
Be Well S P A





BE WELL SPA

Welcome to Wellness Reimagined

Begin your inner journey of rebalancing and reconnecting within a lush green garden. We provide a serene space for healing and renewal.

Whether you are seeking a physical relief or an emotional harmony, Be Well Spa offers a sanctuary where your mind, body, and spirit can find comfort, beauty, and a renewed sense of wellness. Embrace the art of well-being in every visit.

Our approach embraces the belief that true wellness is holistic. We combine the Oriental science and wisdom of ancient Ayurveda, Chakra Balancing, Thai traditional medicine, expert massage techniques with the healing power of botanical aromas and herbs to return body to a state of balance leading to physical, mental and emotional well-being.



Scan the QR code to make your spa appointment

BE WELL SPA SIGNATURE TREATMENTS

Five Movement Massage A soothing full-body treatment with the different massage techniques designed to ease tension and promote a deep sense of well-being. Use long, flowing strokes combined with gentle kneading and rhythmic tapping to release muscle tension, improve circulation, and alleviate stress. Perfect for those seeking relaxation.	60 minutes	THB 2,800
	90 minutes	THB 3,800
Chakra Gem & Stone Massage Rebalance your body's energy centers with our signature therapy combining gentle massage techniques with the healing properties of gemstones and warm stones, and essential oils tailored to harmonize your seven chakras.	90 minutes	THB 4,200
Tone & Contouring Massage A special massage technique and firm pressure applied to the body in order to break down underlying fat in the areas. The massage works to stimulate the tissues and promote drainage, boosting circulatory and lymphatic systems.	90 minutes	THB 4,200
Float & Facial Gua Sha The signature facial features the renowned Gua Sha technique, designed to firm the skin, relieve facial tension, and boost circulation. This unique experience is enhanced by resting on a dry flotation bed, amplifying the treatment's effectiveness for unparalleled relaxation and results.	90 minutes	THB 4,500





7-CHAKRA EXPERIENCES

The term “chakra” is widely used in Ayurveda and other traditional holistic medicine practices. Each chakra affects physical functionality and influences emotional and spiritual well-being.

At Be Well Spa, our chakra-focused therapies provide a pathway to balance your energy centers, offering a holistic wellness experience that nurtures the mind, body, and spirit.

Our unique treatment rituals include an initial consultation to identify the chakras that are depleted or excessive, followed by the holistic therapies.

Sahasrara (Crown Chakra) - Chakra Balancing Massage	60 minutes	THB 3,200
	90 minutes	THB 4,200
Reconnect with your inner harmony through a combination of specialized massage techniques and gemstone therapy. This deeply restorative experience blends Swedish, Thai, and acupressure massage styles with the healing properties of crystals to balance each chakra.		
Ajna (Third Eye Chakra) – Amethyst Facial Gua Sha	60 minutes	THB 3,800
This traditional Chinese therapy technique is designed to improve skin firmness, relieve facial muscle tension, boost circulation, and encourage lymphatic drainage. The therapist uses amethyst gemstones combined with gentle pressure point techniques for optimal results.		
Vishuddha (Throat Chakra) - Upper Body Harmonizing	60 minutes	THB 2,500
Experience fast relief from tension in the back, neck, shoulders, arms, and hands. This treatment clears blockages with peppermint and eucalyptus oils, using a combination of reflexology and trigger point therapy to invigorate and revive.		

7-CHAKRA EXPERIENCES

Anahata (Heart Chakra) – Rose Facial & Body Ritual Foster emotional healing and self-love with an intensive combination of facial cleansing, masking, and body moisturizing using organic rose and natural grains. This hydrating treatment layers rose gel, oil, and lotion to replenish moisture and nourish the skin.	60 minutes	THB 2,800
Manipura (Solar Plexus Chakra) - Inner Strength Massage A deeply nurturing treatment that combines aromatherapy with soothing massage techniques. Using a blend of essential oils to ease tension, promote emotional grounding, and uplift, this treatment helps you rediscover your inner strength and tranquility.	60 minutes 90 minutes	THB 3,200 THB 4,200
Svadhithana (Sacral Chakra) - Flowing Aromatic Massage Restore creativity and emotional flow with rhythmic massage strokes and natural oils that increase serotonin levels, encouraging restful sleep and reducing stress. Aromatic essential oils provide a deep sense of well-being, calm, and relaxation.	60 minutes 90 minute	THB 3,200 THB 4,200
Muladhara (Root Chakra) - Grounding Foot Stone Massage Nurture the foundation of stability and grounding with our Grounding Foot Ritual. Deep pressure and warm stone massage help release tension and create a profound sense of security and balance.	60 minutes 90 minutes	THB 2,500 THB 3,500
Chakras Balancing Cuisine Complete your retreat with a nourishing Chakras Balancing Cuisine, a thoughtfully curated meal to support balance and well-being from within.	Add-on	THB 1,000





