



ME-TIME

MAKE TIME FOR YOURSELF

—
Be Well SPA
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Welcome to Be Well Spa

Our spa is your sanctuary, a space of calmness and transcendence to begin your inner journey to rebalance and reconnect - a place for healing within the embrace of our lush green garden.

We begin our journey in the reception area. With 8 treatment rooms for facials and massages, ice room, a dry flotation room, a hair salon, and a relaxation area, the rest of the journey is yours to decide.

Let us be your guide to wellness.

SIGNATURE TREATMENTS

Organic Touch 120 minutes

This organic journey begins with a 30-minute session of soothing body exfoliation followed by 90 minutes aromatherapy massage to reinvigorate and renew your whole being. Our skin quencher recipe offers natural ingredients to choose from. Exfoliation options include brown sugar, oat meal, coffee grounds, sesame seeds, and crushed brown rice. Liquid skincare options range from milk, honey, tamarind and oil, while fresh herbs, turmeric, cinnamon and essential oil are offered as extra add-ons. Whatever freshly blended recipe you choose, our signature **Organic Touch** course is sure to be a revitalizing, totally relaxing organic experience.

Just The Way You Are 90 minutes

This signature bespoke massage journey begins with consultation who will suggest the best treatment combinations to suit your requirements. All massage techniques are available for selection. You inform us the area of the body to receive the most concentration and we concentrate on delivering a bespoke massage experience. Just like the name suggests, our Just The Way You Are program is entirely up to you. Whether you would like to achieve total relaxation, muscle de-stress treatment, or rejuvenation of body and mind, your wish is our command. Our unique program also takes the ancient wisdom concerning your birth element - whether earth, fire, air, or water - into consideration to make this bespoke experience entirely yours, and yours alone.



Healing Herbs Scrub and Compress 120 minutes

Experience Bangkok, Thailand with Thai herbs. Exfoliate your skin with a special blend of Thai herbs and followed by Thai herbal ball steamed pressing onto fatigued muscles. Not only help with aches and pains in the body but also have a relaxing effect on the mind and provide you with a positive boost in energy.

MASSAGES

Thai Herbal Compress Massage 90 minutes

Using techniques originating from ancient royal courts, our **Thai Herbal Compress Massage** course combines a relaxing full-body massage with hot herbal compression to relieve muscle aches, bruises, and stiff joints, while stimulating energy flow. The compression bundle, made up of fresh and dried herbs with medicinal properties and soothing aromatic scent tightly wrapped in muslin cloth, is steamed to release essential oils and gently applied to strategic points in the body to increase blood circulation, reduce swelling and inflammation, and promote overall well-being.

Royal Thai Massage 60/90 minutes

This classic and unique art of authentic Thai massage, a practice born from the heritage of royal traditions, reinvigorates the whole being by focusing on circulation and pressure points. Performed without the use of massage oil, instead using firm pressure with slow and deliberate movements to knead aching muscles and stiff tendons, our **Royal Thai Massage** course treats every part of the body, from all limbs to toes and fingertips, in combination with passive stretching techniques to loosen tightness in joints and tendons, resulting in improved flexibility, better body alignment, and renewed energy.

Ultimate Aromatherapy Massage 60/90 minutes

Our revitalizing full-body **Ultimate Aromatherapy Massage** program begins with continuous gentle strokes to help relax your body and calm your senses. Then, with a flow of gentle kneading, we continue to relieve muscle aches and pain and improve body circulation system. This course is designed to imbue the feeling of total relaxation of the body and mind. The subtle scent of aromatic essential oil helps settle the senses while the massage techniques leave you feeling refreshed and renewed.

Deep Tissue Release 60/90 minutes

This massage is perfect after a day's activities. Deep relaxing massage targets into the deeper layers of muscle and connective tissue, this trigger-point massage focuses on areas of concentrated tight muscular fibers.



