



Ā M Ā N
N A I L E R T B A N G K O K

Spa & Wellness Menu

Contents

Wellness Centre	2
Banya Spa House	5
Aman Signature Spa Treatments	6
Grounding	7
Purifying	8
Nourishing	9
Aman Advanced Facial	11
Aman Nai Lert Bangkok Signature Treatments	12
Classic Thai Treatments	14
Enhancements	15
Finishing Touches	16
Hair Salon Services	18
Movement	19
Mindfulness	20
Spa Reminders	21

Aman Wellness

Through a balanced integration of spiritual, mental and physical practice, Aman empowers guests to recognise and fulfil their potential. A holistic endeavour, guided by longevity, the Aman wellness journey is ever-evolving.

Providing sanctuaries to return to time and again, Aman Spas around the world have been carefully curated to nurture the physical, mental and spiritual, with the goal of fostering a heightened state of wellness and of being.

Treating the whole – mind, body and spirit – by combining ancient healing modalities and the finest modern therapies, Aman strives to provide guidance, support and knowledge.



Wellness Centre

Aman Nai Lert Bangkok

Rising from Nai Lert Park's green embrace amid the skyscrapers of central Bangkok, Aman Nai Lert Bangkok introduces Aman's distinctive serenity to a city renowned for its energy. Reflecting Thailand's traditional healing lore, as well as Bangkok's status as a global hub for wellness optimisation, the 1,500-square-metre (16,145-square-foot) Aman Spa & Wellness centre at the hotel's heart brings the Aman Wellness concept to Asia's most iconic gateway city. Two entire floors are dedicated to wellbeing: the Aman Spa on the 10th floor, and the Medical Wellness by Hertiitude Clinic on the 8th, which features its own dedicated spa menu.

Aman Spa

(10th Floor)

The tranquil reception area of the Aman Spa leads to a Wellness Lounge. Beyond, a beauty salon and a range of hydrotherapy and movement facilities, including dry and steam saunas, hot tubs, icy plunge pools and experiential showers await. Alongside the Pilates Studio and Movement Studio, the Fitness Centre features the latest concepts in functional training to enhance performance in every way.

Treatments are enjoyed in five individual spa treatment rooms, a Thai massage treatment room, a double treatment room for couples or the unique Banyan Spa House - ideal for half- or full-day wellness journeys.



Banya Spa House

A private spa experience for couples or friends, the Banya Spa House features a Banya, a steam room with Vichy shower, a treatment room, hot and cold plunge pools and an expansive lounge area.

Rooted in Eastern European and Scandinavian culture, the Banya is a wood-clad sauna with add-on steam created by pouring water over heated rocks. While relaxing in the Banya, a therapist uses oak or birch leaves clustered together in *venik* (leafy branches) to massage, stimulate and exfoliate the skin.

Ideal for half- and full-day journeys, including a range of treatments and a personalised wellness meal, the Banya Spa House can also be booked for the shorter Banya Spa House Experience. Upgrades to the Spa House for other treatments are also possible.

Banya Spa House Experience

Two hours

Experience a traditional *venik* sauna treatment in the Banya, followed by contrast bathing, and relaxation time in the Spa House lounge.

- Banya *venik* treatment
- Wellness refreshments

Upgrade to Banya Spa House

Treatment time + one hour

Experience your treatment (minimum 60 minutes) in the Banya Spa House with an additional hour to enjoy its facilities.

Includes use of all Banya Spa House facilities (sauna, steam room, hot and cold plunge pool and lounge).

Banya Spa House Half-Day Journey

Up to four hours

- Banya *venik* treatment
- Full body exfoliation with Vichy shower
- 60-minute body massage
- Wellness meal

Banya Spa House Full-Day Journey

Up to six hours

- Banya *venik* treatment
- Full body exfoliation with Vichy shower
- 90-minute body massage
- 60-minute facial treatment
- Wellness meal

Aman Signature Spa Treatments

Available at Aman Spa destinations around the world, these Signature Treatments reflect the Grounding, Purifying and Nourishing pathways of the Aman Skincare product range. Each treatment is designed to support your individual needs while targeting specific concerns and personal wellness goals.