MASSAGE THERAPIES

The healing power of massage therapy where a harmonious blend of techniques includes movement blends towards relaxation, recovery and revitalization.

RELAXER

De-Stress Head Massage	60 minutes	THB 2,500
A wonderfully relaxing therapy ideal to ease headache, stress, insomnia. Massage includes a neck and shoulder massage, followed by a reviving scalp massage. The rhythmic massage induces the sense of pleasure, getting pampered creates a feeling of relaxation and facilitating deep sleep.		
Ultimate Aromatherapy Massage	60 minutes	THB 2,800
	90 minutes	THB 3,800
This ultimate massage with neuromuscular techniques and lymphatic drainage encourages healthy circulation, relieve tension and recover from jet lag. The incorporated full body massage with essential oil designed to give you the ultimate soothing and pampering experience.		
Inner Strength Massage	60 minutes	THB 3,200
	90 minutes	THB 4,200
A deeply nurturing treatment that combines aromatherapy with soothing massage techniques. Using a blend of essential oils to ease tension, promoting emotional grounding, and uplift, this treatment helps you rediscover your inner strength and tranquility.		

MASSAGE THERAPIES

REVITALIZER

Healing Herb Compress Massage	90 minutes	THB 3,800
	120 minutes	THB 4,500
<p>Thai herbs and deep tissue massage techniques, the knots and blockages are eased out with a combination of heat, aroma, herbs and the easing touch. The Thai herbal ball is rolled across trigger points and isolated muscle groups of the body helping to release tension, detoxify, and increase energy.</p>		
Hot Stone Massage	90 minutes	THB 4,200
<p>This massage combines a full-body massage using a gliding technique applied to different muscle to ease tension, alleviate aches, and provides an incredible feeling of relaxation.</p>		
Tone & Contouring Massage	90 minutes	THB 4,200
<p>A special massage technique and firm pressure applied to the body in order to break down underlying fat in the areas. The massage works to stimulate the tissues and promote drainage, boosting circulatory and lymphatic systems.</p>		

MASSAGE THERAPIES

RELIEVER

Thai Acupressure Massage	60 minutes	THB 2,500
	90 minutes	THB 3,200
	120 minutes	THB 3,900

Thai traditional ancient pressure points massage to release blockages and restore a smooth flow of energy, combined with Thai Yoga Stretching. This is ideal to ease muscle ache and pain. It is offered fully clothed and without oil to reawaken the body’s energy flow.

Business Travel Solution	60 minutes	THB 2,800
	90 minutes	THB 3,800

Deep pressure and trigger point therapy applying to tender muscle tissue to relieve muscular pain, chronic headaches, migraine, backache, numb fingers and arms, and eye problems, leaving you feeling totally relaxed and fully restored.

Deep Tissue Release	60 minutes	THB 2,800
	90 minutes	THB 3,800

A powerful movement of deep tissue massage techniques to create ‘Endorphins’, which are compounds known to reduce pain and produce a sense of euphoria. Work deeply into the muscles to release tension by palm pressing and stretching along the muscle fibers.

MASSAGE THERAPIES

ENHANCER

Create your own combination of services with Add-on treatments designed to enhance your experience.

Add-on	30 minutes	THB 1,000
A La Carte	30 minutes	THB 1,500

Shoulder, Neck and Head Massage

Relax tense muscles, melt away stress and lift your spirits with head, neck and shoulder massage.

Foot Massage

Reward your feet with a deeply relaxing massage. Leave you feeling lighter on your feet in minutes.

Herbal Compress

Steamed special blends of Thai herbal balls are steamed and applied onto fatigued muscles, helping with aches and pains and providing you with a positive boost of energy.





BODY TREATMENTS

Tantalizing the senses with its rich aroma, these indulgent rituals replenish the skin and leave it with a healthy glow.

