



## STEP INTO A SANCTUARY FOR THE SENSES

Going back to basics, where wellness is simply about embracing the nature and surrendering to the art of human touch are what our Founder and Executive Chairman, Mr. Ho Kwon Ping had in mind when he first started the spa.

These ideals became the cornerstones of Banyan Tree Spa, pioneer of the tropical garden spa concept. Over the years, the intuitive touch of our spa therapists, the seamless blend of serenity with exotic sensuality and the beauty of the natural environment have come to define the award-winning Banyan Tree Spa experience.

Enjoy the difference.



BANYAN TREE  
SPA



## MENU

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# BANYAN SIGNATURES

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

## Royal Banyan

*150-minute treatment*

THB 10,500

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.

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



Prices are inclusive of 10% service charge and 7% government tax

# BANYAN SIGNATURES



## Sukhothai Heritage

*150-minute treatment*

THB 10,500

Discover an authentic sense of Thailand with this experience infused with the goodness of fresh coconuts. Time-honoured Thai ingredients such as jasmine rice, turmeric and tamarind are also cleverly concocted into healing scrub and wrap. Thai massage techniques works perfectly to promote deep relaxation while improving flexibility.

Thai Body Treats • Thai Classic Massage • Coconut Jasmine Rice Facial • Thai Jasmine Bath

## Tropical Rainmist

*120-minute treatment*

THB 9,000

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 tranquility as tension is kneaded away by the therapeutic touch of the therapist.

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



Prices are inclusive of 10% service charge and 7% government tax



## BANYAN SIGNATURES

### Master Therapist Experience

*90-minute treatment*

THB 6,500

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. 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.



Prices are inclusive of 10% service charge and 7% government tax

# TIME-HONOURED TRADITIONS

*Inspired by ancient traditions dating back centuries, this selection of classic therapies features timeless secrets of wellness and beauty.*



## Chinese Traditions

*90-minute treatment*

THB 7,500

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 Massage • Oriental Head Massage

## Indian Traditions

*90-minute treatment*

THB 7,500

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 Massage • Chakra Head Massage • Shirodhara • Lepanam • Steam Bath

Prices are inclusive of 10% service charge and 7% government tax



# TIME-HONOURED TRADITIONS



## Indonesian Traditions

*120-minute treatment*

THB 8,500

Practised in the palaces of Central Java, you can now indulge in bliss 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

## Thai Traditions

*120-minute treatment*

THB 8,500

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





## TAILORED FOR YOUR SENSES

*90-minute treatment*

THB 6,500

*120-minute treatment*

THB 8,000

*150-minute treatment*

THB 9,500

*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 treats of your choice.*

### For The Ladies

- 60-minute Body Massage
- 30-minute Body Scrub
- 30-minute Body Conditioner
- 60-minute Facial
- 30-minute Calming Bath

### For The Gentlemen

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

\*For optimal relaxation and benefit, the duration of combined massages would be 90 minutes. Prices are inclusive of 10% service charge and 7% government tax





## PURPOSEFUL THERAPIES

*90-minute treatment*

THB 6,000

### Restorative Detox

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

### 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..





## PURPOSEFUL THERAPIES

*90-minute treatment*

THB 6,000

### 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.

### Mobility Stretch

Daily stress causes chronic tension of the limbs and muscles. This therapy utilises extended stretch works 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.



## FULL BODY MASSAGES

60-minute treatment

90-minute treatment

THB 4,500

THB 5,500

*Choose from an indulgent array of massages and surrender to the intuitive touch of our professionally trained therapists. Choose from Touch of Love or Touch of Peace massage oil to complement your state of mind and achieve desired effects.*

### Balinese

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



Prices are inclusive of 10% service charge and 7% government tax



## FULL BODY MASSAGES

*60-minute treatment*

*90-minute treatment*

THB 4,500

THB 5,500

### Deep Tissue

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

### Gentle Touch

Be pampered by this soft to medium massage where soothing, long strokes and thumb pressure are applied in tandem 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 and compressions to balance the body system and stimulate energy flow. 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 muscles and to boost energy. No oil is used and a two-piece outfit is worn.

