

The Sindhorn Wellness Experiences

At Sindhorn Wellness by Resense, we seamlessly blend modern science with timeless tradition to transform treatments into unforgettable wellness experiences. Our dedicated team of experts is here to guide, inspire, and assist you on a remarkable journey towards achieving complete balance and limitless vitality.

Every aspect of our wellness menu is meticulously crafted to surpass your expectations. Our massages bring soothing transformations, while Body Experiences offer indulgent and personalised cleansing. Explore targeted, lavish facials, indulge in ultimate relaxation with The Sindhorn Collections and discover our must-try Definitive Experiences for a lasting sense of vibrancy.

We look forward to welcoming you to the world of well-being at Sindhorn Wellness by Resense. Our team is here to provide personalised and individual consultations to enhance your wellness journey.



01

The Sindhorn *Definitive Experiences*

Embark on a transformative wellness journey with our Definitive Experiences, thoughtfully curated to honour Thailand's rich wellness traditions. Additional time in a private relaxation suite is part of every experience.

The Sindhorn Experience

Scrub & Choice of Thai Massage

120 or 150 minutes

Your unique Sindhorn experience commences with an antioxidant-rich Plai body scrub and culminates in your selection of either a traditional Thai massage or a Thai Herbal Compress Massage, leaving you thoroughly revitalised.

The Thai Renewal Experience

Thai Massage & Dramatic Healing Facial

120 or 150 minutes

Your distinctive Thai Renewal experience begins with a traditional Thai Massage for deep relaxation, followed by a 111 Skin Dramatic Healing Facial that rejuvenates and renews your complexion. Ideal for complete well-being.

The Traditional Thai Massage Experience

120 minutes

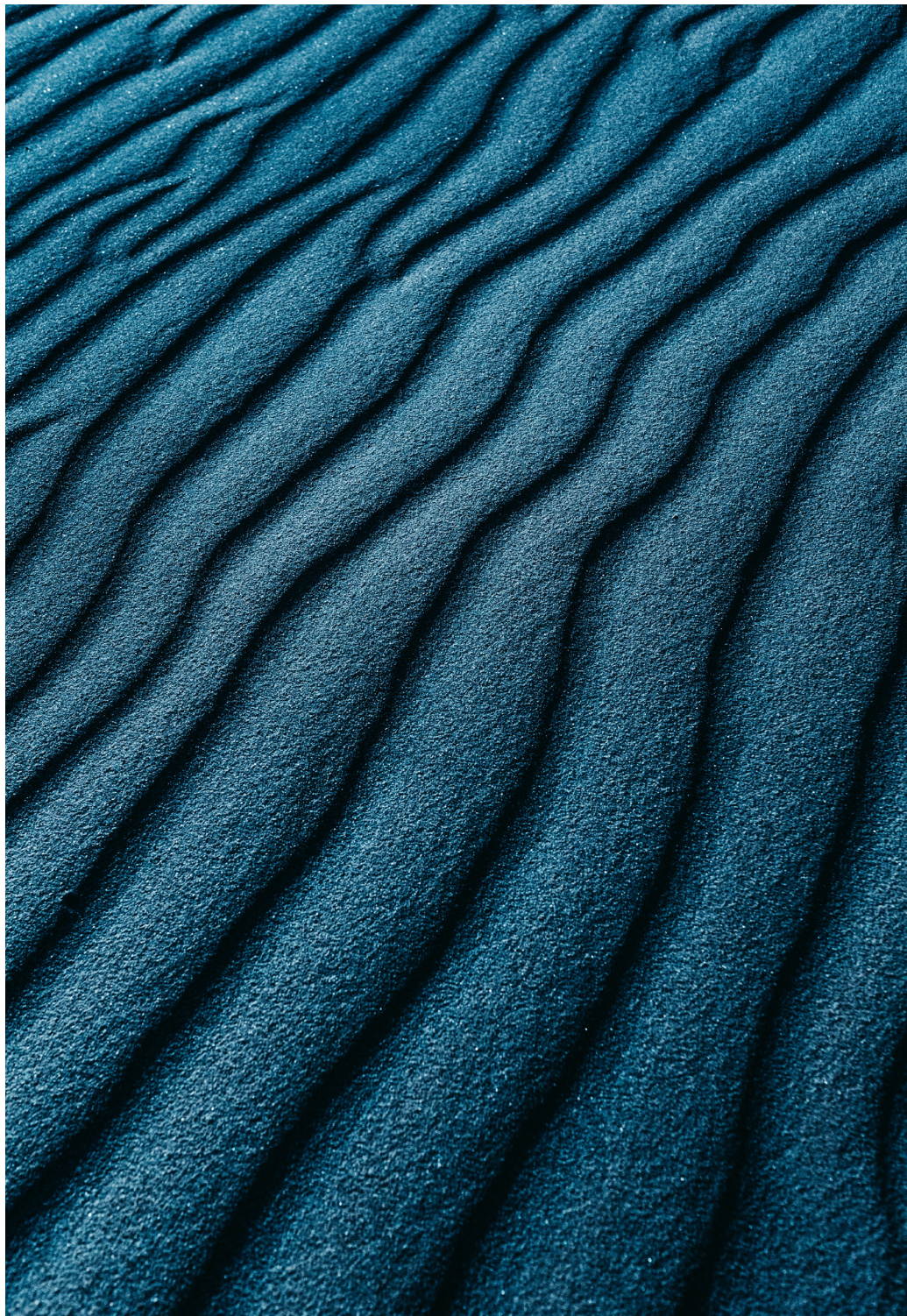
This oil-free treatment combines gentle twists, rocking motions, stretches, and rhythmic pressures to deeply relax your body, enhance mobility, and alleviate muscle tension. A foot massage is also included as part of this comprehensive experience.