MASSAGES

Hot Stone Massage 90 minutes

Our **Hot Stone Massage** course combines a full-body massage along with the incredible benefits of hot stone treatment. To achieve these benefits, Basalt lava stones are heated and, using a gliding technique, are applied to different muscle areas as they simultaneously undergo massage treatment. The heat the stones release goes deep into muscle tissues, easing tension, alleviating aches, and providing an incredible feeling of relaxation. This hot stone session also provides benefits for conditions such as swelling and inflammations of joints and tendons. The overall combination of massage and heat treatment helps improve flexibility, blood circulation and digestion as well.

Toning & Contouring Massage 90 minutes

This program is a beauty treatment for your whole body. Using special massage techniques to break down cellulite, flush out toxins, and reduce fluid retention, our Toning and Contouring Massage package has the additional benefit of simultaneously enhancing your skin tone. Contouring techniques specifically target fatty tissues. Deep pressure on muscles and the skin's collagen help minimize the appearance of cellulite and reduce visible veins. Attention is paid to the reduction of water retention to achieve firmness and tone. The end result is improved physical appearance and glowing skin.

Acupressure Foot Massage 60/90 minutes

Long day on your feet? Put your legs up and let us take care of you with our special **Acupressure Foot Massage**. In the tranquil surrounding of our spa, of course, this won't be any ordinary foot massage. Feel the total relaxation of acupressure techniques that focus on the lower legs and feet. From your toes to your calves and knees, we will apply the perfect pressure to de-stress your muscles, loosen stiff joints and knead away any discomfort. This session will find you up on your feet with a spring in your step and a new found balance to ready you on your next journey.

Back & Shoulders Massage 30 minutes

One of the most popular massage treatments of the modern world is aimed at relieving the stress of the back, neck, and shoulders that accompany those long days at the office desk, and incorrect posture while using the phone. "Office Syndrome", "Text Neck", or whatever the cause of your distress, our quick **Back & Shoulder Massage** session uses deep tissue massage techniques with firm kneading at the right spots to alleviate your discomfort and get you, and your upper body, feeling reset and renewed.

FACIAL TREATMENTS

Ultimate Facial & Body Ritual 90 minutes

Our ultimate program for facial and body renewal begins with a consultation to decide on the course of treatment. Then, one full hour of facial treatments using specific Aromatherapy Associates London products according to your skin type is followed by half an hour of either hands-and-arms or therapeutic leg treatments. The choice is yours. This Ultimate Facial & Body Ritual experience is truly the ultimate combination to get your face looking refreshed and your body feeling reinvigorated.

Anti-Aging Facial 90 minutes

The name says it all. This program focusing on reversing the tolls of time does exactly what it says. Using Aromatherapy Associates London's **Anti-Aging Fine Line Face Oil** and Intensive Skin Treatment Oil, the Anti-Aging Facial course applies deep, nourishing facial treatment using double masks to heal dehydrated skin. Then, a double layering of face serum and toning massage using anti-fine line oil is applied to help promote cell repair and enhance skin tone. This restorative and replenishing treatment deeply nourishes your skin to achieve a healthy, luminously smooth glow.



Hydrating Facial 60 minutes

Specifically designed to hydrate the skin, this relaxing facial treatment involves the use of liquid Rose Hydrating Face Mask from Aromatherapy Associates London to rejuvenate dry, dehydrated, and sensitive skin. Our **Hydrating Facial** session helps to replenish the skin tissues with moisture to an optimum level. It also serves as a preventive measure from dehydration that may occur in the future. Hydration also increases the skin's production of collagen, making the skin more supple and firm with a youthful glow. Other benefits include reduction in the appearance of wrinkles and fine lines, improved skin texture, and a more useful appearance.

