

THE SPA

by HARNN



Immerse yourself in tranquility and rejuvenation with our first ever award-winning Japanese-Thai inspired spa offering the best of therapeutic and pampering treatments as natural botanical selections and professional therapists are harnessed at every level.

Each element experienced along our spa journey, from the curated ambiance to service, inspires you to discover a new way of self-reward indulgence as each treatment offers a unique state of well-being and relaxation.

Our meticulous spa approach, from start to finish, is designed purposefully to leave you in a state of bliss throughout the day.

**THE JOURNEY TO A DIVINE INDULGENCE
BEGINS HERE.**



THE PACKAGE

THE BODY ENERGIZER

BATH SOAK 30 MIN.

THE ORIGAMI 90 MIN.

Start your quest to a pampering haven with a warm bath soak of your choice followed by our signature massage with a unique fusion of Thai and Japanese techniques – Japanese Shiatsu, Thai soothing massage, and The Origami session featuring signature aromatherapy oil to revitalize the body, de-stress muscle tension, and promote circulation and flexibility.

120 MINUTES 4,900 THB

THE BODY CALMER

BODY SCRUB 30 MIN.

THE LULLABY 90 MIN.

Brighten your skin with the perfect radiance boost with natural body scrub of your choice. Then, calm your mind and body with a triad of massage techniques – Thai yoga stretching, de-stressing massage and The Lullaby session with aromatherapy oils that help purge the daily fatigue and prepare you for restorative sleep.

120 MINUTES 4,900 THB

THE REFINE

THE PURITY 90 MIN.

AROMATIC HOT STONE 30 MIN.

An experience that will leave you feeling refreshed and renewed. This gentle massage encourages the movement of lymph fluids, blood circulation and energy flow. In turn, it helps your body's mechanism in self-removing toxins. The journey ends with an aromatic hot stone massage to reconnect with your body and soul.

120 MINUTES 4,900 THB



THE HEALER

DE-STRESSING MASSAGE 90 MIN.

AYURVEDIC HEAD MASSAGE 30 MIN.

The perfect way to recover from a night-out nausea is with our healing therapy featuring shea butter and warm black pepper oil, known for its tension relief effects on the neck, back and shoulders while Ayurvedic head massage is applied to the head and scalp, stimulating the body's natural healing powers and improving energy balance.

120 MINUTES 4,900 THB

THE GLAM

AROMATIC-SWEDISH MASSAGE 90 MIN.

INSTANT LIFTING FACIAL 30 MIN.

Ascend into an instant rejuvenation with a sensorial experience with an invigorating massage to pamper your body and mind. The healing process concludes with a facial massage to improve the lymphatic system and skin lifting as we apply natural extracts from water lily, pomegranate and rice stem cells to induce elasticity and firmness.

120 MINUTES 4,900 THB



THE SIGNATURE

THE ORIGAMI

Inspired by the essence of Asian arts — traditional Japanese folding paper and Thai garland knitting, we employ an emulsion of massage techniques including Japanese Shiatsu, Thai soothing massage and The Origami session punctuated by signature aromatherapy oil, designed to untangle emotional and physical tension while making you feel instantly refreshed and awakened.

90 MINUTES 3,900 THB

THE LULLABY

A uniquely designed treatment to complement a vibrant lifestyle. This treatment blends our signature massage techniques incorporating a relief massage movement of applying firm and long strokes, de-stressing massage, Thai yoga stretching and The Lullaby session where they are accompanied by our relaxing aroma oil blend. The treatment is tailored to combat fatigue, recharge your energy and promote better sleep.

90 MINUTES 3,900 THB

THE SPIRIT

(THAI YOGA STRETCHING MASSAGE)

Uplift your spirit with an oil-free massage underlined by manual focus on multiple body trigger points emphasizing the palm, elbow and knee areas. The therapeutic session intends to improve postures across various muscle groups, and thus allows for a better energy circulation around the body.

60 MINUTES 2,200 THB

90 MINUTES 2,900 THB

THE SOULFUL

(THAI-AROMA OIL MASSAGE)

The delicate fusion technique, combining traditional Thai and aromatherapy massage with the stimulating movements of palm pressure and stretching, cooperatively loosens muscle tension and restores agility, massage oil.

60 MINUTES 2,900 THB

90 MINUTES 3,200 THB

THE LEISURE

(DEEP TISSUE MASSAGE)

Reward yourself with an intensely decompressing massage session targeting deep layers of muscle tissue with slow firm strokes to stimulate blood flow, enhancing serotonin production - responsible for mood regulation within your body, and promoting muscle recovery.

60 MINUTES 2,900 THB

90 MINUTES 3,200 THB



THE PURITY

(DETOXIFYING MASSAGE)

Discover a way to overcome fatigue after a long day of travel. The lymphatic drainage technique emphasized by light and smooth massage motion is designed to remove toxins below the skin surface, and help the body maintain proper blood circulation, body fluid balance, and immune functions.