A deeply relaxing, mineral-rich Foot Ritual acts as a prelude to each - a symbolic act of service that fosters trust ahead of the treatments to come.



Grounding

Grounding treatments work as a balm for the busyness of everyday modern life. They impart a feeling of safety, offering reassurance and reconnection.

Grounding Massage Ritual

60 | 90 minutes

A Ku Nye full-body massage honours ancient Tibetan healing tradition to stimulate muscles, while a subtler massage energises the meridian system. This treatment incorporates massage along meridian lines, acupressure, kneading and deep-tissue techniques. The body massage is followed by a Tibetan head massage that induces an even deeper level of relaxation.

Grounding Face Ritual

60 | 90 minutes

Suitable for normal, dry and combination skin, this facial incorporates rose-quartz crystals to promote healing, frankincense to aid rejuvenation and hyaluronic acid to boost hydration. Lymphatic and muscular massage techniques stimulate circulation and raise vibrational energy, while acupressure using heated Himalayan salt poultices leaves skin radiant. The treatment ends with a mask of Peruvian black mud and amethyst crystal, and a Tibetan head massage.

For those seeking an intense radiance boost, the 90-minute facial also includes the application of Nourishing Gold Algae Eye and Face Masks. With hydrating natural ingredients, and 111SKIN's advanced technology, the gel formula infuses the skin, generating a glowing and refreshed complexion.

Grounding Body Polish & Wrap Ritual

90 minutes

A key ingredient in this ritual is amethyst powder, known for its gently sedative energy that promotes peacefulness and emotional stability. The full-body polish gently exfoliates the skin, brightening tone and improving texture, while the cocooning wrap initiates a period of stillness, leaving skin radiant. The final touch is the application of silky Smoked Body Butter.

Grounding Journey

180 minutes

Each Grounding treatment is powerful in isolation, but their effects are magnified when experienced together. Incorporating elements of all three Grounding treatments, the Grounding Journey begins with the Body Polish & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Facial Ritual. Each one ensures guests feel connected, centred and ready to reach a place of perfect contentment.

Purifying

Purifying treatments act as a powerful spiritual cleanser, lending protection, clearing stagnant energy and stabilising the heart and mind. Old energies and emotions are ushered away, creating new space for mind, body and soul.

Purifying Massage Ritual

60 | 90 minutes

This deeply relaxing, detoxifying massage restores harmony to the body and clears the mind. By concentrating on lymphatic-drainage techniques, it manipulates lymph nodes and vessels to increase activity and restore the body's natural flow. Pressure is lower in intensity, but powerful in its effects.

Purifying Face Ritual

60 | 90 minutes

Combining soft-tissue therapy and lymphatic drainage, this tension-releasing facial is beneficial for anyone exposed to urban pollution. Lymphatic massage stimulates the glands in the chest, neck and face, resulting in glowing, toned skin. Key ingredients include brightening pearl, regenerative copper and powerful marine extracts that strengthen collagen production.

For those seeking an intense radiance boost, the 90-minute facial also includes the application of Nourishing Gold Algae Eye and Face Masks. With hydrating natural ingredients, and 111SKIN's advanced technology, the gel formula infuses the skin, generating a glowing and refreshed complexion.

Purifying Body Polish & Wrap Ritual

90 minutes

This ritual revives the spirit, tones the skin and induces a state of peace. One of the key ingredients is quartz, known as a master healer for its ability to attune energy levels. Seaweed-packed fucus oil, raw honey and essential oils are also applied, stimulating circulation and lymphatic drainage. The meditative marine-flora mud wrap includes deep cleansing kaolin, mineral-rich sea lavender and seaweed for boosting collagen levels. The treatment ends with a Palo Santo Salve, applied over the whole body.

Purifying Journey

180 minutes

This in-depth journey embraces purification on every level, from cleansing the skin and detoxifying the body, to clearing negative energy and focusing the mind. Incorporating elements of all three of the above treatments, this journey begins with the Body Polish & Wrap Ritual, followed by the Massage Ritual, and is rounded off with the Face Ritual. Expect to feel clear-headed and at peace.

