



BANYAN TREE
SPA

SPA & WELLBEING MENU



SANCTUARY FOR THE SENSES

Welcome to Banyan Tree Spas, a sanctuary for the senses, a place of solace, reflection.

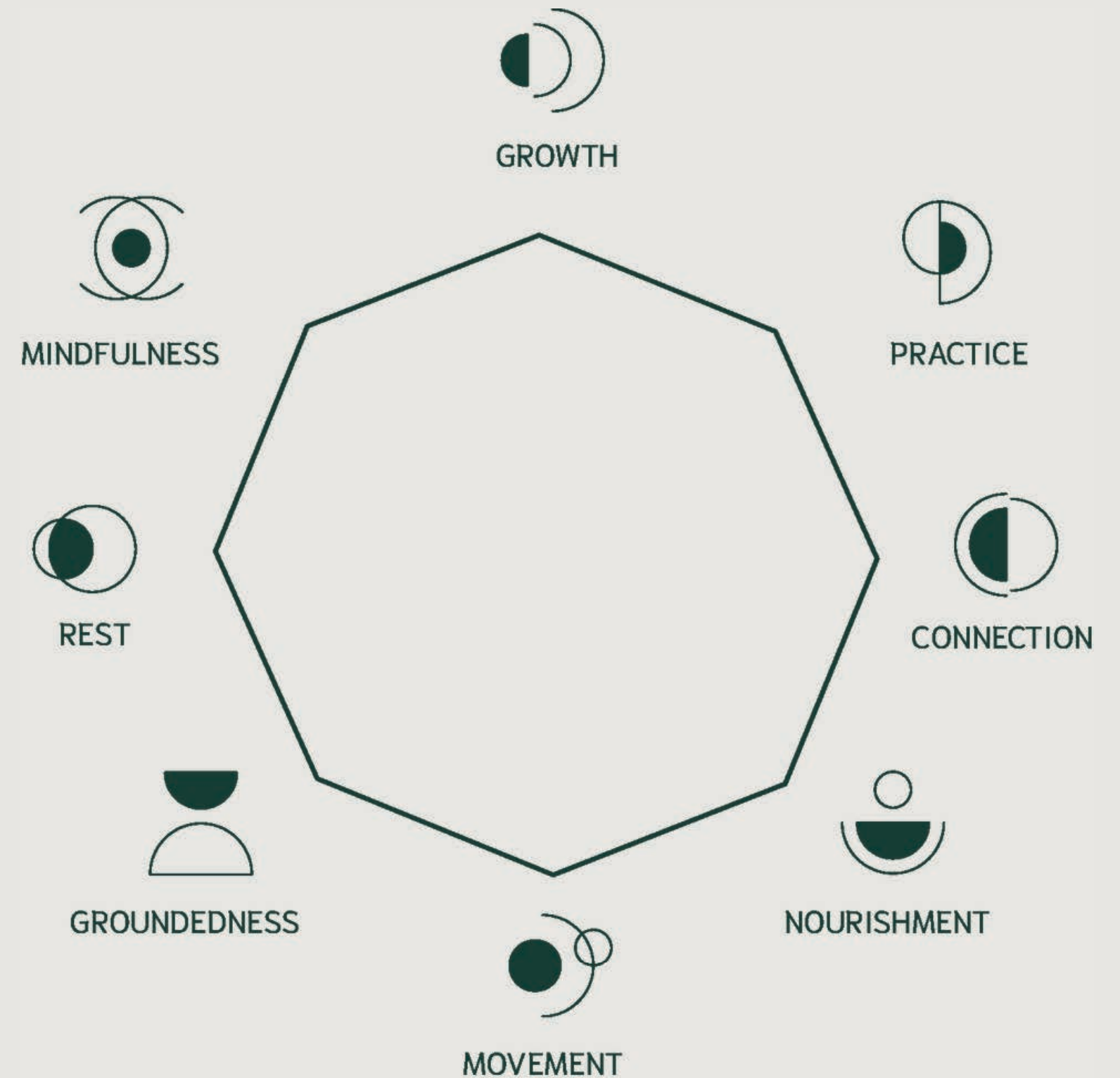
At Banyan Tree Spas, we offer holistic concept of Asian wellbeing experiences designed to guide our guests and associates on their journey, helping them feel balanced, restored, and joyful.

