

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
KIDS COLLECTION
NAP IN TIME CITY
SPECIAL REQUESTS

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 9:00 p.m.



UNIQUELY TREATMENT COLLECTION

Dramatic Invigorating Massage

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

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 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 MHA 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 3,700 / 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.

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

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 Phu Klom 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 (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 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*

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



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 / 120 mins) - THB 900 / 1,300 / 1,600

Inspired by BHU MHAI SPA healing methods, this muscle relief ritual was designed by our master therapists 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.

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



Foot & Leg Massage

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

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 1,500 / 1,900

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 2,000 / 2,800

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.

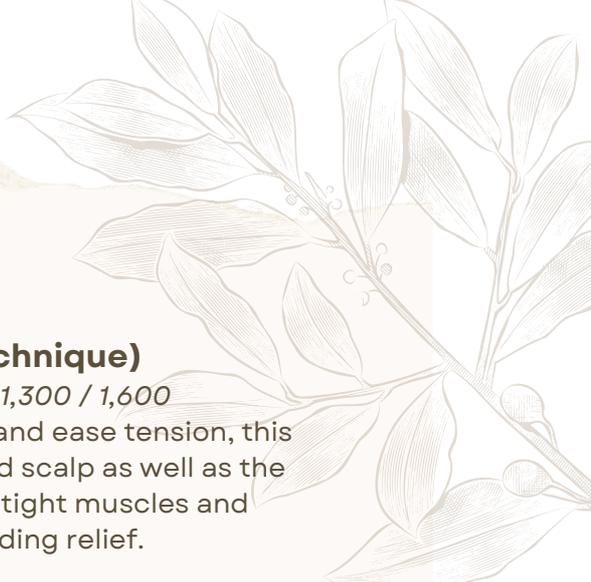
Palms & Arms Massage

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

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.

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





Scalp Massage (Thai Massage technique)

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

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.





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.

Phu Klon Body Scrub (60 mins) - THB 1,700

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 1,700

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) - THB 2,200

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

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) - THB 2,200

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



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



KIDS' COLLECTION

*These treatments are suitable for guests aged below 12 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 / 120 mins) THB 300 / 500
extra hour THB 300 / hour

ADD-ONS

Face Mask THB 350

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

Massage (30 mins) THB 300



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

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