Body Exfoliation - Smooth and Glow

60 minutes

THB 2,500

Intensive antioxidant properties from Coffee and Pink Grapefruit to stimulate healthy circulation and revive dull looking skin. Leave the skin ultra-smooth and soft from the salt and the sweet almond oil.

Body Exfoliation - Natural Skin Renewal

60 minutes

THB 2,500

Effective yet gentle action smoothes and polishes the skin with the Finest Ground Olive Grains, dissolves hard sebum that may block oily and blemish skins with Jojoba Oil.

Body Exfoliation - Oriental Revival

60 minutes

THB 2,500

Exotic exfoliation ritual invigorating and revitalizing the body. The spice scrub is a natural herbal scrub, combining ginger and lemongrass for deep cleansing, polishing and softening the skin perfectly.

Body Wrap - Sun Soothing Recovery

60 minutes

THB 2,500

Mixture of natural botanical extracts for nourishment, helps restore the natural balance of the skin and leaves it with a clean and fresh glow.

Body Wrap - Rose Hydrating Cocoon

60 minutes

THB 2,500

A rich and luxurious treat to instantly hydrate and soften the dry skin with a Damask Rose, Evening Primrose Oil and Shea Butter. Leave the skin radiant and refreshed with beautifully fragrant.

Exfoliation and Wrap - Shape and Tone

90 minutes

THB 3,500

This session is a quick beauty treatment for your whole body. Begin with a full-body scrub to eliminate the dead skin cells and hone your skin to a glowing tone. This experience is concluded with a mud wrap to reduce fluid retention, refirming the skin, and add that extra smooth, youthful glow.

FACIAL TREATMENTS

Discover our personalized facial treatment to enhance your skin texture and improve specific problems. Let the skin expert get the correct facial treatment that perfectly fits your skin type.

Ageless Radiance Facial The advance facial works with natural oils to stimulate collagen formation and deliver firm and tightened skin. Eastern and Western massage techniques are incorporated to improve the circulation and skin oxygenation, helping to ease stress and tone the skin.	90 minutes	THB 4,800
Re-Balancing Facial Purify and calm the delicate skin of the face by sloughing off dead skin cells and removing deeper impurities by using Aromatherapy skin care combined with steam vaporization. This increases the circulation and decongestes the clogged pores, rebalancing your skin.	60 minutes	THB 3,800
Deep Hydrating Facial Nourish the skin on a deeper level for a fresh and hydrated feeling. The rejuvenating facial massage is a nourishing facial mask to drench the skin with moisture, help relive with the tightness and fine lines will bring back much-needed harmony and tranquility.	60 minutes	THB 3,800





FACIAL TREATMENTS

Detoxifying Facial Gua Sha A traditional Chinese therapy technique designed to help improve the skin’s firmness, relieve the tension in the muscles of the face, boost the blood circulation, and encourage the lymphatic drainage. The therapist scrapes the skin with a combination of short and long strokes so the skin can look brighter and more lifted.	60 minutes	THB 3,800
Men’s Solution Facial A cleansing and purifying facial treatment specifically designed to address the requirement of men’s skin. An active treatment that removes impurities, rebalances excessive oil production, relieve after shave skin irritation and leaves the skin with a clear matte finish.	60 minutes	THB 3,800
Perfect Express Facial The instant facial ritual is personalized to suit each individual skin requirements with cleansing, toning and exfoliating followed by original signature face massage.	30 minutes	THB 2,000

HYDROTHERMAL EXPERIENCES

Immerse yourself into our stimulating jacuzzi, and experience the delightful sensation of lightness and buoyancy with the invigorating heat and cryotherapy. Each treatment is thoughtfully designed to enhance wellness, promote relaxation, improve the blood flow, and a renewed sense of vitality.

Romance Bathing Ritual Indulge in a gentle candlelight amorance with a scattering of scented crimson rose petals and milky bath. This sensual experience incorporates the opulent aromas of rose damask essential oils to entice the senses.	30 minutes	THB 1,900
Exotic De-Stress Bathing Ritual Unwind the mind as you indulge in the ultimate de-stressing experience, surrounded by bubbles, inhale the calming aromas that infuses the water and the air.	30 minutes	THB 1,900
Dry Floatation Experience Experience the delightful sensation of lightness and buoyancy without the inconvenience of getting soaked. Let our therapist lead you through a calming breathing ritual and a soothing head massage before indulging in an amazing float.	30 minutes	THB 1,800





HYDROTHERMAL EXPERIENCES

Personalized Float Experience with add-ons

Tailor the dry floatation experience to meet your individual needs, ensuring that you receive optimal benefits from the add-on treatments.

