

# BHU MHAI SPA

*Relax • Relieve • Rejuvenate*



# CONCEPT

Drawing inspiration from Thailand's rich cultural traditions and the natural beauty from the north to the south of the 'Pearl of the Orient', Eastin Grand Hotel Phayathai is proud to introduce a new era of spa treatments. Featuring an exotic blend of Oriental-inspired interiors, with delicate and stylish fittings and furnishings, guests will be pampered from head to toe.

BHU MHAI SPA provides a unique service following the signature concept of the "Human Touch". This concept is based upon a friendly and pleasant way of treating other people that makes them feel instantly relaxed and enables them to enjoy the finer elements of Thailand's famous service culture.

Popular treatments are combined with new products and spa practices with our innovative menu of bespoke experiences unparalleled in the capital. Step into BHU MHAI SPA and experience luxury and relaxation like never before, with certified products, well-trained experienced staff and uniquely indulgent treatments aimed at giving visitors a sense of harmony and tranquility.







# BHU MHAI SPA ETIQUETTE

## **SPA ARRIVAL**

To make the most of your spa experience and to support the benefits of your treatment, we recommend that you arrive at least 20 minutes prior to your scheduled appointment. For your convenience, the spa provides towels, robes, slippers, and all amenities required for use during your visit. Arriving late will decrease the duration of your treatment.

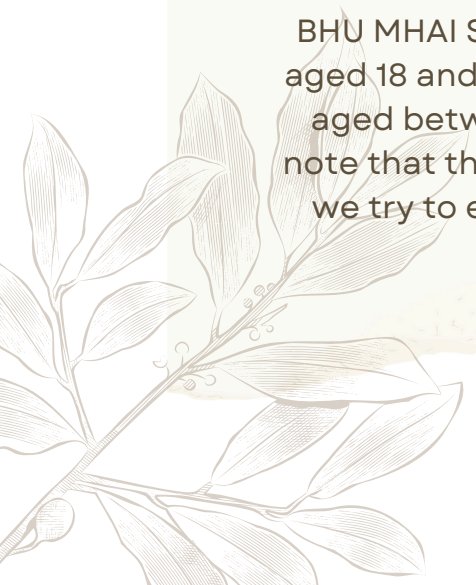
## **SPA RESERVATIONS, CANCELLATIONS AND PAYMENT**

All appointments can be guaranteed with a credit card or room confirmation card number. For any cancellations or changes to your appointment, please notify us at least 4 hours before the scheduled time to avoid cancellation fees (100%). All treatments will be charged to your room and will appear on your account at checkout. Cash and all major credit cards are accepted. All prices are in Thai Baht and subject to 10% service charge and 7% applicable government tax.

## **YOUR TREATMENT**

During your treatments, you will be properly draped with a towel that covers most of your body but allows our therapists to work on specific areas. All treatment rooms have their own volume and temperature controls, so if you are uncomfortable at any time, please let your therapist know. For men, please shave prior to all facial treatments to ensure that maximum results are achieved.

## **AGE REQUIREMENTS**



BHU MHAI SPA is an adults-only sanctuary, catering to guests aged 18 and over. Some treatments may be suitable for guests aged between 6 - 17 when accompanied by an adult. Please note that the spa is unsuitable for small children and babies as we try to ensure that all our guests benefit from a peaceful and quiet environment.



# BHU MHAI SPA ETIQUETTE

## **YOUR VALUABLES**

We recommend that you leave all jewelry and valuables in your room before coming to the spa.

## **TRANQUILITY AREA**

Smoking and the use of mobile phones is not permitted in the spa.

## **LATE ARRIVALS**

Late arrival may result in reduced treatment time or forfeiting of the appointment. We will always endeavor to offer you the full treatment time if possible.

## **HEALTH CONCERNS**

Guests with high blood pressure, heart conditions, allergies, or those who are pregnant or have any other medical complications are advised to consult a doctor before undergoing any treatments. Please notify the spa receptionists of any existing medical conditions.

## **GIFT CERTIFICATES**

Gift cards can be purchased at the BHU MHAI SPA reception.








