



SINDHORN
WELLNESS
by Resense

A woman with long dark hair, wearing a white bathrobe, stands in a modern, dimly lit hallway. She is looking towards a large, dark wooden door at the end of the corridor. The hallway features large mirrors on the walls, reflecting the woman and the interior. A potted plant sits on the floor near the door. The lighting is warm and focused, creating a serene atmosphere.

A Perfect Balance

Where energy meets relaxation

Sindhorn Wellness by Resense at Sindhorn Kempinski Hotel Bangkok redefines the wellness experience with 4,000 sqm of facilities occupying two floors. Make everyday a retreat at the signature floating spa above the city. Experience Bangkok's only hammam, thermal and hydrotherapy, and facial treatment based on skin-type analysis. Transform your body and your mindset at our members' club offering high-performance gym facilities, individualised coaching by personal trainers, and group training classes connection fellow members together.



Spa & Beyond

Our version of wellness takes time-tested rituals and the latest medical know-how. A wellness consultation is available for providing the right programme that suits individual clients' needs. Explore a world of meditative tranquillity, thermal contrast therapy, floating pool, marble Moroccan hammam and many more. Members also enjoy access to our 25-metre saltwater pool overlooking the city.

Thermal Journeys

Our hydrothermal experience is where ancient traditions meet modern techniques. The highlight is the rejuvenating benefits of Contrast Therapy – a practice that alternates heated thermotherapy with invigorating cold therapy. The polarity of these hot-to-cold immersions creates a healthy thermal reaction that stimulates the body, mind and immune system to new levels of vitality. In addition to elevating your mood, our treatments are designed to improve circulation, ease muscle tension, burn calories, activate the lymphatic system, and purify the body.

No reservation is required. However, we recommend clients to wear swimming suit for this unisex area.

Aroma Steam Room

Treat your skin, the body's largest organ, with our distinctive aromatic steaming session. The hydrating warmth supports a glowing complexion and cardiovascular health.





Bio Sauna

Detox. Relax. Heal. Our Bio Sauna radiates gentle heat and moisturising humidity to relieve pain, eliminate toxins, and enhance immunity.

Salt Sauna

Nourish yourself with Halotherapy in our Finnish dry salt sauna. Himalayan salts and circulating minerals provide healing effects and alleviate respiratory and skin conditions.





Cold Room

Chill out in our near-freezing cold room. Enjoy a heady dose of endorphins, increased oxygen levels, and reduced inflammation.

Cold Bucket Shower

A sauna or steam session is instantly followed by the exhilarating cold bucket shower to restore, tone, and strengthen your body.





Tepidarium Loungers

Relax in our heated loungers when transitioning into our thermal area, cooling down post-sauna, or warming up after our cold room.

Experience Shower

This blissful, sensory shower invites you to choose the perfect temperature while massaging jets of water cascading down around you.





The Rasul

This self-applied treatment combines the benefits of heat, steam and therapeutic muds only our Rasul chamber can offer. Experience tradition and innovation that harmoniously transforms into relaxation and enjoyment whether alone or with friends.

Benefits:

- Detoxification: Through metabolic skin cell stimulation, body wraps containing detoxifying mud or clay can help eliminate toxins from the body.
- Skin Rejuvenation: By exfoliating and removing dead skin cells, your skin will look fresh, healthy, and velvety soft. healthy rejuvenation of skin, making it look fresh and velvety soft.

Thermal Circuit

Thermal Circuit – Detoxification

Freeing your body and spirit with our optimal thermal circuit - Detoxification including a sequence of hot, cold and relaxation. Heat from salt sauna, tepidarium stimulates circulation, the lymphatic system and dilates pores to remove toxins from the body. Cold from bucket shower and cold room can also help boost blood vessels and pores. Let the healing power of all thermal circuit elements purify body from toxins. Find your balance with nature and immerse in the wonderful surroundings of lush green urban garden in the heart of Bangkok.