The Thai Compress Massage Experience

120 minutes

Blending traditional Thai massage with warm herbal poultices, this treatment employs firm pressure on muscles to improve circulation and alleviate tension. The treatment concludes with a facial massage using herbal compresses, rounding off your experience in a state of complete relaxation.

*In the heart of tradition
lies the secret to renewal.
Rejuvenate your spirit in
a sanctuary of well-being.*



02

The Sindhorn Collections

Indulge in ultimate relaxation with our carefully crafted The Sindhorn Collections. Additional time in our private relaxation suite is included in every collection to complete your experience.

The Couples

Rasul, Massage & Express Facial

120 minutes

Embark on a shared journey with our Couples Collection. Begin with a self-guided Rasul treatment, featuring a unique blend of heat, steam, and therapeutic muds in a secluded chamber. This intimate experience is followed by a harmonious couples massage and culminates with express facials, offering both of you relaxation and renewal.

The Complete

Scrub, Wrap, Massage & Facial

180 or 210 minutes

The optimal collection to make you look and feel at your best. Begin with a Himalayan salt and oil scrub to exfoliate your body, followed by a nourishing body wrap, and then a massage of your choice. Conclude with the 111 Skin 'The Dramatic Healing' facial, leaving you feeling simply amazing.

The De-Stress

Dry Float, Massage & Express Facial

120 or 150 minutes

Experience a feeling of weightlessness as you float effortlessly on our dry floatation bed. Encased in a gentle cocoon, your body relaxes while your mind benefits from sensory stillness. Followed by a tension-melting Aroma massage and capped off with a rejuvenating Express facial. Ideal for those with active minds and bodies in need of a restorative pause.

The Ultimate

Black Diamond Facial & Body Treatment

150 minutes

Experience the epitome of luxury with this ultimate 111 Skin treatment, combining the lavish Black Diamond facial and The Black Diamond Sculpting Body treatment. Your face and body will emerge firm, lifted, and radiating a youthful glow.

The Slim & Firm

Anti-Cellulite Massage & Ballancer

90 or 120 minutes

Embark on a transformative journey with our Slim & Firm treatment, designed to target problem areas with a specialised anti-cellulite massage. This is followed by cutting-edge Ballancer compression therapy, leaving you with a rejuvenated appearance and noticeably toned, firmer skin.

The Jet-Lag Recovery

Dry Float, Back Massage & Ballancer

90 or 120 minutes

Combat jet lag with our Jetlag Recovery Collection. Experience weightlessness as you're wrapped in detoxifying oils during a simultaneous dry floatation session. A tension-relieving back massage follows, and the treatment concludes with Ballancer compression therapy and a hydrating sheet mask, leaving you fully rejuvenated. Ideal for a complete reset.

