health.

### Stress Relief Infusion

45-min

THB 6,000

Break free from the clutches of stress with our Stress Relief Infusion, an intravenous drip formulated to reduce neuronal stress and neuroinflammation. This infusion contains a blend of calming nootropics that work together to ease tension, improve sleep quality, and foster a state of tranquility and well-being, helping you feel more relaxed and refreshed.

### Myer Intense (ImmunoGuard Infusion)

45-min

THB 5,500

Strengthen your immune system with ImmunoGuard, a potent infusion blend. Vitamin C boosts immunity, magnesium promotes relaxation, while B vitamins and zinc contribute to energy metabolism and immune function. Fast-track your recovery from illness or give your body an extra layer of protection against seasonal challenges.

