

Wellness *your way.*



THE BONUS MONTH

6-month membership at **THB 30,000+** – your 7th month is on us

Commit to half a year and we'll round it up to seven. Full access to the GYM, Pool and all member privileges – one extra month of momentum, no extra charge.

Terms & Conditions:

Offer valid for memberships purchased July - September 2026 only. Cannot be combined with other promotions.

THE BIG CHILL

60 minutes at **THB 960+**

Double the cold, same shock to the system your recovery's been quietly craving. A full hour in the ice bath to bring down inflammation, sharpen the reset and earn that post-plunge high – now 20% off.

Terms & Conditions:

For members, in-house and resident guests. Non-members and non-in-house guests must purchase an additional day pass at THB 900+.

Located on the 3rd floor, behind the Pool.Bar, available daily 9:00 A.M. - 5:00 P.M.

1-day advance booking required.

All prices are in THB and subject to 7% VAT

These offers are valid from July - September 2026

THE GYM is open daily from 6:00 a.m. - 10:00 p.m.

For more information, please call 02 056 9999 or email gym.kimptonmaalai@ihg.com