

SPA  
THE PENINSULA

TREATMENTS



From the banks of the Chao Phraya River, overlooking Thailand's vibrant capital,  
The Peninsula Spa brings together an eclectic blend of ancient and modern influences with therapies uniquely  
layering Thai, Oriental, European and Ayurvedic philosophies for an entirely new experience.  
An exceptional state-of-the-art urban retreat which complements the legendary Peninsula style and service,  
a collection of bespoke treatments exclusive to The Peninsula Spa - the natural, high-quality skincare products,  
anti-stressing oils, revitalising natural ingredients and holistic healing treatments help restore energy levels,  
tranquility and balance.



## MARGY'S

For the first time in Thailand, The Peninsula Spa introduces Margy's renowned skin-beautifying journeys from Monte Carlo. Developed by beauty expert Margie Lombard, four new facial treatments utilise Margy's advanced products for a healthy glow.

As part of the 'Health & Harmony' concept, these treatments offer immediate rejuvenation and balance. Ideal after yoga or meditation, they enhance tranquility and body-mind harmony.



## Biologique Recherche

Biologique Recherche, with over 40 years of skincare innovation from the Allouche family in France, is globally renowned for its effective, clinically-based beauty care.

Using pure raw ingredients and unique application techniques, Biologique Recherche products feature high concentrations of botanical, marine, and biological extracts, and are free from artificial fragrances and colourings. Personalised treatments, tailored to guests' skin analysis, deliver immediate, visible results for balanced, defined, and glowing skin.



## Subtle Energies

Subtle Energies treatments deliver a physical result in the dermal (skin) and body while taking into account emotional needs such as anxiety, stress, adrenal fatigue and sleep disorders to achieve results for the mind as well as the skin, in keeping with Subtle Energies' proven holistic expertise.

## Signature Treatments

### ROYAL THAI MASSAGE 90 MINUTES

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This soothing massage uses a traditional technique that has been handed down through generations of treating Thai royalty. Highly trained therapists will apply deep pressure, gently flowing movements and stretching, maintaining a relative distance from the guest's body to demonstrate their care and respect. The thumbs and palms are used on pressure points while the elbow and knee are used to focus on a specific area or to apply strong pressure. In time honoured Royal Thai Massage style, the therapist does not use his/her feet during the treatment.



### ROYAL THAI MASSAGE WITH HERBAL COMPRESS 120 MINUTES

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A stimulating and relaxing experience, this signature treatment includes a pressure point massage along the body's 10 major energy channels, releasing blocked energy and increasing awareness and vitality. Gentle stretching of the joints and muscles relieves tension, enhances flexibility and induces a deep state of tranquility. A warm herbal compress as well as an aromatic infusion of Thai herbs, including lemongrass and ginger, is used to relieve muscle tension in the back, especially the shoulder and neck areas. Following the treatment, you will feel completely revived and restored.

THE ESSENTIAL MIND  
90 MINUTES



The Essential Mind – which offers therapeutic touch, healing oil and vibrational sound therapy for the ultimate relaxation of body and mind that leads to discovery of inner peace.

Seven singing bowls are used for seven different chakra points or energy centres in the body, allowing the sound vibration to pamper you and slow down your thoughts, letting your mind roam free, while the special blended healing oil will keep you relaxed as well as deeper relaxation for mental and physical well-being.

COCO SIAM  
90 MINUTES



Pamper yourself with the exotic touch of Coco Siam, a spa programme that creates a sense of destination. The Peninsula Spa invites you to experience a 90-minute body treatment that nurtures your skin and relieves muscle tension.

It comprises Coconut body scrub using coconut flesh combined with coconut milk and honey followed by Body massage with organic virgin coconut oil and using stretching technique and aromatherapy massage.

ASIAN TRINITY  
SIGNATURE MASSAGE  
90 MINUTES



Experience the Asian Trinity Signature Massage – a 90-minute journey that combines techniques from Thailand, Japan, and China. Guests choose from four organic aromatherapeutic oils, enhancing relaxation during the massage. The experience begins with soothing singing bowl sounds, followed by a blend of Shiatsu and Chinese techniques, concluding with traditional Thai massage elements for deep pressure, flowing movements, and gentle stretches.

SECOND SKIN  
90 MINUTES



The Peninsula Spa will make your dream of a second skin come true. The Peninsula Spa, in collaboration with Biologique Recherche, proudly presents the 90-minute Second Skin Facial, utilising revolutionary electrospinning technology – similar to 3D printing.