FACIAL TREATMENTS

Balance Facial 60 minutes

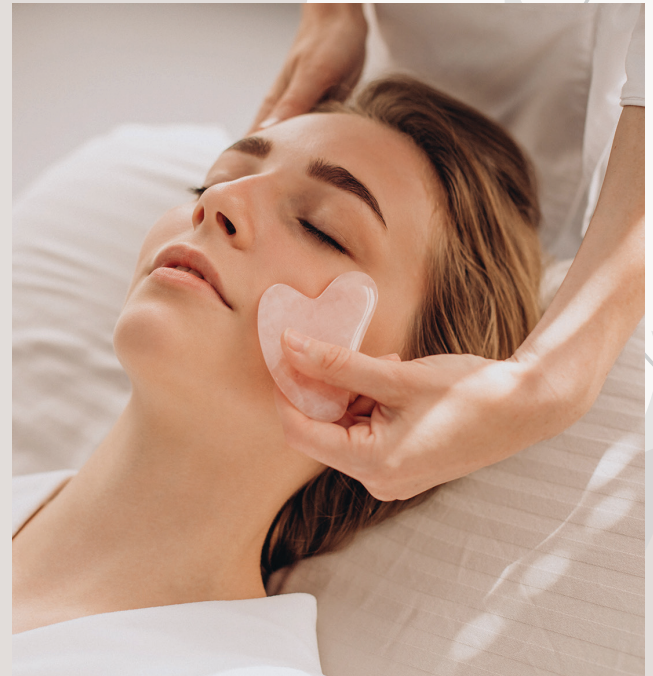
Using a range of mattifying products from Aromatherapy Associates London - Refining Face Oil, Purifying Facial Scrub, and Orange Flower Mattifying Moisturizer - this deep cleanse facial aims to restore the balance of your skin. Our **Balance Facial** cleans your facial skin thoroughly to reduce excess oily sebum and help refine open pores or skin that is prone to infection. The variety of mattifying products not only reduce the appearance of oily skin, but also helps to make your skin appear luminous, while providing your skin with a matte, smooth finish.

Express Facial 30 minutes

This is our mini facial to achieve that glamorous look on the go that keeps your skin glowing as you glam it up. Time is of the essence, and this treatment includes all the essential steps to ensure your best face going forward. We begin by a thorough facial cleansing, followed by gentle exfoliation of the skin. The next step is a nourishing, relaxing massage with moisturizing treatment. The **Express Facial** is simply perfect as a quick touch-up before you go out to face the world.

Detoxifying Facial Gua Sha 60 minutes

A traditional Chinese therapy technique designed to help improve skin's firmness, relieve tension in the muscles of the face, boost blood circulation, and encourage lymphatic drainage. The therapist scrapes skin with a combination of short and long strokes so skin can look brighter and more lifted. Includes Cleanse, Exfoliation, Tone, Massage with Rose Quartz Gua Sha technique, Mask and Moisturize.



BODY TREATMENTS

Renewing Rose Body Treatment 60 minutes

Intensive Body Moisturizing with Organic Rose and natural grains. Then rehydrating skin with the signature layering of rose body gel, oil and lotion to help replenish moisture, improve skin conditions and promote natural smoothness.

Sun Soothing Recovery 60 minutes

Countering the effects of the sun on your skin begins with a gentle brush scrub to exfoliate dead skin cells.

The Sun Soothing Recovery process continues with our Summer Skin Cooler body mask and fresh aloe vera body wrap to replenish moisturizer and restore sun-damaged skin. And while your body recovers with the help of the soothing wrap, our therapist continues the treatment with a relaxing scalp massage and, to top it all off, an express sun recovery facial. This complete head-to-toe package also helps prevent long term damage from overexposure to the sun and the elements.



Shape & Tone 60 minutes

This session is a quick beauty treatment for your whole body. Selecting from our premium line of Aromatherapy Associates London products, we prepare your body for the ultimate toning and contouring program beginning with a full-body treatment using Seaweed Scrub to eliminate dead skin cells and hone your skin to a glowing tone. This experience is concluded with a Mud Wrap to reduce fluid retention, firm the skin, and add that extra smooth, youthful glow. The compression from the mud wrap also has the added benefit of relieving tired muscles and aching joints. With our **Shape and Tone** session, not only will you glow and shine, but you will also feel more energetic and more relaxed.

Smooth & Glow 60 minutes

This is our express, bespoke body polish treatment where you get to pick and choose which Aromatherapy Associates London's premium products to apply to achieve that quick **Smooth & Glow** look. Whatever options you choose, our quick and methodical scrub and polish experience will have your whole body and mind feeling refreshed and renewed.