# BHU MHAI SPA SERVICES

*An exclusive collection of indulgent treatment*

UNIQUE TREATMENT COLLECTION  
UNIQUE PACKAGE COLLECTION  
BODYWORK COLLECTION  
BODY TREATMENT COLLECTION  
FACIAL COLLECTION  
NAP IN TIME CITY

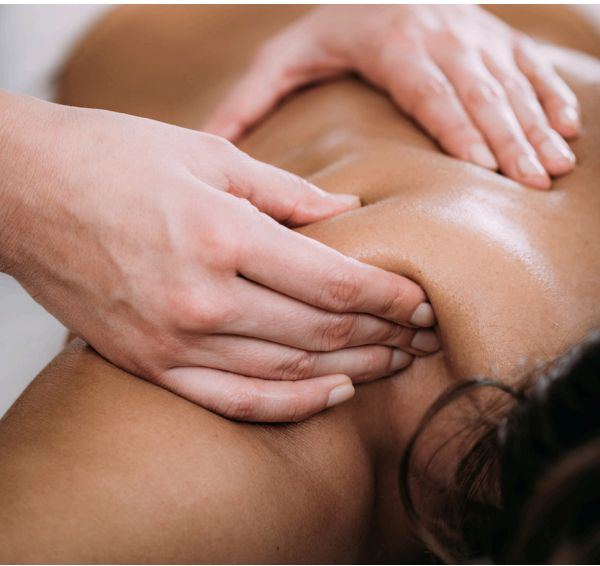
Our massages can be customized to your preferred pressure level; kindly communicate your preference with your therapist before your treatment begins.

**Operating Hours:** 10:00 a.m. – 10:00 p.m.  
**Last booking** at 8:00 p.m.



# SEASONAL PROMOTION

September - November 2025



## Dynamic Deep Tissue Massage

Unlock greater flexibility and ease with our Dynamic Deep Tissue Massage! This specialized treatment targets deep muscles and joints to improve agility, relieve chronic pain, and release stubborn tension. More than just pain relief, it rejuvenates your body and enhances overall well-being. Restore your vitality, embrace an active lifestyle, and treat yourself to the relaxation you deserve!

### Special Price

**90 minutes** - THB 5,400 net for single / THB 9,800 net for couple  
**120 minutes** - THB 7,500 net for single / THB 14,000 net for couple

## Makham Radiant Glow Retreat (Tamarind Body Scrub)

Embark on a rejuvenating journey with our Makham Radiant Glow Retreat! Begin with an all-organic tamarind body scrub that gently removes dead skin cells, leaving your skin soft, smooth, and radiant. Then, indulge in a blissful massage with our aromatic body balm, soothing your body and mind into pure tranquility.

More than just a treatment, this retreat is an invitation to unwind, release stress, and rediscover vitality.

### Special Price

**90 minutes** - THB 5,500 net for single / THB 9,500 net for couple



## Phi Massage (Bamboo Massage)

Discover the art of Phi Massage, where bamboo – “Phi” in Thai – symbolizes health, happiness, and balance. This unique treatment blends ancient tradition with Swedish and deep tissue techniques, using bamboo sticks to release tension, improve circulation, and ease stiffness. Experience deep relaxation, flexibility, and pain relief as the gentle power of bamboo restores balance to body and mind.

### Special Price

**90 minutes** - THB 5,000 net for single / THB 9,200 net for couple





# UNIQUE TREATMENT COLLECTION

## **Dramatic Invigorating Massage**

*(90 mins / 120 mins) - THB 3,700 / 4,800*

A Dramatic Healing Massage, using serum blended essential oils and a combination of strokes and acupressure, is a unique relaxing massage which promotes healing of the body and mind. It awakens a natural sense of positivity in you and helps with the symptoms of jet lag and fatigue and gives you a complete mind and body tonic.

## **Digital Wellness Invigorating Massage**

*(90 mins / 120 mins) - THB 3,700 / 4,800*

Targeting areas of tension in the back, neck, legs and feet, this concentrate- ed massage features specific therapeutic techniques to gradually melt into the deeper layers of the muscles. The therapist will use precise techniques and a sequence of movements to address your sore and weary muscles for a truly personalized massage experience, using potent active aromatic oils to penetrate deeper.