The Bespoke Cleanse

Hammam, Massage & Sheet Mask

120 or 150 minutes

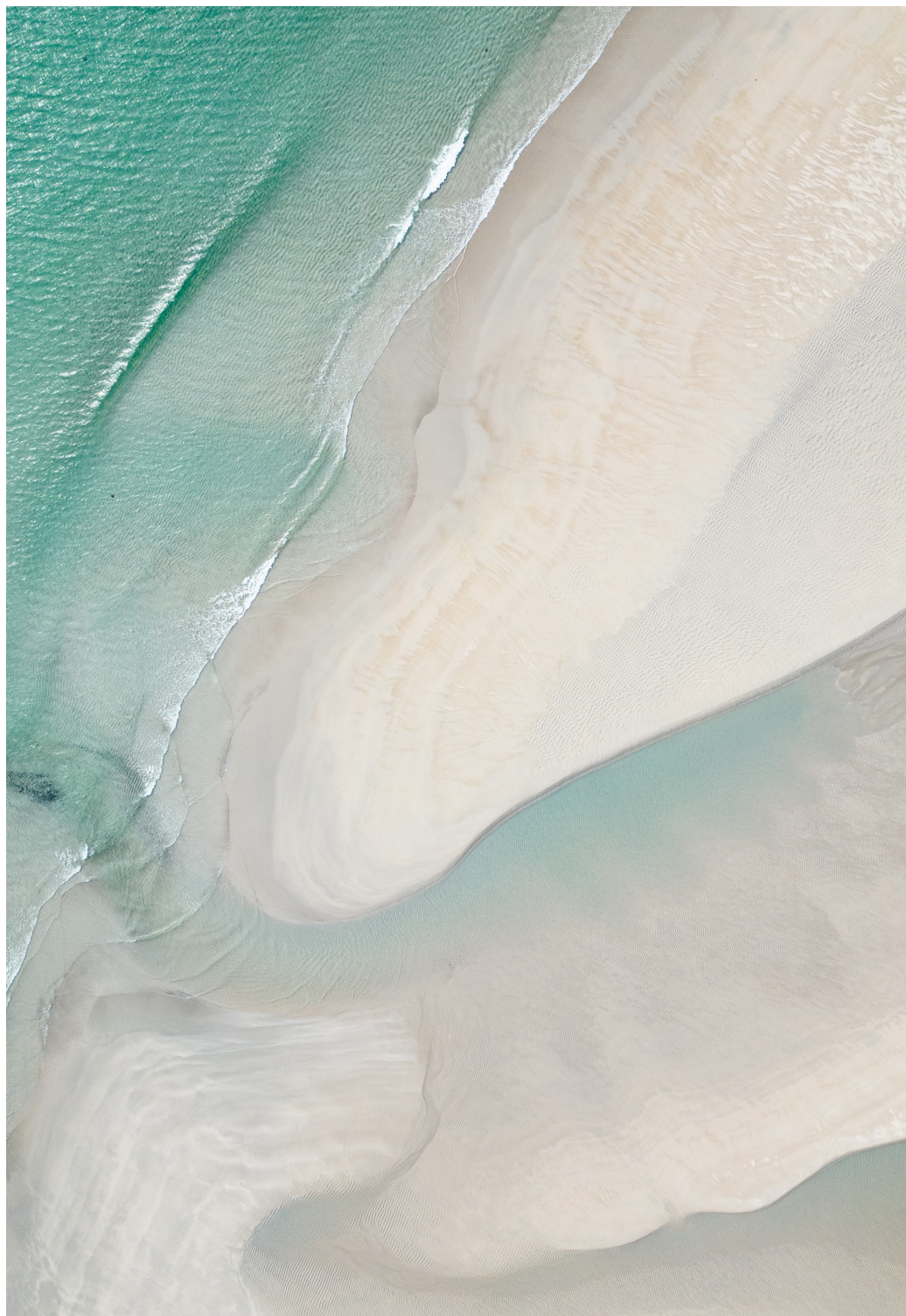
Experience tailored rejuvenation with our Bespoke Cleanse Collection. Begin with your choice of a Turkish or Moroccan hammam, followed by a full-body massage of your choice. A renewing sheet face mask concludes the experience, leaving you thoroughly cleansed and rejuvenated.

The Refresh & Unwind

Bespoke Scrub, Vichy Shower & Wrap

105 minutes

Enjoy a bespoke polish in our Vichy Shower, where adjustable water jets invigorate you with a waterfall-like experience, boosting blood circulation and hydrating your skin. A detox wrap follows, soothing and deeply cleansing the nervous system. Your skin is then moisturised to complete the experience.



03

Facial Experiences

Uncover radiant skin with our expertly tailored facials, designed for every skin type. Let our spa therapists guide you to your personalised experience.

The Black Diamond Lifting

90 minutes

This luxurious 111 Skin anti-ageing facial encourages a youthful, sculpted and firmer appearance. A series of thoroughly active steps, antioxidant formulas and a wrinkle-minimising wand massage ensure the skin is fresh and taut, for a truly lifted, youthful appearance.

The Dramatic Healing

60 minutes

A soothing facial from 111 Skin to restore and repair damaged, inflamed or irritated skin. Using a combination of restorative ingredients, this facial will elevate recovery and heal the skin effectively. The result is nourished, protected and rehydrated skin. simply amazing.

The De-Puffing Cryo

90 Minutes

The 111 Skin De-puffing Cryo Facial enhances microcirculation to reduce puffiness and detoxify. It helps the skin counteract pollution and everyday aggressors by increasing oxygen flow. Using cooling ice globes, the treatment contours the face for a brightened, radiant glow.

The Brightness Facial

60 minutes

A comprehensive anti-ageing facial that clarifies the complexion and improves the texture of the skin. This treatment is specifically designed for pigmentation or sun-damaged skin. Your skin will be clearer, revitalised and firmer.