PERSONALIZED TREATMENTS

Gym Tonic 75 minutes

The perfect post-workout package involves an extensive session of full-body, deep-tissue oil massage using strong and firm pressure to relieve muscles and tendons soreness from rigorous exercise. This method also works wonderfully for aches and pains stemming from office syndrome and text neck. Our **Gym Tonic** package uses scent-free oil with emphasis on kneading and passive stretching to release tensions and tightness of core muscles and sinews caused by sports activity. Firm pressure massaging promotes blood circulation, while passive stretching also helps to recover body flexibility and leaves your whole being feeling relaxed and energetic.

Gentleman Facial 60 minutes

A cleansing and purifying facial specifically designed to address the requirements of men's skin; our **Gentleman Facial** involves 6 steps intended for all men wanting to take care of their skin. A beginning cleansing procedure prepares the pores of the skin for toning and exfoliating, and is followed by a gentle facial massage to stimulate a healthier, firmer look. Next, a mask is applied to help draw out oil and impurities deep below the skin's surface. Finally, moisturizing lotion is applied to rehydrate the skin, giving you a healthy, clean, smooth and glowing appearance.

De-Stress Massage 60/90 minutes

A bespoke treatment package especially designed to relieve stress, the **De-Stress Massage** is a perfect combination of our Aromatherapy Massage and Gym Tonic menus. Emphasizing the use of aromatic scents from the Aromatherapy Associates London's range of products to help put your senses to ease, as our therapist works on a full-body, deep-tissue with firm pressure to relieve bodily discomfort, this package is perfect for alleviating tension and pressure of the body and mind. This massage package also helps improve blood circulation and promotes the sense of overall well-being.

HYDROTHERMAL EXPERIENCE



Dry Floatation Experience 30 minutes

Experience the delightful sensation of weightlessness and buoyancy without the inconvenience of getting soaked. Let our therapist lead you through a calming breathing ritual and a soothing head massage before indulging in an amazing float.

Personalized Float Experience with add-ons

Tailor the dry floatation experience to meet your individual needs, ensuring that you receive optimal benefits from the add-on treatments.

- **Soothing Body Wrap 60 minutes**

Mixture of natural botanical extracts for nourishment helps restore the natural balance of the skin and leaves it with a clean and fresh glow. Experience ultimate relaxation as you are cocooned in a soothing body wrap and suspended on a dry floatation waterbed. Feel weightless and pressure-free, allowing the ingredients to be fully absorbed by your body.

- **De-Stress Body Massage 90 minutes**

Experience the ultimate in relaxation with our variety of massage therapies, each offering their unique benefits. Our signature massages will ease your mind and body into a state of complete relaxation. After your massage, enhance your relaxation with our Dry Floatation experience. Drift away in our serene, quiet room, cocooned in a soft membrane that slowly fills with water, allowing you to effortlessly float without getting wet.

- **Custom Facial Treatment 90 minutes**

A personalized facial treatment to enhance your skin texture and improve specific problems. Our unique and relaxing approach combines a customized skincare session with a luxurious dry floatation experience. Resting on a waterbed during your facial treatment and enhancing the effectiveness of your facial treatment by having your body float weightless allowing for extra time to indulge in a rejuvenating face mask while your body fully relaxes.

HYDROTHERMAL EXPERIENCE

Sauna Ice Room - The ultimate cooler experience

Sweet Ice Room features a basin full of ice in an environment of sophisticated and elegant. It's the perfect addition to your comprehensive wellness journey. The invigorating wellness experience after the exposure to heat, cryotherapy for pain relief of acute injuries, has a toning effect, balances the blood vessels and cardiorespiratory system as well as ensures mental freshness.

Heat & Ice Journey

Provides a heated salt, steam, sauna ice room, and experience showers. This comprehensive contrast therapy journey firstly starts from the heat which is soothing and stimulating. As it raises your core body temperature and increases blood flow, it creates a deep, sustainable sweat that pushes out toxins. After that mildly chilled water to rinse off, then take it down to an icy temp. The contrast therapy is great for recovery and physical endurance. Reduces lactic acid buildup in muscles, soothes pain while the uplifting sensation awakens the entire body, sparking an increase in productivity and efficiency.

