



BHU MHAI SPA

RELAX RELIEVE REJUVENATE

BHU MHAI SPA 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.

A circular watercolor illustration featuring a cluster of light-colored orchids with green leaves and stems, set against a soft, warm-toned background. The illustration is positioned in the upper half of the page, framing the central text.

BHU MHAI SPA SERVICES

An exclusive collection of indulgent treatment

- UNIQUE TREATMENT COLLECTION
- UNIQUE PACKAGE COLLECTION
- BODYWORK COLLECTION
- BODY TREATMENT COLLECTION
- FACIAL COLLECTION
- KIDS COLLECTION
- NAP IN TIME CITY
- SPECIAL REQUESTS

Our massages are light to medium pressure but can be adjusted to your preference. Please discuss with your therapist before commencing your treatment.



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.

- For an appointment, please contact BHU MHAI SPA directly on 02 483 2899 Ext. 7526, 7528
- For maximum convenience and flexibility, we recommend scheduling your spa treatments in advance.

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.



BHU MHAI SPA ETIQUETTE

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.

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 from the BHU MHAI SPA Stories reception.

UNIQUELY TREATMENT COLLECTION

Dramatic Healing Massage

(90 mins / 120 mins) - THB 3,500 / 4,700

A Dramatic Healing Massage, using serum blended essential oils plus pure gold 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 Healing Treatment

(90 mins / 120 mins) - THB 3,500 / 4,700

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 Healing Massage

(90 mins / 120 mins) - THB 3,500 / 4,700

BHU MHAJ 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 with a hot compress on your back. You will then have an Aroma Massage Technique combined with Traditional Thai Massage using an "Aromatic Pearl Serum" that soothes and moisturizes your skin and relaxes your body and mind.

Slumbering Therapy

(90 mins / 120 mins) - THB 3,500 / 4,700

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.

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

UNIQUE PACKAGE COLLECTION

Renew 'n' Revive Journey (2 hours) - THB 3,800

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.

- Aromatic Milk Foot Soak
- Dramatic Healing Massage® (60 minutes)
- Aromatherapy Rebalancing Facial Treatment (60 minutes)
- Includes snack and Chiang Mai jasmine green tea

Digital Detox Release Journey (2.5 hours) - THB 4,500

This uniquely powerful therapeutic package begins with an Aromatic Milk Foot Soak followed by a full body Phu Klon Exfoliation and Toning Detox Wrap and 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)
- Includes snack and Chiang Mai jasmine green tea

Bangkok Journey (3 hours) - THB 5,700

The perfect package to truly escape into our urban oasis for the day. Enjoy a Detoxifying Body Exfoliation with your choice of BHU MHAJ 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)
- Includes snack and Chiang Mai jasmine green tea

BODYWORK COLLECTION

Aloe Vera Healing Massage

(60 mins / 90 mins / 120 mins) - THB 1,800 / 2,500 / 3,600

Gently soothe your skin with natural aloe vera gel extract mixed with blended essential oils combined with Swedish massage techniques.

Aromatherapy Massage

(60 mins / 90 mins / 120 mins) - THB 1,800 / 2,500 / 3,600

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.

Back 'n Shoulder Massage

(30 mins / 60 mins / 90 mins / 120 mins) - THB 500 / 800 / 1,200 / 1,500

Inspired by BHU MHA SPA healing methods, this muscle relief ritual was designed by our master therapists and uses therapeutic oils combined with a deep tissue massage and stretching techniques.

The aim is not only to relax tired muscles in the back, shoulders and neck, but also to enhance mobility, relieve stress and ease muscle tension built up over time.

Healing Foot & Leg Massage

(30 mins / 60 mins / 90 mins / 120 mins) - THB 500 / 800 / 1,200 / 1,500

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. Your therapist will manipulate muscles to improve circulation, relieve pain and induce a feeling of profound relaxation.

Maternity Massage Therapy

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

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

Palms & Arms Massage

(30 mins / 60 mins / 90 mins / 120 mins) - THB 500 / 800 / 1,200 / 1,500

Helps to ease pain, increase hand strength and reduce feelings of stress and anxiety. Your therapist works on pressure points in the hands and uses massage techniques on the arms and shoulders to fully unleash built-up stress. A perfect complementary treatment for those with arthritis, carpal tunnel syndrome, neuropathy and other similar conditions.