Nourishing

Nourishing treatments nurture the body and encourage the healing of emotional and mental wounds, reuniting guests with their true authentic self.

Nourishing Massage Ritual

60 | 90 minutes

A deeply relaxing experience, this treatment incorporates chakra balancing technique and marma points therapy to balance energy, releasing negativity and bringing the body back to a state of awareness and equilibrium. On a physical level, the rhythmic massage dissipates muscular tension.

Nourishing Face Ritual

60 | 90 minutes

This brightening, moisturising treatment calms and rejuvenates with honey, rosehip, wheat germ, cactus oil, jasmine and silk. Combined, they work to soothe and brighten dull or irritated skin. This facial also invites relaxation by stimulating the flow of prana, described as the universal life energy that enters the body via breath.

For those seeking an intense radiance boost, the 90-minute facial also includes the application of Nourishing Gold Algae Eye and Face Masks. With hydrating natural ingredients, and 111SKIN's advanced technology, the gel formula infuses the skin, generating a glowing and refreshed complexion.

Nourishing Body Polish & Wrap Ritual

90 minutes

Encouraging the body to enter a phase of deep rest, this nutrient-rich treatment includes jade powder – known to hydrate, tone and rejuvenate – in both the scrub and wrap. The scrub also contains healing calendula oil, restorative amethyst powder, essential oils and Himalayan salts that soften the skin. The mud wrap combines the nourishing effects of jade powder with mineral-rich clay, toning rose hydrolat and anti-inflammatory argan oil. The treatment ends with a Sacred Heart Balm, applied to the whole body.

Nourishing Journey

180 minutes

This journey aims to combine elements of these Nourishing treatments in an immersive experience. It begins with the Body Polish & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. Body and mind are left restored, and a deep sense of renewal endures.



Aman Advanced Facial

60 minutes

A rejuvenating experience incorporating Aman's newest skincare collection, Essential Skin, the exclusive Aman Advanced Facial combines effective formulas made in Japan, with exfoliation and manual lifting techniques to stimulate facial muscles, welcoming tighter, brighter skin.

The treatment begins with ultrasonic scrubbing to cleanse pores, supported by the use of microcurrent stimulation and massage to firm, and cryo bulbs to eliminate puffiness. The use of red and blue light therapy follows, before the treatment concludes with the application of the Aman Nourishing Gold Algae Face and Eye Masks to achieve an exceptional glow.



Aman Nai Lert Bangkok Signature Treatments

The following signature treatments can only be experienced at Aman Nai Lert Bangkok. Each is inspired by an aspect of Lert Sreshthaputra's rich legacy, highlighting the remarkable impact this visionary Thai developer (known affectionately as Nai Lert) had on the capital and beyond.

Four signature oils – Mettā, Karunā, Muditā and Upekkhā – feature in these treatments, created in line with the purifying Buddhist principles of Brahmavihārā (Benevolence, Compassion, Empathy and Equanimity) that underpinned Nai Lert's life philosophy and endure in both his business and its quartile logo today.

Choose from Lotus (Mettā), Jasmine (Karunā) – white blooms that adorn Nai Lert Park – as well as wood and herb blends, including Peppermint and Cedarwood (Muditā) and Cardamom and Amber (Upekkhā).



Rice Compress Oil Massage

90 | 120 minutes

Rice is the central element of this soothing massage treatment which aims to deeply relax tense muscles while promoting smoother, healthier skin. Exclusive to Aman Nai Lert Bangkok, the rice compresses are gently heated then used to massage the body together with your choice of signature oil. A rice compress is yours to take home.

Clay Pot Compress Oil Massage

90 | 120 minutes

Rooted in ancient Thai healing practices with added aromatherapy benefits, this massage combines heat therapy with the healing properties of herbs. A clay pot is filled with lemongrass, ginger, kaffir lime leaves and other herbs, then heated, wrapped in cape lily leaf and placed in a muslin bag. This unique massage tool is then rolled and pressed along energy lines and muscle groups with your choice of signature oil. The heat and herbal essences penetrate deep into the body's tissues inducing deep relaxation, improving circulation and aiding in pain relief and detoxification.

