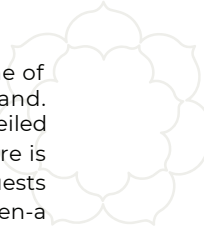




*"Physical fitness is not only one of the most important keys to a healthy body,
it is the basic of dynamic and creative intellectual activity."
John F. Kennedy*



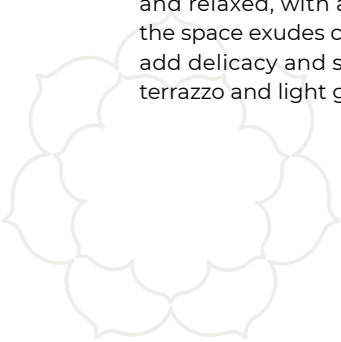


Sukhothai (Thai: สุโขทัย, pronounced Su Ko Tai) is renowned as one of Thailand's seventy-six provinces, nestled in lower northern Thailand. Known as the 'dawn of happiness,' Sukhothai inspires our newly unveiled spa, The Sukhothai Spa, where the ancient Sukhothai-style culture is artfully integrated into our design and ambiance. Here, we invite guests and members on a journey to a tranquil, spiritual, and soothing haven—a serene escape for relaxation and rejuvenation, with nature's embrace as our guiding force. The Sukhothai Spa is an urban oasis, a sanctuary dedicated to wellness.

Our spa seamlessly blends traditional, result-driven, and modern practices from diverse cultures to provide a comprehensive range of treatments. Designed as a retreat from city life, our spa features handpicked, highly trained professionals committed to delivering personalized attention, setting The Sukhothai Spa apart in the realm of wellness. Our extensive array of services includes massage therapy, beauty treatments, hammams, yoga, Pilates, meditation classes, personalized nutrition advice, and fitness training. The in-house facilities, such as a salt-water lap pool, jacuzzi, saunas, steam rooms, a state-of-the-art technology facial room, and dedicated spaces for yoga, Pilates, and meditation, further enhance the guest experience.

Concept of the Treatment Rooms: All treatment rooms welcome guests with warm-toned materials, including traditional wooden Thai doors adorned with elegant bronze handles. Luxurious green natural stone finishes on hammam beds evoke serenity and harmony with nature. The two-step recessed ceiling pays homage to Wat Sri Chum, creating a captivating focal point, while terracotta mosaic tiles in the wet zone symbolize the texture of a lotus leaf, enhancing the room's symbolism and elegance. Inspired by Middle Eastern and North African bathing rituals, our Hammam Room offers a bespoke and private experience that promotes physical cleansing, relaxation, and well-being.

Treatment Room: Located on the second floor, the treatment rooms embrace a simple and direct representation of Thai architecture. Bright and relaxed, with a 'Pra-Kon' wall pattern representing the Thai house, the space exudes contemporary beauty. High ceilings and curved shapes add delicacy and softness, complemented by a jacuzzi tub using green terrazzo and light green mosaic.





moringa
project.



"Moringa shows great promise as a tool to help overcome some of the most severe problems in the developing world - malnutrition, deforestation, impure water and poverty. The tree does best in the dry region where these problems are worst." Andrew Young, former Atlanta Mayor and United Nations Ambassador

THE ROYAL REMEDIES

Dawn of Happiness

(Includes body scrub, massage and herbal compress/poultice)

Single 120-min

THB 6,000

Couple suite 120-min

THB 9,500

A healing experience designed to nourish and replenish the entire body, starting with a body scrub and followed by the Moringa Royal Thai Massage with an herbal compress. This treatment melts away stress and tension, restoring a state of blissful happiness.

The Sukhothai Journey

(includes: reflexology and massage).

Single 100-min

THB 5,500

Couple suite 100-min

THB 9,000

A body treatment that enhances both physical and mental well-being by integrating body massage with foot reflexology, bringing you back to a state of balanced relaxation.

The Sukhothai Signature Massage

medium to Firm Pressure.