Our evidence-based approach combines ancient Asian cultural practices and harmony with nature, with a range of offerings to meet health-conscious lifestyle aspirations.

WELLBEING PILLARS

At Banyan Tree we believe that we are all interconnected — through the connection to self, others, and the natural world around us.

Our Spa & Wellbeing offerings are thoughtfully designed around our proprietary 8 Pillars of Wellbeing, each addressing a fundamental aspect of a balanced, joyful, and fulfilled life. These pillars guide our holistic approach to rejuvenation, promoting harmony within and around you.





HERBAL REMEDY

Applied to all massages via personalized consultations

Discover the ancient art of Asian herbal remedy oil blending, a timeless tradition rooted in holistic healing and balance. This practice draws from centuries-old wisdom in Southeast Asian wellness traditions, combining nature's finest herbs and botanicals to create therapeutic oils that nurture the body, and mind.

These oils are blended with intention, promoting relaxation, recovery, or relief from stress and discomfort. Applied to all massages via personalized consultations these blends harness the power of nature to enhance energy, soothe muscles, and uplift the mind.



PURPOSEFUL MESSAGES

90-minute treatment | THB 6,000

Urban Relief

Prolonged desk-bound work strains the neck, back and shoulders, causing frequent stress and tension, and contributing to the so-called office syndrome. This treatment aims to alleviate this chronic pain and reduce muscle stiffness by combining trigger points and myofascial massage techniques.

Sleep Essentials

A unique ritual that combines different evidence-based techniques and approaches to bring the mind and body to a deep state of rest. It is ideal for those experiencing insufficient rest or poor sleep. This experience may be extended for a longer session, to promote further relaxation.

Restorative Detox

This massage stimulates the body's circulatory system by kneading movements around the lymph nodes beneath the skin. Pressure point techniques combined with a deep and firm pressure to stimulate blood flow and promote the body's removal of waste and toxins.

Mobility Stretch

Daily stress causes chronic tension in the limbs and muscles. This therapy utilises extended stretch movement so as to ease physical strain and tension and improve the body's mobility and flexibility. It is an ideal treatment for post-exercise recovery.



BANYAN SIGNATURES

The ultimate pampering experience, Banyan Signatures feature holistic treatments for your complete physical, mental and spiritual renewal.

Royal Banyan | 150-minute treatment

Usual THB 9,500 | Off-Peak THB 8,500

A well-loved treatment, Royal Banyan delivers the best of Eastern and Western massage techniques to improve blood circulation and ease muscle aches. Featuring a warm herbal pouch dipped in Sesame Oil, this signature treatment presents the quintessential Banyan Tree Spa experience like no other.

Oatmeal Lime Cucumber Cleanser • Royal Banyan Herbal Pouch Massage • Jade Face Massage • Therapeutic Herbal Bath

SENSE OF PLACE | Thai Rattanakosin | 120-minute treatment

Usual THB 9,500 | Off-Peak THB 8,500

Nourish your skin and rejuvenate your body with the ultimate spa experience. Revive the skin's natural glow with gentle exfoliation. Restore comfort with a Thai oil massage to stimulate energy flow and invigorate the body. Uplift your senses with the refreshing scent of Nam Opp

• Oatmeal Kaffir Lime Conditioner & Loofah Scrub • Thai Oil Massage • Thai Traditional Perfume



BANYAN SIGNATURES

Tropical Rainmist | 120-minute treatment

Usual THB 8,000 | Off-Peak THB 7,200

Widely known as Banyan Tree Spa's innovation, unwind in the sensory pleasures of the trickling Rain Shower. An invigorating body scrub purifies before the skin is boosted with extra moisture. This experience brings you perfect tranquillity as tension is kneaded away by the therapeutic touch of the therapist.

Choice of Massages • Bath Soak • Steam Bath • Rain Shower • Cleansing Mitt Scrub • Rain Shower • Honey Milk Nourisher • Rainshower with Hair Wash

Master Therapist Experience | 90-minute treatment

Usual THB 6,000 | Off-Peak THB 5,400

Restore energy that was thought to be long gone. Drawn from the expertise of the Master Therapist, indulge in a specially tailored treatment using a repertoire of massage techniques and tools. The therapist will first take time to understand the profile of each individual guest before customising a package best suited to meet his or her needs.