## FUSION FOCUS



30-minute treatment

THB 2,500

45-minute treatment

THB 3,500

*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.*

### 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

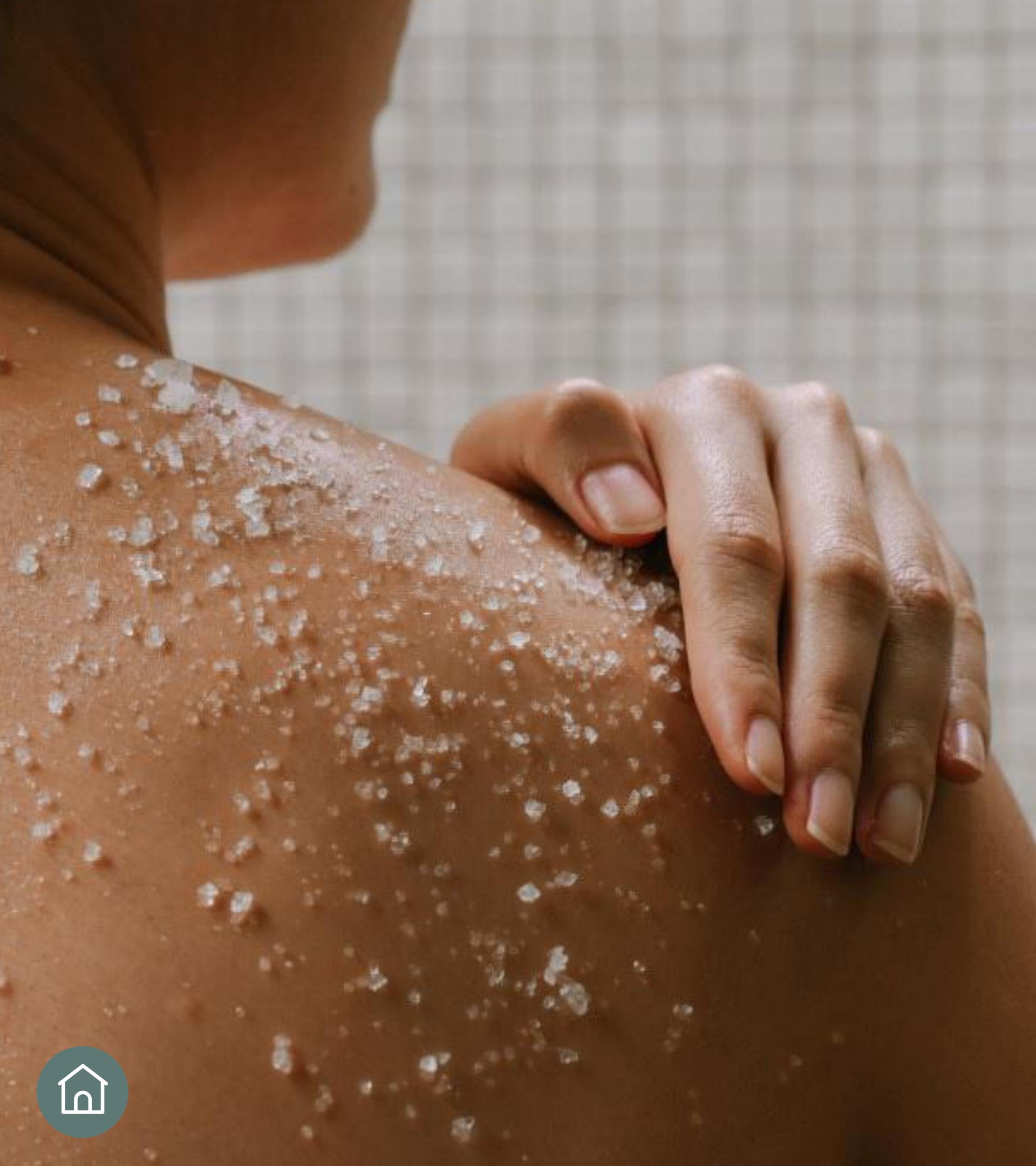
Take good care of your arms, hands and fingers by reducing stress and tension. This massage prevents locked fingers and increases mobility.

