

A woman with her eyes closed, sitting in a meditative lotus position on a light-colored, textured mat. She is wearing a white, long-sleeved, sheer robe with a tie-up front. The background is a plain, light color.

SEASONS SPA
bangkok

BECOME AN EVEN BETTER YOU



SEASONS SPA
bangkok

Imagine a spa that feels like it was made for you. With warmth and familiarity, surprising intuitiveness and a refreshing approach. Where innovative services and efficiency seamlessly come together to return you to your optimum state of well-being, whether you stay the whole day or half an hour. Not only through treatments, but through an atmosphere that transports you into an organically designed, locally inspired haven of harmony and lightness. Combining state-of-the-art treatments and techniques from the world's most exotic destinations into a restorative and rejuvenating journey. A journey to becoming an even better you.

THE EMOTIONAL JOURNEY UNLOCKED

THE EMOTIONAL JOURNEY UNLOCKED Incorporating the harmonious synergy of aromatherapy and the healing power of touch, Seasons Spa is a holistic retreat designed to give your emotions time to be processed. Pure uninterrupted relaxation can help to bring about all positive of emotional responses.

Your intimate spa journey begins with a personal consultation designed to identify what hormone response will best suit your current physical and emotional needs. Our holistic spa rituals combine ancient Thai therapies with Eastern and Western wisdom, herbal remedies and award-winning luxury products to physically heal, mentally calm, and emotionally balance.

To further customize your spa experience, you may select a fragrance that will be blended in your massage oil.

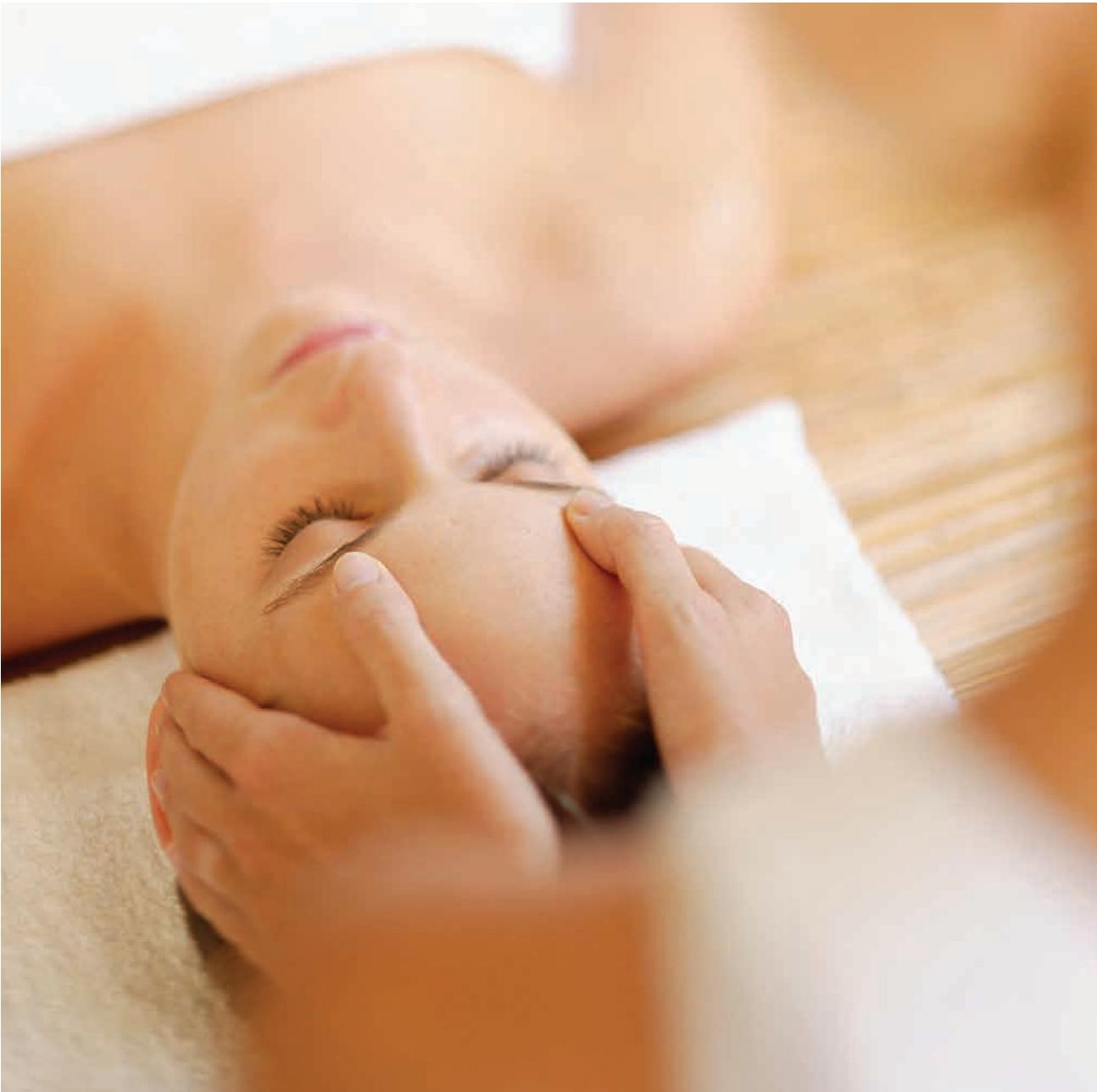
THE ART OF THAI FUSION Ancient Thai traditions in a modern urban setting stimulate your senses. The art of massage therapy inspired by Thai healing and the unique approach of renowned Eastern and Western holistic practices create a sense of relaxation, which goes beyond the therapeutic touch.