The Energy Facial

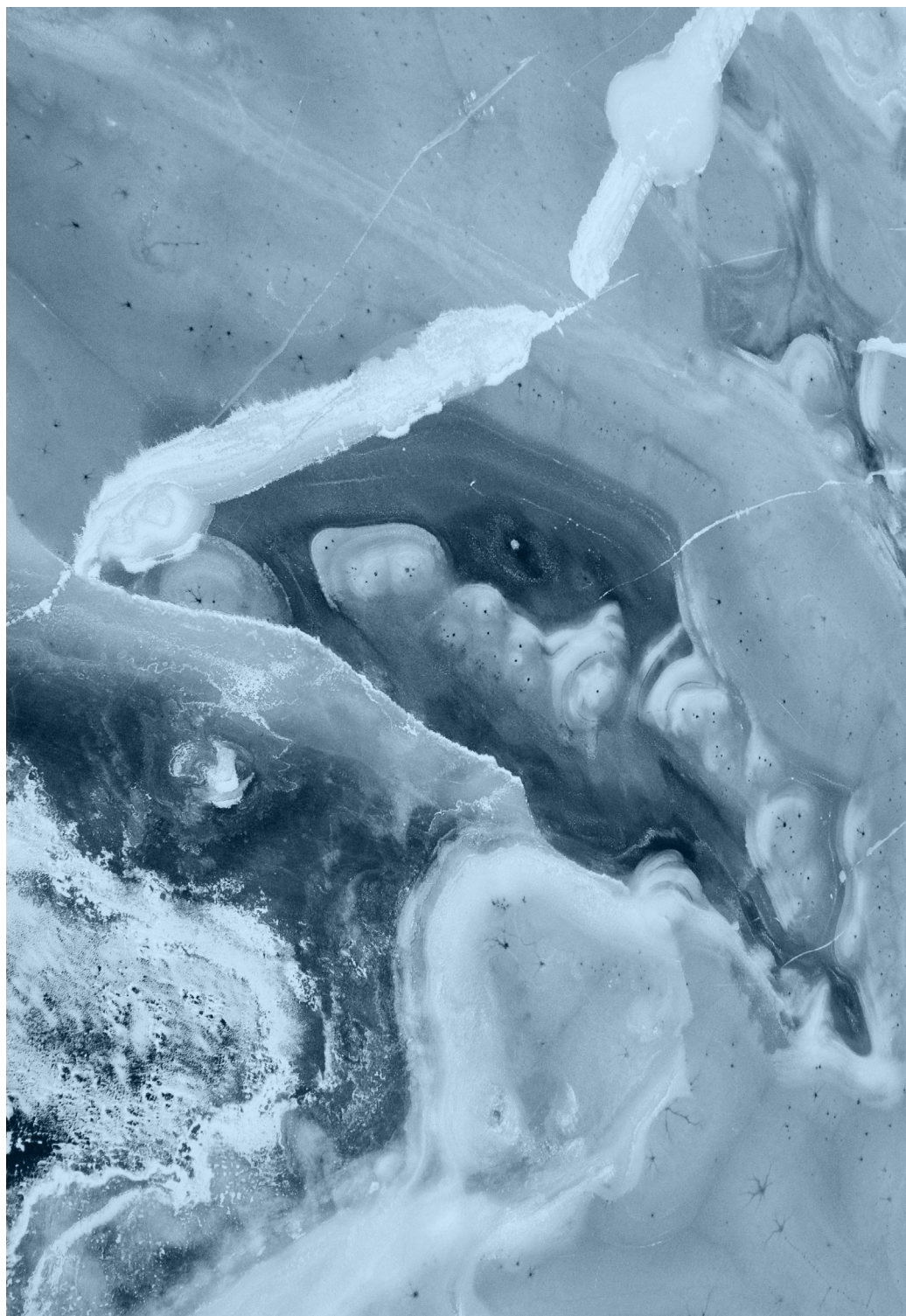
60 minutes

This Valmont facial treatment focuses on combating the impact of stress, pollution and the high demands of modern life. Dull, lacklustre or congested complexions will benefit from this cellular-renewal facial treatment, which will deliver essential nutrients to the deeper layers of the skin, leaving it regenerated, radiant and firmer.

The Gentleman's Facial

60 minutes

Tailored just for men. Stressed and fatigued skin will love this purifying yet hydrating treatment. Your face is cleansed, exfoliated and hydrated, leaving your skin refreshed and balanced.



04

Massage Experiences

Immerse yourself in the soothing effects of our tailored massage experiences, expertly delivered by our skilled therapists. Elevate your experience by complementing your massage with another one of our exceptional treatments or together in our couple's suite.

The Bespoke

60 or 90 minutes

This classical massage uses five styles of long, gliding and flowing strokes. It has proven to be helpful in reducing muscular pain and joint stiffness and stimulating circulation. It can be performed with medium or deep pressure.

The Aroma

60 or 90 minutes

A custom massage, balancing the whole body and the mind. A synergy of seamless massage techniques and specially blended essential oils ensure you will feel renewed and refreshed. A soft or medium pressure can be applied.

The Deep

60 or 90 minutes

Before getting down 'to work', this massage experience begins with warming the muscles. This prepares you for a deep stretching massage, relieving tension in the muscles and the connective tissue. Perfect for those who enjoy a stronger massage.

The Hot Stone

90 minutes

Long massage strokes are combined with warm volcanic stones to ease sore muscles, release stiff joints and relieve muscle tension.