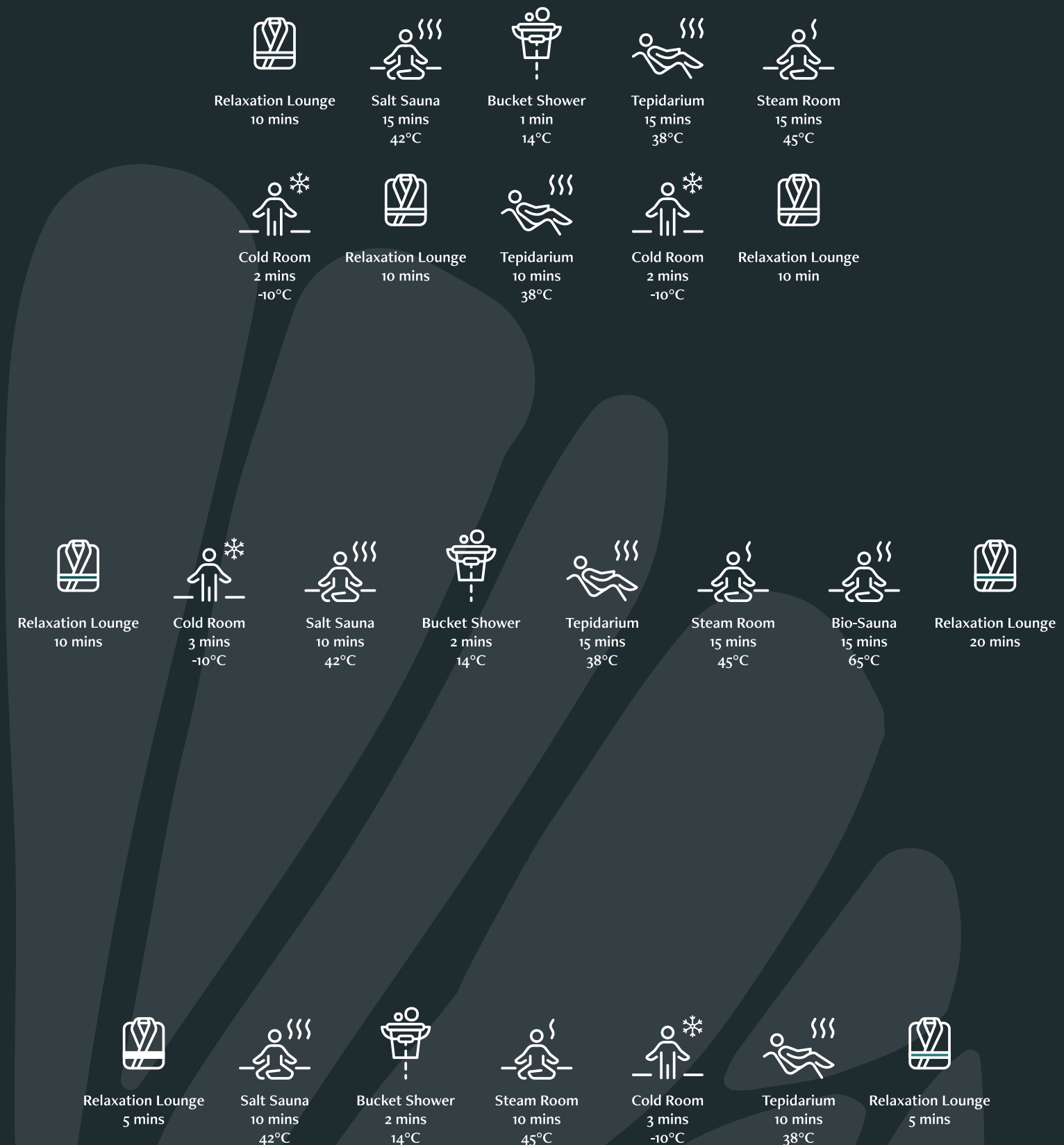
Thermal Circuit – Relaxation

Thermal circuit – Relaxation offers you a guided 90-minute thermal circuit to make you relax and enjoy a unique experience. The circuit begins with relaxation in a lounge followed right away by three minutes in a cold room for an injection of energy to body and soul.

Now it's time for sauna. The salt-activated sauna air can benefit your respiratory system and encourage better breathing. The speciality of a tepidarium will give a pleasant feeling of constant heat for physical and mental relaxation as you lay down the heated loungers made of stone and ceramic tiles for 15 minutes. Soothing heat for relaxation continues at steam room bio sauna for health promoting and skin-caring effect before rounding up the thermal circuit in the lounge for a complete relaxation.

Thermal Circuit – Revitalization

Unleash your senses of revitalization at Sindhorn Wellness as our Thermal Circuit- Revitalization session helps boost the circulation system, tone the body and erase tension – a unique experience in modern and upgraded facilities. Feel the relaxation of the thermal circuit experience from the very first step into our lounge. The heat in a salt sauna then helps improve overall circulation and the overall cardiovascular health. The bucket shower will strengthen the immune system while steam and cold rooms foster relaxation and revitalization for physical and mental balance. The tepidarium will boost up the healing power in you before completing the circuit while relaxing in our specially-designed lounge.





Hydrotherapy Experiences

Let the healing power of water detoxify and reduce your stress. The therapeutic benefits of salt, mud and water are incorporated into our selection of relaxing treatments, leaving you feel rejuvenated while keeping your body functioning at the optimal level.

The Detox Circuit

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

Benefits:

- A hydromassage lyophilised seawater bath delivers an optimum dose of trace elements and minerals, fortifies the epidermis and prevents cellular fatigue.
- Dry Flotation with an active mud wrapping helps eliminate toxins.
- A hydro jet water massage using variable pressure can energise, vitalise and tone the body.





The Dry Float

Experience the feather-like floating. As you sink into the dry floatation bed your body is cocooned and your mind benefits from removing all sensory inputs, getting you a chance to recover and re-energise.