Scalp Massage

(30 mins / 60 mins / 90 mins / 120 mins) - THB 500 / 800 / 1,200 / 1,500

Designed to relax the mind, encourage circulation and ease tension, this treatment uses gentle pressure on the temples and scalp as well as the upper shoulders and neck, finding where knots, tight muscles and tension lie before easing it out and providing relief.

Thai Deep Tissue Massage

(60 mins / 90 mins / 120 mins) - THB 1,600 / 2,200 / 3,100

Focusing on areas of the body that are overused and stressed from the repetitive movements sometimes associated with athletics, this massage utilizes stretching and trigger point therapy along with Thai herbal balm to relieve your specific areas.

Traditional Thai Massage

(60 mins / 90 mins / 120 mins) - THB 800 / 1,200 / 1,500

A world-famous massage 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 and relax.

Traditional Thai Massage with Hot Herbal Compress

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

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 Detox Body Scrub (60 mins) - THB 1,300

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 1,300

Treat yourself to our mineral-rich Energizing Himalayan Salt Body Scrub. Revitalize, tone and purify yourself as this active body therapy begins with a zesty exfoliation using essential oils including cinnamon powder and walnut shells. The oils used are infused with powerful herbs, providing the ultimate detox, and this treatment is suitable for all skin types.

Phu Klon Body Scrub (60 mins) - THB 1,300

Phu Klon is a mineral rich clay from Mae Hong Son. It is the best health mud source in Thailand and is ranked 1st in the world. This scrub detoxes and moisturizes your skin and is suitable for all skin types. This treatment also includes an Aromatic Foot Soak and Head Massage.

Thanaka Brightening Body Mask (60 mins) - THB 1,300

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.

Aloe vera is also used to soothe the skin, and the mind is calmed with aromatherapy utilizing cedarwood, rosewood and nutmeg essential oils.

The Oriental Secret Body Mask (60 mins) - THB 1,300

Oriental herbs from licorice and tamarind are used for their richness in plant acids and vitamins. Concentrated juice is blended with tamarind extract because of its purifying and whitening properties. The scrub is used for deep cleansing and provides a beautiful natural glow effect.

Frequent use will help the skin shine and prevent pigmentation. The refreshing scent clears and revitalizes both the mind and body.

FACIAL TREATMENT COLLECTION

Aromatherapy Rebalancing Facial Treatment (60 mins) - THB 1,600

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 1,600

Deep cleans impurities, banishes blemishes and balances oil production.

S.O.S. Facial Treatment (60 mins) - THB 1,600

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) - THB 1,600

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

KIDS' COLLECTION

These treatments are suitable for guests aged below 8 years old (must be accompanied by an adult).

Kids' Thai Massage (60 mins) - THB 750

Kids' Aromatherapy Massage (60 mins) - THB 1,500

Kids' Foot Massage (60 mins) - THB 600

Kids' Head & Shoulder Massage (60 mins) - THB 600

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 / 90 mins) - THB 300 / 500
extra hour THB 300/ hour

ADD-ONS

Face Mask THB 300

During your massage we provide a moisturizing and nourishing face mask.

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

SPECIAL REQUESTS

Royal Thai Massage

(90 mins – advance booking only) - THB 5,200

by Professional Royal Thai Massage Practitioners The Royal Thai Massage wisdom has been passed down from an ancient practitioner who treated Thai Royals for generations. The massage helps rehabilitate patients suffering from ailments such as back pain, lumbar strain, frozen shoulder, trigger finger or an ankle strain. Followed by a hot herbal compress, this ancient therapy brings about a sense of renewal and rejuvenation.

Shiatsu Massage by Chalairat

(90 mins – advance booking only) - THB 5,200

Shiatsu is a unique massage that originated in Japan. It integrates Japan's traditional therapies such as acupuncture and anma (an old Japanese massage style) with western medical knowledge.

Private Wellness Activities Spa Parties & Private Sessions

Indulge with friends and family in the ultimate spa experience by BHU MHAI SPA. Book the private spa area and enjoy moments of relaxation and celebration in a dream setting. From baby showers to bachelorette parties or anniversaries to birthdays, relax and make unforgettable memories together while indulging in an array of wellness services chosen just for you.



CONTACT DETAILS

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