

T R E A T M E N T P R O G R A M M E S

SPA  
THE PENINSULA

by  
ESPA

## PENINSULA HALF-DAY SPA JOURNEYS

### *1 Hour 50 Minutes of Treatment Time*

*You are encouraged to arrive at The Spa 30 minutes prior to your treatment time to enjoy the Asian Tea Lounge and Relaxation Areas overlooking the Chao Phraya River. “Naturally Peninsula” light and healthy meals and specials from the Chef’s Garden are also included in your experience. All programmes commence with a fresh Ginger Foot Buff treatment and The Peninsula Tea Ceremony.*

### *Private Spa*

- Private Spa Suite Baht 4,000\* (for two)*
- River Private Spa Suite Baht 5,000\* (for two)*

*You can enhance a Half-day Spa Journey by reserving one of the Private Spa Suites or River Private Spa Suites for two (subject to availability). Each suite includes a private changing area, steam with rain-shower, double hydrotherapy bath and double treatment area, while the River Private Spa Suite also offers more space with a balcony offering views of the Chao Phraya River. Each Private Spa experience incorporates an hour of relaxation time for you to enjoy the facilities prior to your treatments in your private suite.*

*\* Charges apply in addition to treatment costs.*

*Prices are subject to 10% service charge, applicable government tax and to change without prior notice.*

### DE-STRESS

*1 Hour 50 Minutes - Baht 5,700*

ESPA de-stress massage with oils of ylang-ylang and frankincense and a skin-specific intensive facial.

### DETOX ANTI-CELLULITE

*1 Hour 50 Minutes - Baht 5,700*

Anti-cellulite Hip and Thigh Treatment and Detoxifying Full-body Massage, with citrus-rich oils.

### ESPA FOR MEN

*1 Hour 50 Minutes - Baht 5,700*

Combining a muscle-relaxing massage using essential oils of West Indian Bay and clove with either an express facial or full-body exfoliation to relax and renew.

### BRIDE-TO-BE

*1 Hour 50 Minutes - Baht 5,700*

Prepare for your special day with a skin-enhancing salt and oil full-body exfoliation, deep-cleansing back massage to ease away pre-wedding tension and radiance-restoring instant brightener facial.

### MOTHER-TO-BE

*1 Hour 50 Minutes - Baht 5,700*

ESPA pre-natal treatment specifically designed for this very special time of life combined with an ESPA express facial cleanse and massage.

### PRECIOUS TIME TOGETHER

- Salt and Oil Full-body Exfoliation
- Aromatherapy Massage

*Private Spa Suite 1 Hour 50 Minutes - Baht 15,400 (for two)*

*River Private Spa Suite 1 Hour 50 Minutes - Baht 16,400 (for two)*

A salt and oil full-body exfoliation precedes an essential aromatherapy massage in your Private Spa treatment area for two. This programme includes full use of your own steam with rain-shower for two, soothing double hydrotherapy bath and private changing area prior to your treatments.

## PENINSULA FULL-DAY SPA JOURNEYS

### *3 Hours 40 Minutes of Treatment Time*

*All Full-day Spa Journey programmes include use of the outdoor swimming pool, fitness facilities and a lunch featuring “Naturally Peninsula” light and healthy cuisine as well as specials from the Chef’s Garden. You are encouraged to arrive at The Spa 30 minutes prior to your treatment time to make full use of these facilities and to enjoy the Asian Tea Lounge and Relaxation Areas overlooking the Chao Phraya River. Each treatment experience commences with a fresh Ginger Foot Buff treatment and The Peninsula Tea Ceremony.*

### *Private Spa*

- Private Spa Suite Baht 4,000\* (for two)*
- River Private Spa Suite Baht 5,000\* (for two)*

*You can enhance your Full-day Spa Journey by reserving one of the Private Spa Suites or River Private Spa Suites for two (subject to availability). Each suite includes a private changing area, steam with rain-shower, double hydrotherapy bath and double treatment area, while the River Private Spa Suite also offers more space with a balcony offering views of the Chao Phraya River. Each Private Spa experience incorporates an hour of relaxation time for you to enjoy the facilities prior to your treatments in your private suite.*

*\* Charges apply in addition to treatment costs.*

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## BANGKOK RETREAT

*3 Hours 40 Minutes - Baht 11,200*

- Thai Yoga Massage
- Skin Brightener Age Defyer Facial

This Peninsula Treatment Journey begins with the unique powerful Thai Yoga Massage, to restore clarity, balance and flexibility after days of exploring Bangkok, followed by the ultimate facial to combat pollution, heat and stress and to address the needs of the skin. The result is total restoration for body and mind.

## JET-LAG REVIVER

*3 Hours 40 Minutes - Baht 11,200*

- Jet-lag Eliminator Wrap combined with Jet-lag Eliminator Massage
- Skin Brightener Age Defyer Facial

This massage and wrap combination can be tailored to soothe body and mind to induce sleep, or to be uplifting, energising and mind-clearing. Both options target areas of stress and tension to restore balance to mind and body. The advanced ESPA facial helps to combat the adverse effects of environmental stress caused by flying and lack of sleep and leaves the skin visibly bright and illuminated.

## DETOX AND RENEW

*3 Hours 40 Minutes - Baht 11,200*

- Detoxifying Full-body Wrap incorporating Anti-cellulite Hip and Thigh Treatment
- Back, Face and Scalp Massage with Volcanic Stones

Specific deep tissue and lymphatic drainage massage techniques concentrating on the hip and thigh area combined with ESPA Detoxifying Body Oil and the purifying properties of marine algae, to stimulate circulation and flush away toxins from the body.

United with the sophisticated yet holistic Back, Face and Scalp treatment, this Journey is an outstanding experience for body and face.

## AYURVEDIC EXPERIENCE

*3 Hours 40 Minutes - Baht 11,200*

- Chakra Balancing with Volcanic Stones
- Skin Brightener Age Defyer Facial with Shirodhara

An intensive total body experience, Chakra balancing incorporates refreshing body exfoliation and body massage using volcanic hot stones with ESPA oils and Ayurvedic herbal blends to calm, soothe and restore balance.

The regenerating facial helps to deeply hydrate, soothe and heal the skin, and Shirodhara, the pouring of warm oil onto the forehead, creates deep relaxation and mind clearing.

# THE PENINSULA

B A N G K O K

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