Specially created to meet the particular requirements of mature skin, this treatment uses electric force to create nanofibre patches that stimulate the synthesis of collagen and reduce the amount and depth of wrinkles, lift the skin and accelerate cell renewal, leaving you with a more youthful complexion.

## Facial



### ILLUMINATING FACIAL 60 MINUTES

MARGY'S  
MONTE CARLO

Exclusively tailored skincare treatment designed to brighten and boost your complexion. Deep cleansing and highly concentrated active ingredients hydrate and restore your skin, leaving it refreshed and revitalised.

### FIRMING COLLAGEN FACIAL 60 MINUTES

MARGY'S  
MONTE CARLO

Exceptionally pure, active ingredients are used to transform the appearance of your skin. As well as being intensely hydrating, this facial will smooth fine lines and slows the appearance of ageing.

SUPER-LIFT  
HAUTE COUTURE FACIAL  
90 MINUTES



This intensively hydrating facial reduces fine lines to promote a smooth and radiant appearance from the first treatment. Highly active face masks featuring Hyaluron, Vitamin C and Botolift Collagen helps restore elasticity and leaves the skin plumped and luminous.

AGE REVERSAL FACIAL  
120 MINUTES



A powerful blend of biotechnology and plant extracts offers intensive regeneration by delivering the vitamins and minerals required to regenerate skin cells. Highly active Collagen face masks helps restore elasticity and leaves the skin truly radiant. Includes 3 firming masks and 3 rejuvenating facial massages for exceptional results from your very first treatment.

BRIGHTENING  
90 MINUTES



Recommended for pigmented and dull Skin Instants©. Brightening is a targeted treatment using PIGM400 range to naturally lift and brighten the skin. The results are clearly visible in both the short and long term.

Instantly improves the complexion's radiance, controls melanogenesis, illuminates the skin, makes complexion more even, reduces irregularities, helps reduce existing pigmentation marks and anti-free radical action helps combat cellular ageing.

INTENSIVE LIFT  
C.V.S ANTI-AGEING  
90 MINUTES



**Skin type : Mature, pigmented, devitalised and seborrheic skin**

A complete skincare treatment with an instant lifting effect that exfoliates, lifts, firms, resculpts and protects the skin from external aggressions. It features a highly effective combination of active ingredients that are rich in microcrystalline algae, silk extracts and natural amino acids. Modulating massage techniques redefine facial contours and firm the face's natural shape.



## SOIN LISSANT-IMMEDIATE RECONDITION TREATMENT

90 MINUTES



### Skin type : Sensitive and reactive skin

This unique procedure is designed to calm and soothe sensitive, reactive, stressed and traumatised skin. The treatment perfectly integrates the Biologique Recherche Treatment Matrix into the skin, which deeply rehydrates, renews, protects and rebalances the complexion. Through intensive, sculpting movements and quick pulsing strokes, the rigorous Biologique Recherche application technique restores a balanced and restructured dimension.

## P50 ENZYME PEEL

90 MINUTES



### Skin type : Dull, imperfect, less toned and oily skin

A complete skincare treatment that provides instant brightening, smoothing and tightening effects for a refreshed glow. The overall complexion will be well-moisturised and imperfections dramatically reduced. This is a highly effective treatment for ages 30 years and above.

## VIP O2 OXYGENANT

60 MINUTES



### Skin type : All skin types

This oxygenating treatment restores radiance to stressed skin, perfect for modern city dwellers whose skin is constantly exposed to pollution and air conditioning. Rich in moisturising botanical ingredients and the Biologique Recherche Oxygenating Complex, this luxurious treatment stimulates epidermal regeneration and revitalises the skin, leaving it soft and glowing.

## BIOMAGIC BRIGHTENING AND TONING

60 MINUTES



### Skin type : Dull, sallow, enlarged pores and less toned skin

Witness a magical effect within minutes. This treatment is recommended for those in need of instantly glowing, beautiful skin. It purifies devitalised, dull skin with a subtle combination of mineral ingredients to unify, tone and brighten the complexion.

PURIFYING  
AND BALANCING  
60 MINUTES



**Skin type : Seborrheic, congested and dull skin**

A soothing treatment for seborrheic and dull skin caused by circulation imbalance. This treatment purifies and balances skin imperfections. It helps regulate sebum secretion, tightens pores as well as revives and brightens the complexion.