### Head & Shoulders Reliever

Let your therapist knead your stress and headaches away with this simple but effective massage to improve flexibility and blood circulation within the head. Guests can choose to enjoy this massage with or without oil.

Prices are inclusive of 10% service charge and 7% government tax





## BODY SCRUBS

*30-minute treatment*

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.

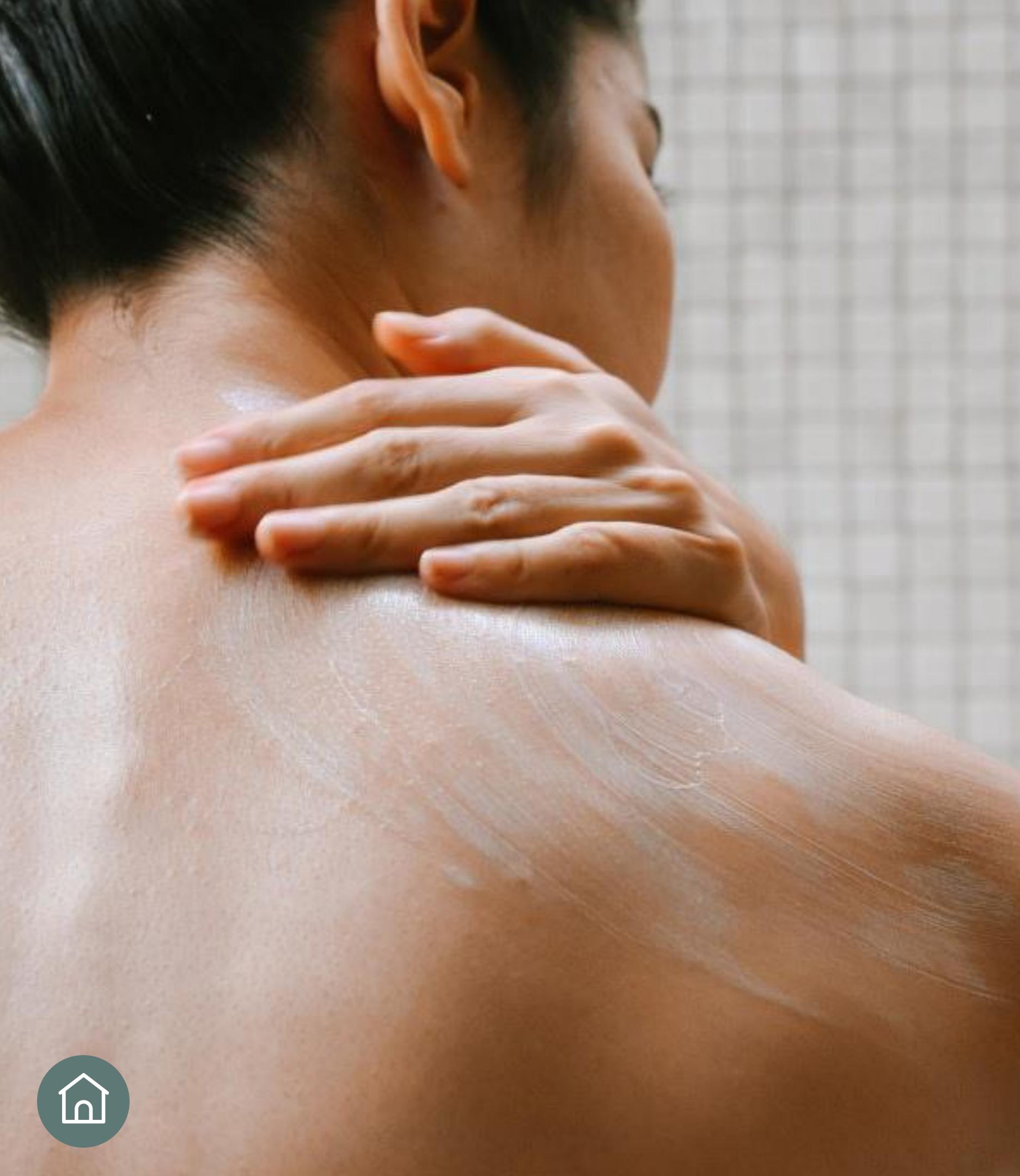
### Turmeric Honey Cleanser

*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.