SPA SERVICES

SIGNATURE TREATMENTS

Organic Touch

Duration

120 minutes

Price

4,900++

Just The Way You Are

90 minutes

4,200++

Healing Herbs Scrub and Compress

120 minutes

4,900++

MASSAGES

Thai Herbal Compress and Massage

60/90 minutes

3,000++/3,800++

Royal Thai Massage

60/90 minutes

2,200++/3,000++

Ultimate Aromatherapy Massage

60/90 minutes

2,800++/3,800++

Deep Tissue Release

60/90 minutes

2,800++/3,800++

Hot Stone Massage

90 minutes

4,200++

Tone & Contouring Massage

90 minutes

4,200++

Acupressure Foot Massage

60/90 minutes

1,800++/2,500++

Back & Shoulders Massage

30 minutes

1,800++

BODY TREATMENTS

Renewing Rose Body Treatment

60 minutes

2,800++

Sun Soothing Recovery

60 minutes

2,800++

Shape & Tone

60 minutes

3,500++

Smooth & Glow

60 minutes

2,800++

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

SPA SERVICES

FACIAL TREATMENTS

Ultimate Facial & Body Ritual	90 minutes	4,900++
Anti-Aging Facial	90 minutes	4,900++
Hydrating Facial	60 minutes	3,800++
Balance Facial	60 minutes	3,800++
Express Facial	30 minutes	2,000++
Detoxifying Facial Gua Sha	60 minutes	3,800++

PERSONALIZED TREATMENTS

Gym Tonic	75 minutes	3,500++
Gentlemen Facial	60 minutes	3,800++
De-stress Massage	60/90 minutes	3,200++/4,200++

HYDROTHERMAL EXPERIENCE

Dry Floatation Experience	30 minutes	1,800++
Dry Flotation and Soothing Wrap	60 minutes	2,700++
Dry Flotation and De-Stress Body Massage	90 minutes	4,200++
Dry Flotation and Custom Facial Treatment	90 minutes	4,500++
Heat & Ice Journey	per time	1,200++

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

SPA ETIQUETTE

HOUR OF SERVICE

Be Well spa: 10:00 am - 10:00 pm

Wellness facilities at the spa are reserved for spa guests aged 16 and above who book spa treatments.

- To make the most of your journey through the specially tailored spa treatments, please arrive 15 minutes before your treatment to complete a health assessment and relax into a time dedicated to your well-being.
- As soft sound and peace are part of our dedicated spa environment, please note that it is unsuitable for small children and babies unless they are receiving a dedicated treatment.
- Smoking and the use of mobile phone is not permitted in the spa or treatment areas.
- Whilst locker facilities are provided, we recommend you not to bring any valuables during your spa time. All treatments can be charged to your room. Movenpick BDMS Wellness Resort Bangkok accepts no responsibility for the loss of money or valuables of any kind.

SCHEDULING AND CANCELLATION

- Please give four hours' cancellation notice on individual treatments and 24 hours' notice on packages. Otherwise, 50% of the price may be charged to your account. Arriving late will decrease the time of your treatment.

PRE AND POST-SPA CARE

- We recommend that you do not sunbathe after an aromatherapy treatment.
- For men, shaving before facial treatments is beneficial and will ensure that maximum results are achieved. But please try to shave several hours before treatment to avoid any post-shave irritation.

HEALTH & ALLERGIES

- Guests who have high blood pressure, heart conditions, are pregnant or have other medical complications are advised to consult a doctor before signing up for any treatments.
- Please notify our spa receptionists of any existing medical conditions or allergies.

All prices are in Thai Baht and are subject to 10% service charge and applicable government tax.
Prices are subject to change without prior notice. Advanced booking is highly recommended to ensure availability.

For more information, please contact us T. +66 2 666 3399 E. movenpick.bdms.spa@movenpick.com