



*"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*





ไทย



中文



언어



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CURRENT OFFER

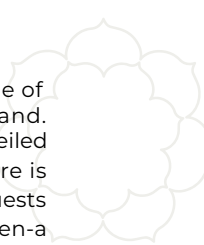


For direct communication with our expert and to make a booking please dial #8676 or please scan The QR code for LINE, WhatsApp or WeChat.





"The key to a healthy life is having a healthy mind."
Richard Davidson




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.





*"If you are depressed you are living in the past; if you are anxious
you are living in the future; if you are at peace, you are living in the present."*
Lao Tzu

OUR PARTNERED BRAND'S PHILOSOPHY



Moringa Project – Thailand

(Clean, natural, vegan skincare powered by the superfood - Moringa)
Leveraging the nutrient-rich 'miracle tree,' our vegan skincare products are crafted on our organic farms to ensure the highest quality.



Biologique Recherche – France

(Result-driven with personalization approach)
Established in the late 1970s by a family of artisanal skincare experts, Biologique Recherche is known for its signature methodology, offering customized facial treatments tailored to your unique Skin Instant®. Utilizing highly concentrated active ingredients, we deliver the epitome of luxury and efficacy, rejuvenating your skin and unveiling its natural radiance.



Kerstin Florian – USA

(Outer Beauty, Inner Health)
Kerstin Florian excellently blends nature with innovative products and experiential treatments for unparalleled results. Built around the four cornerstones of a holistic approach to skincare: Proper Nutrition · Regular Exercise · Peace of Mind · Care of the Face & Body-our methods promote comprehensive wellness.



Charme d'Orient – France

(A concept of Spa - Hammam - Boutique)
With 20 years of establishment, Charme d'Orient strives to restore the former nobility of traditional hammams and bath rituals as practiced in ancient civilizations. We are dedicated to offering natural and expertly crafted experiences.



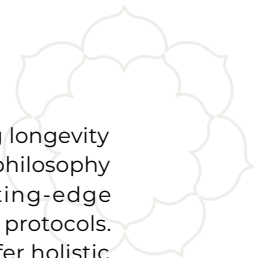
PEDI:MANI:CURE STUDIO BY Bastien Gonzalez - France

(A Podiatrist approach)
Bastien Gonzalez is internationally famous for his unique approach to foot treatments. Due to his professional expertise and experience as a French Chiroprapist, he designed and developed exclusive treatments for the feet, nails, and hands. His approach uniquely combines health, well-being, and beauty, distinguishing his treatments as a fusion of therapeutic and aesthetic excellence.



Miskawaan Clinic - Thailand

(The Future of Healthcare for Humanity)
Miskawaan is a patient-centric brand dedicated to fostering longevity through a deep understanding of scientific principles. Our philosophy revolves around integrating nature's wisdom with cutting-edge scientific advancements to develop personalized longevity protocols. With a team of top-tier doctors and experts, we strive to offer holistic solutions that prioritize the well-being and longevity of our clients.





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

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.



In China - bamboo was used in a technique called "Zhu Liao," which involved rolling bamboo sticks over the body to release tension and promote relaxation. The bamboo sticks were believed to stimulate energy flow, improve circulation, and enhance overall well-being.

MASSAGES

Bespoke Massage by BR

emollient and soothing oil massage - bespoke 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

This treatment starts with a deep massage of the stomach and body, using lavender essential oil to relieve tension and basil essential oil to soothe and encourage sleep.

Booster Minuteur by BR

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

Single 60/90/120-min

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

Couple suite 60/90/120-min

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.

Bamboo Massage

includes dry brushing and warm sensations with 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

This holistic therapeutic massage utilizes bamboo to ensure healthy circulation and relieve muscle tension. Bamboo symbolizes strength, fertility, youth, prosperity, and peace.

Neroli Blossom

includes a sensory massage with soft and stimulating 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

This treatment balances energy, featuring an eucalyptus-infused foot cleansing ritual with reflexology to clear the mind, accompanied by a lymphatic dry brush technique.



*"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."*

PRE-NATAL

Massage Future Maman by BR

suitable for the 2nd to 3rd trimester with bespoke pressure

90-min

THB 6,000

This treatment utilizes various manual techniques and specific body positioning tailored to the needs of expectant mothers. Certified by Stéphane Cardon, a physiotherapist-osteopath specialized in managing pregnancy-related ailments, this massage carefully alleviates the tensions associated with the physical changes during pregnancy.