ENERGY CLEARING - SOUND THERAPY Vibrational therapy is used to restore balance to the body, induce an altered state of consciousness and create a deep sense of inner peace, wellbeing and tranquility.

THAI HERBAL RETREAT Natural herbs and perfume evaporation give several benefits to health and wellbeing from the unique combination of aromatherapy, heat therapy and herbal therapy. Traditional herbs are soaked, steamed and then applied to your body using relaxing and soothing movements to invigorate the effect on the body and mind while simultaneously soothing sore and giving a boost to your energy levels.

HORMONE BOOSTING SPA CUISINE Spa cuisine is essential for a healthy mind, body and spirit. Our culinary team has specifically prepared a selection of dishes that will provide you with an enhanced sense of wellness as you continue the journey of balancing emotions and hormones.

ESSENTIALLY YOU



ESSENTIALLY YOU

SEROTONIN

RITUAL TREATMENT

SEROTONIN De-stress

150 minutes

Cleanses the body and helps you find inner harmony by focusing on serenity, calming emotions, and soothing the spirit.

- Relaxing Bathing Ceremony
30 minutes
- Swedish – Thai
Compress Massage
60 minutes
- Ultimate Aromatherapy
Facial
60 minutes
- Serotonin Healthy
Spa Cuisine

MASSAGE

Swedish – Thai Compress Massage

90 minutes

A classic oil massage that uses friction, effleurage and kneading pressure to loosen tightness, promote relaxation and physical flexibility, restoring inner harmony. A warm Thai healing herbal compress is applied over your body to help you detoxify and improve blood circulation.

MASSAGE

Ayurvedic Indian Head Massage

60 minutes

A wonderfully relaxing therapy based on the traditional art of Champissage. Ideal for easing headaches, stress, insomnia, this treatment includes a neck and shoulder massage, followed by a reviving scalp massage.

BODY TREATMENT

Body Exfoliation – Natural Skin Renewal

60 minutes

Finest ground olive grains gently exfoliate with a hydrating and regenerating rose gel. Designed to promote the growth of new skin cell by keeping the moisture and protect the skin from free radicals leaves the skin silky, smooth and soft.