The Back, Neck & Shoulders

60 minutes

So many of us hold tension in our upper backs and necks, and this massage is perfectly tailored to suit your individual needs. A combination of massage techniques and carefully selected aroma blends will produce your desired outcome.

The Thai

60 or 90 minutes

Bringing together traditional Thai massage with warm herbal poultices, which are firmly pressed into the muscles to improve circulation and soothe muscular aches.

The Thai Foot

60 minutes

A foot massage that combines acupressure techniques with a wooden massage tool to help improve circulation, relax muscles, relieve tension and boost energy.



05

Body Experiences

Experience the ultimate in head-to-toe relaxation with our rejuvenating body treatments, designed to cleanse, detoxify, and nourish.

The Bespoke Polish

60 minutes

A relaxing all-over body exfoliation tailored to your skin's needs. Choose from an exfoliating Himalayan salt scrub or a brown cinnamon sugar scrub, to smooth and deeply hydrate your skin. Perfect on its own or prior to other experiences.

The Vichy Bespoke Polish

60 minutes

Enjoy your Bespoke Polish of choice in our Vichy Shower, where adjustable jets mimic an invigorating waterfall, enhancing blood circulation and hydrating your skin. Your skin is then moisturised to complete the experience.

The Black Diamond Sculpting

60 minutes

111 Skin's opulent and indulgent body treatment delivers intensive results to smooth, sculpt and saturate the skin with nourishment. Signature massage techniques and potent formulas encourage lymphatic drainage, leaving you with a more radiant-looking figure. Add the Ballancer for ultimate results.

The Ballancer

An advanced full-body treatment can enhance the results of your chosen body experience, or you can simply have the Ballancer treatment alone.

The Body Ballancer® is a versatile, relaxing and invigorating pressotherapy system that uses the proven principles of lymphatic drainage massage to deliver effective results for a number of body issues, including cellulite, loss of skin tone, fluid retention and bloating.

A course of 5 or 10 Body Ballancer® treatments will reduce the appearance of cellulite, firming, smoothing and toning the skin, and reduce the volume in the abdomen, upper arms, buttocks and legs, which are most commonly affected by fluid retention. Choose the area you want to be treated.