60 MINUTES 2,900 THB

90 MINUTES 3,200 THB

THE AWAKENING

(NECK, BACK & SHOULDER MASSAGE)

Our signature therapeutic massage technique, combined with aromatic massage oil, addresses key upper body points including muscle tension on the neck, back, and shoulder areas, helping ease away your stress to ensure that you leave feeling exceptionally revitalized.

60 MINUTES 2,900 THB

THE REFLECTION

(ORIENTAL FOOT ACUPRESSURE)

Focusing on various acupressure points that correspond to their respective internal organ systems, this treatment features our nourishing aromatic oil and revitalizing balm providing excellent relief for muscle tension, improving circulation and digestive systems, and to ultimately maintaining a healthy balance the body.

60 MINUTES 2,200 THB

90 MINUTES 2,900 THB

THE FACIAL

THE BALANCE

(SUITABLE FOR NORMAL - OILY SKIN TYPE)

Providing you a perfect cleanse with sugar cane facial scrub followed by a hot steam to remove dead skin cells, this restorative facial massage incorporates our selected organic face massage oil to catalyze glowing skin and skin rejuvenation. Natural active ingredients from the purifying clay face mask absorb impurities from the skin. Lastly, the treatment is completed with the relaxing head massage, as the journey is fashioned to leave you feeling refreshed.

60 MINUTES 3,200 THB

THE BLOOM

(SUITABLE FOR ALL SKIN TYPES)

Feel fresh and youthful like a bouquet of blooming flowers. This facial treatment starts with a skin purification with bamboo charcoal face wash and soft sugar cane fiber scrub. The treatment is followed by our delicate cell regenerating massage designed to improve blood circulation and loosen tense facial muscles. The entire treatment aspires to deliver a firmer and more luminous facial skin.

60 MINUTES 3,200 THB



THE SCRUB

THE GENTLE RUB

Our naturally sourced gentle body scrub with divine Siamese Jasmine is rich with exfoliating beads from grounded red fragrant rice and corn cob. Marshmallow oil and Pennywort extracts collectively function to soothe and nourish your skin. Suitable for dry and sensitive skin

45 MINUTES 2,500 THB

THE NOURISHING TOUCH

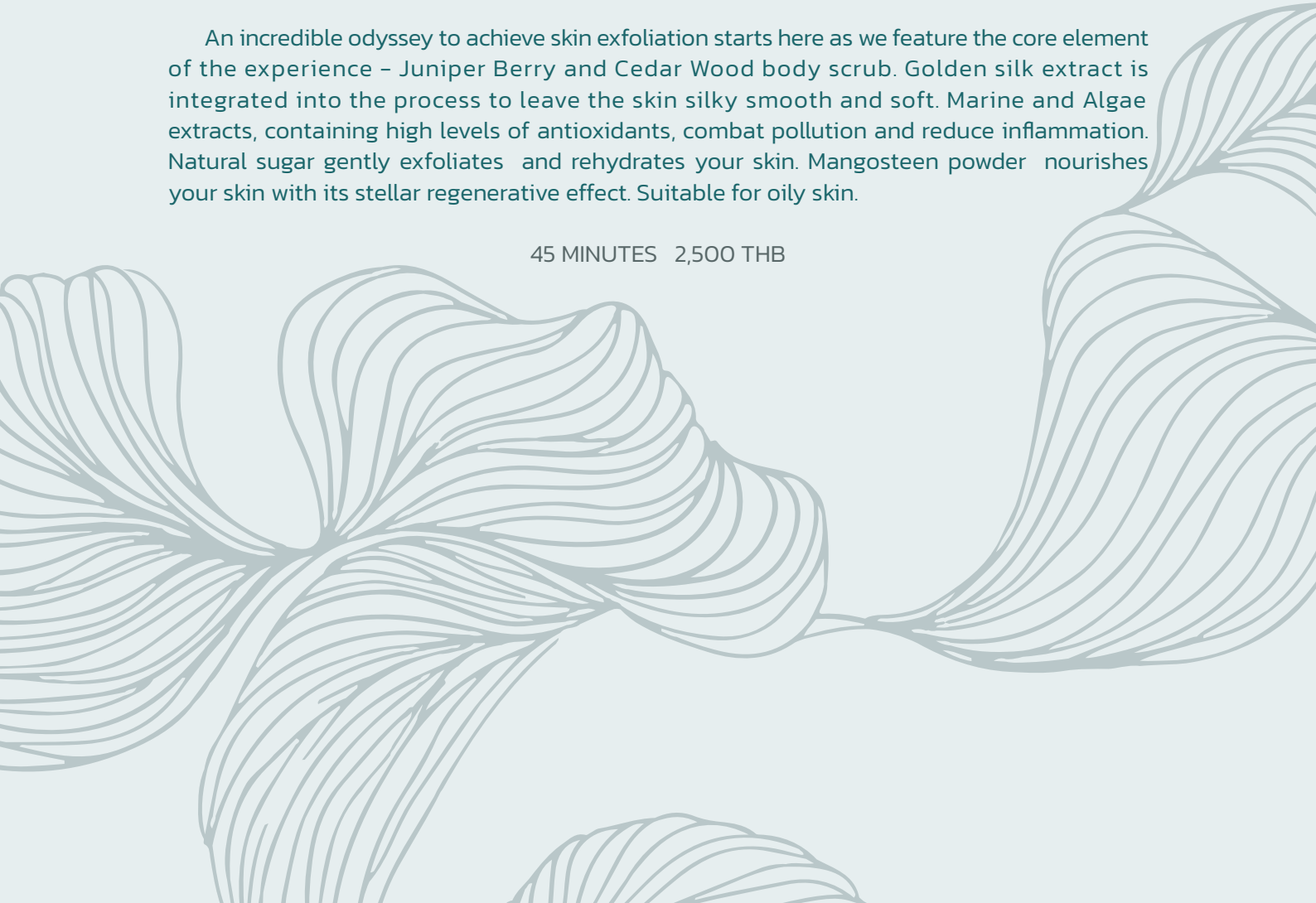
Feel the natural power of skin nourishment from our refreshing Yuzu and Vetiver body scrub. This signature lightweight formula helps cleanse, soften and brighten the skin featuring an avenue of benefits from Himalayan salt, Konjac scrub, Tripeptide and Caffeine. A powerful combination of Ceramide, Tripeptide, Hyaluronic acid, and Panthenol helps restore youthfulness, retain moisture, and keep the skin hydrated. Suitable for dry skin.

