



GENTLEMEN'S SPA

CURATED SPA TREATMENTS FOR MEN



GENTLEMEN'S TONIC
MAYFAIR



THE GENTLEMEN'S TONIC IS AN INTERNATIONAL AWARD-WINNING SPA AND GROOMING CONCEPT. A PIONEER IN BOTH TREATMENTS AND OFFERING A SELECTION OF HOMECARE GROOMING PRODUCTS AS WELL AS THE MOST SCIENTIFICALLY ADVANCED ANTI-AGING COSMECEUTICAL RANGE EVER DEVELOPED FOR MEN.



◇ TREATMENTS ◇

BNS DE-STRESS

| 30/45 mins

Allow us to tailor a swift massage treatment for your back neck and shoulders according to your choice of warm oil and pressure.

AFTER THE WALK

| 30/45 mins

Experience holistic balance and deep relaxation. This invigorating foot treatment provides physical renewal with specific thumb, finger and hand techniques applied to various reflex points on the feet to stimulate corresponding organ groups in the upper body.

OUT OF OFFICE

| 60/90 mins

An ultimate stress release experience delivers triple results by targeting three key areas – the back, the face, and the scalp, making it the ideal treatment after an exhausting day.

THE SECRET OF CANNABIS

| 60/90 mins

A vital body massage that reconnects a positive flow of energy, restores balance and leaves your mind, body and spirit calm and soothed. It simply restores a natural vibrant energy.

MUSCLE MELT

| 60/90 mins

Long deep strokes, elbow movements and stretches are used to mobilize the entire motor system and all the muscles. This treatment can be tailored to your specific needs, fitness, or strenuous physical activities.

For more information or reservation, please call +66 2 126 8866
or email spa.asia@anantara.com



◇ TONIC FACIALS ◇

BOOSTER FACIAL

| 30 mins

Toning & Soothing

Quick and efficient, the booster facial allows the skin to be expertly cleansed, toned, and soothed using a combination of Gentlemen's Tonic professional products and tailored to your skin type. This facial has been conceived as an introductory facial for those who never had one before or for those who just want a quick but effective treatment.

ADVANCED TIME CONTROL FACIAL

| 60 mins

Brightening & Instant lift

Get a firmer, smoother, younger-looking complexion with this potent cell metabolism-stimulating treatment. Using the latest peptide technology to promote collagen production, cell renewal, and increased hydration, a tonic specially formulated for male skin softens the appearance of fine lines and wrinkles, leaving the skin significantly refreshed, brighter and instantly lifted.

THE HYDRO MAGNIFYING FACIAL

| 60 mins

Nourish & Protect

A highly effective facial that helps nourish and protect the skin from environmental aggressors and excess sun exposure while improving its overall texture using a carefully selected blend of Gentlemen's Tonic award-winning Cosmeceutical products. Recommended for any man, especially those experiencing dry, flaky skin.

DETOXIFYING FACIAL

| 60 mins

Repair & Replenish

Ideal in Bangkok's humid conditions, this deep-cleansing facial uses Gentlemen's Tonics' professional range to unblock pores and improve the skin tone. Invigorating Gel Cleanser decongests with a blend of botanical extracts rich in naturally-occurring AHAs; Facial Focus Complex with fruit enzymes brightens; and kaolin-based clay Eliminator Mask draws out impurities.

For more information or reservation, please call +66 2 126 8866
or email spa.asia@anantara.com

◇ BODY TREATMENTS ◇

INVIGORATING BODY POLISH

| 50 mins

A selected blend of Gentlemen's Tonics' advanced professional products are used for this invigorating, full body scrub that will leave the skin smooth, nourished and free of impurities.

PURIFYING BACK TREATMENT

| 40 mins

Involves deep cleansing and exfoliation of the back, shoulders, and upper arms, congestion and impurities.

BACK TONING BOOSTER FACIAL

| 40 mins

This relaxing treatment removes excess oil, congestion and impurities from the back, shoulders and upper arms and includes a tension-busting massage. After a cleanse, a hydrating pack is applied to the problem areas, while the face is treated to the Booster Facial for an expertly cleansed, toned and soothed complexion.

For more information or reservation, please call +66 2 126 8866
or email spa.asia@anantara.com

◇ THE LINGER LONGER COLLECTIONS ◇

THE MEN'S ULTIMATE DEFENSE

| 100 mins

First, the Purifying Back treatment gives your back, shoulders and upper arms a deep cleanse. This is followed by the Siam Hydration Facial formulated to protect the face from environmental aggressors and UV damage, leaving the skin nourished and refreshed. The Revitalising Eye Treatment lifts and tones the eye area.

THE TRAVELER'S DAY

| 120 mins

The Traveller Package combines the best of both worlds- the ultimate head to toe massage with a Gentlemen's Tonic Booster Facial for maximum relaxation.

THE COMPLETE GENTLEMEN'S TONIC

| 120 mins

Carefully selected head to toe treatments have been combined in order to create this exclusive package, offering pure indulgence for any gentleman! The package consists of a Gentlemen's Tonic Advanced Time Control Facial, a relaxing Bespoke Foot Treatment and, to finish, a 60 min full body massage.

◇ NAILS ◇

MANICURE & PEDICURE

Make yourself comfortable in a luxurious pedi-chair, which massages you into deep relaxation. Feel beautifully pampered from fingertips to toes that include a cleansing ritual, exfoliating scrub, nourishing mask, cuticle care.