ESSENTIALLY YOU

DOPAMINE

RITUAL TREATMENT

DOPAMINE – Mood and Energy Booster

150 minutes

A pampering treatment that rewards all your senses, invigorating the body and mind, and detoxifying to enhance your physical and inner wellbeing.

- Intensive Skin Exfoliation and Wrap
90 minutes
- Balinese – Thai Yoga Massage
60 minutes
- Dopamine Healthy Spa Cuisine

MASSAGE

Balinese – Thai Yoga Massage

60 minutes

90 minutes

This healing therapy combines traditional Balinese and Thai techniques, using the Balinese firm finger and palm pressure as well as Thai pressure point technique. Our therapist works deeply on the muscles leaving your body relaxed. Natural oils with aromatic essential oil bring about sense of wellbeing, calm and deep relaxation.

MASSAGE

Foot – Hot Stone Massage

60 minutes

Our signature Eastern tradition modern massage treats your feet with warmed stones. The journey begins with a ritual foot cleansing followed by pressure point reflexology to ease away aches and pains. Further pleasures include a neck and shoulder massage to induce a deep sense of wellbeing.

BODY TREATMENT

Body Exfoliation – Spice and Shine

60 minutes

An exotic exfoliation ritual that invigorates and revitalizes the body. A natural spice herbal scrub of ginger, tamarind and turmeric deeply cleanses, polishes and softens to perfection, leaving your skin refreshed and renewed.



ESSENTIALLY YOU

ENDORPHINS

RITUAL TREATMENT

ENDORPHINS – Pain Reliever

150 minutes

Makes you feel empowered and good about yourself, this treatment reduces pain, eases emotional distress through specific body pressure points.

- Aromatic Herbal Steam 30 minutes
- Shiatsu – Thai or Sports Aromatic Massage 90 minutes
- Herbal Compression 30 minutes
- Endorphins Healthy Spa Cuisine

MASSAGE

Shiatsu – Thai Acupressure Massage

60 minutes

90 minutes

Blending Japanese body work and traditional Thai techniques, our therapist focuses on pressure point work along Thai meridian lines to reawake your body's energy flow.

MASSAGE

Sports – Aromatic Massage

60 minutes

90 minutes

A combination of Thai and sports massage techniques that promote relaxation and improve a sense of wellbeing and physical flexibility. This works deeply into your muscles to release tension by palm pressing and stretching along the muscle fibers.

MASSAGE

Traditional Thai Massage

60 minutes

90 minutes

120 minutes

An ancient Thai acupressure massage used to release blockages and restore a smooth flow of energy. Combined with Thai yoga stretching, this therapy is ideal for easing muscular aches and pains, leaving you feeling totally relaxed and completely restored.

BODY TREATMENT

Body Exfoliation – Super Smooth

60 minutes

The intensive anti-oxidant properties of coffee and pink grapefruit are used here to stimulate healthy circulation and revive dull looking skin. Your skin is left feeling ultra-smooth and soft from salt and sweet almond oil.



ESSENTIALLY YOU

WELL BALANCED

RITUAL TREATMENT

SENSE OF WELLNESS – Signature Experience

240 minutes

This restorative half day therapeutic program is the perfect spa lover's indulgence.

- Bathing Ceremony
30 minutes
- Seasons Body Pampering Treatment
60 minutes
- Seasons Spa Massage
60 minutes
- Age – Defying Life Repair Facial
90 minutes
- Wellness Sense Spa Cuisine

MASSAGE

Best Wisdom Blend Massage

60 minutes

90 minutes

The signature massage of the Seasons Spa combining Balinese, Swedish, Sports and Thai massage techniques to relieve body aches and pains.

MASSAGE

Tension Reliever

30 minutes

60 minutes

Fast relief from back, neck and shoulder tensions by applying pressure to specific areas. Reawaken the body's natural pain killer with firm pressure focused on trigger points and knots.

