Spas

1. The Spa by MSpa
   This sumptuous spa is comprised of two private suites and a variety of rooms, as well as a manicure and pedicure salon. The complex is designed in a blend of Lanna and Moroccan styles. Four Seasons Hotel, Ratchadamri Road • Map Q3 • (02) 250 1000 • Open 10am–10pm daily • www.fourseasons.com/bangkok/spa

2. I. Sawan Residential Spa and Club
   This luxurious spa, set amid the Grand Hyatt Erawan’s lovely roof gardens, offers a wide range of treatments, each falling into one of four categories: Energy, Harmony, Purity, or Thai. Grand Hyatt Erawan, 494 Ratchadamri Road • Map Q3 • (02) 254 1235 • Open 9am–11pm daily • www.bangkok.grand.hyatt.com

3. Banyan Tree Spa
   Located on the 39th floor of the Banyan Tree Hotel, this deluxe spa has fantastic views and offers a variety of services including massages, scrubs, beauty treatments, and a bath menu. The Banyan Day package is a seven-hour marathon, which includes just about everything. Banyan Tree Hotel, Sathorn Road • Map Q5 • (02) 679 1052–4 • Open 9am–10pm daily • www.banyantreespa.com

4. Oriental Spa
   This spa is an oasis of calm, combining ancient Asian healing philosophies with modern Western techniques. The traditional Thai teak building is the ideal place to unwind with a “jet-lag massage,” a floral mask facial, or an Oriental mud wrap. Oriental Hotel • Map M5 • (02) 659 0444 • Open 9am–10pm daily • www.mandarinoriental.com

5. Chi, The Spa
   Based on the design of a Tibetan temple, this spa facility is nothing less than a sanctuary of tranquility. The wide array of treatments is designed to restore chi, a Chinese term that refers to the universal life force that governs well-being and personal vitality. Nine spacious treatment rooms offer sweeping river views and are equipped with an infinity bath, a herbal steam shower, and relaxation and changing areas. Shangri-La Hotel • Map M6 • (02) 236 7777 • Open 10am–midnight daily • www.shangri-la.com/en/corporate/chi

6. Being Spa
   This day spa is set in lush tropical gardens and is tastefully decorated with teak furniture and cotton fabrics from Bali. The wide range of treatments on offer includes facials and massages, taken
individually or as spa packages. Try the algae detoxifying body wrap or the signature Ultimate Body Massage.

* The Oasis Spa
This day spa facility is set in a huge garden which helps to create an aura of calm, with birds twittering in the trees outside the treatment rooms.

\[ 88\text{ Sukhumvit Soi 51} \]
\[ \text{Map T6} \quad (02) 662 6171 \quad \text{Open 8am–10pm daily} \quad www.bangkokoasis.com \]

7 The Grande Spa
Located at the five-star Sheraton, this spa has an excellent reputation. There is an extensive menu of treatments which combine the timeless wisdom of Thailand's healing arts with the very best of contemporary trends.

\[ \text{The Sheraton Grande Sukhumvit, 250 Sukhumvit Soi} \]
\[ \text{Map T6} \quad (02) 649 8121 \quad \text{Open 8am–10pm daily} \quad www.sheratongrandesukhumvit.com \]

8 The Oasis Spa
This day spa facility is set in a huge garden which helps to create an aura of calm, with birds twittering in the trees outside the treatment rooms. Options provided by the spa include an Oasis Four Hands Massage, in which two masseurs work in unison, and the King of Oasis, which involves Thai and oil massages with hot compresses.

\[ 64\text{ Sukhumvit Soi 31} \]
\[ \text{Map T6} \quad (02) 262 2122 \quad \text{Open 10am–10pm daily} \quad www.bangkokoasis.com \]

9 Leyana Spa
This is another day spa set in a lush, tropical garden. It offers a dizzying array of treatments – massage, facial, body scrub, and body wrap, plus half-day and full-day packages. The body scrubs use tropical fruits such as tamarind and lemon, while the massage employs an aromatic blend of essential oils.

\[ 33\text{ Thonglor Soi 13} \]
\[ \text{Map T6} \quad (02) 874 4461 \quad \text{Open 11am–10pm daily} \quad www.leyanaspa.com \]

10 Spa I Am
A day spa located to the north of the city center, this large facility has 20 treatment rooms, two hydrotherapy suites, a couple suite, a beauty room, a fitness room, and a snack bar. Treatments include stone therapy massage, mud body mask, and a face firming treatment.

\[ 88\text{ Ladphrao Soi 18} \]
\[ \text{Map T4} \quad (02) 938 4888 \quad \text{Open 10am–10pm daily} \quad www.spaiam.co.th \]