TIME-HONoured TRADITIONS

Chinese Traditions | 90-minute treatment

Usual THB 6,500 | Off-Peak THB 5,800

A massage technique used for centuries to heal the body, Tui Na improves mobility and circulatory health by correcting the flow of Qi in the body. Restore harmony and balance through this powerful healing technique and enjoy complete physical relaxation.

Oriental Massages • Oriental Head Massage

Indian Traditions | 90-minute treatment

Usual THB 6,500 | Off-Peak THB 5,800

This beautifying regime features Ayurvedic traditions with aromas that bathed the grounds of Indian palaces. Allow the therapist to restore vitality to your energy channels and strengthen your immune system. The Shirodhara effectively relieves anxiety as a soothing stream of warm oils flows onto your forehead.

Ayurvedic Massages • Chakra Head Massage • Shirodhara, Lepamam • Steam Bath

Indonesian Traditions | 120-minute treatment

Usual THB 7,500 Off-Peak THB 6,700

Practised in the palaces of Central Java, you can now indulge in a blissful treatment fit for royalty. The deep tissue Balinese massage using strong, firm strokes dissolves all muscle tension. The divine treatment adopts century-old beauty recipes which include healing ingredients and their renowned herbal bath to harmonise the senses.

Balinese Massage • Lulur Purifier • Yoghurt Body Splash • Fresh Milk Nourisher • Jamu Bath



TIME-HONoured TRADITIONS

Thai Traditions | 120-minute treatment
Usual THB 7,500 | Off-Peak THB 6,700

The therapeutic stretching of the massage alleviates internal tension and enhances flexibility of the body. Feel the soothing heat on your muscles and be wrapped in a healing remedy of Thai herbs. Soak in the goodness of an uplifting Ginger Bath as you step out with glowing skin.

Ginger Refresher • Thai Herbal Heat Treatment • Herbal Enhancer • Thai Classic Massage • Aromatic Ginger Bath

Thai Blossom Romance | 150-minute treatment
Usual THB 9,500 | Off-Peak THB 8,500

Be spoilt by a massage using warm aromatic oil made of melted soy candle. Your skin is nourished as the therapist applies a body wrap infused with vitamin-rich vanilla. The body scrub that follows uses Thai safflower, which calms irritated skin and prevents clogged pores. A fragrant bath completes this blissful experience.

Candle Oil Massage • Vanilla Enhancer • Revitalising Facial • Safflower Exfoliator • Romance Salt Bath



TAILORED TO YOUR SENSES

90-minute treatment | Usual THB 6,000 | Off-Peak THB 5,400

120-minute treatment | Usual THB 7,000 | Off-Peak THB 6,300

150-minute treatment | Usual THB 8,000 | Off-Peak THB 7,200

Create your very own spa experience with favourites from a curated list of components. Select your desired duration then mix and match with the body treatments of your choice.

- 60-minute Body Massage • 30-minute Back Massage or 30-minute Foot Massage • 30-minute Body Scrub • 30-minute Body Conditioner
- 30-minute or 60-minute Facial • 30-minute Calming Bath

*For optimal relaxation and benefits, the duration of combined massages would be 90 minutes.

MASSAGE THERAPY

RECOVERY

Designed for guests who are on-the-go, these massages begin with a gentle foot wipe and end with light refreshments. Warm "Clarity Oil" is used in all massages to soothe nerves and moisturise skin.

BODYWORK

Choose from an indulgent array of massages, and surrender to the intuitive touch of our professionally trained therapists to complement your state of mind and achieve desired effects.

PURPOSEFUL

A new range of body works with scientific techniques and methods that promote health. Each treatment helps to alleviate modern lifestyle issues, such as lack of quality sleep, extensive work hours and living in cities.





BODYWORK MASSAGES

60-minute treatment | Usual THB 3,800 | Off-Peak THB 3,400

90-minute treatment | Usual THB 5,000 | Off-Peak THB 4,500

Balinese

A medium to strong massage where the therapist applies deep thumb and palm pressure with slow, firm, rhythmic strokes to uplift the senses and ease muscle tension.

Deep Tissue

A medium to strong deep pressure massage which minimizes recovery time for stressed and tense muscles. The intensive strokes work to loosen and relax the muscles.

Gentle Touch

A soft to medium massage where soothing, long strokes and thumb pressure to relax the body. Ideal for guests who prefer a lighter massage pressure or expectant mothers, children and the elderly.

Thai Classic

A perfect mix of subtle stretching with rhythmic massaging. This classic massage uses traditional Thai techniques to apply deep palm strokes on the back with delicate stretching.