EXPRESS & QUICK

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

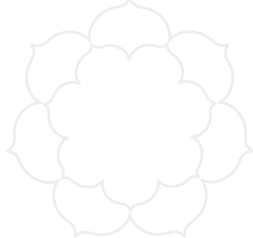
Single 45-min

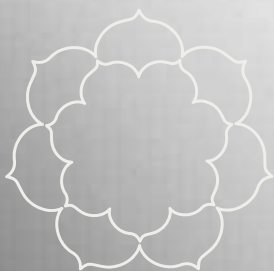
Couple suite 45-min

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.





FACIAL RESULT DRIVEN & TECHNOLOGIES

Biologique Recherche – FRANCE

LIFT C.V.S. by BR

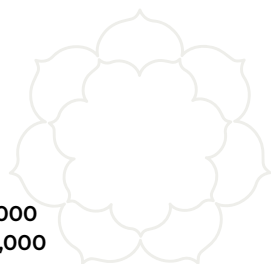
includes skin analysis, deep cleansing, gentle exfoliating, welcoming massage, prescription personalized skincare for lifting and toning skin.

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.

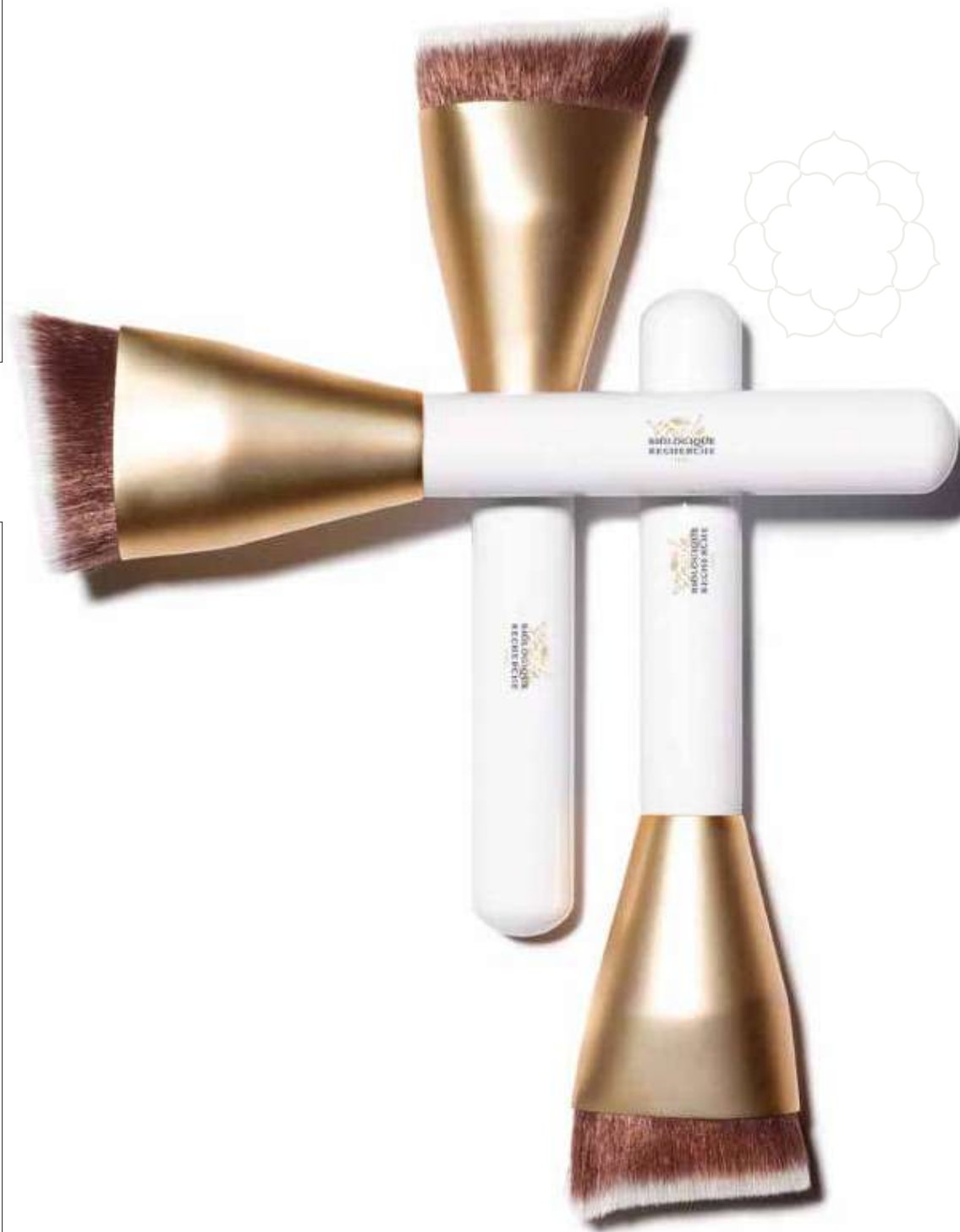
Single 60-min

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.