45 MINUTES 2,500 THB

THE PERFECT CLEANSE

An incredible odyssey to achieve skin exfoliation starts here as we feature the core element of the experience – Juniper Berry and Cedar Wood body scrub. Golden silk extract is integrated into the process to leave the skin silky smooth and soft. Marine and Algae extracts, containing high levels of antioxidants, combat pollution and reduce inflammation. Natural sugar gently exfoliates and rehydrates your skin. Mangosteen powder nourishes your skin with its stellar regenerative effect. Suitable for oily skin.

45 MINUTES 2,500 THB





THE LIFESTYLE ENHANCER

THE BATH SOAK

THAI HERBAL BATH

Treat yourself and your loved ones to our soothing mix of organic local herbs, designed to stimulate your senses on a different level.

30 MINUTES 1,500 THB

JAPANESE INFUSION BATH

Experience the iconic Japanese bath to soothe and moisturize the skin with fresh, locally sourced flower petals and extracts of hot spring mineral powder to leave you with the ultimate laxation of skin hydration and purification.

30 MINUTES 1,500 THB

THE BODY

DE-STRESSING MASSAGE

A brief but truly intense pampering journey is conjured to boost instant remedy to release tension, restore energy and increase mental sensitivity.

30 MINUTES 1,900 THB

THAI HERBAL COMPRESS

For your ultimate indulgence, Thai herbal bagged mixture of with an assortment of traditional Thai herbs is recommended to stimulate blood circulation and alleviate any lingering muscle tension, leaving you in a state of pure bliss.

30 MINUTES 1,500 THB

FOOT RELAXING

Reward your enduring legs and feet with our aromatic body lotion and allow the massage motion to unwind your lower body fatigue before embarking on new adventures.

30 MINUTES 1,900 THB

THE FACIAL

RELAXING FACIAL

Our express treatment highlights facial pampering to revitalize and rehydrate the skin, inducing soft, supple and glowing results.

30 MINUTES 1,900 THB

THE SPA ETIQUETTE



RESERVATIONS

To make a reservation at The Spa by HARNN, please press the “Instant Service” button on your room phone or email us at spa.bkktl@ihg.com. A valid credit card is required to hold your reservation.

PRE-ARRIVAL

Appointments begin promptly at the time scheduled. Upon late arrival, your treatment may be shortened depending on availability. This is to ensure that the therapist is on time for the next appointment. We highly recommend that you arrive 20 minutes prior to fully enjoy our pre-treatment experience.

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 on the treatments which best suit your needs. For the appropriate recommendation to be made, kindly complete the spa consultation form. We strongly recommend avoiding alcohol directly before or after any treatments.

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 engaging in disruptive activities or using your mobile phones loudly while in the spa. Smoking is prohibited in the spa premises.





CANCELLATION

IN HOUSE GUESTS

Please be advised that we have a 4-hour cancellation policy and reschedule policy. Cancellations less than 4 hours will incur a 50% charge while cancellations less than 2 hours will incur 100% charge. The same applies for non-attendance.

EXTERNAL GUESTS

Please be advised that we have a 24-hour cancellation and reschedule policy. Cancellations less than 24 hours will incur a 50% charge. Cancellations less than 12 hours will incur 100% charge.

TAX AND SERVICE CHARGE

In an effort to make your spa experience as seamless as possible, all prices are exclusive of 10% service charge and 7% VAT.