Lert Siam Massage

60 | 90 minutes

A singular treatment available only at Aman Nai Lert Bangkok, this massage is named for the two elements that inspired its creation. Combining aromatherapy oil massage with aspects of Thai massage (traditionally oil-free), its inspiration is the landmark Nai Lert Department Store: Bangkok's first, it opened in 1893 and became a beacon of service and retail-inspired joy. The ideal treatment after a long day of shopping, sightseeing or travelling, the Lert Siam Massage is a harmonious fusion of Thai palm pressing and gentle stretching, along with oil massage techniques using your choice of signature oil to enhance relaxation, flexibility and overall wellbeing.

Aman Nai Lert Spa Journey

180 minutes

Once edged with rice paddies, the pristine tract of jungle that is Nai Lert Park was acquired by Nai Lert in 1915 to build a home – today, a museum. Inspired by this heritage and paying homage to the central role that rice has always played in Thai culture, Aman Nai Lert's signature Spa Journey is a one-of-a-kind experience including a relaxing Jacuzzi experience, a Royal Thai Massage using heated rice compresses, and a choice of Head or Foot Massage.

A symbol of fertility and prosperity, providing nourishment and sustenance, rice also has many topical skin benefits. Leaving skin smooth and radiant, and spirits boosted, this serene signature spa journey ends with the gifting of a Thai rice compress for home use.

- Private Jacuzzi (30 minutes)
- Royal Thai Massage with Rice Compresses (120 minutes)
- Head or Foot Massage (30 minutes)

Nud Tok Sen Oil Massage

60 | 90 minutes

Nai Lert's influence extended north to Chiang Mai, where he founded the city's very first department store, renowned for its wooden crafts. Inspired by this legacy, Aman Nai Lert Bangkok's Nud Tok Sen Oil Massage combines the traditional northern Thai massage technique with a choice of signature oil. Nud Tok Sen traditionally uses special wooden tools made of teak to tap, stroke and massage the body, enhancing energy flow, improving circulation and releasing muscle tension to restore harmony in body and mind.

Classic Thai Treatments

Thai Herbal Compress Massage

90 | 120 minutes

This classic Thai treatment combines the therapeutic benefits of heat, aromatic herbs and massage to melt away stress, relieve tension, reduce inflammation and rejuvenate the body. Aman Nai Lert's skilled therapists use warm compresses filled with a blend of fragrant Thai herbs and spices renowned for their healing properties. The compresses are gently pressed and rolled over key areas of the body, releasing heat and essential oils that relax muscles and promote circulation. Rhythmic pressure and gentle stretching inspired by traditional Thai massage techniques further enhance relaxation and flexibility.

Royal Thai Massage

60 | 90 minutes

Experience the ancient art of Thai Massage, a practice steeped in over 2,500 years of history and tradition. Combining acupressure, stretching and rhythmic compression, this therapeutic, oil-free practice enhances flexibility, relieves muscle tension and revitalises energy flow. Clothed in a comfortable Thai pyjama suit, recline upon a spacious mat and allow the rhythmic movements to soothe your muscles and rejuvenate your spirit.



Enhancements

Designed as an addition to your spa experience, choose from any of the following options to enhance your treatment.

Nourishing Gold Algae Face Mask

30 minutes

Designed to infuse the skin with hydrating ingredients, the Aman 111SKIN hydrogel face mask can be easily integrated into any face or body treatment to instantly reveal a glowing, smooth and refreshed complexion.

Nourishing Gold Algae Eye Mask

30 minutes

The hydrogel formula infuses the under-eye area with hydrating and radiance-boosting ingredients for a glowing and refreshed complexion. For anyone looking to boost radiance and refresh the under-eye area.

Head & Scalp Massage

30 minutes

A deeply relaxing experience designed to alleviate tension and enhance overall wellbeing. Soothes away stress and improves sleep, leaving you feeling calm and ready to embrace each day with renewed energy.

Back Massage

30 minutes

Targeting the back muscles, this massage aims to release tension, ease lingering knots and ensure you feel taller, more relaxed and able to move with greater fluidity.

Foot Massage

30 minutes

An ancient practice promoting relaxation and improving circulation, as well as general health, the massage involves applying pressure to specific points on the feet believed to correspond to different organs and systems in the body. The perfect add-on after a day of sightseeing.

