



# **BE WELL SPA MENU**

## SIGNATURE TREATMENTS

Organic Touch

120 minutes

Experience our absolute freshly blended recipe for your entire organic journey

Just The Way You Are

90 minutes

Feeling above and beyond with your bespoke massage journey



## MASSAGES

Thai Herbal Compress and Massage

Full body massage with hot herbal compress

Royal Thai Massage

Slow movements full body massage without using oil, hands palm and stretching techniques are used. Good for inner rebalance and help readjust your body alignment.

Aromatherapy Massage

Relaxing full body massage with continuous strokes, flow of kneading and can help improve body circulation system.

Hot Stone Massage  
stones.

Full body oil massage combines with heated Basalt lava

Tone & Contouring Massage

Full body treatment & massage to promote anti-cellulite, fluid retention and tone your skin.

Acupressure Foot Massage

Relaxing acupressure technique on lower legs and feet

Back & Shoulders Massage

A firm kneading massage with deep tissue style to help loosen tense muscles of back, neck and shoulders

## **FACIAL TREATMENTS**

Ultimate Facial & Body Ritual

Anti Aging Facial  
massage

Hydrating Facial

Balance Facial  
skin that

Express Facial

## **BODY TREATMENTS**

Nourishing Rose

Sun Soothing Recovery

Shape & Tone

Smooth & Glow

Combination of Facial treatment and choice of hands arms treatment OR Therapeutic Legs treatment

Deep nourishing facial treatment using double masks to heal dehydrated skin. Double layering of face serum and toning using anti-fine line oil to promote cell repair and skin tone

Rose essential oil and facial care to treat dehydrated & sensitive skin. Relaxing facial massage technique.

Deep cleanse - Balancing oil sebum and refine opened pore or prone to infection.

Mini facial for a quick glam and refreshen up skin circulation and radiance.

Full body skin quencher treatment using Hydrating Rose skin care.

Summer Skin cooler body mask with fresh Aloe vera with relaxing scalp massage.

Body contouring and toning using seaweed scrub and mud wrap.

Bespoke body Polish

# SPA SERVICES

<b>SIGNATURE TREATMENTS</b>	MINS	PRICE ++(THB)
Organic Touch	120	4,900
Just The Way You Are	90	4,200

## MASSAGES

Thai Herbal Compress	90	3,800
Royal Thai Massage	60/90	2,200/2,800
Aromatherapy Massage	60/90	2,800/3,800
Hot Stone Massage	90	3,800
Detox Massage	90	4,200
Acupressure Foot Massage	60	1,800
Back & Shoulders Massage	45	1,800

## BODY TREATMENTS

Shape & Tone	60	3,500
Nourishing Rose	60	2,800
Sun Soothing Recovery	60	2,800
Smooth & Glow	45	2,200

<b>FACIAL TREATMENTS</b>	MINS	PRICE ++(THB)
Ultimate Facial & Body Ritual	90	4,900
Anti Aging Facial	90	4,900
Hydrating Facial	60	3,800
Balance Facial	60	3,800
Express Facial	30	2,000

## MANTASTIC TIME

Gym Tonic	75	3,500
Gentlemen Facial	60	3,800
De-stress Massage	60 /90	3,200/4,200

All prices are in Thai Baht and are subject to 10% service charge and applicable government tax.

## SPA ETIQUETTE

### HOUR OF SERVICE

Be Well spa: 10:00 – 22:00 hrs.

Wellness facilities at the spa are reserved for spa guests aged 16 and above who book spa treatments.

- To make the most of your journey through the specially tailored spa treatments, please arrive 15 minutes before your treatment to complete a health assessment and relax into a time dedicated to your well-being.
- As soft sound and peace are part of our dedicated spa environment, please note that it is unsuitable for small children and babies unless they are receiving a dedicated treatment.
- Smoking and the use of mobile phone is not permitted in the spa or treatment areas.
- Whilst locker facilities are provided, we recommend you not to bring any valuables during your spa time. All treatments can be charged to your room. Movenpick BDMS Wellness Resort Bangkok accepts no responsibility for the loss of money or valuables of any kind.

### SCHEDULING AND CANCELLATION

- Please give four hours' cancellation notice on individual treatments and 24 hours' notice on packages. Otherwise, 50% of the price may be charged to your account. Arriving late will decrease the time of your treatment.

### PREE AND POST-SPA CARE

- We recommend that you do not sunbathe after an aromatherapy treatment.
- For men, shaving before facial treatments is beneficial and will ensure that maximum results are achieved. But please try to shave several hours before treatment to avoid any post-shave irritation.

### HEALTH & ALLERGIES

- Guests who have high blood pressure, heart conditions, are pregnant or have other medical complications are advised to consult a doctor before signing up for any treatments.
- Please notify our spa receptionists of any existing medical conditions or allergies.

All prices are in Thai Baht and are subject to 10% service charge and applicable government tax. Prices are subject to change without prior notice.

Advanced booking is highly recommended to ensure availability.

For more information, please contact us T. +66 2 666 3399 E. [movenpick.bdms.spa@movenpick.com](mailto:movenpick.bdms.spa@movenpick.com)