Upper Body

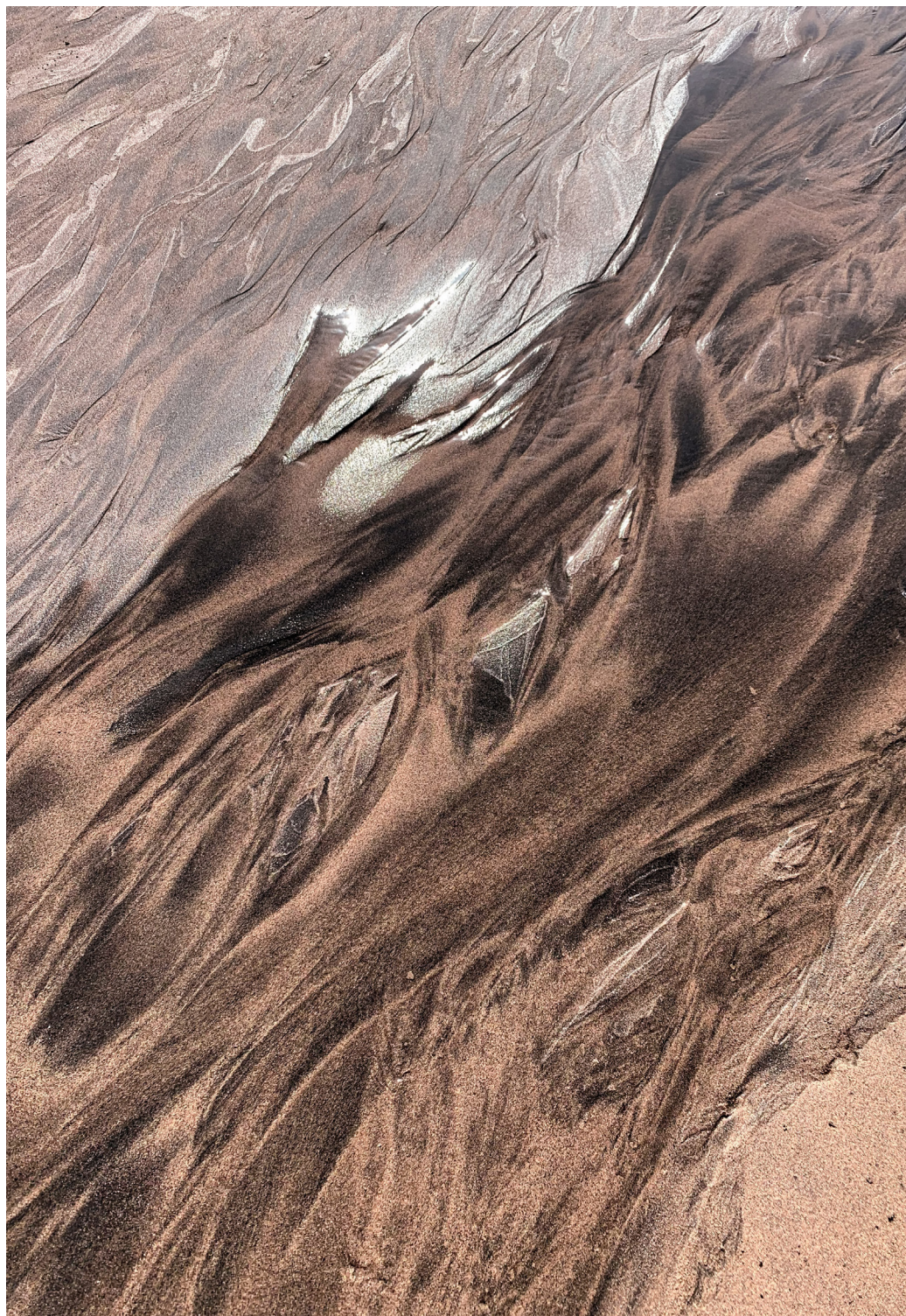
30 or 60 minutes

To treat the upper abdomen, arms and back.

Lower Body

30 or 60 minutes

To treat the lower abdomen, buttocks, hips, thighs and entire lower leg.



06

Hammam Experiences

Experience a timeless tradition with our revitalising bathing ritual, leaving you refreshed and renewed. Elevate your hammam journey with a massage for the ultimate indulgence.

The Moroccan Bath

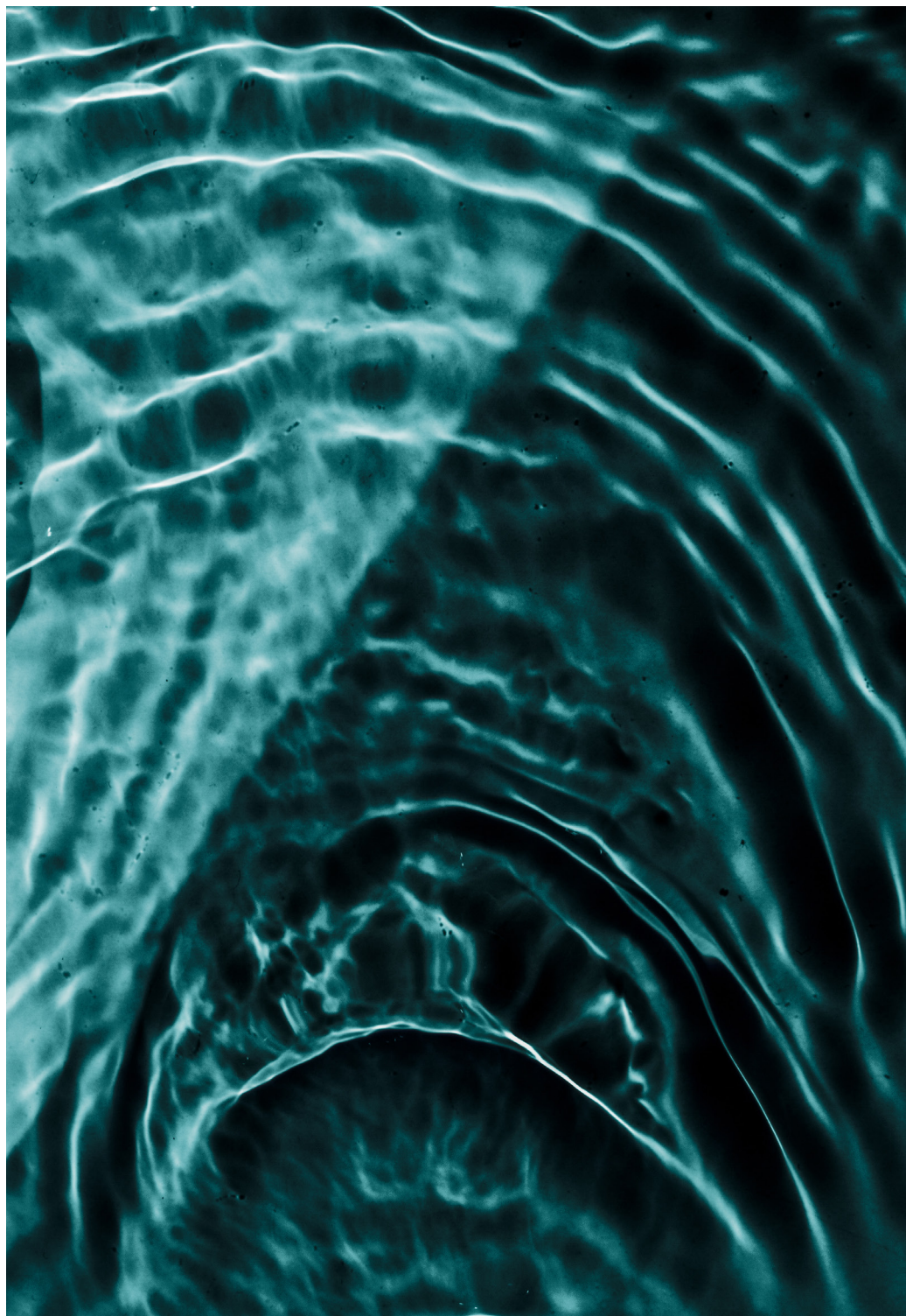
60 minutes

This experience starts with a deep cleansing using traditional black soap, followed by a vigorous full-body kessa-mitt exfoliation, and finishes with a nourishing ghassoul mud wrap, leaving you refreshed and renewed.

