

PULLMAN BANGKOK GRANDE SUKHUMVIT
YOUR REGENERATION



the
antidot
to modern life



**LET YOURSELF BE TAKEN TO A WORLD OF ENERGY,
BALANCE AND HARMONY.**

**AT THE ANTIDOT SPA YOU WILL FIND YOUR
PHYSICAL AND MENTAL WELLBEING. OUR
TREATMENTS ARE DESIGNED TO EMBRACE EACH
PERSON HOLISTICALLY, TAKING CARE OF YOUR
MIND, BODY AND SPIRIT.**

PLEASE TAKE A MOMENT TO READ THIS.....HOW TO SPA

OPENING HOURS - 10:00 AM. – 10.00 PM.

RESERVATION: We highly recommend that you book the treatment in advance to ensure that your preferred time and service is available.

ARRIVAL TIME: We recommend that you arrive at the Spa Reception at least 15 minutes prior to your appointment to start for your pre-treatment procedure and enjoy a refreshment.

LATE ARRIVAL: Please understand that late arrival will not receive an extension of scheduled treatments.

CANCELLATION: Please note that a 100% charge will be applied should you cancel your appointment less than 4 hours prior to the scheduled time, the same applies to no-shows.

ALWAYS TAKE CARE: Please advise us of any health conditions, allergies, injuries when making your spa reservation.

PREGNANCY: Please inform us in advance if you are pregnant so we can guide you in selecting the treatment that is most suitable for you during this special time. Body massage is strictly not advisable during your pregnancy.

YOU OWN PRIVATE SPACE TO RELAX: For hotel guests, you may feel more comfortable to wear the robe and slippers provided in your room. Disposable underwear will be provided and our therapists are highly trained to drape you properly.

We regret that we cannot be responsible for any loss or damage of personal articles of any kind brought into the Spa area.

KEEPING THE PEACE: Use of the Spa is limited to those aged over 16 years, no- smoking or using mobile phones or other electrical devices. Please respect all spa guests' right to privacy and serenity. If there is any unusual behavior towards therapists, this will automatically result in ending the treatment and will be dealt with by Management. Spa reserves the right to impose a full payment on the spa treatment, and a substantial compensation for the staff member should the case be brought to the Thai authorities.

SIGNATURE RITUAL

SIAM RIVIVER

90/ 120 MINUTES

THB 3,400/ 4,300

A unique solution to relieve deep-seated tension and muscular stress from long hours of computer work or intense workout. The combining techniques of Traditional Thai massage and European Aromatherapy massage with warmed aromatic oil will leave you feel de-stressed and renewed.

SPA RITUALS

ABSOLUTE ROMANCE (COUPLE PACKAGE)

3 HOURS

THB 13,900

- Aromatic Rose Milk Bath
- Milky Yoghurt Body Scrub
- Aromatic Oil Massage
(Relaxing/ Swedish or Deep Tissue Massage)
- Radiance Rediscovered Facial

THE YIN YANG

3 HOURS

THB 5,900

- Choice of Body Scrub
- Aromatic Oil Massage
(Relaxing/ Swedish or Balinese Massage)
- Radiance Rediscovery Facial

BODY RENEWAL

2 HOURS

THB 4,500

- Delight Skin Toning body Scrub Advance
- Advance Skin Smoothing Body Wrap

MASSAGES RITUALS

ROYAL THAI MASSAGE

60/ 90 MINUTES

THB 1,900/ 2,400

The Traditional Thai massage art using pressure points and stretching techniques to relive tension, soothe those tired muscles and invigorate the mind and body.

RELAXING MASSAGE

60/ 90 MINUTES

THB 2,400/ 3,200

A massage that combine relaxation and well being with gentle therapeutic massage to ease away stress and mental tension, to induce deep relaxation.

SWEDISH MASSAGE

60/ 90 MINUTES

THB 2,400/ 3,200

Swedish massage using techniques of tapping, kneading and gliding strokes by increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility.

All prices are inclusive of 10% service charge and applicable tax.

DEEP TISSUE MASSAGE

60/ 90 MINUTES

THB 2,400/ 3,200

A deep massage therapy that focuses on realigning deeper layers of the muscles and connective tissues and contracted areas such as a stiff neck, back tightness, sore shoulder and tender pain.

THAI HERBAL HEALER

90/ 120 MINUTES

THB 3,200/ 3,900

Inspired by Thai tradition of natural healing, this authentic ritual uses the curative essential oil properties of a warm herbal compress to help alleviate pain and inflammation, harmonizing with deep tissue massage to release muscle tension.

HOT STONE THERAPY

90 MINUTES

THB 4,300

This therapeutic massage incorporates warm aromatic heated stone which placed on key energy points and along sides of spine to impart heat upon the body to relax muscles, increase blood flow, de-stresses your entire being, mind, body and spirit.

EXPRESS TREATMENTS – WHEN YOU ARE SHORT OF TIME

BACK & SHOULDER MASSAGE

45 MINUTES

THB 1,300

A quick-relieve for those who are high on stress short on time. The massage promises to relieve tensions from shoulders and back areas.

FOOT MASSAGE

45 MINUTES

THB 1,300

Pamper your feet and legs with relaxing massage using aromatic peppermint massage cream to treat specific ailments and restore the body balance.

HEAD & NECK MASSAGE

45 MINUTES

THB 1,300

A relaxing 'treat' using a range of different massage pressures and rhythms, in combination with a special blended oil, aiming to stimulate the head and neck area.

BODY RITUALS

SCRUB AWAY YOUR SINS

REFINING TAMARIND & HONEY BODY POLISH

60 MINUTES

THB 1,900

Let nature do its work with Tamarind's natural fruit acid, which gently sloughs away dead skin cells, while Honey and Shea Butter give back moisture balance.