Prices are inclusive of 10% service charge and 7% government tax



## BODY CONDITIONERS

*30-minute treatment*

THB 2,500

### Aloe Lavender Healer

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

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

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

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.



Prices are inclusive of 10% service charge and 7% government tax



## CALMING BATHS

*30-minute treatment*

THB 2,000

### 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.



Prices are inclusive of 10% service charge and 7% government tax

# FACIALS



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

## Premium Time Defence

*90-minute treatment*

*THB 5,200*

A facial designed to bring back your youthful glow through skin renewal properties. The unique technique of the Mushroom GuSha stone promotes tranquility and revitalizes the skin. Nourish your complexion with a cream mask infused with active serums, followed by a radiance ice cube complex that reveals visibly fresher skin and reduces fine lines. Suitable for all skin types.

## Banyan Brilliance

*90-minute treatment*

*THB 5,200*

An ultra-firming facial combining lifting massage and lymphatic drainage techniques to lift and detoxify the skin. Aromatic complexes and active serums boost cellular renewal, while a refreshing mineral mask deeply nourishes the skin, leaving it firm, smooth, and radiant. The treatment concludes with the radiance Precious Pearl Ice Cube complex for a glowing finish. Suitable for all skin types.





## FACIALS

*60-minute treatment*

THB 4,200

### Perfectly Purified

*For Oily and 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.

### Sheer Comfort

*For 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 anti-oxidising properties. Emerge from the finest Banyan Tree spa experience with a dewy, radiant complexion.

### Hydro Treat

*For Normal and 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. Suitable for normal and combination skin.



Prices are inclusive of 10% service charge and 7% government tax



## FACIALS

### Banyan Facial

*60-minute treatment*

THB 4,200

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.

### Express

*30-minute treatment*

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





# THE RAINFOREST

*Banyan Tree Spa presents a fusion spa experience, combining the best of its signature spa treatments with its state-of-the-art hydrothermal facilities within The Rainforest to maximise your wellness experience.*

## Rainforest (Hydrothermal Circuit)

60-minute treatment

THB 2,000

## Rainforest Indulgence

180-minute treatment

THB 8,500

Begin your hydrothermal therapy with a walk through the cascading shower of the Rainwalk. At the Shower, let the effects from the Body Salt Scrub work in exfoliating dead skin cells from your body, unveiling cleansed and smooth skin. A sensory sensation awaits next in the pre-heated Rasul capsule as a coat of warm, therapeutic mud, with detoxifying effects, is applied to the body. Next, surrender your senses to the pitter patter of the Swiss Shower or Bucket Shower before relaxing in the gently warmed Sauna and a cooling rub-down from the Ice Fountain to enhance blood circulation. Finally, complete this indulging experience in the Vitality Pool and a Body Massage of your choice.

Rainwalk • Steam • Body Scrub and Shower • Rasul • Swiss Shower • Bucket Shower  
Sauna and Ice Fountain • Vitality Pool • Choice of Massages • Calm Time



Prices are inclusive of 10% service charge and 7% government tax

# PLEASE TAKE A MOMENT TO READ THIS

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## 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 the other guest privacy by speaking softly.

Please switch your cellular phone and electronic devices off or to silent mode.

## Calm Time

Guests will be accorded a 30-minute Calm Time of refreshments and relaxation per visit, except hand, foot, hair, and selected 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.

## Valuables

We recommend that no jewellery be worn at 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 medical 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.