MASSAGE

Foot Relaxer

30 minutes

60 minutes

After a hard day shopping or prolonged standing, relieve your tired and aching feet. The treatment focuses on specific points on your feet to rebalance energy levels and provide instant relief.

MASSAGE

Herbal Compress Therapy

30 minutes

60 minutes

Enjoy a hot compress of Thai healing herbs which applied all over your body will detoxify, relax your muscles and improve circulation.



PERFECTLY YOU

**AROMATHERAPY
ASSOCIATES
EXPERIENCE**



**AROMATHERAPY
ASSOCIATES**
LONDON

MASSAGE

**Real Aromatherapy
Experience**

60 minutes

90 minutes

This ultimate massage with neuromuscular techniques and lymphatic drainage to encourage healthy circulation, relieve tension, and help recover from jet lag. A full body massage with essential oils designed to give you the ultimate soothing and pampering experience.

BODY TREATMENT

**Body Wrap – Urban
Detox Reviver**

60 minutes

Enveloped in layers of detoxifying fresh water black mud full of organic materials and nutrients, the treatment actively moisturizes and draws impurities from the skin. The result is a smoother feel and healthy skin cells.

BODY TREATMENT

**Body Wrap – Rose
Hydrating Cocoon**

60 minutes

A rich and luxurious treatment to instantly hydrate and soften dry skin with damask rose, evening primrose oil and shea butter. Leaves your skin looking radiant, feeling refreshed and beautifully fragrant.



PERFECTLY YOU

**AROMATHERAPY
ASSOCIATES
EXPERIENCE**



FACIAL TREATMENT

Life Repair Facial

90 minutes

An advanced facial that uses natural oils to stimulate collagen formation and deliver firm and tightened skin. Eastern and Western massage techniques are incorporated to improve circulation and skin oxygenation, helping to ease stress and tone the skin.

FACIAL TREATMENT

Skin Solution Facial

60 minutes

This facial treatment refines and freshens oily and combination skin. Our therapist uses a traditional aromatherapy and pressure point massage for a radiant, balanced and revitalized complexion.

FACIAL TREATMENT

Ultimate Aromatherapy Facial

60 minutes

A bespoke facial designed to suit your individual skin needs. A combination of the finest pure essential oils and plant extracts are applied to restore and recondition your skin, leaving the complexion smooth and luminous.

FACIAL TREATMENT

Perfect Express Facial

30 minutes

An instant facial ritual personalized to suit individual skin requirements with cleansing, toning and exfoliating followed by Seasons Spa signature face massage.



PERFECTLY YOU

LITTLE BODY INDULGENCE

MASSAGE

Kid's Special Treat

30 minutes

60 minutes

Strengthen your child's ability to learn through positive touch and movement. Improves circulation and skin nutrition, stimulates growth and offers passive exercise.

BODY TREATMENT

Chocolate Fondue Body Scrub

30 minutes

Fun and sweet treats for kids, get more from chocolate passion with anti-oxidant body scrub of cocoa butter and apricot beads that will introduce the youngest to all the benefits of sound skincare.

BODY TREATMENT

Fruity Jelly Body Scrub

30 minutes

Naturally fruity refreshing skin treatment that uses the power of grapefruit, mandarin and orange as a mild non-irritating exfoliant to retain the natural moisture of delicate skin and leave young skin feeling fresh.

FACIAL TREATMENT

Flower Blossom Facial

30 minutes

Good grooming makes growing up such fun. This skincare treatment cleanses and tones the skin with a gentle mask and a delicate facial massage.



PERFECTLY YOU

FOR HIM

RITUAL TREATMENT

**SENSE OF SPACE –
Executive Essential**

150 minutes

An essential treatment ideal for the busy business traveler. A deep relaxing massage targets the deeper layers of your muscles and connective tissue while the Skin Solution Men's Facial leaves you looking clean and feeling great.