Single 60/90/120-min

THB 4,000 / 5,000 / 6,000

Couple suite 60/90/120-min

THB 7,000 / 8,500 / 9,500

Experience a harmonious blend of soothing and invigorating massage techniques with The Sukhothai Signature Massage. Rooted in the ancient wisdom of Oriental energy meridians, this massage uses a skillful combination of calming kneading and rejuvenating stretching. It's designed to alleviate stress, enhance flexibility, and promote a profound state of relaxation throughout the central nervous system.

Nuad Thai Dry Bodywork

medical - Medium to Firm Pressure.

Single 60/90/120-min

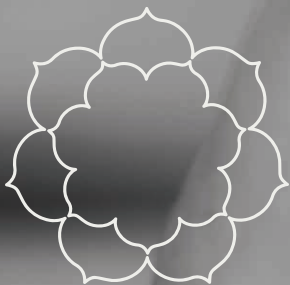
THB 4,000 / 5,000 / 6,000

Couple suite 60/90/120-min

THB 7,000 / 8,500 / 9,500

Immerse yourself in the therapeutic benefits of Nuad Thai Dry Bodywork. This medical-grade massage utilizes a refined combination of bodywork techniques to improve flexibility. By applying precise thumb and palm pressure along with dynamic yoga stretches, this venerable treatment stimulates the body's energy flow and eases stubborn muscle tension.

PEDI:MANI:CURE *B* **STUDIO**
by Bastien Gonzalez



NAILS – HANDS – FEET TREATMENT

PEDI:MANI:CURE STUDIO BY Bastien Gonzalez

Bastien's DUO

includes Bastien's Manicure and Bastien's Pedicure, performed at the same time

Single 75-min

THB 5,000

This synchronized four-hands treatment focuses on your feet, legs, hands, and arms, offering the ultimate in manicure and pedicure luxury with complete relaxation.

Bastien's Pedicure

color nail polish excluded

Single 60-min

THB 3,300

Couple 60-min

THB 5,500

This thorough pedicure begins with a gentle buffing that restores the natural luster and beauty of the nails. It progresses with a skin treatment that removes hard skin and alleviates dryness. The experience is completed with a full massage from the toes to the knees, easing muscle tension and heaviness for a sensation of lightness and rejuvenation.

Bastien's Manicure

color nail polish excluded

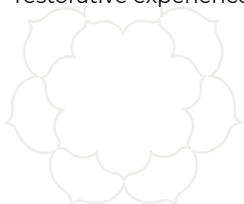
Single 45-min

THB 2,500

Couple 45-min

THB 3,500

An exceptional manicure in 3 steps: first, a treatment enhances the natural beauty of your nails. Next, a detailed cuticle treatment tackles any dryness. The session ends with a comprehensive massage of the forearms, wrists, hands, and fingers, ensuring a deeply relaxing and restorative experience.





NAILS – HANDS – FEET TREATMENT PEDI:MANI:CURE STUDIO BY Bastien Gonzalez

Nail Brightness

45-min

THB 2,500

Focus on the beauty of your nails and cuticles with this treatment, which gently smooths skin dryness. Nails are reshaped and polished using chamois leather and a pearlescent buffing cream to achieve a healthy, shiny appearance. The session concludes with a soothing foot massage, enveloping you in complete relaxation.

Foot Refoundation Massage

Single 35-min

Couple 35-min

THB 2,200

THB 3,500

Ideal for relieving tired and heavy legs, especially after travel, this massage covers the area from the toes to the knees. It focuses on easing muscle tension, enhancing joint mobility, and improving blood circulation and skin elasticity, particularly addressing swollen soles. An initial exfoliation with Black Diamond Scrub maximizes the cream's penetration during the massage, enhancing its effectiveness.

Global Massage Refoundation (foot & hand)

Single 35-min

THB 2,200

Foot and Hand Massage - Experience a deeply soothing massage that extends from the toes up to the knees and from the fingers up to the elbows. This synchronized four-hand treatment alleviates muscle tension and reduces the sensation of heaviness, promoting a feeling of overall lightness and relaxation across the body.

KID'S Pedicure and Manicure

a guardian must be present during the treatment

Single 60-min

THB 1,500

Our Kids Manicure and Pedicure services are designed to provide a fun and safe pampering experience for your little ones. Our skilled technicians use non-toxic, child-friendly products to ensure that their nails are beautifully groomed without any harm, with a variety of colors and designs to choose from.



