

Thailand is the summit for the easing, regeneration and the rejuvenation of its capital, Bangkok. The Spa central of

Asia, offering an extravagant yet pure soul-indulging pampering experience at some of the city's heavenly relaxation centers. A blissful and pleasurable experience that leases on life. Former ancient methods transmitted from generation to generation in an exotic environment that reflects the spectacular design of the buildings that are home to some of these exotic and tranquil places of well being.

Thai spas do not offer a huge assortment of treatments for the body and mind, however without a doubt you will experience some of the best forms of balancing the body, mind, spirit and soul, closely combining the most recognized ancient Asian techniques with the best western treatments. A session at one of Bangkok's spas is designed to help you release stress, regain inner balance and rejuvenate your spirit. Everything with the aim to spoil visitors and to offer them an incredible and well known hospita-

TOP SPAS BANGKOK

by Sònia Graupera

lity; that reaffirms that Thailand is really the land of pleasure, warmth and undisputable hospitality.

Among the best spas in Bangkok, I have chosen to review those which are considered to be the best kept secret

among the society of Bangkok. Spas of recent creation, that belong to the places that must be visited when you are planning a trip to Bangkok. Tranquil urban temples dedicated to pampering the body and cleansing the mind.

Samsara Spa





The Imperial Spa

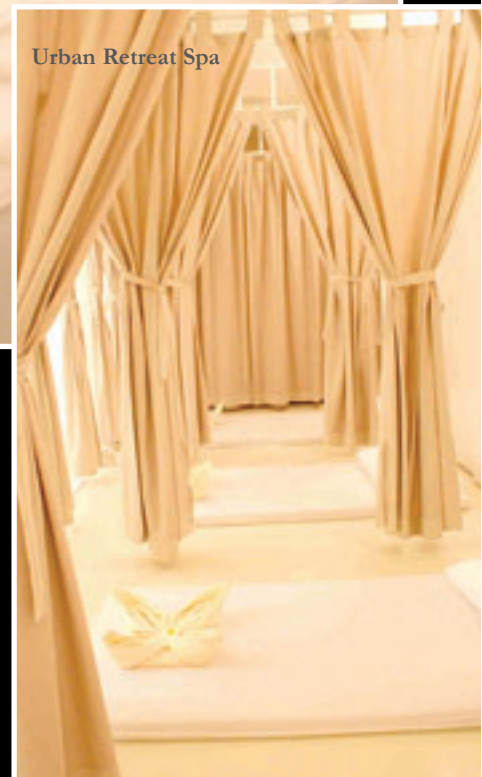
Please note I did not choose Thai spas purely for leisure or recreation but as an objective theasus of my trip to Thailand.

All the spas offer upon arrival a hot mug of Thai herbal tea, feet wash in warm water with roses and when finishing a cold ginger or rose apple tea. All the enjoyed treatments last between 2 and 3 hours.

Samsara Spa

(1575/53 Paholyothin Road, Samsean nai, Phayathai, Bangkok 10400, Tel. 0066 2 278 4054, www.bangkokdetox.com & www.samsaraspalthailand.com, info@samsaraspalthailand.net). This center is based on the concept of the wellness of luxury and on the traditional treatments

of holistic orientally. Samsara in Sanskrit means "circle of the life or circle of the existence". The spa is hidden in a street without exit, offering the client extreme discreteness. The spa is so discrete, it does not even even reveal or promote its great relaxation sanctuary in its interior. Set in a dark tone decor, offering a dime, relaxing but sensual light environment of candles and sweet scent of flowers; I enjoyed a therapist consultation to discover which dosha I originate from, then followed by a Special Ayurveda Package that consists of a Massage of aromatherapy. An ayurvedic massage with warm oil, a steam sauna and then a Thai herbal bath with roses. Incredible! Ayurveda or "the science of life" - is an ancient oriental philosophy treatment based on a deep understanding which is related to the eternal truths regarding the human body, how it effects the body and vice versa.



The Imperial Spa

(The Imperial Queen's Park Hotel, 199 Sukhumvit Soi 22, 9th floor, Bangkok 10110, Tel. 0066 02 261 9000 ext 5115, Fax 0066 2 2261 9455, info@imperial-spa.com, http://www.imperial-spa.com. Surely among the most luxurious and exclusive spas of Bangkok, it offers treatments in enormous rooms.

There I enjoyed one perfectly coordinated four hands massage, the "Imperial Four Hand Ritual" (really synchronized!) and a facial treatment of bouquet roses that left my skin renewed and refreshed.

Its specially blended massage oil contributes to the rejuvenation of body, mind and spirit, a great experience of "Exotic Thai Way to relax your Body & Soul" indeed!