The Turkish Bath

60 minutes

This experience starts with a deep cleansing using traditional black soap, followed by a vigorous full-body kessa-mitt exfoliation, and finishes with a foam massage, leaving you cleansed and refreshed.



07

Hydrotherapy Experiences

Select from our range of detoxifying, stress-reducing treatments using salt, mud, and water. Elevate your relaxation and treatment benefits with an optional Hydrotherapy session before your chosen treatment.

The Rasul

30 minutes

This self-applied treatment experience can be enjoyed alone or with a friend. Combining the benefits of heat, steam and therapeutic muds, we will guide you to the Rasul chamber, where we will then leave you to relax and enjoy this experience alone or with others.

The Detox Circuit

45 minutes

A unique three-phased detoxifying treatment, leaving you revitalised and energised.

1. *A hydromassage lyophilised seawater bath, which delivers an optimum dose of trace elements and minerals, fortifies the epidermis and prevents cellular fatigue.*
2. *Dry Flotation with an active mud wrap to eliminate toxins.*
3. *A Hydrojet water massage using variable pressure to energise, vitalise and tone the body.*

The Hydromassage Bath

20 minutes

Relax and enjoy the benefits of active ingredients, massage and warm water – an experience for your senses and an excellent prelude to any massage.

Algae Contouring Bath

An energising seawater bath, infused with slimming, firming algae extract to detoxify and reduce fluid.

Thalasso Seawater Bath

Rebalance your body with a lyophilised seawater bath, which delivers the optimum dose of trace elements and minerals, fortifies the epidermis and prevents cellular fatigue.

*From detoxifying circuits
to soulful baths, we offer
transformative odysseys
and journeys.*



08

Floating Experiences

Opt for either floating or dry-floating to escape the daily sensory overload, immersing yourself in a profound relaxation that quiets the mind and relaxes the body. We recommend this as a prelude to any treatment for an authentic and deep state of relaxation.

The Dry Float

30 minutes

Experience weightlessness by floating on a bed of covered body-temperature water. As you sink into the dry floatation bed, your body is cocooned, and your mind benefits from having all sensory input removed, giving you a chance to recover and re-energise.

Select your dry-float experience:

- *Dry Float*
- *Dry Float with a detoxifying body wrap*
- *Dry Float and a choice of 60 or 90 minute massage*
- *Dry Float, detoxifying body wrap and a choice of 60 or 90 minute massage*