<ul style="list-style-type: none">• Botanical Bliss Floating Wrap A soothing body wrap suspended on a dry floatation waterbed.	60 minutes	THB 2,700
<ul style="list-style-type: none">• Float & Glow Facial Treatment Resting on a waterbed during your facial treatment and enhancing the effectiveness of your facial treatment.	90 minutes	THB 4,500
<ul style="list-style-type: none">• A Dream Float & Body Massage This signature massage will ease your mind and body into a state of complete relaxation, and enhance your relaxation with our Dry Floatation experience.	90 minutes	THB 4,200

Heat & Ice Thermal Experience

Provides a heated Himalayan salt sauna, steam, ice room, and shower experience. This comprehensive contrast therapy journey starts from the heat which is soothing and stimulating. As it raises your core body temperature and increases blood flow, it creates a deep, sustainable sweat that pushes out toxins.

After a mild chilled water to rinse off, take it down to an icy temperature room. The contrast therapy is great for recovery and physical endurance. Reduce lactic acid build-up in muscles, soothe pain while the uplifting sensation awakens the entire body, sparking an increase in productivity and efficiency.

Add-on	60 minutes	THB 800
A La Carte	60 minutes	THB 1,200

SCALP AND HAIR WELLNESS

Shampoo and Natural Blow Dry

45 minutes

THB 1,900

Maintain a clean and balanced scalp with pH 5.5 Shampoo which is suitable for all hair types and sensitive scalp for a healthier look while restoring optimum moisture. This includes a head massage, hair wash & conditioning and natural blow dry.

Bioscor Hair Wellness Spa

60 minutes

THB 3,000

Deep hair and scalp cleansing with specialized shampoo, conditioner by Bioscor International, and the nourishing treatment with intensive nutrition hair mask. This includes a neck and shoulder massage that helps to reduce muscular tension and ease day-to-day stress.

Bioscor Signature Hair Wellness Treatment

60 minutes

THB 3,500

Improve scalp and hair condition with deep hair and scalp cleansing. Apply specialized serums from Bioscor International to improve hair and scalp condition and stimulate blood circulation. This includes a neck, shoulder massage and blow dry.

Bioscor Signature Hair Wellness Treatment Plus

90 minutes

THB 4,000

Specialized in hair loss prevention treatment with a deep hair and scalp cleansing from Bioscor International. This treatment includes premium nutrition hair mask and the signature nourishing treatment with specialized serums to improve hair and scalp condition. Includes neck and shoulder massage, then blow dry and hair styling.





NAILCARE SERVICES

Feel confident and beautiful with our professional nail care services. Enjoy the perfect treatments to keep your nails looking at their best.

Experience premium, results-driven products that are natural, non-toxic, and vegan-friendly, ensuring your nails not only look stunning but feel healthy too.

Classic Manicure	60 minutes	THB 1,200	no polish
		THB 1,500	with polish

Achieve healthy and elegant nails with this timeless treatment. Pamper your nails with meticulous nail shaping, cuticle care, a moisturising massage, and a flawless polish application.

Classic Pedicure	60 minutes	THB 1,200	no polish
		THB 1,500	with polish

Give your feet the care they deserve with a thorough pedicure that features nail trimming, cuticle care, exfoliation, and a luxurious moisturising massage, all followed by a polish application to complete the look.

Ultimate Spa Manicure	90 minutes	THB 1,900	no polish
		THB 2,200	with polish

Elevate your manicure experience with this luxurious treatment. Begin with a soothing hand soak, followed by gentle exfoliation, expert nail care, a relaxing hand massage, and a hydrating hand mask. Complete your indulgence with the polish of your choice.

NAILCARE SERVICES

Ultimate Spa Pedicure

90 minutes THB 1,900 no polish
THB 2,200 with polish

Dive in on ultimate spa pedicure, begin with a foot soak, followed by cuticle cleaning, and nail shaping, and experience the revitalising power of exfoliation. This treatment is completed with a calming foot massage and your choice of polish.

Hot Stone Pedicure

90 minutes THB 2,200

Relieve tension in your feet and lower legs while deeply nourishing your skin with the soothing warmth of hot stones combined with a pedicure.

