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The Sukhothai Spa

Where architecture, nature and healing become one.

Inspired by the most luminous era of Thai history, The Sukhothai Spa draws its soul from a civilisation that understood wellness not as a destination, but as a way of being — where art, architecture, nature, and healing were never separate.

Walls of golden teak. Lotus leaf tiles worn smooth by water. Ceilings that echo Wat Sri Chum. Sacred conch shells rising from still water — in Thai royal tradition, the conch purifies all it enters. Every surface was chosen to carry the spirit of Sukhothai forward, connecting seven centuries of wisdom to the body standing before it today.

Where Thai ancestral wisdom meets the ancient hammam ritual — two of the world’s oldest healing traditions, in one space. What the past understood, your body will remember.



The Lotus Journey

Since ancient times, the lotus has been the soul of Thai wisdom — rising not despite the darkness of still water, but because of it.

THE ROOT THE RISING THE SURFACE THE BLOSSOM

Four stages. One unbroken journey — from the weight you arrive with to the stillness you carry home. Each treatment at The Sukhothai Spa is a passage through these stages, guided by artisans whose knowledge of the body runs deeper than technique. You do not simply receive a treatment here. You complete a journey that Thai civilisation understood long before the world gave it a name.





The Sukhothai Spa Wellness Artisan

Traditional knowledge, attentive consultation and purposeful touch come together through our Wellness Artisans, who guide each guest with calm, considered care.

Every experience is shaped around the individual — from pressure and areas of focus to the wider pathway of treatments, herbs and practices — so that your time at The Sukhothai Spa feels personal, coherent and unhurried.

Traditional Wellness

The Sukhothai Spa approaches wellbeing through Traditional Thai Wellness as an integrated system of care. Elemental understanding, herbal knowledge, intentional bodywork and movement are brought together to support each guest’s natural rhythm and personal pathway toward balance.

CHOOSE YOUR FOCUS AT BOOKING

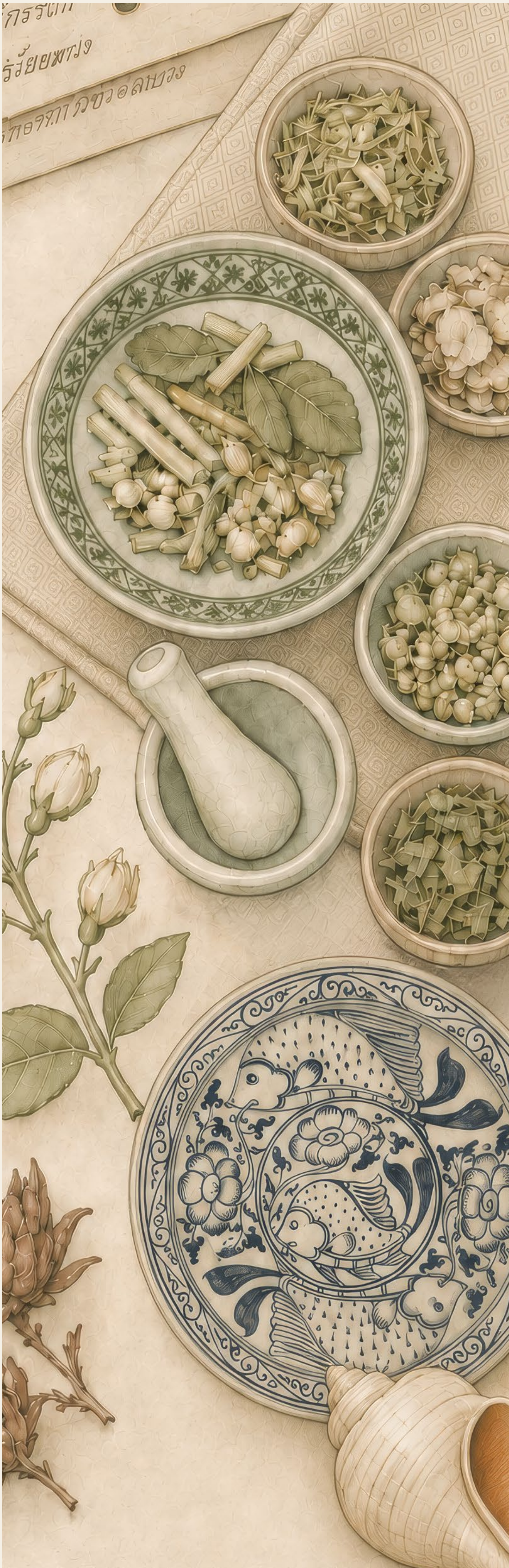
Restorative Bodywork

Wellness rituals rooted in traditional technique, focused on restoring balance and long-term vitality — a deeply personal practice shaped around each guest’s individual needs.