The Float

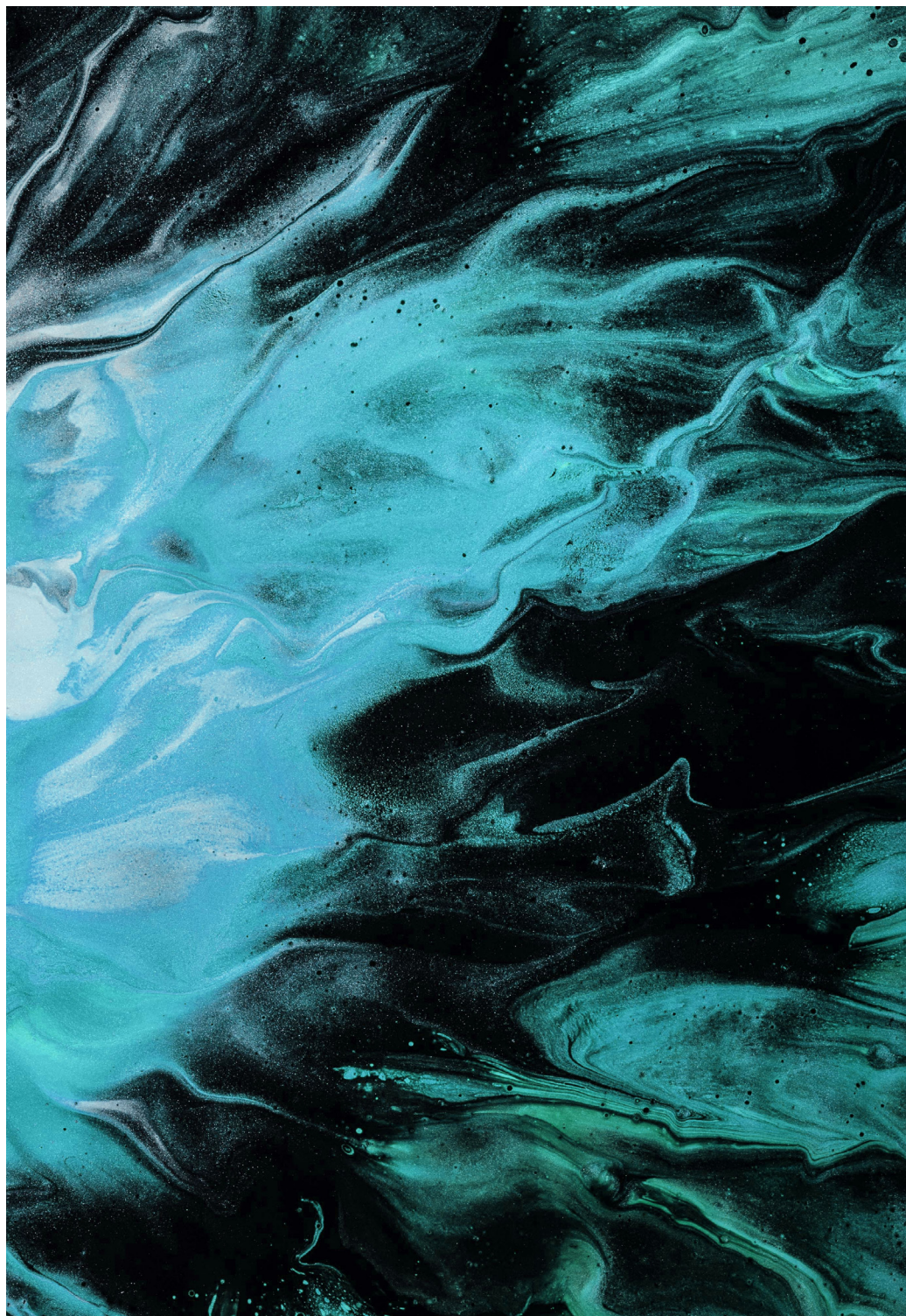
60 or 90 minutes

Float effortlessly in a pool of heated Epsom saltwater. With a feeling of complete weightlessness and free from sensory input, your mind and body can take a well-deserved break. With this newfound stillness, the stress will simply float away.

Select your float experience:

- *Floating*
- *Floating and a choice of 60 or 90 minute massage*

*Embark on an enchanting
voyage towards well-being,
where the extraordinary
becomes the norm.*



09

Thermal Journeys

Experience our unique thermal area at your leisure, nestled in the wellness facilities overlooking the magnificent Bangkok skyline. The area offers pure tranquillity and relaxation, allowing you to restore your energy levels and balance out the everyday stressors.

Whilst enjoying our thermal facilities, you can benefit from one of our self-guided thermal journeys and experience the wellness benefits of contrast bathing and achieve your desired outcome.

Thermal Pass

Enjoy the benefits of our thermal area.

Relaxation

Contrast bathing to promote slow gradual relaxation.

Detox

Contrast bathing to eliminate impurities.

Revitalising

Contrast bathing to promote a renewed sense of vitality.

Thermal Facilities

- Ice Room
- Salt Sauna
- Bio-Sauna
- Aroma Steam
- Experience Shower
- Ice Bucket Shower
- Tepidariums Loungers
- Relaxation Lounge with Zero-Gravity Loungers

*Where the promise of
serenity unfolds with
every comforting touch,
journey into the realm
of thermal bliss.*

The Spa Suavities

The spa environment is one of tranquillity and relaxation. Please respect the quiet and privacy of our other guests. We kindly request that you refrain from using mobile phones and cameras. It is recommended that you leave all valuables in your guest room safe. The spa cannot assume liability for any valuables.

Health Concerns

Please advise us of any health conditions, allergies or injuries that could affect your experience or use of the spa facilities.

Spa Experience

For your convenience, the spa will provide towels, slippers, shower caps and all other amenities required for use during your visit. During all experiences, you will be properly draped for ensured privacy.

The Relaxation Lounge

As your treatment benefits both body and mind, we invite and encourage you to rest after your experience to ensure that you gain the full benefit.

Gift Certificates

Our gift certificates make a wonderful gift for any special occasion. Please enquire with our spa concierge for details and purchase.

Minimum Age

The minimum age for spa treatments is 16.

Lateness & Cancellation Policy

Please be aware that your late arrival may result in a reduction in treatment time as a courtesy to our next guest. We kindly ask our guests to give a minimum of eight hours' notice for cancellations. With less than eight hours' notice, you will be charged the full price.

Reservations

Advance booking is highly recommended to ensure preferred times are available, particularly if you decide to visit us a number of times during your stay. We provide walk-in bookings based on availability. You should plan to arrive 30 minutes before to experience our thermal area, which will maximise the benefit of your treatment. To make a reservation, call the spa reception from your guest room by pressing the 'o' button on your in-room phone or book your treatment online via QR Code



Scan for Reservations