Thai Essence

A medium to strong massage adapted from traditional Thai massage techniques which improves overall flexibility from top to toe. Palms and thumbs are applied to pressure points to relieve tired muscle and stretching technique to boost energy.



RECOVERY MESSAGES

30-minute treatment | Usual THB 2,800 | Off-Peak THB 2,500

45-minute treatment | Usual THB 3,200 | Off-Peak THB 2,800

Back Reviver

For the backaches resulting from long hours spent at the desk, this massage serves as a perfect relief to iron out tension and pain.

Foot Release

Pamper your soles with this relaxing massage concentrating on the pressure points to rejuvenate tired, worn muscles from the heel to the tips of the toes.

Hand Relax

Take good care of your arms, hands and fingers by reducing stress and tension. This massage prevents locked fingers and increases mobility.

Head & Shoulders Reliever

Scalp, neck and face are preciously massaged with concentration, intuition and care. Deep tension relief follows with heated compress.

BODY TREATMENTS

30-minute treatment | Usual THB 2,800 | Off-Peak THB 2,500

BODY SCRUBS

BODY CONDITIONERS





BODY SCRUBS

30-minute treatment | Usual THB 2,800 | Off-Peak THB 2,500

Apple Green Tea Polisher

for All Skin Types & Sensitive Skin

Natural acids from the apple acts as a gentle cleanser while the green tea powder nourishes the skin with its anti-oxidant properties. The skin feels softer after this treatment and skin cells are naturally renewed.

Ginger Lemon Cleanser

for Oily Skin

The warming effect of fresh ginger paired with the citric fruit acid from lemon makes this body scrub a perfect cleanser. Let the refreshing scent of the natural ingredients relax your body as you look forward to refined and radiant skin.

Kieffer Lime Refresher

for Normal & Oily Skin

Fresh lime peels gives a delightful scent and acts as an antiseptic. The wheat germ included in the scrub smoothen fine lines with its rich Vitamin E content while the honey nourishes the skin.

Turmeric Honey Cleanser

for All Skin Types

Known for its healing and cleansing properties, turmeric mixed with honey, tamarind and sesame seeds forms this refreshing scrub. The oil from the crushed sesame seeds ensures that the skin is not stripped dry by the scrub.



BODY CONDITIONERS

30-minute treatment | Usual THB 2,800 | Off-Peak THB 2,500

Aloe Lavender Healer

for All Skin Types & Sensitive Skin

Aloe and lavender are known for their healing and purifying properties. Excellent for sensitive skin, the mask improves skin condition, calms skin irritation and its light fragrance induces relaxation.

Chrysanthemum Enhancer

for All Skin Types

A nutritious mix of dried chrysanthemum, honey and yoghurt provides a moisturising treatment to revitalise the skin. These ingredients are blended with wheat flour for extra soothing benefits.

Honey Avocado Healer

for All Skin Types

The highly moisturising honey and creamy avocado make up this body conditioner which improves skin condition and restore softness to the skin. Its delightful fragrance leaves you feeling refreshed.

Kieffer Lime Mask

for All Skin Types

Uplift your senses with the zesty lime as you are wrapped in this invigorating and fragrant body mask. The ingredients are quickly absorbed, leaving the skin feeling soft and radiant.



CALMING BATHS

30-minute treatment | Usual THB 1,500 | Off-Peak THB 1,300

Detoxing Bath

Relax your senses with a salt bath, an all-time favourite for centuries.
Citrus fruits are added for extra zest.

Purifying Bath

Get pampered like royalty and unveil radiant, youthful skin after this moisturising bath.

Relaxing Bath

Infused with indigenous flower from the destination,
feel your mood lighten up with this fragrant bath

Rejuvenating Bath

Uplift your senses and brighten up dull skin with herbs such as cucumber and ginger,
which are rich in Vitamin C and anti-oxidants.

SKIN HEALTH

30-minute treatment | Usual THB 2,800 | Off-Peak THB 2,500

60-minute treatment | Usual THB 4,000 | Off-Peak THB 3,600

90-minute treatment | Usual THB 5,000 | Off-Peak THB 4,500

Indulge in our facial treatments to leave your skin flowing with refreshed vitality. Each facial includes a Shoulders & Arms Massage to surround you in a state of total bliss.