Energy-Based Restoration

An authentic approach to inner harmony, blending gentle bodywork with energy-based practice to help every guest feel grounded, steady, and reconnected to their natural rhythm.

Let our Spa Reception team know your preferred focus when booking, and we will thoughtfully match your experience with an appropriate Wellness Artisan.



Thai Elemental Harmony Therapy

110 minutes · THB 6,000
(Includes a comprehensive 20-minute consultation)

A personalised journey inspired by the four natural elements

Your journey begins with a 20-minute consultation exploring your preferences, present state and natural tendencies through the lens of Earth, Water, Wind and Fire. From there, traditional Thai spa techniques are selected and adapted to create a personally guided experience that supports relaxation, comfort and overall wellbeing.

BEST FOR
Guests seeking a fully bespoke, consultation-led therapy.



EARTH

Physical comfort

Ease everyday muscular tension and encourages a grounded sense of physical ease.



WATER

Refresh & Restore

Flowing, replenishing care supports a refreshed feeling in the body and skin.



WIND

Calm & Settle

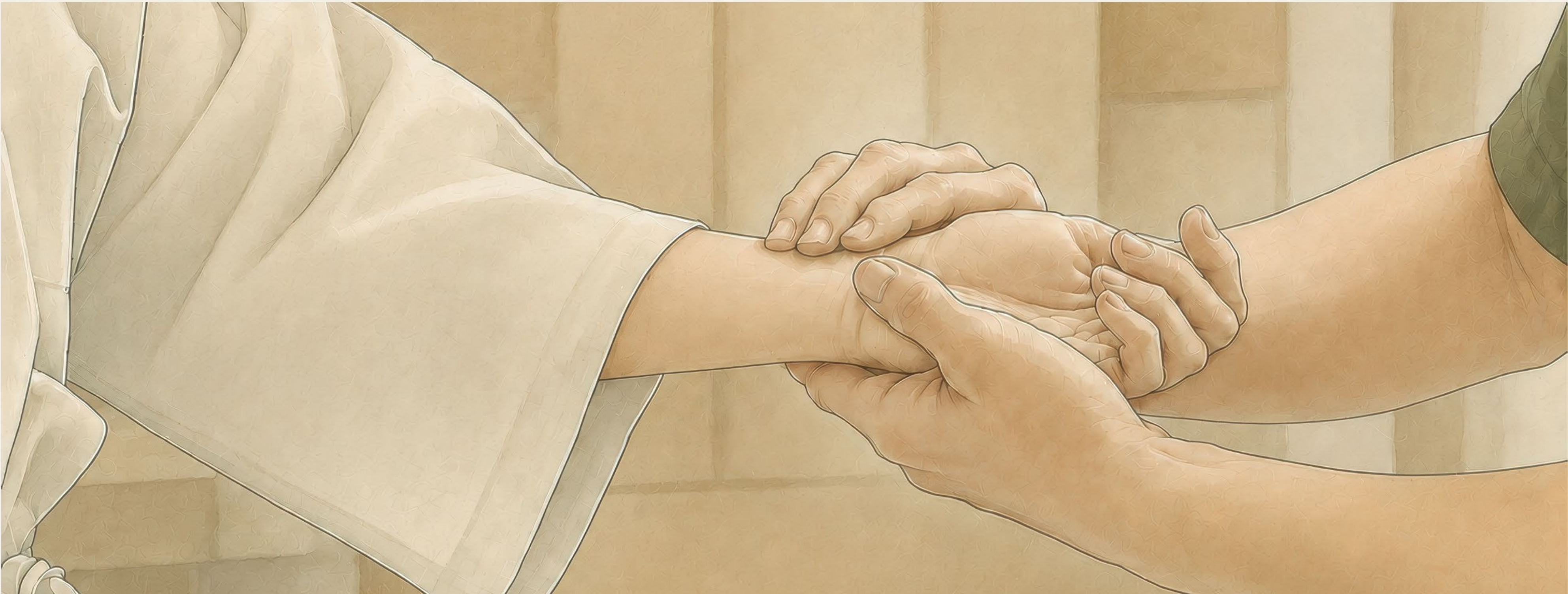
Gentle rhythm and considered touch encourage relaxation and a quieter sense of ease.