Nail Polish (Hand or Foot)

30 minutes THB 1,200

Enjoy up to 7+ days of vibrant, non-toxic wear with Morgan Taylor polish. Made with plant-based, vegan-friendly, and halal-certified ingredients, this breathable formula promotes healthy nails. The service includes a gentle polish removal for a flawless finish.





HAND AND FOOT WELLNESS TREATMENTS

Treat your hands and feet to the care they deserve with our specialised wellness treatments. With the latest innovations and premium products, you'll rediscover the natural beauty of your rejuvenated and restored skin.

Age-Defying Hand Ritual Rediscover hands that look and feel youthful once again with our anti-ageing hand therapy. This treatment is packed with antioxidants that combat wrinkles and age spots.	45 minutes	THB 1,500
Hydrating Hand Therapy Specifically designed for hands in need of deep hydration and regeneration. This therapy rejuvenates, moisturises, and smooths dry, rough skin, restoring softness and vitality.	45 minutes	THB 1,500
Cracked Heel Solutions Say goodbye to dry, cracked heels with this advanced treatment that offers you the benefits of Dermal Infusion Technology (DIT). This powerful system delivers active ingredients deep into the skin, providing deep exfoliation, a moisturising mask, and targeted care to heal and soften your feet.	60 minutes	THB 1,900
Hand and Foot Revival Indulge in the ultimate pampering session for your hands and feet. Our natural ingredients, loaded with antioxidants and skin-regenerating properties, work together in this super-hydrating mask to soften, rejuvenate, and brighten your skin, leaving it glowing and youthful.	90 minutes	THB 2,900

DAY RETREAT PACKAGES

Be Well Spa Signature Experience

300 minutes

THB 9,900

The half-day spa program offers the perfect way to achieve deep comfort for both body and soul. Start with an invigorating thermal experience to detoxify and boost circulation, followed by a luxurious body treatment to deeply nourish your skin. Melt away tension with the Five Movement Massage, then enjoy the Float & Glow Facial for radiant, refreshed skin. Finish with your choice of a manicure or pedicure, leaving you polished and renewed from head to toe.

- Ice room and Thermal Experience 60 minutes
- Body Scrub & Wrap 60 minutes
- Five Movement Massage 60 minutes
- Float & Glow Facial Treatment 60 minutes
- Manicure or Pedicure 60 minutes

Chakra Balance Retreat

240 minutes

THB 10,900

Embark on a holistic wellness journey that rejuvenates both body and spirit. Start with a soothing body treatment to soften and hydrate your skin, followed by a Chakra Balancing Massage to restore inner harmony. Enjoy an Amethyst Facial Gua Sha for a radiant glow, then ground your energy with a warm Foot Herbal Compress. Complete your retreat with a nourishing Chakras Balancing Cuisine, a thoughtfully curated meal to support balance and well-being from within.

- Love and Rose Hydrating Body Treatment 30 minutes
- Chakra Balancing Massage 90 minutes
- Amethyst Facial Gua Sha 60 minutes
- Grounding Foot Herbal Compress 60 minutes
- Chakras Balancing Cuisine



STAIRS

DAY RETREAT PACKAGES

Jet Lag Revival

150 minutes

THB 5,500

Unwind the mind and indulge in the ultimate jet lag relief experience designed to restore balance and rejuvenate after long travels. This calming and revitalizing recovery will boost circulation, revive your senses, and ease away tension.

- Invigorating Dry Brushing 30 minutes
- Exotic De-stress Bathing Ceremony 30 minutes
- Ultimate Aromatherapy Massage 60 minutes
- Perfect Express Facial 30 minutes

Executive Essential

150 minutes

THB 5,900

An essential treatment ideal for business traveler, deep relaxing massage targets into the deeper layers of muscle and connective tissue. Leave looking clean and refreshed with Men Skin Solution Facial for perfect after a day's activities.

- Deep Tissue Release Massage 90 minutes
- Men Skin Solution Facial 60 minutes

Post Shopping Recovery

150 minutes

THB 5,900

Unwind and restore a long day with the dedicated package designed to soothe tired muscles and refresh your senses. Begin with a relaxing foot soak & scrub to relieve achy feet, followed by a rejuvenating Leg & Foot Massage and a calming Back, Neck & Shoulder Massage releases any remaining stress, while a Nourishing Hand and Foot Mask softens and revitalizes your skin. This perfect post-shopping escape leaves you feeling refreshed, recharged, and ready for your next adventure.