SKIN HEALTH

Premium Time Defence | 90-minute treatment |

Usual THB 5,000 | Off-Peak THB 4,500

For All Skin Types

A facial packed with skin renewal properties to bring out that youthful glow again. Nourish your skin with a cream mask filled with active serums and a radiance ice cube complex to reveal a visibly fresher-looking complexion and reduced fine lines.

Banyan Brilliance | 90-minute treatment |

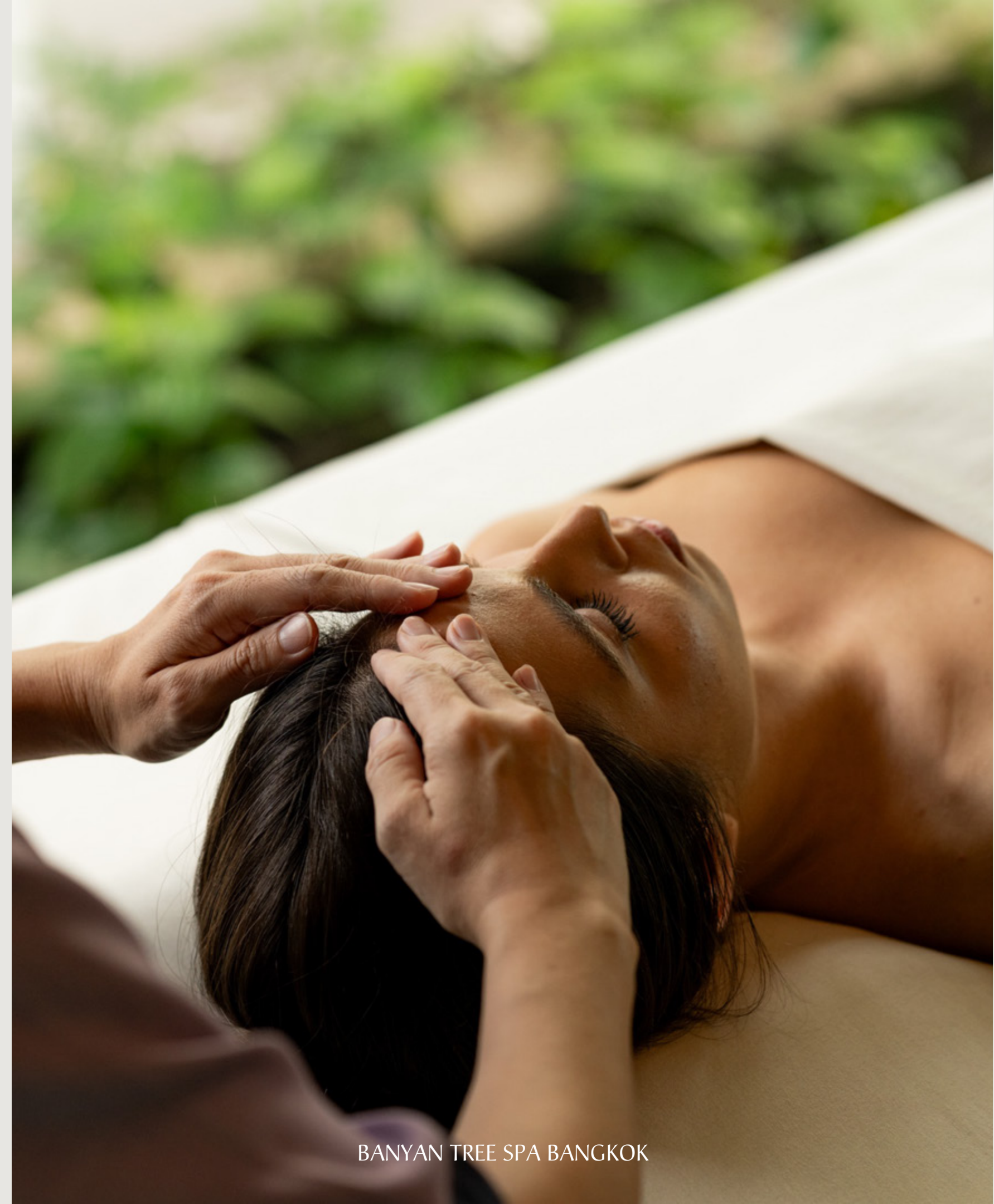
Usual THB 5,000 | Off-Peak THB 4,500

For All Skin Types

An ultra-firming facial to plump and rehydrate the skin. Aromatic complexes and active serums boost cellular renewal while a refreshing mineral mask deeply nourishes, leaving the skin firm, smooth and brilliant. This facial concludes with a radiance ice cube complex for a lovely glow.