FIRE

Renew & Rebalance

Purposeful bodywork helps release accumulated tension and supports renewed vitality.



Restorative Rituals

The Reiki Energy Realignment

60 minutes · THB 5,500

Gentle, light-touch stillness and mindfulness

Inspired by Reiki practice, this gentle, light-touch experience creates space to slow down, settle into stillness and reconnect with the present moment. The pace remains quiet and unhurried, with comfort and relaxation guiding the experience throughout.

BEST FOR

Guests seeking relaxation, mental calm, or a restorative pause.

The Abdominal Flow

60 minutes · THB 5,500

Soft, rhythmic touch with guided breathing

A gentle, body-focused treatment combining soft, rhythmic touch around the abdominal area with guided breathing. The measured pace is designed to ease everyday physical tension and encourage a deeper sense of relaxation.

BEST FOR

Guests seeking gentle, focused attention to the abdominal area and a calming body-centred experience.



The Legacy of Nuad Thai

The Lineage of Flow

Nuad Thai — traditional Thai massage recognised by UNESCO as living cultural heritage — is a practice of intentional bodywork shaped through pressure, movement and assisted stretching, rooted in Thai healing traditions carried forward from the Sukhothai era.

Within Traditional Thai Wellness Sen lines provide a framework that guides where and how pressure is applied, while the elemental concept of Lom, or Wind, forms part of the traditional understanding of rhythm and movement within the body. At The Sukhothai Spa, these principles are expressed with clarity, precision and respect for the individual.

For guests seeking different styles of Thai bodywork, we offer two established approaches: the measured precision of Royal Thai Massage and the more dynamic compression and stretching associated with Chaley Sak. Each can be selected according to your comfort, preferred intensity and treatment goals.

Nuad Ratchasamnak · The Royal Alignment 60 | 90 | 120 minutes · THB 4,000 | 5,000 | 6,000

A precise, oil-free form of Royal Thai Massage using hands and thumbs to apply measured pressure along the Sen lines. With minimal stretching and controlled technique, it offers a composed approach for guests who prefer focused pressure and less dynamic movement.

Nuad Chaley Sak · The Folk Revival 60 | 90 | 120 minutes · THB 4,000 | 5,000 | 6,000

A more dynamic style of traditional Thai bodywork using deep compression and assisted stretching, with hands, elbows, knees and feet used as appropriate. The treatment is a to encourage mobility, ease accumulated tension and restore a more comfortable sense of movement.



All prices are in Thai Baht and subject to a 10% service charge and applicable government tax.

Aroma Thai Oil Therapy Massage

60 | 90 | 120 minutes • THB 4,000 | 5,000 | 6,000

Thai sen-line technique • Choice of Thai botanical oil • Your pressure

Traditional Thai-inspired bodywork is combined with a selected aroma oil and your preferred pressure to create a personally tailored massage. Rhythmic touch and aromatic botanicals help ease everyday tension, encourage comfort and support a return to your natural rhythm.

TAILOR YOUR PRESSURE PREFERENCE

SOFT • CALM & GROUND

Gentle, rhythmic strokes encourage relaxation and a quieter sense of ease.

MEDIUM • RESTORE & REVIVE

Balanced pressure supports overall relaxation while helping ease everyday muscular tension.

FIRM • TARGETED RELEASE

Focused pressure is applied to areas of accumulated tension for a deeper, more grounded treatment experience.

Targeted Sen Recovery · Digital Lifestyle

30 | 45 | 60 minutes · THB 2,200 | 2,900 | 3,500

A focused alternative to a full-body treatment, designed for areas that commonly hold tension after prolonged sitting, travel or frequent device use. Sen-informed pressure, rhythmic compression and targeted touch are adapted to the selected area to encourage comfort and ease.

To profoundly enhance the relief of deeper aches before touch begins:

Sen Ittha & Pingkhala Release

BACK, NECK, SHOULDERS & HEAD

Focused thumb pressure and measured bodywork are applied across the upper back, shoulders, neck and head, with attention to areas of accumulated tension around the shoulder blades and upper spine.