Benefits:

- Relieve stress, anxiety and depression
- Reduce chronic fatigue caused by insomnia and jet lag
- Stimulate creativity
- Deepen meditation practices

The Float

Take a well-deserved break and float effortlessly in a pool of heated Epsom saltwater. Free your mind, body and spirit, and float away your stress with a feeling of complete weightlessness.

Benefits:

- Soothe chronic pain from arthritis, fibromyalgia, back and neck pain, inflammation and tendonitis
- Improve athletic performance
- Decrease muscular tension caused by daily stresses and prolonged sitting
- Improve circulation and reduce blood pressure
- Accelerate healing
- Strengthen the immune system




The Vichy Shower Polish

Enjoy your Bespoke Polish of choice in our Vichy Shower. With adjustable water jets caressing your body, the invigorating waterfall helps increase blood circulation, hydrate your skin and soothe the nervous system.

Benefits:

- Improved circulation
- Detoxifies the body
- Improves metabolism
- Strengthens the immune system
- Promotes healthier organs
- Firms and tones the skin
- Loosens tightened muscles
- Helps promote sleep
- Relieves stress





The Ballancer

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

Benefits:

- Reduce the appearance of cellulite
- Firming, smoothing and toning the skin
- Reduce the volume in the abdomen, upper arms, buttocks and legs



Hamмам Experiences

Immerse yourself in the traditional and authentic Hammam experiences, dating back to the ancient Morocco time. A full body cleansing and revitalisation will clear and energise mind and spirit. Begin with a traditional black soap and kessa mitt that cleans and exfoliates and end with a ghassoul mud wrap or foam massage, all punctuated by purifying steam.

The Moroccan Bath

Uncover a centuries-old Moroccan bathing tradition that will relax your mind and purifies your body. The routine starts with deep cleansing using black olive soap followed by a vigorous full body exfoliation and a nourishing Ghassoul clay wrap. Gently rinse off with warm water and a few drops of Argan oil. The treatment detoxifies your body, relaxes your senses, and stimulates the system to improve your mood and soothe your entire nervous system.

The Turkish Bath

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.

Benefits:

- Skin purification and detoxification, eliminating impurities and promoting a healthier complexion.
- Moisturising skin, enhancing skin elasticity, and nourishing hair, leaving it smooth and lustrous.



A dark blue background featuring a large, stylized graphic of two hands, palms facing each other, rendered in a lighter shade of blue. The hands are positioned behind the text, creating a sense of embrace or support.

Massage Experiences

Indulge in our intensive, yet pampering spa day at Sindhorn Wellness by Resense. Our tailored massage packages delivered by our therapeutic experts provide the wonderful soothing effects that will balance the body and relax the mind.



Aroma Massage

Our essential oil blends are especially customised for balancing the body and the mind. 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.

Thai Massage

Originating from the heart of Thailand's cultural heritage, Thai Massage is a century-old practice that blends ancient wisdom with therapeutic techniques. Rooted in the principles of energy flow and balance, this artful therapy engages both the body and mind in a harmonious dance of healing.





Compress Massage

A combination of traditional Thai massage and warm herbal poultices will be firmly pressed on the muscles to improve circulation and soothe muscular aches.



Elevate Your Energy

Make your exercise a routine at Sindhorn Wellness by Resense. Our well-designed modern workout studios, advanced equipment, inspiring classes, and world-class instructors deliver results. Come for the workout. Stay for the community. Let's create lifelong practices that lead to a happier, healthier life.

Pilates Reformer

Work your core and more with our Pilates Reformer classes offering one of the smartest bits of fitness equipment ever invented. The apparatus creates resistance to work every muscle in the body for improving and maintaining the overall physical fitness — leading to greater strength, flexibility, and balance.





Yoga

Breathe. Move. Restore. Our yoga classes provide individualised attention and instruction for individual clients to ensure a quality practice. Whether classic yoga or advanced techniques you will feel strengthened and inspired.

Hiit Classes

Hit the road to better health at Sindhorn Wellness by Resense.
A type of interval training exercise, high intensity interval training
Hiit is one of the most effective routes to weight loss.
Let your heart rate beat faster and calories burn more quickly.
Indeed, its fast-action of efficacy has earned it a reputation
as a 'magic-pill' exercise.





Muay Thai

Get acquainted with the ‘art of eight limbs’ at Sindhorn Wellness by Resense. A centuries-old martial art, Muay Thai is characterised by a use of fists, elbows, knees, chin, and feet. One of the best all-round workouts, this Thailand’s cultural heritage is the perfect way to tone your muscles and burn fat while improving flexibility.

Virtual Cycle

More than just an exercise class, Virtual Cycle is an immersive spinning experience that will take your fitness to another dimension. With stunning visuals and motivational audio spurring you to greater feats, classes will push motivation and energy output to impressive new heights, burning serious calories in the process.



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