

amaranth spa

KIMPTON MAA-LAI BANGKOK

# amaranth spa

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A concrete jungle with a sprinkle of green hues: Bangkok.  
How do you find refuge in a City of Angels that never sleeps?  
You open your senses and you draw breath from our Green Lung  
and Urban Oasis — our very own nod and homage to Lumpini Park.  
amaranth spa at Kimpton Maa-Lai Bangkok is the body's 'safe house'  
you didn't know you needed, until you did.

Explore our curated wellness treatment packages  
for a truly restorative experience.



# wellness treatments package



## Time Stops

YOUR TAILORED TRIAD: FITNESS | WELLNESS | NUTRITION

200 MINUTES, THB 12,000++

This signature package is designed around three essentials: fitness, wellness, and nutrition. It also grants you a full-day pass to relax and recharge in our 3rd floor facilities, featuring a gym, pool, sauna, and steam rooms. A welcome vitamin drink is served to nourish and boost your immune system. Commit the sin of 'self love', multiple times if you can.

- START RIGHT

20 MINUTES

Private ice bath session at the Pool Terrace (3rd floor) OR an aroma bath (4th floor).

- FITNESS & WELLNESS

60 MINUTES

A personal training session: choice of Yoga, Thai boxing, Weight training, Street Dance, HYROX365 training OR Biologique Recherche's skin analysis and facial treatment

- THE 'YOU' TAILORED WELLNESS MASSAGE

90 MINUTES

A massage just for you, where our therapists combine their expert techniques and selected products, applied to your exact preferences.

- 'SPOT-ON' CHOICES

30 MINUTES

Focused back and neck massage, head and shoulder massage or foot massage, all depending on where you need it most.

- 'YOU ARE WHAT YOU EAT'

Your choice of a flexitarian, pescatarian, or lacto-ovo vegetarian meal served at Stock.Room on the 5th floor.

*\*Flexitarian: A flexible alternative to vegetarianism; focusing on fruits, vegetables, whole grains, legumes, and nuts, but you occasionally enjoy meat – kind of the best of all worlds.*

*\*Pescatarian: Only fish & seafood.*

*\*Lacto-ovo vegetarian: Excludes meat, poultry, and fish but includes eggs & dairy products.*

Note: Advance booking is required for the 'Time Stops' package.

All prices are in THB and are subject to 10% service charge and 7% VAT.  
ราคาทั้งหมดยังไม่รวมค่าบริการ 10% และ ภาษีมูลค่าเพิ่ม 7%  
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## The Björk

SIGNATURE CBD & SOUND THERAPY

90 MINUTES, THB 4,900++  
120 MINUTES, THB 6,500++

Your sensory spa escape is calling. Melt away tension with CBD-infused Swedish & deep tissue massage, accompanied by gentle stretches and the soothing chime of Japanese Furin bamboo bells. Emerge in a state of pure, weightless calm.

## The David Brent

OFFICE SYNDROME RELIEF

150 MINUTES, THB 6,900++

Designed to counteract the physical strain and stress of modern work life; your moment to decompress from emails, calls and deadlines. Release tension, reduce inflammation, and improve circulation through targeted treatment of those problem areas. Walk out feeling lighter, looser, and free from the aches of long hours and screen time.

- WARM HERBAL COMPRESS MASSAGE
- DEEP TISSUE MASSAGE
- STRETCHING



## Love You Like You Do

YOUR WELLNESS, YOUR WAY

90 MINUTES, THB 4,900++  
120 MINUTES, THB 6,500++  
180 MINUTES, THB 8,500++

You deserve the perfect spa journey. Curate the experience you crave from our full menu of treatments, including your desired duration below.