Sen Pingkhala Relief

HANDS, WRISTS, ARMS & SHOULDERS

A precise upper-body treatment for the hands, wrists, arms and shoulders. Flowing strokes and focused pressure help ease the strain that can build through repetitive hand and device use.



Sen Ittha Grounding

LOWER BACK, HIPS, LEGS & FEET

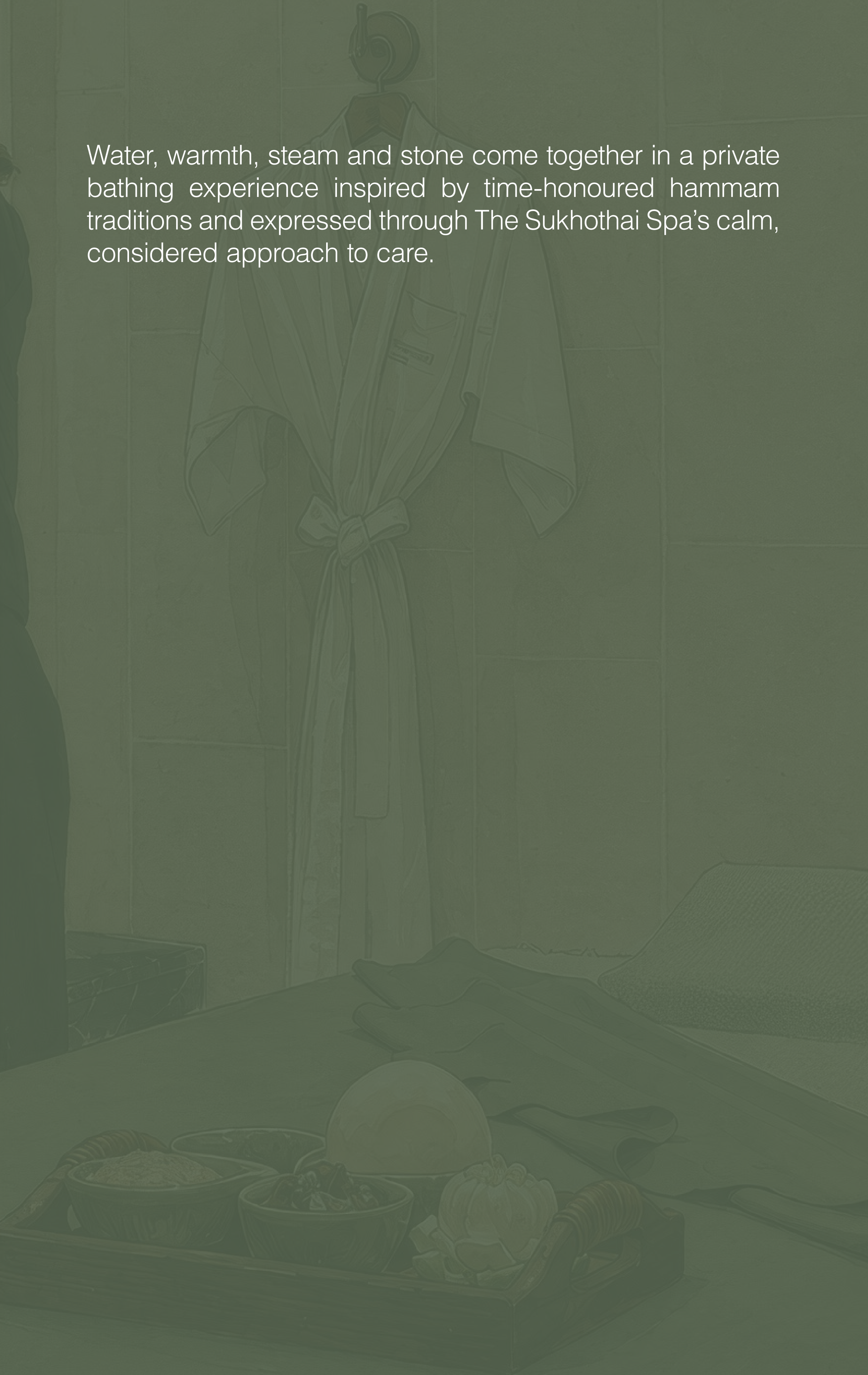
Quiet, rhythmic compression and focused touch are applied through the lower back, hips, legs and feet to ease everyday tension and encourage a grounded sense of physical comfort.