SOOTHING MILK YOGHURT BODY POLISH

60 MINUTES

THB 1,900

Designed for the most sensitive skin, this fabulous body polish gently exfoliates dead skin cells, rendering your skin clean, smooth and silky soft.

PURIFYING GREEN TEA BODY POLISH

60 MINUTES

THB 1,900

A body scrub rich with green tea extracts, well known for its anti-oxidant effect, that protect the skin from the stress of UV radiation and environmental pollution. In addition, Green tea extract is also anti-inflammatory and anti-bacterial.

DELIGHT SKIN TONING BODY SCRUB

60 MINUTES

THB 2,400

This aromatic De-Aging Salt mousse delivers an aroma-sensory experience. Its fluffy lather removes impurities and toxins by gently polishing your skin. As the salt dissolves, negative ions and repairing tropical fruit extracts are quickly absorbed. The skin emerges smooth to the touch and visibly brightened.

IT'S A WRAP!

GREEN SEAWEED BODY WRAP

60 MINUTES

THB 3,200

Micronized Seaweed provides you with high concentrate of ingredient for your slimming and toning. The seaweed wrap stimulates your body's ability to break down fat, increase metabolism and eliminate water retention, visibly reducing spongy, dimply and cellulite.

SMOOTH FIRING BODY MASK

60 MINUTES

THB 3,200

One of the most effective skins lifting and smoothening treatment with mixture of natural clay and vitamin E. Eliminates impurities on the surface, excess oil and skin deteriorate, it also reduced irritation of the skin from exposure to heat, sunlight and pollution "compensates for the stresses of Modern Loving"

SPORT MOOR BODY WRAP

60 MINUTES

THB 2,500

A warm mud is generously applied to your entire body stimulating the release of impurities. As your skin absorbs enriching minerals, your body radiates health purification and deep hydrating for a delightful sense of utter renewal.

ADVANCE SKIN SMOOTHING BODY WRAP

60 MINUTES

THB 2,800

Drenched with Papaya and Pineapple, this tropical wrap is also enriched with a high content of Vitamin A, and Pomegranate extract. Experience a glorious sensory escape with the scent of vanilla and enticing tropical fruit. Give your skin deeply nourished and rejuvenated, decrease in body creepiness and wrinkle.

FACIAL RITUALS

RADIANCE REDISCOVERED- (DEEP PORE CLEANSING)

60 MINUTES

THB 2,500

Whether your skin is dry, sensitive, combination or oily, the Pevonia essential facial provides the perfect solution to suit your skin. This purify treatment is specially designed to intense deeper cleansing of clogged pores. Discover signature Pevonia massage that transforms your skin from flakey to supple and vibrant.

FLAWLESS & SPOTLESS- (BRIGHTENING)

75 MINUTES

THB 3,200

This intensive features a manufacturing wonder, a new generation of liposomes: Oxyzomes (stabilized Vitamin C). Featuring an outstanding, targeted delivery system, it re-releases Vitamin C into your skin throughout the day. Powerfully formulated with Hyaluronic Acid, it works to visibly repair and smooth the skin, reduce the appearance of wrinkles, and increase oxygenation. The immediately visible result is a more youthful appearance with a healthy, radiant glow with phenomenal benefits.

LIFT & GLOW- (ANTI-AGING, LIFT UP, DULL, WRINKLE)

75 MINUTES

THB 3,200

Bring on visible radiance! Proven to perform, the best anti-free radicals, the latest generation of repairing peptides, and outstanding lightning actives. Look forward to skin that shows a lightening effect and a smoother & visibly brighter complexion!

RE-VITALIZED COMPLEX- (ESPECIALLY SENSITIVE, DE- HYDRATE)

75 MINUTES

THB 3,500

Visibly enhance your skin's texture and maximize hydrating. This refreshing lift-off mask combines the hydrating benefits of Seaweed with revitalizing Propolis, a natural healing and desensitizing substance. Soothing, nourishing, and calming. It renders skin undeniably radiant.

MEN'S FACIAL

HOMME INTENSE MASCULINE- (MEN WRINKLE, DRYNESS)
75 MINUTES THB 3,900

Counteract the aging process with this proven-effective advanced treatment specifically formulated for men. This masculine treatment promote healthy, youthful skin and protect your skin against premature aging, while repairing, smoothing wrinkles, deep hydrating, and combating skin slackning.

ADD SOME SPARKLE

AROMATIC ROSE MILK BATH
30 MINUTES THB 1,000

Immerse in a sweetness milky bath, smelling wonderfully aromatic scent of rose to intrigue your senses, balance your mind, body and spirit.

GEL NAILS & TREATMENTS

SPA MANICURE	60 MINUTES	THB 950
SPA PEDICURE	60 MINUTES	THB 950
GEL NAILS LACQUER	60 MINUTES	THB 600
SOAK OFF GEL POLISH REMOVER	30 MINUTES	THB 350
SPA MANICURE & GEL POLISH	90 MINUTES	THB 1,000
SPA PEDICURE & GEL POLISH	90 MINUTES	THB 1,100

WAXING

UNDER ARM	30 MINUTES	THB 850
FULL ARMS	45 MINUTES	THB 1,250
HALF LEG	45 MINUTES	THB 1,250
FULL LEG	45 MINUTES	THB 1,750
BIKINI LINE	45 MINUTES	THB 1,250
BRAZILIAN	60 MINUTES	THB 1,750
BACK	60 MINUTES	THB 1,750





THE ANTIDOT SPA

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