## **Holistic Invigorating Massage**

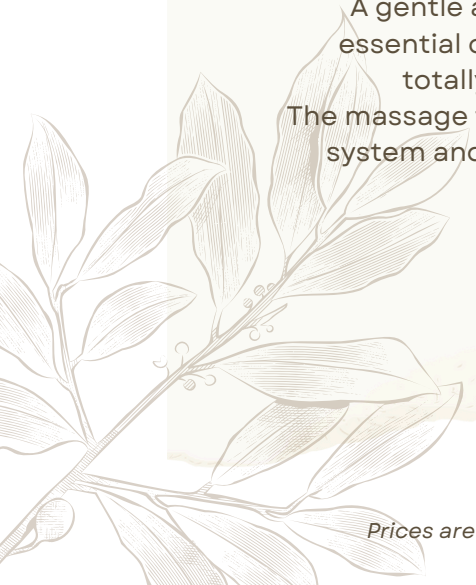
*(90 mins / 120 mins) - THB 3,700 / 4,800*

BHU MHAH SPA is proud to introduce our unique massage treatment. Our Bhu Mhai Holistic Healing Massage begins by warming up your body and mind with a selection of stretching techniques followed by waking up your nervous system. You will then have a Swedish Massage Technique combined with Traditional Thai Massage.

## **Slumbering Therapy**

*(90 mins / 120 mins) - THB 3,700 / 4,800*

A gentle and relaxing massage technique using natural lavender essential oil combined with chamomile. Your soul and mind will be totally relaxed as you sleep deeply during the treatment. The massage technique includes slow movements to balance the nervous system and ease an overactive mind, which induces a deep sense of tranquility and leads to a good night's sleep.





# UNIQUE PACKAGE COLLECTION

## **Renew 'n' Revive Journey (120 mins) - THB 4,000**

Take a break and indulge your body and mind, which begins with an Aromatic Milk Foot Soak followed by a Dramatic Healing Massage and finally a Dramatic Healing Facial Treatment.

- *Aromatic Milk Foot Soak*
- *Dramatic Healing Massage® (60 minutes)*
- *Aromatherapy Rebalancing Facial Treatment (60 minutes)*

## **Digital Release Journey (150 mins) - THB 5,000**

This uniquely powerful therapeutic package begins with an Aromatic Milk Foot Soak followed by a full body BHU MHA Body concludes with an Aromatherapy Massage to release tension, drain the lymph nodes and work the chakra points (strategic zones of life force in the body that act as energy centres).

- *Aromatic Milk Foot Soak*
- *Body Exfoliation and Body Wrap (60 minutes)*
- *Aromatherapy Massage (90 minutes)*

## **The Unicorn (120 mins) - THB 5,000**

The perfect package to truly escape into our urban oasis for the day. Enjoy a Detoxifying Body Exfoliation with your choice of BHU MHA Body Treatments, followed by a therapeutic Digital Healing Massage.

- *Aromatic Milk Foot Soak*
- *Body Exfoliation (30 minutes)*
- *Digital Healing Massage (90 minutes)*

## **Bangkok Journey (180 mins) - THB 6,000**

The perfect package to truly escape into our urban oasis for the day. Enjoy a Detoxifying Body Exfoliation with your choice of BHU MHA Body Treatments, followed by a therapeutic Holistic Massage and then complete your spa experience with a Soothing and Calming Facial Treatment.

- *Aromatic Milk Foot Soak*
- *Exfoliation (60 minutes)*
- *Holistic Healing Massage (60 minutes)*
- *Soothing and Calming Facial Treatment (60 minutes)*





# BODYWORK COLLECTION

## **Serenity Aromatic Body Oil Massage**

*(60 mins / 90 mins / 120 mins) - THB 2,500 / 3,700 / 4,800*

Discover tranquility with our Serenity Aromatic Body Oil Massage. Using a delicate and light Balance Body Oil, this gentle treatment harnesses the power of aromatic techniques to soothe your body and mind. Each stroke promotes relaxation and harmony, enveloping you in a calming aroma that uplifts your spirit. Ideal for anyone seeking a peaceful escape, this massage leaves your skin nourished and your senses refreshed, creating a perfect balance for your well-being.

## **Aloe Vera Purifying Massage**

*(60 mins / 90 mins / 120 mins) - THB 2,000 / 2,900 / 3,800*

Gently soothe your skin with natural aloe vera gel extract mixed with blended essential oils.

