



SPA WELLNESS ACTIVITIES

October 2026

MONDAY

7:30 AM

Self-Guided Reformer Session

30 min · Complimentary

TUESDAY

8:00 AM

Reformer Equipment Access

THB 500++ per hour

2:00 PM

Sati-Mindfulness

30 min · Complimentary

WEDNESDAY

10:00 AM

Thai Herbal Inhaler

45 min · THB 468++ per person

2:00 PM

Thai Herbal Sachet

30 min · Complimentary

THURSDAY

7:30 AM

Thai Hermit Exercise

30 min · Complimentary

8:00 AM

Reformer Equipment Access

THB 500++ per hour

FRIDAY

10:00 AM

Thai Herbal Sachet

45 min · THB 468++ per person

2:00 PM

Thai Herbal Inhaler

30 min · Complimentary

SATURDAY

7:30 AM

Thai Hermit Exercise

45 min · THB 594++ per person

FRIDAY

7:30 AM

Sati-Mindfulness

45 min · THB 594++ per person

Private Class Rates: Reformer Standalone Equipment Access
THB 500++ Per hour (Maximum 2 Person) | Additional guest THB 300 net per hour



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 or Inhaler

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.



Self-Guided Reformer Session

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.

Terms and Conditions

- Advance reservations are required and may be made through The Sukhothai Spa Reception.
- Wellness classes are limited to a maximum of four 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.



For more information, please contact us at 02 344 8888
Email: thesukhothaispa@sukhothai.com
or add us via line @sukhothaibangkok (with @)

The Sukhothai Spa The Sukhothai Spa



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.