

SPA WELLNESS ACTIVITIES

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
7:30 AM (45 min) (at Yoga Pavilion)	Thai Hermit Exercise	-	-	-	-	-	Sati (Mindfulness Journey)
2:00 PM (45 min) (at The Sukhothai Spa)	-	Sati (Mindfulness Journey)	Thai Herbal Sachet Workshop	-	Thai Herbal Inhaler Workshop	-	-

Private Class Rates:

- **Hotel Guests:** THB 1,299 net/couple, THB 699 net/single | **Non-hotel Guests:** THB 1,799 net/couple, THB 899 net/single
- **Souvenir option for Thai Herbal Sachet & Inhaler:** THB 99 net/piece



Thai Hermit Exercise (Ruesi Dat Ton)

Experience the ancient art of Thai Hermit Exercise, a traditional practice combining gentle stretching, mindful movement, and breathing techniques. This restorative session helps relieve muscle tension, improve flexibility, and promote overall wellbeing.



Sati – Mindfulness Journey

Reconnect with the present moment through a guided meditation designed to cultivate inner calm and mental clarity. This peaceful practice offers simple mindfulness techniques to help reduce everyday stress and restore emotional balance.



Thai Herbal Sachet Workshop

Create your own fragrant Thai herbal sachet inspired by centuries of Thai wisdom. Discover the art of blending aromatic herbs and flowers to craft a beautifully scented keepsake, perfect as a personalised souvenir or thoughtful gift.



Thai Herbal Inhaler Workshop

Craft your own traditional Thai herbal inhaler using a selection of natural aromatic herbs. Learn about the therapeutic benefits of each ingredient while creating a personalised blend to refresh the mind, awaken the senses, and promote wellbeing.

Terms and Conditions

- Advance reservations are required and may be made through The Sukhothai Spa Reception.
- Wellness classes are limited to a maximum of six participants per session.
- Reservations must be confirmed at least one day prior to the scheduled class.
- Should no participants arrive within 15 minutes of the scheduled start time, the session will be cancelled.

GROUND FLOOR THE SUKHOTHAI SPA
FOR MORE INFORMATION, PLEASE PRESS '0'

Terms and Conditions Apply





SPA WELLNESS STUDIO

Self-Guided Reformer Session



STANDALONE EQUIPMENT ACCESS

THB 500++ per hour (Maximum 2 Persons)

Additional guests: THB 300 net per hour

STRICT SAFETY NOTICE (EXPERIENCE REQUIRED)

For safety and ensure proper equipment handling, unassisted access is strictly restricted to guests with prior Pilates reformer experience. A mandatory safety waiver must be signed at the Spa Reception prior to session commencement.

WHAT IS INCLUDED

- Uninterrupted, private use of our professional reformer machine at the Spa
- Fresh workout towels prepared at your station
- Chilled bottled water provided upon arrival

BOOKING & HOURS

- Operating Hours: Daily from 9:00 AM - 10:00 PM
- Please reserve at least 1 hour in advance
- Bookings can be made directly by contacting Spa Reception

For bookings and inquiries, please contact Spa Reception.