NAILS – HANDS – FEET TREATMENT PEDI:MANI:CURE STUDIO BY Bastien Gonzalez

Add-on

Paraffin Touch

20-min

THB 1,800

Enhance any Bastien Gonzalez treatment by incorporating the Paraffin Touch. The warm, silky wax not only deeply hydrates the skin by helping moisturizers penetrate more effectively but also increases relaxation and eases muscle and joint tension.

Black Diamond Scrub Touch

10-min

THB 1,200

Elevate your Bastien Pedicure or Manicure by adding on the Black Diamond Scrub Touch. This mineral-based foaming scrub vigorously exfoliates, removing dead skin cells and leaving the skin smooth and silky. Enriched with essential oils of Thyme and Sage, it ensures your feet and hands remain healthy and elegantly cared for.

Color Touch

Single 30-min

Polish / Gel
THB 950 / 1,250

Choose your favorite from our wide range of nail lacquers for a customized polish application, including nail reshaping to perfect the look of your nails.

Gel Removal Touch

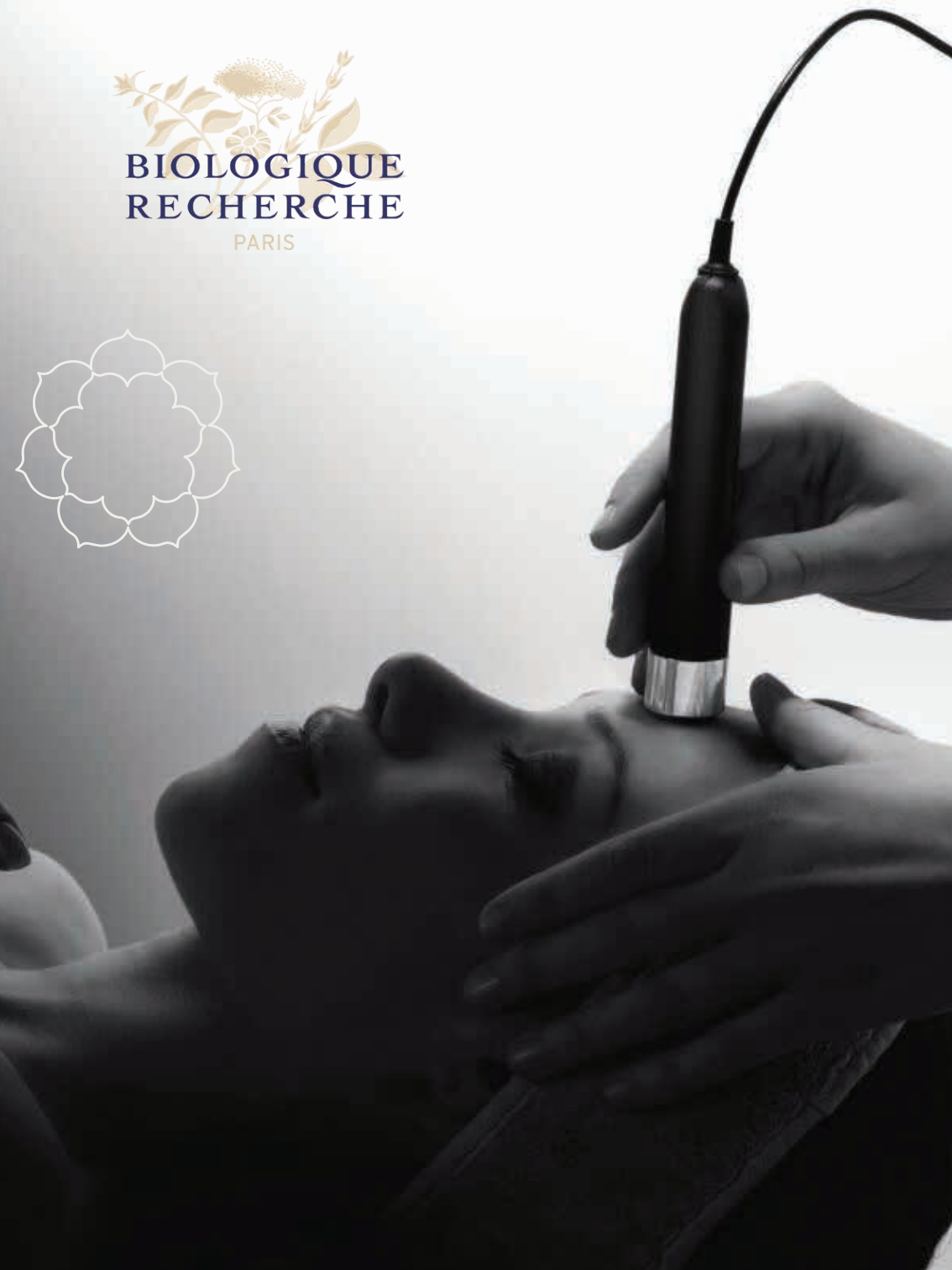
Gel 30-min

THB 1,150

Our Gel Nail Removal service is designed to safely and efficiently remove gel polish without damaging your natural nails. Our trained technicians use professional techniques and products to gently soak and dissolve the gel, making the removal process quick and painless. Say goodbye to chipped or grown-out gel nails and hello to a fresh canvas for your next manicure!



**BIOLOGIQUE
RECHERCHE**
PARIS



FACIAL RESULT DRIVEN & TECHNOLOGIES Biologique Recherche – FRANCE

LIFT C.V.S. by BR

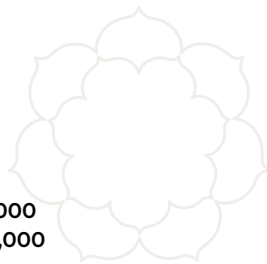
includes skin analysis, deep cleansing, gentle exfoliating, welcoming massage, prescription personalized skincare for lifting and toning skin.

Single 90-min

Couple suite 90-min

THB 7,000

THB 12,000



This signature treatment re-sculpts and exfoliates, employing a unique hand-shaping technique to address sagging and tone-lacking mature skin. It stimulates the epidermis, redefining and reshaping the face's contour for a rejuvenated appearance.

Booster VipO2 by BR