Off-Peak: Mondays to Thursdays (excluding public holidays)

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



BANYAN TREE SPA BANGKOK



SKIN HEALTH

Sheer Comfort | 60-minute treatment | Usual THB 4,000 | Off-Peak THB 3,600
For Dry, Sensitive Skin

A calming treat that provides gentle comfort and soothes irritations, this facial reduces redness and dark spots with a moisturising cream mask enriched with antioxidantizing properties.
Emerge from the finest Banyan Tree Spa experience with a dewy, radiant complexion.

Hydro Treat | 60-minute treatment | Usual THB 4,000 | Off-Peak THB 3,600
For Normal, Combination Skin

Pamper dull devitalised skin with the moisture it craves with this intensive hydrating facial. Indulge in a mineral-infused velvet cream mask which soothes and nourishes, delivering a surge of rich comforting moisture, leaving the skin dewy and supple.

Perfectly Purified | 60-minute treatment | Usual THB 4,000 | Off-Peak THB 3,600
For Oily, Congested Skin

A deep cleansing facial featuring traditional steam and a balancing face massage. Relax with a detoxifying face and eye mask to hydrate, purify and rebalance the skin. The result is a clear and shine-free complexion.

Banyan Facial | 60-minute treatment | Usual THB 4,000 | Off-Peak THB 3,600
For All Skin Types

A signature facial recipe specially created by Banyan Tree Spa, a purifying scrub and a hydrating mask moisturise and brighten the skin, giving the face a fresh and healthy look.



BANYAN TREE SPA BANGKOK

SKIN HEALTH

Facials Express | 30-minute treatment | Usual THB 2,800 | Off-Peak THB 2,500

Create a blissful treat for your face, select the combination which works best for your skin type. This facial begins with cleansing to remove impurities and ends with a moisturiser to restore radiance. Choose from scrub, mask or massage to give a clearer and brightened complexion.

Cleansing • Scrub • Mask • Moisturise

OR

Cleansing • Massage • Mask • Moisturise

OR

Cleansing • Scrub • Massage • Moisturise

Off-Peak: Mondays to Thursdays (excluding public holidays)
All prices are subject to 10% service charge and applicable government tax

PLEASE TAKE A MOMENT TO READ

ETIQUETTE

For the consideration of others, we request that visitors keep noise to a minimum. Children are not allowed at the spa unless they are having a treatment, accompanied by an adult. We ask that you respect other guests' privacy by speaking softly. Please switch your cellular phones and electronic devices off or to silent mode.

CALM TIME

30-minute Calm Time ritual for refreshments and relaxation per visit except for hand, foot and select a la carte treatments.

CHECK-IN

Please arrive at least 15 minutes prior to your scheduled treatment to avoid reduced treatment time. A late arrival will result in a shortened treatment to accommodate other guests fairly.



PLEASE TAKE A MOMENT TO READ

VALUABLES

We recommend that no jewellery be worn on the spa. The management and staff accept no responsibility for the loss of money or valuables of any kind brought into the spa premises.

SMOKING AND ALCOHOL

Smoking and the consumption of alcohol within the spa are prohibited.

CANCELLATION POLICY

A 24-hour cancellation notice is required to help us re-schedule your appointment, subject to space availability. Any cancellation with less than 4 hours' notice will incur a 50% cancellation fee. A full fee will be imposed for a "no-show".

REFUND POLICY

Treatment packages are non-refundable. Unused portion of the packages are non-transferable or non-exchangeable for another time.

GIFT CERTIFICATES

Treat a friend or loved one to an indulgent experience. Gift certificates are available for purchase. Please contact our spa receptionist for more details



Disclaimer

The spa treatments, services and/or facilities received or utilised at Banyan Tree Spa are intended for general purposes only and are not intended to be a substitute for professional treatment for any condition, medical or otherwise, that guests may have. Guests will fully indemnify and hold harmless Banyan Tree Spa, its holding company(ies), affiliates, subsidiaries, representatives, agents, staff and suppliers, from and against all liabilities, claims, expenses, damages and losses, including legal fees (on an indemnity basis), arising out of or in connection with the spa treatments, services and/or facilities.