Urban Retreat Spa

(31/10 Soi Phrom Chai, Sukumvit 35 Rd, Bangkok, Tel. 0066 2 204 2008, Fax 0066 2 204 2009, www.urbanretreatspa.net, contact@urbanretreatspa.net).

A new spa in a modern design building completely white, offering clients an array of different treatments with cream of macadamia nuts and different types of peelings with exotic fruits. I enjoyed a spectacular corporal peeling of lime, a corporal mask of algae and a massage of aromaterapia jazmine. The smell afterwards is the best part!



Leela Thai Herbal Spa

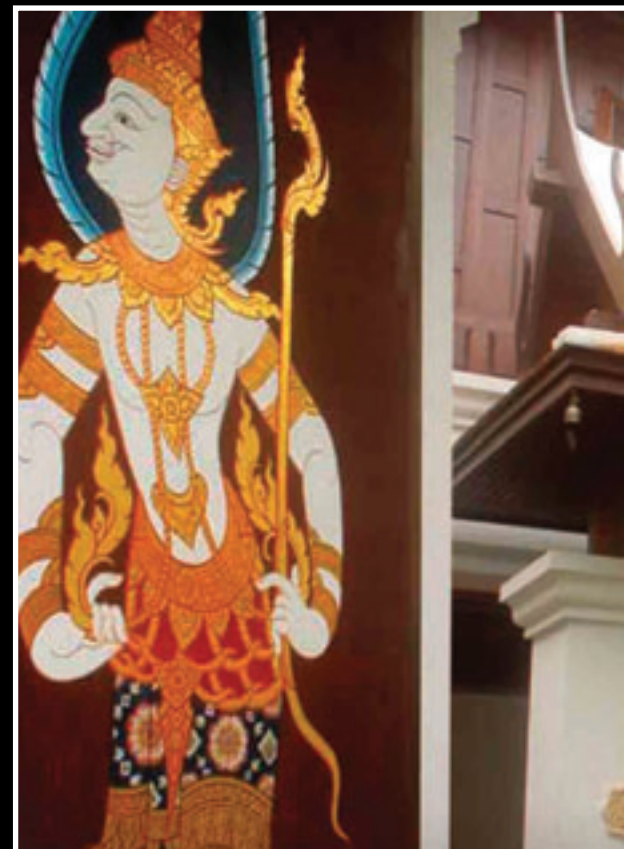
Sathorn Branch (43 Soi Narathiwat 7, Sathorn, Bangkok, Tel : 0066 2 679 3511, <http://www.leelathai-spa.com>, contact@leelathaispa.com).

This Spa has one main branch Sathorn and another one in Thonglor.

At Leela, basic elements are fused to create the perfect blend. Behind their tall wooden doors, you can really feel the tranquility of this oasis in the way of the boisterous city and smell the soft scent of lemongrass that fills the air.

The atmosphere is a mixture of oriental Thai style with a slight touch of modern contemporary decor.

Leela therapists are trained in the art of Thai touch, and this combined with the heritage of spa, thai massage and herbal ingredients makes the dream of the real "Thai spa" experience come true.



Leela also offers treatments with products from the dead sea and from the exclusive French brand Guinot. In the private suite I relaxed with a peeling of roses and a corporal massage of lavender. Heavenly!

The Orientist SpaAri Branch

(69 Phaholyothin Rd., Soi 6 , Samsennai, Phayathai, Bangkok 10400, Tel. 0066 2 278 2240, Fax 0066 2 278 2270,

<http://www.theorientistspa.com>, info@theorientistspa.com).

The Orientist Spa belongs to both the Japanese as well to Thai's. There are three branches. My path took me to The Ari branch, a small preserved yet sweet house where I experienced a corporal peeling of papaya and a Rajasamnak massage



The Orientist Spa

(the Thai massage developed exclusively to cater for the Thai royal family) performed by a professional teacher of Rajasamnak technic.

Emphasizing that the products that they use are that of and developed with the support of the Thai National Research Center.

Dulaya Spa

(88 Sukhumvit 24, Klongtoey, Bangkok, Tel. 0066 2 204 0701, ext. 8001, Fax 0066 2 673 6823, www.dulayaspa.com, info@dulayaspa.com).

Dulaya means in Thai "balance". Situated in the The Davis hotel and hidden on an island with classic Thai buildings that reflect its energy and preserves its feeling of sanctuary of peace.

In a double VIP room, I relax with a Dulaya Signature Package that consists of a corporal peeling of apples, a massage of aromaterapia and reflexotherapy, afterwards my skin felt smoother than ever before.