includes skin analysis, deep cleansing, gentle exfoliating, welcoming massage, prescription personalized skincare for brightening and refreshing skin.

Single 90-min

Couple suite 90-min

THB 7,000

THB 12,000

This treatment detoxifies and stimulates the epidermis, re-oxygenating skin tissue to enhance local blood circulation and nutrient delivery. It strengthens the skin barrier, protecting against free radicals and harsh environmental conditions.

Lissant by BR

includes skin analysis, deep cleansing, gentle exfoliating, welcoming massage, prescription personalized skincare for healthy and radiant glowing skin.

Single 60-min

Couple suite 60-min

THB 6,000

THB 9,500

This treatment offers an intense moisturizing and smoothing effect, ideal for all Skin Instant® types, including dehydrated, thin, and sensitive skin. Experience immediate enhancement in skin texture and tone, leaving you with a visibly softer and more radiant complexion.



"A mother's body is a sanctuary, a sacred vessel that nurtures and protects the miracle of life, a testament to the incredible power of creation."

MASSAGES

Booster Minueur by BR

includes slimming, contour redefining, and application of body serum and cream

Single 60/90/120-min

Couple suite 60/90/120-min

THB 4,000 / 5,500 / 7,500

THB 7,000 / 8,500 / 9,500

This treatment is designed to slim and sculpt, enhancing the skin's appearance by promoting lipolysis, reducing adipocyte volume, and eliminating excess water from tissues.

EXPRESS & QUICK

Back, Neck and Shoulder release

bespoke pressure

Single 45-min

Couple suite 45-min

THB 3,000

THB 4,500

This therapeutic massage focuses on trigger point release along anatomical lines to aid in reducing headaches, migraines, and eye strain. It is tailored to address tension specifically in the back, neck, and shoulders.

Fatigue Feet

bespoke pressure

Single 45-min

Couple suite 45-min

THB 3,000

THB 4,500

Ease fatigue and pressure on your feet with medium to firm massage pressure to specific points on the foot up to the knee.