"Great skin doesn't happen by chance. It happens by appointment."

ORGANIC FACIAL

Kerstin Florian – USA

Customised Deep Cleansing by KF

includes deep cleansing, gentle exfoliating, welcoming massage, prescription personalized skincare for Oily Skin

Single 60-min

THB 4,000

Couple suite 60-min

THB 7,000

The treatment includes a deep cleansing, purifying exfoliating peel to renew the skin, coupled with a stimulating massage that promotes circulation. A balancing and nourishing mask is applied, and the experience is completed with a hand and nail treatment, ensuring thorough rejuvenation and care.

Gua Sha Lifting Facial

includes deep cleansing, gentle exfoliating, welcoming massage, prescription personalized skincare for mature and damaged skin

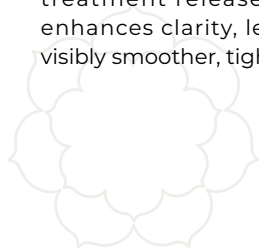
Single 90-min

THB 5,000

Couple suite 90-min

THB 8,500

This facial rejuvenates the skin through the ancient art of Gua Sha, enhanced with protein-rich caviar for a visibly firmer, contoured, and glowing complexion. Expert massage techniques using specialized jade tools stimulate lymphatic drainage, release toxins, improve circulation, and enhance natural hydration. Botanical essences nourish, replenish, and fortify the skin. This comprehensive treatment releases tension, reduces puffiness, and enhances clarity, leaving the face, neck, and décolleté visibly smoother, tighter, and more radiant.





EXPRESS & QUICK

Marma Face Massage

add-on to face treatment - bespoke pressure

Single 45-min

THB 3,000

This massage targets potential blockages and stagnant energy connected to various organs and systems, relaxing facial muscles to smooth fine lines. This tailored enhancement to your facial treatment aids in achieving deeper relaxation and rejuvenation, enhancing the overall results.

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.

Facial extraction

Add-on to face treatment

Single 45-min

THB 3,000

This process involves deep pore cleansing to remove product buildup and clear stubborn debris, leaving the skin smooth and primed to absorb the benefits of skincare products.

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



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

SCRUBS

Thai Coconut Butter Scrub

includes body butter application for single scrub

– suitable for dry and aging skin

60-min

THB 3,000

Indulge in luxuriously soft skin with this unique body scrub. Finely ground loofahs, blended with tropical coconuts, gently exfoliate your skin, removing impurities. Rich shea butter provides deep hydration, while tangy tamarind, rich in AHAs, revitalizes your skin, leaving you with a vibrant glow.

Lift Corps Treatment by BR

includes body serum and cream application

Single 90-min

Couple suite 90-min

THB 5,000

THB 8,500

Experience a firming and toning treatment that transforms skin texture to be softer, smoother, more moisturized, and brighter. Featuring draining and decongestant active ingredients, this treatment stimulates circulation and imparts a sensation of lightness, enhancing the overall appearance and feel of the skin.

Chamomile Scrub

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

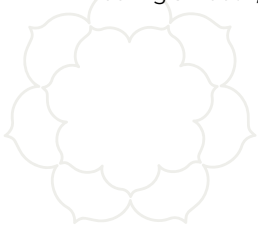
Single 60-min

Couple suite 60-min

THB 4,000

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.





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

WRAPS

Gel D'Algae Treatment – aux huiles essentielles mc110 by BR

includes body serum and cream application

Single 90/120-min

THB 5,000 / 6,000

Couple suite 90/120-min

THB 8,500 / 9,500

A purifying and detoxifying treatment. It promotes the elimination of toxins and excess water and fat, and helps improve microcirculation.

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.





RITUALS

Kerstin Florian – USA

Lavendar Dream

Single 150-min

THB 8,000

Couple suite 150-min

THB 13,000

Inhale the calming and balancing benefits of wild lavender with this uplifting experience. Enjoy a two-step invigorating full body scrub, followed by a warm wrap and a full body massage, designed to soothe the senses and promote relaxation.

Includes:

45-mins Scrub

30-mins Wrap

15-mins Bath

60-mins Hot Stone Massage

Ginger Renewal

Single 150-min

THB 8,000

Couple suite 150-min

THB 13,000

Ginger's healing and warming properties invigorate and nourish the skin. Begin with a detoxifying dry brush, followed by a relaxing full body massage with warm stones and a body wrap.