Hammam Sanctuaries

Water, warmth, steam and stone come together in a private bathing experience inspired by time-honoured hammam traditions and expressed through The Sukhothai Spa's calm, considered approach to care.



Hammam Sanctuaries

The Ritual of Hammam · Moroccan-Inspired

75 minutes · THB 5,500

Moroccan-inspired · Black soap · Ghassoul clay · Hydrating facial

Warm steam prepares the skin before a thorough black-soap cleanse and exfoliating scrub. A mineral-rich Ghassoul clay wrap follows, and the ritual concludes with a hydrating facial to leave the skin feeling smooth, replenished and refreshed.

BEST FOR

Guests seeking thorough exfoliation, hydration and a polished skin feel.

Turkish Bath Ceremony

60 minutes · THB 5,500

Full-body black soap scrub · Aromatic foam · Soothing massage

A traditional-style bathing ritual beginning with warmth and cleansing, followed by a meticulous full-body black-soap scrub. Generous aromatic foam and a soothing massage complete the experience, leaving the body relaxed and the skin soft to the touch.

BEST FOR

Guests seeking skin-softening exfoliation, soothing touch and a restorative bathing ritual.

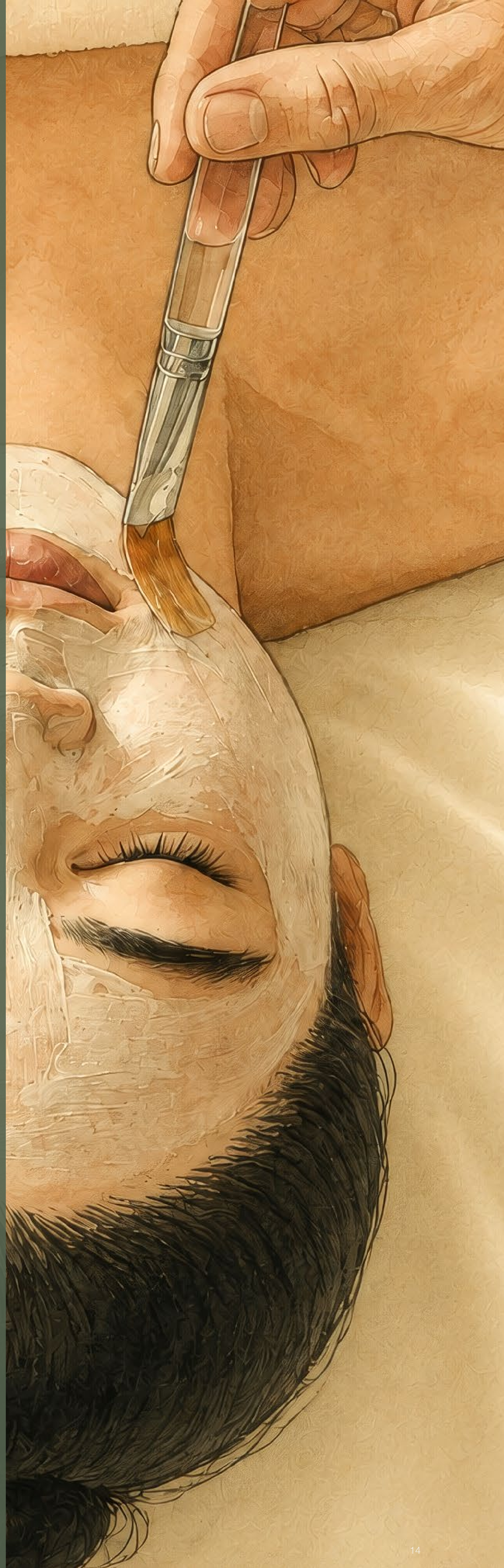


All prices are in Thai Baht and subject to a 10% service charge and applicable government tax.

Facial Rituals

From Thai-grown botanicals to specialist facial care from France and the USA, each facial is selected for its quality, refined touch and ability to be tailored to the individual.

Thoughtful skin assessment, considered product selection and skilled facial massage guide each experience, supporting healthy-looking, refreshed and well-cared-for skin without overstatement.



Moringa Wellness Collection

100% cold-pressed organic Moringa oil, sustainably grown in Thailand and pressed once to preserve its natural qualities, is at the heart of this collection. Rich botanical care is paired with skilled touch to soften the feel of the skin, support surface hydration and ease the appearance of everyday fatigue.