*"Skincare is self-care."
"Taking care of your skin is the ultimate form of self-care."*

EXPRESS & QUICK

Hair and Scalp Soothe

Add-on to face treatment - bespoke pressure

Single 45-min

THB 3,000

This soothing treatment uses Aloe Vera and Virgin Coconut Oil to calm symptoms associated with a very dry scalp, including itching and irritation, while also nourishing dry, dyed, and weak hair, and strengthening fragile roots.

Private Usage of Sauna, Steam and Jacuzzi

Add-on to all treatments

Single or Couple

THB 3,000

Experience ultimate luxury and relaxation with exclusive access to the private steam room, sauna, and Jacuzzi in our luxurious presidential suite. Unwind in style and indulge in a pampering retreat like no other





"Healthy skin is not a luxury. It's a necessity."

SCRUBS

Chamomile Scrub

includes body butter application for single scrub – suitable for all skin types, including sensitive

Single 60-min

THB 4,000

Couple suite 60-min

THB 7,000

This creamy, aromatic scrub features Chamomile and gentle buffing grains that effectively sweep away dull surface cells. An invigorating loofah massage accompanies the scrub, stimulating circulation and leaving the body feeling smooth, refreshed, and deeply hydrated.

WRAPS

Moor Mud

includes body butter application for single wrap – suitable for all skin types, including problematic skin

Single 60/90-min

THB 5,000 / 6,000

Couple suite 60/90-min

THB 8,500 / 9,500

Experience the healing benefits of authentic thermal Moor Mud, which takes over one thousand years to form. This rich, organic mud, laden with minerals and trace elements derived from thermal water, helps heal, soothe, and rejuvenate tired muscles and dull skin.

Botanical Signature Body Scrub and Wrap

includes body application for single wrap – suitable for oily skin types

Single 60/90-min

THB 5,000 / 6,000

Couple suite 60/90-min

THB 8,500 / 9,500

Utilizing the therapeutic properties of Moor Mud, this treatment offers deep healing and rejuvenation, soothing tired muscles and revitalizing dull skin with rich minerals and trace elements.



*"Noble deeds and hot baths are the best cures for depression
" Docie Smith, I Capture the Castle*

MAN SPECIALTY

Sports Massage

firm pressure

Single 90/120-min

Couple suite 90/120-min

THB 5,000 / 6,000

THB 8,500 / 9,500

Experience an energizing Sports Massage that utilizes five distinct techniques to stimulate nerve endings, purge impure substances from the muscles, and enhance circulation. This vigorous approach promotes cellular repair and recovery, ideal for athletes and those with active lifestyles seeking deep tissue rejuvenation.



TERMS & CONDITIONS

OPENING HOURS

The Sukhothai Spa: Daily from 9 am. - 11 pm.

CANCELLATION POLICY

Please provide at least 4 hours' notice to cancel without incurring charges. Cancellations made within 4 hours of the appointment will be charged in full. Credit card authorization is required at the time of booking.

DIGITAL DISCONNECTION

Our spa promotes a tranquil environment. We kindly request that you turn off your mobile devices and secure them in your locker to honor the privacy and serenity of all spa guests.

SPA ARRIVAL

Please check in at the Spa Reception at least 15 minutes before your first appointment. This allows time for a brief discussion about your treatment expectations and helps you relax before beginning. Please note that late arrivals will not result in extended treatment times.

POST TREATMENT

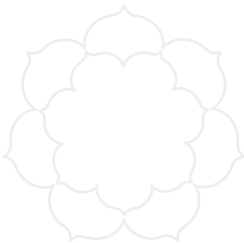
Guests are invited to use the heat experiences in the Fitness & Wellness Centre after their Spa treatment.

AGE REQUIREMENT

Guests must be at least 12 years old to access the Spa and Health Club & Wellness Centre.

HOME CARE

To continue your spa regimen at home, all products used in our treatments, along with lifestyle items and souvenirs, are available for purchase in our spa boutique.





HOME CARE

To continue your spa regimen at home, all products used in our treatments, along with lifestyle items and souvenirs, are available for purchase in our spa boutique.

GIFT CARDS

Our gift cards make an ideal gift and are available online through our Official LINE @sukhothaispa, WhatsApp, & Mobile at +66 (0) 65 509 0736, as well as at the Spa concierge desk.