Includes:

45-mins Scrub

30-mins Wrap

15-mins Bath

60-mins Bamboo Massage



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

MAN SPECIALTY

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.

Gentleman Signature Facial - MC110 by BR

includes skin analysis, deep cleansing, gentle exfoliating, welcoming massage, prescription personalized skincare tailored specifically for men's skin. This bespoke treatment is designed to foster healthy, radiant, and glowing skin.

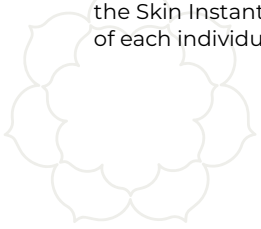
Single 90-min

Couple suite 90-min

THB 7,000

THB 12,000

Revitalizing Treatment for Radiant and Youthful Skin. This revitalizing facial procedure is designed to reduce the appearance of wrinkles and fine lines through a gentle exfoliating process. It refines skin texture and minimizes imperfections such as blackheads and enlarged pores. The result is a rejuvenated, toned, and redefined appearance of the face, neck, and décolleté, making it especially effective for undernourished skin types, including those prone to thickness and visible pores. This treatment is meticulously crafted based on the Skin Instant© assessment to meet the unique needs of each individual's skin.





BATHS

Kerstin Florian – USA

At Spa or In-suite

Mineral Wellness

accompanied with Fiji Water, selection of three nuts and date fruit

Single 45-min

THB 3,500

Couple 45-min

THB 4,500

Immerse your body in concentrated, powerful salts infused with the therapeutic benefits of eucalyptus aromatherapy. This bath transforms into a detoxifying, demineralizing, and sensory experience, elevating your bathing ritual.

Letting Go

accompanied with Pinot Grigio and dark chocolate with orange peel

Single 45-min

THB 3,500

Couple 45-min

THB 4,500

Take a moment to release stress with this bath, featuring Black Spruce, Frankincense, Blue Chamomile essential oils, and Osmanthus flower with Fractionated Coconut Oil. Designed to create a tranquil and relaxing atmosphere, this bath helps soothe and quiet your environment, aiding in the balance of your life across relationships, work, fitness, health, and emotional well-being.

Beam Me Up

accompanied with a selection of cheese and Macallan 12

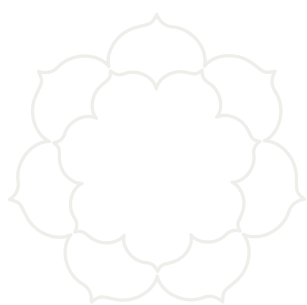
Single 45-min

THB 3,500

Couple 45-min

THB 4,500

This bath combines sea salt-rich in essential minerals like magnesium, calcium, and potassium-with Epsom salt, known for its muscle-soothing properties. The refreshing and invigorating scent of eucalyptus enhances the therapeutic benefits, while the aromatic steam helps clear the sinuses and relax the mind. Enjoy this deeply relaxing experience alongside a glass of exquisite whiskey, enhancing both your bath and overall well-being.



HAMMAMS

Charme d'Orient – PARIS

The Ritual of Hammam (Moroccan-Inspired)

Single 75-min

Couple 75-min

THB 5,500

THB 9,000

Inspired by the traditional Moroccan bath, this signature experience begins with a deep-cleansing steam and scrub, using nourishing black soap, followed by a mineral-rich Rassoul clay wrap that detoxifies the skin. Concluding with a hydrating facial, this ritual leaves your skin revitalized and satin-smooth, with an overall feeling of renewal.

Turkish Bath Ceremony

includes scrub and heat temperature of the hammam

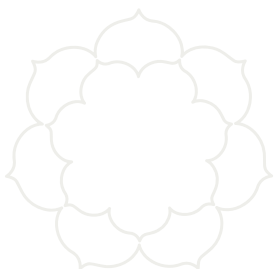
Single 60-min

Couple 60-min

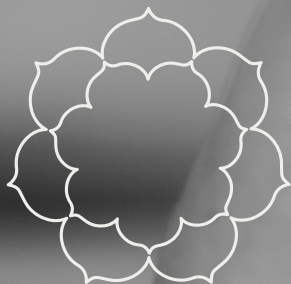
THB 4,500

THB 7,000

The Turkish Bath Ceremony takes inspiration from the famed Turkish hamams, where the ritual bath is both an art and a sanctuary. Beginning with a scrub using black soap, guests are then enveloped in luxurious clouds of foam, followed by a soothing massage that leaves the skin irresistibly soft and velvety.



