



THE GRANDE SPA
&
FITNESS CLUB

SHERATON GRANDE SUKHUMVIT, A LUXURY COLLECTION HOTEL, BANGKOK

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THE GRANDE SPA PHILOSOPHY

Renowned as one of the finest hotel spas in Bangkok, The Grande Spa is a sanctuary where purity, stillness and calm create a refuge for body and mind. Our treatments combine ancient wisdom and contemporary healing techniques with therapeutic spa products made from natural local ingredients.

At The Grande Spa, professional therapists, gracious Thai hospitality, and a tranquil environment ensure an unforgettable spa experience. We invite you to enrich your life through our healing philosophy and rejuvenating treatments.





CURATED EXPERIENCES

INDIGENOUS THERAPEUTIC LUK PRA KOB

120 mins / THB 4,700

Inspired by the Thai tradition of natural healing, this authentic ritual uses the curative essential oils and a warm Luk Pra Kob herbal compress to help alleviate physical ailments. This is combined with our deep yet gentle signature Indigenous Realignment Massage to release muscle tension. The treatment ends with a scalp massage for full relaxation.

ORIENTAL GLOW

150 mins / THB 6,400

Rejuvenate your body and mind with a gentle touch of the Orient and an invigorating body scrub. The treatment ends with an aromatic oil massage and a mini facial for a glowing skin.

SIAMESE RETREAT EXPERIENCE

180 mins / THB 7,000

Embark on your authentic Thai spa journey with an organic Himalayan Salt Scrub followed by our signature Indigenous Realignment Massage and a Pure Essence Facial.

AN INDULGENT ROMANTIC MOMENT

210 mins / THB 12,000
for 2 persons

Your harmonious journey begins in a private sauna and milk spa bath followed by your choice of a gentle Body Scrub and a Full Body Massage. Our White Lamination and Skin Escape for men completes your romantic spa experience for two.

All prices are subject to 10% service charge and 7% government tax.



FACIAL RITUALS

PHYTOMER: HYDRA BLUE PLUMPING MOISTURIZING TREATMENT

60 mins / THB 3,000

The skin is immersed in an intense moisturizing bath to leave you looking youthful and radiant.

PHYTOMER: SKIN ESCAPE FOR MEN FACIAL TREATMENT FOR MEN

60 mins / THB 3,000

Cleansing and facial treatment creams by PHYTOMER HOMME.

PHYTOMER: WHITE LUMINATION BRIGHTENING RADIANCE TREATMENT

60 mins / THB 3,400

An instant burst of radiance for a beautiful and glowing complexion with a visible reduction of dark spots.

PHYTOMER: DOUCEUR MARINE COMFORTING SOOTHING TREATMENT

60 mins / THB 3,800

A cocooning treatment that softens sensitive skin, strengthens its defenses and leaves it perfectly moisturized.

PURE ESSENCE FACIAL

60 mins / THB 3,800

This therapeutic aroma facial is perfect for lymphatic drainage, rehydration, release of muscle tension and skin cleansing.

PHYTOMER: PIONEER TREATMENT YOUTH REVEALING TREATMENT

90 mins / THB 4,000

An exceptional anti-aging massage for instantly smoother, firmer, and brighter skin.





PHYTOMER

ADD-ON TREATMENTS

COMBINATION OF ALL ADD-ON TREATMENTS

45 mins / THB 2,000

**PHYTOMER: EYE PERFECTION
RADIANCE SMOOTHING EYE TREATMENT**

30 mins / THB 1,200

Complementing all our facials, this relaxing treatment returns beautiful youthful sparkle to your eyes.

**PHYTOMER: LIP TREATMENT
ACHIEVE FULL AND SMOOTH LIPS**

30 mins / THB 1,200

Contains a blend of antioxidants to help protect lips from environmental stressors. Helps to temporarily plump and fill fine lines, leaving your lips soft, smooth and voluminous.

All prices are subject to 10% service charge and 7% government tax.





MASSAGE RITUALS

TRADITIONAL THAI MASSAGE

Using traditional Thai acupuncture techniques, Thai massage is designed to eliminate body toxins and impart a sense of relaxation. This tranquil state helps lower stress, enhance blood circulation, and improve overall health.

60 mins / THB 2,400
90 mins / THB 3,000

AROMATHERAPY MASSAGE

A gentle and soothing massage using aromatic oriental essential oils to strengthen the body's physical, mental and spiritual healing mechanism.

60 mins / THB 3,400
90 mins / THB 4,000

SWEDISH MASSAGE

Combining ancient Greek and Roman massage techniques, Swedish massage promotes relaxation with long, gliding strokes, increases blood oxygenation, decreases toxins, improves circulation, and promotes healing.

60 mins / THB 3,400
90 mins / THB 4,000

INDIGENOUS REALIGNMENT

Soft to deep pressure massage techniques are applied in sequence to release toxins and increase blood circulation. Highly recommended for those who experience chronic pain.

60 mins / THB 3,400
90 mins / THB 4,000

INDIGENOUS EQUILIBRIUM

This authentic ritual uses the curative properties of a Thai warm herbal compress in a sequence of deep acupressure techniques to calm the nerves, relax muscles and dissolve tension.