- Skin Revival Body Scrub
30 minutes
- Masculine Intensive
Massage
60 minutes
- Skin Solution Men's Facial
60 minutes

MASSAGE

**Masculine Intensive
Massage**

60 minutes

90 minutes

This massage is perfect after an active day. An intensive treatment with deep therapeutic techniques designed for relaxation, evacuating all accumulated stress and tension with special emphasis on trouble spots.

FACIAL TREATMENT

Men's Solution Facial

60 minutes

An active treatment that removes impurities, rebalances excessive oil production, and leaves the skin with a clear matte finish.



BEYOND PERFECTION

ADDITIONAL RETREAT

RITUAL TREATMENT

**SENSE OF ROMANCE –
Couple Retreat**

120 minutes

Rediscover romance with special treatment package designed for two and enjoyed in your private spa suite. Share quality time with a friend or loved one in a sensuous milky bath, followed by skin pampering treatment, and a massage of your choice.

- Romantic Bathing ceremony 30 minutes
- Body Exfoliation of your choice 30 minutes
- Full Body Massage of your choice 60 minutes

RITUAL TREATMENT

**SENSE OF RECOVERY –
Jet Lag Revival**

150 minutes

Unwind the mind and indulge in the ultimate jet lag relieving experience. Calming and revitalizing recovery is on hand to boost circulation and revive your senses.

- Invigorating Dry Brushing 30 minutes
- Exotic De-stress Bathing Ceremony 30 minutes
- Real Aromatherapy Experience Massage 60 minutes
- Facial Mask 30 minutes

BODY TREATMENT

**SENSE OF PERSONALI-
ZATION – My Signature**

120 minutes

180 minutes

Design your personal wellness program to suit your senses. Season Spa offers you the flexibility to create your own spa experience according to your preferences. Simply choose the preferred treatment and duration from our extensive range of facials, massage, and body treatment options to ensure that your spa experience is completely satisfying.

BATH CEREMONY

Romance Bathing Ritual

30 minutes

Gentle candlelight and a scattering of scented crimson rose petals and milky bath. This sensual experience incorporates the opulent aromas of rose damask essential oils to entice and beguile the senses.

BATH CEREMONY

**Exotic De-Stress
Bathing Ritual**

30 minutes

Relax your mind as you indulge in the ultimate de-stressing experience. Surrounded by bubbles, you inhale the calming aromas of wild chamomile, petitgrain and frankincense that infuse the water and fill the air.

THE JOURNEY NEVER ENDS

SPA TIMES Spa Operation hours 9:00 AM 10:00- PM

SPA RESERVATIONS Advance bookings for Spa services are highly recommended to ensure availability. Please book the exact time you have available. A room number or (for outside guests) a contact telephone number and credit card details are required to secure spa appointments.

ARRIVAL TIME Please arrive 10 minutes prior to your scheduled appointment time. If this is your first visit to Seasons Spa, we will ask you to fill out spa consultation form. This will enable us to tailor your treatment to your specific needs.

LATE ARRIVALS Arriving late for your appointment will reduce your treatment time. If you arrive more than 15 minutes late for any treatment, you will be asked to reschedule.

CANCELLATION POLICY If you would like to reschedule or cancel your booking, you can do so at any time subject to a minimum of 4 hours notice. If a cancellation is made less than 4 hours prior to your appointment time, a %50 charge will apply. For all no-shows the full charge for the treatment will apply.

SPECIAL CONSIDERATIONS If you are pregnant or have high blood pressure, heart conditions, allergies or any other medical complications, we advise you to consult your doctor before signing up for any spa treatment. Please ensure our spa therapist is aware of any medical conditions.

VALUABLES We recommend that no jewelry be worn at the spa. The management accepts no responsibility for the loss of money or valuables of any kind brought into the spa premises.

Like you, the Seasons Spa is always evolving. Discovering new techniques, technologies and treatments.

Going to the ends of the earth to bring you the most impactful and empowering spa experience ever.

The kind of experience that stays with you, giving you ever more ways to be your absolute best.

THE JOURNEY NEVER ENDS



Seasons Spa

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