### BUILD YOUR BLISS:

- BODY SCRUB 30 MINUTES
- BODY WRAP 30 MINUTES
- MINI FACIAL 30 / 60 MINUTES
- THAI / AROMA OIL / WARM HERBAL COMPRESS MASSAGE 60 / 90 / 120 MINUTES
- ON-SPOT TARGETED MASSAGE 30 / 60 MINUTES
- AROMA BATH 30 MINUTES



# à la carte treatments



## Nuad Thai

TRADITIONAL THAI MASSAGE (UNESCO INTANGIBLE CULTURAL HERITAGE)

90 MINUTES, THB 3,900++

120 MINUTES, THB 4,900++

Experience the ancient art of Thai massage, recognized by UNESCO as an intangible cultural heritage. This traditional therapy is performed without oil and uses rhythmic pressure from fingers, elbows, and knees along energy lines combined with deep, guided stretching to enhance circulation, release tension, and restore internal balance.

Comfortable clothing is provided and worn during treatment.

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## The Goldilocks Effect

PAPA BEAR – DEEP PRESSURE MASSAGE

90 MINUTES, THB 4,800++

120 MINUTES, THB 5,800++

Targets muscle pain, stiffness and deep-seated tension in the back, neck, and shoulders. Using aromatic oil and a Thai-style heat balm, this firm-pressure treatment melts away stress and leaves you deeply relaxed.

In short: Come in grumpy, leave peachy.



MAMA BEAR – MEDIUM PRESSURE MASSAGE

90 MINUTES, THB 4,500++

120 MINUTES, THB 5,500++

A Swedish-inspired massage using long, flowing strokes, gentle kneading, and gliding techniques to ease tension, improve circulation, and promote deep relaxation.

Mama knows best.

BABY BEAR – SOFT PRESSURE MASSAGE

90 MINUTES, THB 4,500++

120 MINUTES, THB 5,500++

A gentle, soothing treatment to calm the nervous system. Using light, rhythmic strokes to ease you into a state of restful tranquility, perfect for improving sleep.

Shh, it's time to recharge.



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# a facial treatment methodology

By Biologique Recherche



## The You

CUSTOMISED FACIAL TREATMENT

60 MINUTES, THB 5,300++

90 MINUTES, THB 6,200++

120 MINUTES, THB 7,700++

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Indulge in a facial crafted to reveal your best skin. Personalize the finishing touch, whether it's hydration, clarity, firmness, glow, or rejuvenation you're after.

The treatment duration is directly linked to the depth and effectiveness of your results.

For every skin type and gender.

## kids' calm zone (age 6 – 14)



Help your child unwind with gentle treatments made just for them. We use unscented, child-friendly aromatic oils to soothe their skin and senses, supporting relaxation and focus.

While they're at ease, you can enjoy your own downtime – a win-win for the whole family.

### THE #Retreat

60 MINUTES, THB 1,900++

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Say good-bye to screen time and hello to me-time with a full-body massage experience created to provide ultimate relaxation. The next generation of spa-goers is here.

### Glow On

90 MINUTES, THB 2,500++

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Everyone loves a glow moment. A gentle, floral-scented scrub is followed by a calming massage with unscented aromatic oil. This treatment moisturizes, brightens skin, and promotes pure tranquility.

Note: All 'kid's treatments' are available for ages 6 – 14. Parental authorization is required prior to the service.

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## the quick wins

For the wellness lover on a tight schedule.



### Full Body

FULL BODY MASSAGE – THAI OR AROMA OIL  
60 MINUTES, THB 3,700++

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### Targeted Relief

'SPOT-ON' MASSAGE (FOOT, NECK, BACK, SHOULDERS)

30 MINUTES, THB 1,900++

60 MINUTES, THB 2,700++

AYURVEDIC HEAD & NECK MASSAGE WITH VIRGIN COCONUT OIL

30 MINUTES, THB 1,900++

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### Skin & Body Renewal

MINI FACIAL

30 MINUTES, THB 2,700++

BODY EXFOLIATOR

30 MINUTES, THB 2,000++

BODY WRAP

30 MINUTES, THB 2,000++

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### Calming Rituals

AROMA BATH

30 MINUTES, THB 900++

MASSAGE CHAIR

30 MINUTES, THB 900++





# sports recovery

Tailored, Expert-Led Treatments Delivered  
with Precision for Results

## Post-Workout Relief

LED BY OUR CERTIFIED FITNESS INSTRUCTOR

60 MINUTES, THB 2,700++

A bespoke 60-minute session combining guided full-body stretching with targeted percussion therapy from a professional-grade massage gun. Designed to accelerate muscle recovery, enhance flexibility and release post-training tightness.