◇ BOOSTERS ◇

REVITALISING EYE TREATMENT

| 25 mins

This treatment uses the world's most advanced men's Cosmeceutical range to help lift, tone and refresh the entire eye area, leaving you looking and feeling younger immediately!

For more information or reservation, please call +66 2 126 8866
or email spa.asia@anantara.com



TRUEFITT & HILL
EST. 1805 • ST. JAMES'S • LONDON

TRUEFITT AND HILL

THE ROYAL HAIRCUT

Have your hair cut to perfection by one of our top stylists.
Includes shampoo & styling.

HEAD SHAVE

| 30 mins

The head shave commences with an aromatic hot towel to soften and prep the skin. A badger hair bristle brush is then used to lift the hair for the closest possible shave.

NECKLINE CLEANUP

| 20 mins

Keep your fade looking fresh with professional touch-up services around the ears and neckline.

SHAMPOO AND FINISH

| 20 mins

This service addresses the cleansing and moisturising of the hair, followed by styling advice and product knowledge.

HAIR COLOURING

| 40/60 mins

Head

Goatee/Beard

EARS CLEANING

| 20 mins

Traditional Chinese-Thai style ears cleaning.

FACIAL HAIR GROOMING

| 20 mins

Waxing: Ears/Nose/Eyebrows/Cheeks

For more information or reservation, please call +66 2 126 8866
or email spa.asia@anantara.com





TRUEFITT & HILL
EST. 1805 • ST. JAMES'S • LONDON

TRUEFITT AND HILL

TRADITIONAL HOT TOWEL WET SHAVE | 30 mins

The signature 200 year old clean shave provides the closest and comfortable shave. T&H pre-shave oil is applied with a luxurious hot towel wrap, followed by a rich shaving cream in prior to the shave.

THE ULTIMATE SHAVING EXPERIENCE | 45 mins

Enjoy all the pleasures of our Traditional Hot Towel Wet Shave with a deep relaxing face massage.

SHAVE AND SHAPE | 45 mins

Allow our expert stylist to shape your beard and have the opportunity to be more creative with your beard style.

BEARD TRIM | 20 mins

Have your beard cleaned and trimmed to perfection.

FACE MASSAGE | 20 mins

This treatment will leave your skin looking bright, supple and refreshed.

HEAD SPA | 25 mins

A unique combination of Thai-European techniques, this treatment will leave you feeling refreshed and energised while provide the ultimate nourishment for your hair with the deep tissue scalp massage using our organic hair conditioner. The treatment ends with Shampoo & Finish.

For more information or reservation, please call +66 2 126 8866
or email spa.asia@anantara.com





TRUEFITT & HILL
EST. 1805 • ST. JAMES'S • LONDON

TRUEFITT AND HILL

THE ROYAL FACE MASSAGE & MASK

| 50 mins

The face is cleansed, moisturized and wrapped in a hot towel before our invigorating mask is applied. Whether its combination, oily, dry or congested skin, this treatment will restore balance to your skin and leave the face bright and rejuvenated.

SCALP SPA MIST

| 45 mins

Rejuvenate your scalp with our special Nano Mist scalp care treatments. Feel the nutrients absorbed into your scalp through the warm mist produced by our spa hat machine. Then finish the treatment of by applying the Base Act Essence serum to strengthen your scalp and hair roots.

HAIR SCALP & DETOX

| 25 mins

(After Hair Colouring Only)

Detoxify your hair from chemicals and residues after colouring with our hair scalp and detox treatment. Wash your hair with our special formula shampoo. After that, unclogs the hair follicles then push out the remaining gunk and toxins using our Nano Mist machine. Leave our shop feeling refreshed after applying the Base Act Essence in the final step.

HAIR STRAIGHTENING

| 120-150 mins

Have our professional barber tame that frizzy, curly hair to help keep you looking neat, sleek and smooth.

HAIR PERMING

| 120-150 mins

Add volume to your hair and give it an easy-to-style natural look with our hair perming service.

For more information or reservation, please call +66 2 126 8866
or email spa.asia@anantara.com



SPA ETIQUETTE

- Please arrive 15 minutes prior to your treatment in order to complete your health assessment form and take time to relax in our tranquil surroundings.
- We have a wonderful selection of refreshing teas for you to enjoy after your treatment.
- Please note that the spa is unsuitable for small children and babies as we try to ensure that all our guests benefit from the peace and quiet.
- We recommend that you leave all jewellery in your room before coming to the spa.
- All treatments will be charged to your room and will appear on your account at check-out.
- Please give five hours' cancellation notice on individual treatments and 24 hours' notice on packages, otherwise 50% of the price may be charged to your account.
- We recommend that you do not sunbathe after an aromatherapy or waxing treatment.
- If you are having a facial, we recommend you to shave prior to all facial treatments to ensure that maximum results are achieved. We also can arrange a reservation for a wet shave at our Truefit&hill salon.
- Smoking and the use of mobile phones is not permitted in the spa.
- Arriving late will decrease your treatment's duration.
- Guests with high blood pressure, with heart conditions, with allergies, 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.
- Prices are subject to 10% service charge and 7% applicable government tax.

For more information or reservation, please call +66 2 126 8866
or email spa.asia@anantara.com





ANANTARA SPA
ANANTARA SIAM BANGKOK HOTEL
155 Ratchadamri Rd, Lumpini, Pathum Wan, Bangkok 10330