- Hand and Foot Revival 90 minutes
- Shoulder, Neck and Head Massage 30 minutes
- Foot Massage 30 minutes

DAY RETREAT PACKAGES

Blissful Beauty Journey

210 minutes

THB 6,900

Indulge in a transformative escape that renews you from head to toe with this complete beauty experience. Begins with an exfoliating body scrub, followed by a hydrating wrap to restore moisture and softness, a refreshing facial enhances your natural radiance, while a luxurious nail treatment provides the perfect polished finish.

- Shape and Tone Body Treatment
 - Personalized Facial Treatment
 - Manicure or Pedicure
- 90 minutes

60 minutes

60 minutes

Couple Retreat

120 minutes

THB 9,900

Rediscover romance with this special treatment package designed for two and enjoyed in your private spa suite. Share quality time with a friend or loved one in a sensuous milky bath, followed by a side by side skin pampering treatment, and a massage of your choice.

- Romantic Bathing
 - Body Exfoliation of your choice
 - Full Body Massage of your choice
- 30 minutes

30 minutes

60 minutes

My Signature

120 minutes

THB 4,900

180 minutes

THB 6,900

Design your personal wellness program to suit your senses. Offering you the flexibility to create your own spa experience according to your preferences. Simply choose the preferred treatment and duration from our extensive range of facials, massage, and body treatment options to ensure that your spa experience iscompletely satisfying.



LITTLE BIRD INDULGENCE

Treat your little ones with a pampering session filled with fun and sparkle. Each service includes a gentle move and a selection of child-safe products.

Suitable for kids aged 6 years and above. Children under 16 years old must be accompanied by a guardian.

Mini Manicure Perfectly designed for little hands, this manicure offers gentle nail shaping, light cuticle care, and a variety of playful polish colours to choose from.	30 minutes	THB 900
Tiny Toes Pedicure A delightful and gentle pedicure for tiny feet. Your little one will be showing off their toes with pride after a nail trimming, light exfoliation, and their choice of a vibrant, kid-friendly polish.	30 minutes	THB 900
Kid's Massage Strengthen your child's ability to learn through positive touch and movement. Improves circulation and skin nutrition, stimulates growth and offers passive exercise.	30 minutes	THB 1,500
	60 minutes	THB 2,800
Kid's Gentle Body Scrub A fun and refreshing spa experience with specially designed for delicate skin. This gentle exfoliation helps smoothen and soften their skin without any harsh ingredients. It is the perfect way for kids to relax and enjoy a pampering session.	30 minutes	THB 1,500

BE WELL SPA ETIQUETTE

HOUR OF SERVICE

Be Well spa: 10:00 am - 10:00 pm, Last treatment reservation is at 8:30pm

The listed prices are subject to hotel's service charge and applicable government tax, giving a gratuity is at your discretion.

SCHEDULING AND CANCELLATION

- An advance reservation is highly recommended.
- Please arrive 15 minutes before your treatment to complete a health assessment and relax into a time dedicated to your well-being.
- Please give six 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.

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.
- Be Well Spa and Mövenpick BDMS Wellness Resort Bangkok is not responsible for any adverse reactions, injuries, or illnesses that may occur as a result of this treatment. Guests are encouraged to consult with a healthcare professional if they have any concerns prior to their visit.

SPA COURTESY

- 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 not to bring any valuables during your spa time.
- Be Well Spa and Mövenpick BDMS Wellness Resort Bangkok accept no responsibility for the loss of money or valuables of any kind.
- Our spa services are strictly professional. Any inappropriate behavior towards our team members will not be tolerated. The service will be automatically discontinued, and full payment will be charged regardless.
- Be Well Spa and Mövenpick BDMS Wellness Resort Bangkok reserve the right to deny entry to anyone who is in breach of our rules and regulations or whose conduct is offensive to other users/ guests/ employees or presents health and safety issues.



Mövenpick BDMS Wellness Resort Bangkok

2 Wireless Rd. Lumpini Patumwan | 10330 | Bangkok | Thailand

T. +66 2 666 3399 | E. movenpick.bdms.spa@movenpick.com

 www.movenpickbdmsbangkok.com

 [MovenpickBDMSBangkok](#)  [movenpickbdmsbangkok](#)  [@movenpickbdms](#)