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



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

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

THB 2,200

Couple 35-min

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

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!



WELLNESS ACTIVITIES

Advance booking required

120-min Guided Walk to Lumpini

park Recommended in the Morning or Evening

Minimum 2 person | maximum 4 person

THB 1,800 per 2 person

Embark on a scenic guided walk to Lumpini Park, a tranquil oasis in the heart of Bangkok. Join a knowledgeable guide as you stroll through the bustling streets of the city and make your way to this lush green space known for its serene lakes, beautiful gardens, and abundant wildlife. This guided walk is the perfect way to unwind, connect with nature, and discover a hidden gem in the midst of the city.

60-min Private Pilates

1 to 2 person

THB 3,800 per class

A 60-minute private Pilates session is designed to enhance your strength, flexibility, and overall well-being. Through a series of controlled movements and exercises, you will engage your mind and body in a holistic workout that targets deep muscles and promotes alignment and balance. Receive individualized attention, hands-on corrections, and expert guidance to ensure proper form and maximize the benefits of each movement.

60-min Private Yoga

1 to 4 person

THB 1,800 per class

Immerse yourself in a transformative 60-minute private yoga session tailored to your individual needs and goals. Led by a skilled and experienced yoga instructor, this personalized session offers a unique opportunity to deepen your practice, improve your flexibility, strength, and balance, and achieve a sense of inner peace and serenity. Enjoy individualized attention, hands-on adjustments, and expert guidance as you flow through poses, focus on breath work, and cultivate mindfulness.



WELLNESS ACTIVITIES

60-min Personal Training

up to 2 persons

THB 1,500 per class

Immerse yourself in a transformative 60-minute private yoga session tailored to your individual needs and goals. Led by a skilled and experienced yoga instructor, this personalized session offers a unique opportunity to deepen your practice, improve your flexibility, strength, and balance, and achieve a sense of inner peace and serenity. Enjoy individualized attention, hands-on adjustments, and expert guidance as you flow through poses, focus on breath work, and cultivate mindfulness.

60-min Private Boxing Class

up to 2 persons

THB 1,800 per class

Receive personalized instruction from a skilled trainer as you learn proper boxing techniques, footwork, and combinations. Improve your strength, agility, and coordination as you engage in a high-energy workout that will challenge both your body and mind.

60-min Meditation or Evening Enlightenment

1 to 4 person

THB 1,800 per class

Immerse yourself in a peaceful atmosphere as you explore mindfulness techniques, deep breathing exercises, and guided meditation to calm your mind and enhance your well-being. Discover inner peace and serenity as you connect with your inner self and unlock a deeper sense of clarity and enlightenment during this rejuvenating session.

30-min Stretching and Massage with Power Plate Mini+

1 person

THB 480 per class

Combine stretching and massage using the Power Plate Mini+. This innovative device utilizes vibration technology to enhance your stretching routine and provide a deep tissue massage. Experience increased flexibility, improved circulation, and reduced muscle tension as you relax and unwind with the Power Plate Mini+.



TERMS & CONDITIONS

OPENING HOURS

The Sukhothai Spa: Daily from 9 am. - 11 pm.

CANCELLATION POLICY

Please provide at least 4 hours' notice to cancel without incurring charges. Cancellations made within 4 hours of the appointment will be charged in full. Credit card authorization is required at the time of booking.

DIGITAL DISCONNECTION

Our spa promotes a tranquil environment. We kindly request that you turn off your mobile devices and secure them in your locker to honor the privacy and serenity of all spa guests.

SPA ARRIVAL

Please check in at the Spa Reception at least 15 minutes before your first appointment. This allows time for a brief discussion about your treatment expectations and helps you relax before beginning. Please note that late arrivals will not result in extended treatment times.

POST TREATMENT

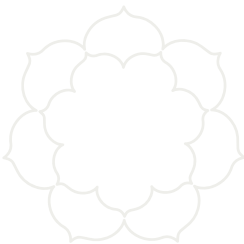
Guests are invited to use the heat experiences in the Fitness & Wellness Centre after their Spa treatment.

AGE REQUIREMENT

Guests must be at least 12 years old to access the Spa and Health Club & Wellness Centre.

HOME CARE

To continue your spa regimen at home, all products used in our treatments, along with lifestyle items and souvenirs, are available for purchase in our spa boutique.





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GIFT CARDS

Our gift cards make an ideal gift and are available online through our Official LINE @sukhothaispa, WhatsApp, & Mobile at +66 (0) 65 509 0736, as well as at the Spa concierge desk.