## Trigger Point Therapy

CONDUCTED BY OUR SPECIALIST MALE THERAPIST

60 MINUTES, THB 3,700++

Inspired by traditional remedial massage, this intensive treatment uses advanced techniques to focus on persistent knots, pain points and restricted mobility from deep muscular adhesions. Feel your comfort, movement and balance restored.

Experience the Specialist Difference today.

*\*Advance reservation required.*

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# nails service menu

*N.T.C*  
*nail salon*



AVAILABLE EXCLUSIVELY FOR OUR IN-HOUSE GUESTS FROM 10:00 A.M. – 6:00 P.M.  
ADVANCE RESERVATION IS REQUIRED.

## Natural Nail

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SPA MANICURE	THB 3,000
SPA PEDICURE	THB 3,000
REGULAR MANICURE	THB 1,500
REGULAR PEDICURE	THB 1,700
GEL POLISH (HANDS OR FEET ONLY)	THB 1,500

### ADDITIONAL SERVICE

GEL POLISH REMOVAL (HANDS OR FEET ONLY)	THB 600
GEL POLISH OMBRE / CAT'S EYE / FRENCH	THB 2,200
COLOR CHANGE (HANDS OR FEET ONLY)	THB 1,000

## Acrylic Nail Extension

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FULL SET ACRYLIC	THB 4,100
FILL IN ACRYLIC	THB 2,400
GEL POLISH	THB 1,500

## Gel Nail Extension

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FULL SET GEL	THB 5,300
FILL IN GEL / PG	THB 4,100
GEL POLISH	THB 1,500

### ADDITIONAL SERVICE

ACRYLIC / GEL / CAL GEL REMOVAL	THB 1,500
GEL POLISH (ADDITIONAL)	THB 1,500
GEL POLISH OMBRE / CAT'S EYE / FRENCH	THB 2,200





# spa etiquette

## Reservations

To make a reservation at the amaranth spa, please dial extension number 1140 from within the hotel or email us at [spa.kimptonmaalai@ihg.com](mailto:spa.kimptonmaalai@ihg.com). A valid credit card is required to hold your reservation. All prices are quoted in Thai baht and subject to change without prior notice.

## Pre-arrival

Appointments begin promptly at the time scheduled. If you arrive late, your treatment may be shortened depending on availability. This is to ensure that the therapist is on time for the next appointment. It is suggested that you arrive 15 minutes prior to fully enjoy your pre-treatment experience.

## Cancellation & Arrival Policy

### • Cancellation & No-Show Policy

We require 4 hours' notice for any cancellations or changes to your appointment. Cancellations made less than 4 hours in advance, as well as no-shows, will incur a 100% charge of the scheduled service.

### • Late Arrival

To avoid disruption to other bookings, late arrivals will result in a shortened treatment time, with no price adjustment or refund.

### • Non-Arrival

If a guest has not arrived within 15 minutes of the scheduled appointment time, the booking will be automatically cancelled and treated as a no-show.

## Health Considerations

For your utmost comfort, please kindly advise us upon reservation of any allergies or ailments, especially if you are pregnant or have high blood pressure. Our receptionists will guide you through the treatments that are best suited for your needs. For the best recommendations, kindly complete the spa consultation form. We strongly recommend you to avoid drinking any alcohol before or after any treatment.

## Children's Policy

Children's relaxation treatments are available for guests aged 6-14 years with the prior authorization of their parents or guardians.

## Personal Belongings

We recommend that you leave your valuables at home or in your room safety deposit box. The spa cannot be held liable for the loss of personal items.

## Tranquility

Please refrain from making loud noises or using your mobile phones while you are in the spa. Smoking is prohibited in the spa premises.

## Tax and Service Charge

All prices listed do not include applicable tax and service charge and are quoted in Thai baht.



# amaranth spa

KIMPTON MAA-LAI BANGKOK

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OPEN DAILY FROM 10:00 A.M. – 10:00 P.M.