90 mins / THB 4,000

HEALING STONE MASSAGE

Healing warm stones are gently placed along the meridian lines to release tension, followed by an Aromatherapy Massage.

90 mins / THB 4,000





ESSENTIAL BODY CURES

ESSENTIAL DETOXIFICATION

75 mins / THB 3,600

A customized treatment for skin detoxification that exfoliates and refines skin texture. Followed by a body wrap comprising of white Thai mud and anti-oxidant red wine to boost circulation, eliminate toxins and reduce water retention.

ESSENTIAL REVITALIZATION

75 mins / THB 3,600

The treatment uses Oriental Herb Scrub to help eliminate dead cells and suppress pigmentation and melanin production. This is followed by a body wrap comprising of rich milk protein and cucumber extract to moisturize and brighten your skin.

BODY SCRUBS

HIMALAYAN SALT SCRUB

45 mins / THB 2,000

Restore the balance to your body with this gentle blend of sea salt and aromatic sandalwood and myrrh essential oils. Suitable for dry skin.

ORIENTAL HERB SCRUB

45 mins / THB 2,000

Improve your blood circulation with this aromatic blend of lingzhi and shitake mushrooms, lavender, bergamot with apricot kernel cream. Ideal for all skin types.

LAVENDER & MINERAL SEA SALT SCRUB

45 mins / THB 2,000

Enhance your skin's glow with this natural deep-cleansing scrub blend of tea tree oil, kaffir lime, mint and refined mineral sea salt. Perfect for improving blood circulation and removing the dry skin cells.



EXPRESS TREATMENTS

SIAMESE HEAD MASSAGE

A stress-relieving massage using warm herb-infused oil applied on chakra points to release physical and emotional tension.

30 mins / THB 1,800

TENSION RELIEVER

A deep acupressure oil massage concentrating on the upper-back, neck and shoulders to release stiffness and ease shoulder strain. The treatment is followed by a head massage to relieve tension.

30 mins / THB 1,800

SOLE RELIEVER

A relaxing foot massage designed to ease tension and refresh the soles of the feet.

30 mins / THB 1,800

MINI CLEANSING FACIAL

Perfect for cleansing and exfoliating. Best followed by our signature Pure Essence Facial.

30 mins / THB 2,200

EXCEPTIONAL DAY LONG EXPERIENCES

TRAVELER'S PAMPERING

The perfect treatment to overcome jetlag and relieve stiffness, aches and pains, Traveler's Pampering includes a head-to-toe Aromatherapy Massage complemented by a Hydra Blue Facial.

150 mins / THB 5,500

AROMATIC ESSENTIAL OIL INDULGENCE

A pampering experience to indulge your body and mind including an Aromatherapy Massage and White Lumination or Skin Escape for men and radiant eye masks.

150 mins / THB 6,500

BODY AND MIND RETREAT

Designed to nourish, detoxify and rejuvenate your body with an Aromatic Salt Scrub, Detoxifying Body Wrap, Lymphatic Drainage Massage, and finished with a Pure Essence Facial.

180 mins / THB 7,000

INVIGORATING JOURNEY

Escape the stress of the daily life with our pampering 330-minute "Invigorating Journey". Your journey to well-being starts with a trio of steam, sauna and Jacuzzi to release tension in your body and mind. Once relaxed, you will enjoy a stimulating Body Scrub using a blend of authentic natural ingredients, followed by an Essential Revitalizing Wrap, a 60-minute massage of your choice, and a Pure Essence Facial and Siamese Head Massage. Your day of pleasure ends with an exquisite healthy lunch in the tranquil tropical garden at The Sala.

330 mins / THB 9,500





SPA ETIQUETTE

DRESS CODE

A bathrobe and a pair of slippers are provided at our spa. During your treatment, it is recommended that you remove all jewelry and clothing. Our therapists will provide disposable undergarments.

STORING VALUABLES

While using the spa facilities, please leave your valuables in the jewelry box provided or in your in-room safe.

SPECIAL HEALTH CONSIDERATIONS

If you have health concerns or are pregnant, please notify our spa receptionist upon reservation. Guests are also invited to complete a pre-treatment form.

ARRIVAL TIME

Please arrive at least 15 minutes prior to your scheduled appointment time; however, if a late arrival is unavoidable, please call to notify the spa receptionist. Arriving late will limit treatment time as we must complete your service on time in order to accommodate the next guest.

PERSONAL PREFERENCES

Whether it is the room temperature or the level of massage pressure, please communicate your preferences to the therapist so they can make your time with us enjoyable.

CANCELLING A RESERVATION

Guests wishing to cancel a treatment must provide 4 hours cancellation notice otherwise the full amount of the fee will be charged.

AGE

Guests at The Grande Spa must be at least 18 years of age to experience the spa treatments and spa facilities.

OPENING HOURS

Spa facilities are open daily from 10:00 - 22:00 hrs. Last treatment must commence at 20:30 hrs. for a 60-minute treatment.

For reservations, please call The Grande Spa 02 6498121 Email: BKKLCGRANDESPA@MARRIOTT.COM

Hotel guests, please press 'THE GRANDE SPA & FITNESS CLUB' button on your in-room phone.