Body Exfoliation

30 minutes

Tailored to your specific skin type with natural exfoliants and a choice of techniques, resulting in smoother, softer and more radiant skin.

Finishing Touches

Hand & Foot Care

Our feet absorb stress daily which can result in poor circulation and swelling, while our hands are exposed to the elements and used in almost every action we undertake. Aman Nai Lert Bangkok's hand and foot treatments have been developed with this in mind and are suitable for both men and women.

Express Manicure

30 minutes

Express Pedicure

30 minutes

Classic Manicure

60 minutes

Classic Pedicure

75 minutes

Aman Nai Lert Hand Spa

90 minutes

Aman Nai Lert Foot Spa

105 minutes

Nail Polish

30 minutes

Shellac Gel Polish

30 minutes

Gel Pedicure

75 minutes

Gel Manicure

60 minutes

Gel Soak Off

30 minutes



Hair Salon Services

Aman Nai Lert Bangkok offers exclusive Miriam Quevedo treatments designed to rejuvenate and nourish both hair and scalp. Using high-quality ingredients, such as caviar and precious botanical extracts, the Spanish brand's effective products target various hair concerns, promoting health, shine and vitality. Treatment rituals are adapted to the singular needs of each individual's hair and scalp to obtain exceptional and immediate results.

Absolute Detox Rehab

90 minutes

Suitable for all hair types, this treatment detoxifies the scalp and hair, preparing it for subsequent treatments by effectively exfoliating without being harsh. Impurities such as product residues that can clog pores and affect healthy hair are removed and scalp imbalances, such as sebum build-up and dandruff, are normalised. Hair is left feeling soft, supple and gleaming with health.

Baccara Ultimate Hair Age Reversing Ritual

120 minutes

This anti-ageing hair treatment is also a luxurious sensory experience incorporating fresh rose stem cells and 24 carat gold. Deeply relaxing, it helps to counteract the damaging effects of modern lifestyles on the scalp and hair by penetrating hair fibres and restoring them to health. Suitable for all hair types, this treatment is especially beneficial for those with weak or over-treated hair.

Hair Services

Shampoo and Blow-Dry

(Short Hair)

Shampoo and Blow-Dry

(Long Hair)

Shampoo, Blow-Dry and Head Massage

(Short Hair)

Shampoo, Blow-Dry and Head Massage

(Long Hair)

Haircut

(Ladies)

Haircut

(Men)

Movement

Dedicated to the optimisation of physical wellbeing, Aman Nai Lert Bangkok's movement facilities are housed within an impressive glass-walled space. The Fitness Centre features state-of-the-art Technogym equipment including cardiovascular and weight-training machines. Alongside the Movement Studio, the Pilates Studio is fully equipped with Balanced Body Reformers and other Pilates-specific apparatus.

Personal Training

60 minutes

Work on specific fitness goals with a professional trainer, opting for a functional training or HIIT session tailored to your needs.

Functional Training

Train your muscles to work together with maximum efficiency and prepare them for daily tasks by simulating common movements you might do at home, at work or playing sport. Functional movement exercises emphasise core stability, calisthenics and plyometrics.

HIIT

High-Intensity Interval Training (HIIT) is a dynamic and efficient workout regimen that alternates between short bursts of intense exercise and periods of lower-intensity recovery or rest. This training method is designed to maximise cardiovascular fitness, increase strength and burn calories in a shorter amount of time compared to traditional steady-state cardio workouts. HIIT workouts can be adapted to various fitness levels and can incorporate a wide range of exercises, including running, cycling, bodyweight movements and weight training.

Yoga

60 minutes

Yoga is a timeless practice that harmonises the mind, body and spirit through a series of physical postures, breathing techniques and meditation. We offer sessions in a variety of styles for all levels.

Pilates

60 minutes

Pilates is a dynamic and highly effective exercise system designed to improve strength, flexibility, balance and overall body awareness. Developed in the early 20th century by Joseph Pilates, this method focuses on controlled movements, alignment and breath control to create a harmonious and efficient body. The Pilates Studio at Aman Nai Lert Bangkok offers mat Pilates, as well as sessions incorporating Reformers, the Cadillac and the Wunda Chair.