ALGAE BALANCING  
AND CALMING  
NOURISHING MASK  
30 MINUTES



This mask gently purifies the epidermis, leaving the skin clean, healthy and spotless. It is perfect for soothing stressed skin and alleviating any skin discomforts.

HOLISTIC ANTI  
AGEING FACIAL  
60 MINUTES



Harnessing a blend of ancient cellular wisdom and modern science, this results-driven facial delivers a unique anti-ageing treatment targeting sustained collagen, elastin and hyaluronic acid production with potent botanicals, as well as balancing emotions and stress. A purifying skin cleanse is followed by a dynamic double mask designed to penetrate and deliver hydration to the deep layers of the dermis. This facial releases muscle tension and anxiety with a signature aromatic Facial Marma Massage to restore cellular radiance, leaving the skin visibly smoother and luminous.

24K GOLD  
AGE-DEFYING FACIAL  
60 MINUTES



This exotic and enriching skin remedy will enliven the skin whilst restoring emotional balance to total well-being. Mogra, Queen of Jasmines' offers a wonderment of healing elements and works synergistically to boost collagen production and increase cell renewal. Combined with the restorative powers of 24K gold leaf this sensory experience will penetrate and revive the deep layers of the skin, reducing fine lines and wrinkles. The ultimate skin rejuvenator that uplifts the spirit, emotionally replenishes, and creates a positive glow inside and out.



## Body Treatments

### RELAXING MASSAGE 60 MINUTES OR 90 MINUTES



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A sophisticated, soothing and indulgent massage. Warm aromatherapy oils are poured onto the body and massaged into the skin using long, stretching and sweeping movements for physical and mental relaxation.

### VOLCANIC HOT STONE MASSAGE 90 MINUTES



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This penetrating massage combines the alluring warmth of pure essential oils, smoothed over the body using natural, heated volcanic stones to release tension from muscular tissues. Simultaneously, smaller healing stones are placed on key energy centres of the body to channel their power towards ultimate relaxation and balance the spirit.

### DEEP TISSUE MASSAGE 60 MINUTES OR 90 MINUTES



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A traditional massage with regulated pressure that is excellent for releasing knots and tension in the body. Stimulating, long and strong movements effectively ease tired, aching muscles in the back and limbs.

## FOUR-HAND SYNCHRONISED MASSAGE

90 MINUTES



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A truly inspiring and unforgettable spa experience. The soft to medium pressure massage incorporates the exacting skills of two therapists working together in rhythmic tandem.

## HERBAL THAI COMPRESS MASSAGE

90 MINUTES



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A traditional Thai treatment using stimulating techniques and therapeutic herbs to release muscle tension and energise the body. During a relaxing oil massage, steamed warm compresses filled with therapeutic herbs are applied to specific parts of the body using gentle circular and rolling movements. As the pores open and allow the herbs to take effect, the body finds calming relief from sore muscles and ligaments, back pain, migraines, stress and anxiety.

## TRADITIONAL FOOT MASSAGE

60 MINUTES



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Our highly skilled therapists use their fingers, thumbs and knuckles to gently apply pressure to specific nerve endings in the feet, which correspond to organs and systems of the upper body. This therapy is particularly beneficial in treating tension headaches, poor circulation and a sluggish digestive system, and for general relief from pain and stress.

## ADVANCED HOLISTIC MASSAGE

60 MINUTES



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Specific therapeutic techniques with medium to firm pressure combined with long flowing movements, lymphatic drainage; whilst marma therapy and chakra balance align vital energy centers.

## Speciality Treatments



### MATERNITY MASSAGE 90 MINUTES

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This nurturing massage has been carefully designed for pregnant and nursing mothers, and is performed by experienced therapists using advanced techniques that are both safe and effective. The soothing essence of the massage allows pregnant women to unwind and feel comforted during this special time, alleviating backaches, headaches as well as neck and shoulder tension caused by muscle tightness and shifts in posture. Ultimately, this treatment reduces fatigue and improves the skin's elasticity.

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### LAVENDER LUXURIOUS MASSAGE 60 MINUTES OR 90 MINUTES

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This results-driven full body massage uses MARGY'S The Lavender Oil harvested from Provence in France combined with signature movement techniques to deeply stimulate circulation and promote drainage and detoxification. Lavender properties soothe and relax the body providing sense of well-being. This luxurious experience not only helps release tensions, but also gives instant firming and toning results.