Dawn of Happiness

90 | 120 minutes · THB 5,500 | 6,500

The ritual begins with a gentle botanical body scrub, followed by a rhythmic Moringa Royal Thai Massage using warm herbal compresses. The sequence combines skin-smoothing care with purposeful bodywork to ease everyday tension and encourage a calm, grounded sense of relaxation.

Moringa Hydrate Facial

60 minutes · THB 4,000

A botanical facial pairing Moringa-based hydration with gentle Gua Sha sweeping techniques. Skilled facial massage helps ease visible tension and supports a smoother, refreshed and luminous-looking complexion.

Moringa Essential Fusion

90 | 120 minutes · THB 5,800 | 6,500

A dual-focus experience combining an express facial with focused body massage. Hydrating facial care supports a fresh, supple appearance while targeted massage addresses everyday tension through the back, neck and shoulders.



Biologique Recherche – France

Each treatment begins with a Skin Instant[®] assessment to guide product selection and personalise the facial according to the skin’s present needs.

Lift C.V.S.

Single 60 minutes · THB 6,500
Couple 60 minutes · THB 12,000

Botanical cleansing and gentle micro-exfoliation are followed by a sculpting facial massage and a personalised selection of active serums. The treatment supports a smoother surface, enhanced definition and a firmer-looking, refreshed complexion.

Booster VIP O₂

Single 60 minutes · THB 6,500
Couple 60 minutes · THB 12,000

An oxygenating facial combining thorough cleansing, gentle massage and a nutrient-rich booster selected to refresh the complexion. The treatment supports a brighter, more rested and healthy-looking finish while maintaining comfort and hydration.

Lissant

Single 60 minutes · THB 6,500
Couple 60 minutes · THB 12,000

A soothing facial pairing cleansing and mild exfoliation with calming massage and hydrating formulations. Designed for comfort and replenishment, it supports a smoother, softer and luminous-looking complexion.

ENHANCEMENT

Cold Mask & Cryo Stick

Single 30 minutes · THB 1,700

A cooling facial enhancement that provides a refreshing, soothing finish and can be added to your selected facial ritual.

The Organic Facial by Kerstin Florian – USA

Clean-crafted botanicals, nutrient-rich algae and premium caviar are paired with skilled facial touch to create personalised care with a refined, results-conscious approach.

Customised Deep Cleansing

Single 60 minutes · THB 4,000
Couple 60 minutes · THB 7,000

A clarifying botanical facial tailored to the skin’s present needs. Deep cleansing and gentle exfoliation are paired with stimulating facial massage to leave the complexion feeling thoroughly refreshed, balanced and smooth.

Gua Sha Lifting Facial

Single 90 minutes · THB 5,000
Couple 90 minutes · THB 8,500

A high-touch facial centred on Gua Sha massage using specialised jade tools across the face, neck and décolleté. Gentle sweeping techniques help ease facial tension and reduce the appearance of puffiness, while hydrating care supports a replenished, smooth and luminous-looking complexion.



Suk - Gai & Bao

A curated collection of body rituals and enhancements designed to complement your treatment and personalise the journey through exfoliation, bathing, thermal care and focused touch.

Choose a complete body ritual or add a focused enhancement according to your preferred pace and areas of attention.

Suk - Gai

The feeling of absolute physical bliss.

Refining Body Polish

60 minutes · THB 3,000

A full-body exfoliation that gently lifts away dull surface cells, leaving the skin feeling smoother, softer and refreshed.

Botanical Signature Body Scrub and Wrap

60 | 90 minutes · THB 5,000 | 6,000

A Thai botanical body ritual combining gentle exfoliation with a conditioning wrap. The sequence smooths the skin and provides a restorative layer of body care in one unhurried experience.

Nutrient-Rich Body Wrap

60 minutes · THB 5,000

A replenishing botanical body mask and wrap designed to support surface hydration and leave the skin feeling soft, comfortable and well cared for.

Chae-Tua · Bathing Rituals

30 minutes · THB 2,500

A warm aromatic soak infused with Thai botanicals, offering a quiet transition into rest and an ideal complement to massage or bodywork.

Bao

Body rituals and enhancements to elevate any treatment.