Thai Boxing

60 minutes

Thai Boxing, commonly known as Muay Thai, is a traditional martial art and combat sport that originated in Thailand. With a history that spans centuries, Muay Thai is deeply ingrained in Thai culture and has evolved from ancient battlefield tactics into a modern sport practiced worldwide. Its rigorous training regimen, strategic depth and cultural significance have contributed to its popularity.

Mindfulness

Mindfulness and meditation are powerful practices that promote mental clarity, emotional balance and overall wellbeing. Rooted in ancient traditions, these techniques involve focusing attention and cultivating a present-moment awareness, allowing individuals to experience life more fully and respond to stress with greater calm and resilience. Mindfulness, often associated with Buddhist practices, encourages a non-judgmental awareness of thoughts, feelings and sensations, fostering a deeper connection with oneself and the surrounding world.

Mindfulness & Meditation

60 minutes

Meditation is the ability to be fully present, aware of where we are and what we are doing, and not overly reactive or overwhelmed by what is going on around us. While mindfulness is something we all naturally possess, it is more readily available to us when we practice daily. Meditation is an approach to training the mind. Through meditation, you can become more mindful of how your thoughts and feelings tend to move in particular patterns. With practice, an inner balance develops. Many different types of meditation exist, many of which developed as religious practices thousands of years ago.

Flower Meditation

60 minutes

The soothing creation of traditional Thai flower garlands or the folding of lotus leaves highlight that meditation can also be active. Deeply rooted in Thailand's cultural heritage, these activities serve as meditative practices that promote mindfulness and inner tranquillity. Following a peaceful crafting session, stroll through picturesque Nai Lert Park to present your floral offerings at a spirit house – an act of respect and reverence that further nurtures a sense of spiritual connection.

Sound Healing

60 | 90 minutes

Sound healing with crystal bowls is an ancient practice that harnesses the therapeutic vibrations of sound to promote physical, emotional and spiritual wellbeing. Singing bowls, traditionally made from a blend of metals, have been used for centuries in Himalayan and Tibetan cultures for meditation and healing rituals. Crystal bowls, crafted from pure quartz, offer a modern adaptation of this ancient tradition, producing clear, resonant tones that align with the body's energy centres, or chakras. The harmonious sounds and vibrations emitted by these bowls are believed to reduce stress, enhance relaxation and facilitate deep meditative states, providing a holistic approach to healing and wellness.

Spa Reminders

Operating Hours

Spa

Daily from 10am to 10pm

Fitness Centre

Open 24 hours

** Last treatment ends at 9.30pm*

Appointments

Booking in advance is recommended to avoid disappointment. Please dial extension '0' for spa or call +66(0)2 035 1111 directly.

Treatment Preparation

We recommend that guests arrive 15 minutes prior to their scheduled treatments, allowing time to complete a holistic consultation and relax in the spa's environment.

Spa Environment

The minimum age for spa treatments or use of the gym is 16. Guests under the age of 16 are required to have parental consent prior to their booking being accepted.

Guest Attire

Proper attire is required for all fitness and wellness activities. Undergarments and bathrobes are provided for treatments when required.

Valuables

Please leave valuables in the safe in your suite.

Cancellation Policy

We understand that schedules change, and we will do our best to accommodate you. Once your spa time is reserved, we kindly ask for a minimum cancellation notice of six hours for spa treatments and 24 hours for wellness activities. Cancellations made within the respective notice period will be subject to 100% charge for the booked service.

Special Considerations

Our holistic consultation must be completed and signed to ascertain any allergies or previous injuries and avoid any discomfort during the treatment. Most treatments can be adapted to accommodate pregnancy or injury. Please contact the spa with any medical or health concerns.

Pricing

All prices are subject to local tax and service charge. Spa reservations outside of operation hours are subject to an additional 50% surcharge.



AMAN NAI LERT BANGKOK

1 Soi Somkid, Lumpini, Pathumwan,
Bangkok, Thailand, 10330

Tel: +66 (0)2 035 1111

Email: anlb.spa@aman.com