## **Aromatherapy Massage**

*(60 mins / 90 mins / 120 mins) - THB 2,000 / 2,900 / 3,800*

A deeply therapeutic holistic treatment which combines the power of naturally blended essential oils with the best of East meets West massage techniques to create a feeling of physical relaxation and calmness, whilst mentally uplifting and clearing the mind.

## **Aromatherapy Massage with Hot Herbal Compress**

*(90 mins / 120 mins) - THB 3,400 / 4,400*

A deeply therapeutic holistic treatment which combines the power of naturally blended essential oils with the best of East meets West massage techniques to create a feeling of physical relaxation and calmness, whilst mentally uplifting and clearing the mind.

## **Aromatherapy Massage with Warm Oil**

*(60 mins / 90 mins / 120 mins) - THB 2,300 / 3,300 / 4,100*

A deeply therapeutic holistic treatment which combines the power of naturally blended essential oils with the best of East meets West massage techniques to create a feeling of physical relaxation and calmness, whilst mentally uplifting and clearing the mind with a combination of warm aromatic oils and skilled human touch, upgrade to next relaxation level.



### **De Stress Back 'n Shoulder Massage (Thai Massage technique)**

*(60 mins / 90 mins) - THB 900 / 1,300*

Inspired by BHU MHA SPA healing methods, the aim is not only to relax tired muscles in the back, shoulders and neck, but also to enhance mobility.

### **Revitalizing Leg & Foot Massage**

*(60 mins / 90 mins) - THB 1,300 / 1,900*

Immerse yourself in a soothing experience with our Revitalizing Leg & Foot Massage. Using a luxurious, aromatic product, this treatment alleviates tension, boosts circulation, and revitalizes tired legs and feet. Ideal for those seeking relaxation after a long day, this massage leaves you feeling refreshed and rejuvenated. Indulge in the ultimate pampering experience that will awaken your senses and elevate your well-being.

### **Foot & Leg Massage with Hot Herbal Compress**

*(90 mins / 120 mins) - THB 1,800 / 2,200*

*Bringing relaxation to the entire body, our foot and leg massage targets pressure points on the soles of the feet and gently eases muscle tension in the legs and combination with Hot Herbal Compress to improve energy flow.*

### **Heavenly Hot Stone Leg & Foot Therapy**

*(90 mins / 120 mins) - THB 2,500 / 3,500*

Experience pure bliss with our Heavenly Hot Stone Leg & Foot Therapy. This indulgent treatment combines a soothing aromatic massage with the calming warmth of hot stone compresses, designed to melt away tension and enhance circulation. Perfect for weary legs and feet, this therapy promotes deep relaxation and rejuvenation. Allow the gentle heat and expert techniques to transport you to a state of tranquility, leaving you refreshed and revitalized.

### **Hot Stone Massage**

*(90 mins / 120 mins) - THB 4,700 / 6,000*

Bringing Unknow overstressed muscles and improve energy flow with a combination of warm aromatic oils, skilled of human touch and heated stones. Fantastic to relax your body and mind.

### **Hot Stone De-Stress Back Massage**

*(60 mins / 90 mins) - THB 2,200 / 3,000*

Focus massage on your back and shoulder to improve energy flow with a combination of warm aromatic oils, skilled human touch and heated stones. Fantastic to release your back and shoulder.





### **Maternity Massage Therapy**

*(60 mins / 90 mins / 120 mins) - THB 2,500 / 3,600 / 4,700*

Designed for mothers-to-be after their first trimester, this massage uses gentle techniques which will relieve tension in areas under stress with natural carrier oil.

*\*For the pregnant 4-6 months ONLY.*

### **Muscle Release Massage**

*(60 mins / 90 mins / 120 mins) - THB 1,800 / 2,600 / 3,200*

Deep back and shoulder massage by Deep Tissue Massage techniques.

### **Sport Massage with Warm Oil**

*(60 mins / 90 mins / 120 mins) - THB 2,500 / 3,600 / 4,700*

Focused and systematic, targeting muscles that are used in a specific sport with a combination of warm aromatic oils and skilled human touch.