The Thermal Prelude

60 minutes · THB 2,000

Private access to the steam room, sauna and jacuzzi in **The Presidential Suite**, creating a warm and unhurried prelude to your selected treatment.

Marma Face Massage

30 minutes · THB 1,500

A focused facial massage using gentle pressure and rhythmic touch to ease facial tension and support a rested, refreshed appearance.

Hair and Scalp Soothe

30 minutes · THB 1,500

Warm coconut oil and gentle scalp massage provide nourishing care for dry-feeling hair and scalp while encouraging a calm sense of relaxation.

Elevate your treatment

by pairing it with one of our specialised therapeutic.

Body Scrub or Targeted Massage

30 minutes · THB 2,200

Active Botanical Balm and Traditional Thai Herbal Poultice

30 minutes · THB 1,500

Movement & Stillness

Breath · Movement · Rhythm — guided practices that support strength, mobility, balance and a more considered relationship with the body.

Each session is adapted to the individual, creating space for purposeful movement as part of an ongoing wellbeing practice.



The Flow of Stillness



Personal Training

60 minutes · THB 1,800 · Up to 2 people

A personalised movement session shaped around individual goals, with professional guidance in functional strength, conditioning and movement quality. Your trainer adapts the session to your ability and preferred focus to support confidence, vitality and an ongoing movement practice.

Private Yoga

60 minutes · THB 1,800 · Up to 2 people

Individualised guidance through a purposeful sequence of postures and breath awareness. The session is adapted to your level and intentions, supporting flexibility, mobility, steadiness and a deeper connection to your personal practice.

Private Boxing

60 minutes · THB 1,800 · Up to 2 people

Personalised instruction in boxing stance, footwork, combinations and conditioning. Technique and pace are adapted to your experience level, creating an energetic session that builds coordination, confidence and purposeful movement.

Private Assisted Stretching

Single 30 minutes · THB 1,000

A guided stretching session tailored to your comfortable range of motion. Assisted techniques help ease everyday muscular tension, support mobility and encourage a more comfortable sense of movement after travel, training or prolonged sitting.

Nail Care Rituals

Manicure

60 minutes · THB 1,500

Meticulous nail shaping, cuticle care and finishing for well-groomed hands and a polished, refined appearance.

BEST FOR Dry cuticles, tired hands and guests seeking detailed nail care.

Pedicure

60 minutes · THB 1,800

Complete foot and nail care with shaping, cuticle and care for rough-feeling skin, finished with a relaxing lower-leg.

BEST FOR Rough surface texture, tired feet and guests seeking complete grooming and comfort.

Express Polish & Buff

30 minutes · THB 1,000

A concise nail refresh with buffing and finishing care, ideal when time is limited or before an evening engagement.

Gel Polish Removal

30 minutes · THB 600

Gentle removal of existing gel polish with careful attention to maintaining the natural nail in good condition.

Before You Arrive

Opening Hours

The Sukhothai Spa is open daily from 9:00 AM – 10:00 PM

Booking & Cancellation

A 24-hour cancellation notice is required to help us reschedule your appointment, subject to space availability. Any cancellation with less than 4 hours’ notice will incur a 50% cancellation fee. A full fee will be imposed for a “no-show”.

Check-In

Please arrive at least 15 minutes prior to your scheduled treatment. Late arrivals may result in a shortened treatment time.

Health & Consultation

Please inform our Spa team of any medical conditions, injuries, allergies or recent surgery at the time of booking. This allows us to tailor your experience with care.

Pregnancy

If you are pregnant, please inform us at the time of booking. Certain treatments and pressure points may not be suitable during pregnancy, and our team will be pleased to recommend appropriate alternatives, subject to therapist approval.

Age Requirement

Guests must be 12 years or older to access the Spa, Health Club and Wellness Centre.

Personal Belongings

The Sukhothai Spa is not responsible for loss or damage to personal belongings. Please secure valuables in your room safe or spa locker.

Digital Disconnection

For your comfort and privacy, we invite you to switch off and store mobile devices in your locker throughout your visit.

After Your Treatment

We encourage you to allow 20 – 30 minutes after your treatment before re-entering the heat facilities, allowing your body time to gently transition.

Home Care

Many of the products used during your treatment are available at the Spa Boutique, allowing you to continue your wellness ritual at home.

Gift Cards

Share the gift of wellbeing. Gift cards are available at Spa Reception.

Contacts

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