

THE PENINSULA

B A N G K O K

August 2014

THE PENINSULA SPA TAKE WELLNESS TO THE NEXT LEVEL OF LUXURY



The Peninsula Spa at The Peninsula Bangkok is taking the health and well being of guests to the next level by introducing two new multifaceted wellness programmes that will be both holistic and indulgent. The programmes – which span from four to seven days - include a consultation with a doctor from the renowned BNH Hospital in Bangkok, along with an array of pampering treatments and a selection of the most nutritious Thai food.

Combining detoxing and rejuvenation with a personal health regime, the “**Rest, Relax and Rejuvenation**” and “**Weight Management**” programmes allow liberal pampering and are intended to ensure guests have a life-enhancing experience.

The Rest, Relax and Rejuvenation Programme offers a four-day-and-three-night itinerary of expertly orchestrated treatments and activities, which are intended to relax and revive as well as set guests onto a course of better health and well-being. The guests will stay in a Deluxe Room with an enchanting river view, plush furnishings and top-of-the-line amenities. After checking in, their journey begins with a private consultation with a BNH Hospital doctor and nutritionist at the hotel. Also on the schedule are a body scrub, water therapy, holistic body massage, facial treatment and aquatic exercise. The expertly

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rendered spa treatments and therapies are enhanced with great dining, with guests able to indulge in the hotel's many healthy and delicious specialties such as the *Naturally Peninsula Spa Cuisine*. Guests will also have the opportunity to immerse in a dose of local culture with a Thai cooking class and a visit to a local market.

The programme is priced at THB 55,550 nett (single) and THB 88,880 nett (double). It features the following:

- Accommodation in a Deluxe Room with glorious river views for two
- International daily buffet breakfast at The River Cafe & Terrace
- Royal check-up package at BNH Hospital
- Meet and consult a nutritionist
- Consultation with a doctor
- Round trip airport transfer via a BMW limousine
- Round trip BNH transfer
- Thai cooking class with a visit to a local market
- Healthy lunch menu
- Healthy dinner menu
- Aquatic exercise (60 minutes)
- Water therapy (60 minutes)
- Body scrub (30 minutes)
- Holistic body massage (one hour and 30 minutes)
- Biologique Recherche Facial Treatment (60 minutes)

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The Weight Management Programme will set guests on the path to a fitter and leaner body. For seven days and six nights, guests will stay in a Deluxe Room with glorious river views. Their journey will begin with a consultation with a BNH Hospital nutritionist and doctor. Guests will be able to partake in healthy and delicious specialties throughout their stay at The Peninsula Bangkok. The spa programme also features a lymphatic drainage massage, salt scrub and detox bath, a contouring and firming treatment and a facial, leaving guests trimmer, feeling better and taking them one step closer to a healthier and leaner body.

The programme is priced at THB 115,550 nett (single) and THB 175,550 nett (double). It features the following:

- Accommodation in a Deluxe Room with glorious river views for two
- International daily buffet breakfast at The River Cafe & Terrace
- Royal check-up package at BNH Hospital
- Meet and consult a nutritionist
- Consultation with a doctor
- Round trip airport transfer via a BMW limousine

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- Round trip BNH transfer
- Thai cooking class with a visit to a local market
- Healthy lunch menu
- Healthy dinner menu
- Holistic body massage (one hour and 50 minutes)
- Lymphatic drainage massage (one hour and 20 minutes)
- Salt scrub and detox bath (60 minutes)
- Contour & Firm Body Treatment (one hour and 50 minutes)
- Biologique Recherche Facial Treatment (60 minutes)

Both programmes leave enough time for guests to relax or explore their surroundings - whether lounging by the hotel's terraced pool, shopping in Bangkok's world-class bazaars or visiting the city's tourist spots and entertainment attractions.

The programmes can be booked from now until 15 March 2015. The staying period is until 30 March 2015. Blackout dates may apply.

For more information or to make a booking, please contact the Reservations Department at +66 (2) 2861 2388 or e-mail reservationpbk@peninsula.com.

The Peninsula Spa is located in an elegant three-storey Thai colonial-style building by the Chao Phraya River. Pampering at The Spa is worthy of royalty. It offers traditional methods from European, Oriental and Ayurvedic philosophies and seamlessly combines them with modern comforts. The Peninsula Spa therapists set a new benchmark for Bangkok spas in terms of skill, training and quality treatments. No other spa has a team of therapists who undergo such an intensive, comprehensive and lengthy training programme. All of them must be fully qualified before joining The Peninsula Spa, and must then attend an intensive 10-week training programme, which covers product knowledge, treatment training and spa concepts. In 2012, *Global Traveler Magazine* voted The Peninsula Spa as the Best Spa in the World.

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THE PENINSULA SPA TAKES WELLNESS TO THE NEXT LEVEL OF LUXURY – 5

The BNH hospital, formerly known as the Bangkok Nursing Home Hospital, was established originally to provide nursing care for expatriates. The hospital, opened by the British Ambassador to Thailand, Mr George Grenville, CMG in 1898, was one of the first private hospitals in Thailand. BNH Hospital provides the highest quality medical service under JCI's standard with specialists and general practitioner doctors completely involved with their patients, from consultation and diagnosis, through to planning and executing treatment, following-up of results, and in surgical cases, post-operative care. The concept of 'the Family Doctor' is still highly valued at the BNH Hospital.

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About The Hongkong and Shanghai Hotels, Limited (HSH)

Incorporated in 1866 and listed on the Hong Kong Stock Exchange (00045), The Hongkong and Shanghai Hotels, Limited is the holding company of a group which is engaged in the ownership, development, and management of prestigious hotels and commercial and residential properties in key locations in Asia, the United States and Europe, as well as the provision of tourism and leisure, club management and other services. The Peninsula Hotels portfolio comprises The Peninsula Hong Kong, The Peninsula Shanghai, The Peninsula Beijing, The Peninsula Tokyo, The Peninsula New York, The Peninsula Chicago, The Peninsula Beverly Hills, The Peninsula Paris, The Peninsula Bangkok, The Peninsula Manila. Projects under development include The Peninsula London and The Peninsula Yangon. The property portfolio of the group includes The Repulse Bay Complex, The Peak Tower, The Peak Tramways and St. John's Building in Hong Kong; The Landmark in Ho Chi Minh City, Vietnam; the Thai Country Club in Bangkok, Thailand, and 21 Avenue Kléber in Paris, France.

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