

# 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.



# 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 MHAI 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 an Aroma 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.

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

# 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

## **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 combined with Swedish massage techniques.

## **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 MHAI SPA healing methods, this muscle relief ritual was designed by our master therapists. The aim is not only to relax tired muscles in the back, shoulders and neck, but also to enhance mobility.

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







### **Foot & Leg Massage**

*(60 mins / 90 mins) - THB 1,000 / 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.

### **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.

### **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 with Thai herbal balm by Deep Tissue Massage techniques.



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



### **Scalp Massage (Thai Massage technique)**

*(60 mins) - THB 900*

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.

### **Sport Massage**

*(60 mins / 90 mins / 120 mins) - THB 2,200 / 3,200 / 4,000*

Focused and systematic, targeting muscles that are used in a specific sport. It uses various techniques to decrease muscle pain and improve recovery, as well as improve overall range of motion and flexibility to support safe and effective movement.

### **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.

### **Thai Massage with Balm**

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

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 1,200 / 1,600 / 1,900*

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 2,200 / 2,800*

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.



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

# ROSE QUARTZ COLLECTION

Discover the healing power of Rose Quartz, BHU MHA I Spa designed this collection to rejuvenate your mind, body, and spirit with natural Rose Quartz origin from Brazil. Rose Quartz has light reflective properties that illuminate the skin, softening flaws and boosting radiance. Traditionally, rose quartz is understood to help with elevating fear and anxiety and clearing the mind of negative feelings. The frequency of rose quartz is said to be connected to the heart and emanates a soft, gentle feminine energy.

## **Serenity with Rose Quartz (90 mins) - THB 4,500**

Experience ultimate relaxation with the "Serenity with Rose Quartz and Aromatherapy". This revitalizing treatment begins with a soothing aromatherapy massage, featuring calming essential oils like lavender and rosewood to melt away stress. Enhance your relaxation with the gentle glide of Rose Quartz Guasha, promoting circulation and a radiant complexion. During the massage we provides Rose Quartz Eye Mask that reduces puffiness and brightens the eye area. This holistic experience nourishes both body and mind, leaving you feeling rejuvenated and emotionally balanced. Perfect for a serene escape from everyday life.

- *Rose Quartz Guasha Aromatherapy Massage*
- *Rose Quartz Eye Mask*
- *Refreshment*

## **Radiance of Rose Quartz (90 mins) - THB 4,500**

Rose Quartz Facial Treatment: This rejuvenating treatment utilizes rose quartz crystals to balance and revitalize the skin. The gentle massage promotes circulation, reduces inflammation, and enhances skin tone while infusing the treatment with calming energy, leaving you with a radiant glow and a sense of tranquility. Followed by Guasha Foot Massage, this technique employs a smooth-edged tool to scrape the skin on the feet, promoting lymphatic drainage and alleviating tension. The treatment stimulates circulation, reduces pain, and provides deep relaxation, making it a perfect complement to the facial treatment for overall wellness.

- *Rose Quartz Facial Treatment*
- *Guasha Foot Massage*
- *Refreshment*

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



# 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 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.

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



*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.

# 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**

Eastin Grand Hotel Phayathai  
18 Phaya Thai Rd, Thung Phaya Thai,  
Ratchathewi, Bangkok 10400, Thailand

Tel: +66 2483 2899

Email: [spa@eastingrandphayathai.com](mailto:spa@eastingrandphayathai.com)

Instagram: [@bhumhaispa.bkk](https://www.instagram.com/bhumhaispa.bkk)