MARGY'S  
MONTE CARLO

### SOIN LIFT BODY – BODY CONTOUR 90 MINUTES

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This treatment features an exfoliating session followed by a bio-reflex massage using a moisturizing and dermo-protecting complex, followed by the application of a serum or a firming oil that prevents from slackening. It tones the epidermis and refines the skin's texture.

BIOLOGIQUE  
RECHERCHE  
PARIS

### BOOSTER MINCEUR TREATMENT – SLIMMING 90 MINUTES

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This treatment features visibly improves the appearance of cellulite and pits. Reduces the "orange peel" effect activates drainage and circulation. The skin is more toned, smoother and firmer to the touch.

BIOLOGIQUE  
RECHERCHE  
PARIS

# *The Peninsula Spa Wellness Journey*

## Full-Day Spa Journey

Treatments are offered in one of the private spa suites. Each suite includes a private changing area, a steam with rain shower, a double hydrotherapy bath, and a double treatment area. Guest can also enjoy hydrotherapy, Onsen alike at the locker area, and lunch featuring The Peninsula light and healthy cuisine, as well as special selection ingredients from The Naturally Peninsula Garden. The experience includes an hour of relaxation time for guests to enjoy the facilities prior to treatments in the private spa suite and complete their journey with healthy refreshment at The Peninsula Spa after their treatments.



## THE ULTIMATE OF THE PENINSULA SPA 210 MINUTES

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The Ultimate of The Peninsula Spa perfectly combines recommended treatments for an unparalleled sense of relaxation and rejuvenation.

The 3-hour and 30-minute spa programme includes:

- Coco Siam Body Scrub
- The Peninsula Spa Signature Massage
- Biologique Recherche Facial Treatment
- The Signing Bowl: Healing
- A healthy lunch is served after the treatment

The skillful therapist will take you on a spa journey, delivering the best of The Peninsula Spa's signature treatments in a private spa suite.

## Add-on Treatments



### SHIRODHARA 30 MINUTES

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The ancient technique of Shirodhara, the pouring of oil on the forehead, is then performed, resulting in a state of deep relaxation and meditation. For best results, this treatment should be performed in a series.



### COCONUT SCRUB 30 MINUTES

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It comprises Coconut body scrub using coconut flesh combined with coconut milk and honey which is an excellent way to exfoliate and moisturise your skin.



### BATH RITUAL 30 MINUTES

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\*This menu is able to provide in guest room only.  
For more information and reservation, please contact  
The Peninsula Spa at +66 (2) 020 2888 or  
email [spabk@peninsula.com](mailto:spabk@peninsula.com)





# *How To Spa*

## THE PENINSULA SPA

Location: Ground Level

Opening hours: 9:00 am - 11:00 pm

Tel: +66 (2) 020 2888 ext. 6010, 6020

E-mail: [spabk@peninsula.com](mailto:spabk@peninsula.com)

## ARRIVAL TIME

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You are encouraged to arrive 30 minutes prior to your appointment in order to change, relax and enjoy the exclusive facilities at The Peninsula Spa. Please be advised that late arrivals will result in a reduction of treatment time. We would like to invite hotel guests to arrive at the Spa wearing the robe and slippers provided in the guestroom, and would recommend that valuables are left in the in-room safe.

## SCHEDULING AN APPOINTMENT

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To schedule an appointment for the perfect treatment, please speak with our Spa reception team who will guide you to the right choice. Hotel guests can press The Spa button on the in-room telephone for more information or reservations. As an alternative to selecting specific treatments, we would encourage you to reserve an appointment for Treatment Time (a minimum of two hours) and allow your therapist to work on your individual and specific needs.

## HEALTH CONDITION

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Kindly advise us of any health conditions, allergies or injuries which could affect your treatment when making your spa reservation.

## PREGNANCY

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We have specially designed treatments for expectant women and nursing mothers. Please allow our Spa team to guide you in selecting which treatments are most suitable for you during this special time.

## SPA ETIQUETTE

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Our spa environment is one of relaxation and tranquility. Please respect the right of all spa guests to enjoy privacy and serenity. In light of this, please turn off your mobile phones or other handheld devices. Also, smoking is prohibited within the spa area.

The Peninsula Spa will provide towels, slippers, shower caps and all amenities required for use during your visit.

A minimum age of 16 is required for access and treatment at The Peninsula Spa.

## CANCELLATION POLICY

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A 50% cancellation charge will be incurred for any treatment or spa program not cancelled at least 24 hours prior to appointment. Cancellation within 12 hours will incur a 100% charge.