### **Nuad Thai (Traditional Thai Massage)**

*(60 mins / 90 mins / 120 mins) - THB 1,600 / 2,300 / 2,900*

A world-famous message was found on the UNESCO 'Intangible Cultural Heritage of Humanity' list. This much-loved treatment, a unique massage done without oil, uses slow but firm movements to help you totally unwind.

### **Traditional Thai Massage with Hot Herbal Compress**

*(90 mins / 120 mins) - THB 2,500 / 3,100*

Specific organic Thai medicinal herbs, wrapped in organic cotton cloth, are compressed and steamed to bring out an aromatic essential oil and then applied along the energy lines of the body in combination with traditional Thai massage techniques. Relieving aches and pains, this unique ancient healing massage is both aromatic and nurturing.



# BODY TREATMENT COLLECTION

## **BHU MHAI Body Scrub**

*(60 mins) - THB 1,700*

This revitalizing treatment buffs away dead skin cells, reduces the signs of cellulite, releases toxins and alleviates adrenal stress. Using uplifting and stimulating aromatics, combined with apricot extract, the skin is then moisturized with body lotion and is suitable for all skin types. This treatment also includes our Aromatic Foot Soak and Head Massage.

## **Energizing Himalayan Salt Body Scrub**

*(60 mins) - THB 1,700*

Treat yourself to our mineral-rich Energizing Himalayan Salt Body Scrub. Revitalize, tone and purify yourself as this active body therapy.

## **Makham Body Scrub (Tamarind Body Scrub)**

*(60 mins) - THB 2,400*

Embark on a rejuvenating journey with our Makham Body Scrub! This luxurious experience begins with a gentle scrub using our all-organic, natural tamarind body scrub, meticulously crafted to leave your skin irresistibly soft, smooth, and radiant by effectively removing dead skin cells.

## **Thanaka Brightening Body Mask**

*(60 mins) - THB 1,700*

The use of the thanaka plant is one of Myanmar's traditional beauty secrets for glowing and brighter skin and it also has anti-aging benefits.

## **Thanaka Brightening Body Mask and Facial Massage**

*(90 mins) - THB 2,500*

Discover the beauty secret of Myanmar with our Thanaka Brightening Body Mask. This luxurious treatment harnesses the power of the Thanaka plant, renowned for its ability to promote glowing, brighter skin while also providing anti-aging benefits.

Complete your rejuvenating session with a Revitalize Face Oil massage, using our nourishing natural face oil for an added touch of indulgence.



*Prices are net and include 10% service charge and applicable government tax.*





# FACIAL TREATMENT COLLECTION

## **PRODUCT OF KOREA**

### **Aromatic Rebalancing Facial Treatment**

*(60 mins / 90 mins) - THB 2,200 / 3,000*

This treatment is recommended for first-time clients and is designed to rebalance, hydrate and strengthen the skin cells.

### **Deep Cleansing Facial Treatment**

*(60 mins) - THB 2,200*

Deep cleans impurities, banishes blemishes and balances oil production.

### **S.O.S. Facial Treatment**

*(60 mins) - THB 2,200*

This pampering treatment will instantly nurture dehydrated skin with a 'gold mask' to deeply nourish and replenish moisture levels and restore smoothness. It results in perfectly hydrated, radiant and glowing skin.

### **Soothing and Calming Facial Treatment**


*(60 mins / 90 mins) - THB 2,200 / 3,000*

Comforts irritated skin and brings harmony to your complexion with gentle effectiveness.

### **Revitalize Facial Treatment**

*(60 mins) - THB 2,500*

Rejuvenate your skin with our Revitalize Facial Treatment, featuring a cleansing toning scrub and a concentrated mask. This luxurious experience includes a soothing face massage using our delightful Revitalize Essence Oil, enriched with natural extracts to deeply moisturize and revitalize your complexion. Enjoy the perfect blend of cleansing and hydration, leaving your skin refreshed, luminous, and full of life. Ideal for restoring your natural glow.



*Prices are net and include 10% service charge and applicable government tax.*



# NAP COLLECTION

*Enjoy a brief sleep in your own private room whilst surrounded by relaxing scents and light music to reboot your soul.*

**NAP in the City (60 mins / 120 mins) THB 300 / 500**  
**extra hour THB 300 / hour**



*Prices are net and include 10% service charge and applicable government tax.*



# CONTACT DETAILS

## **BHU MHAI SPA**

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