

CLINIQUE LA PRAIRIE

AESTHETICS & MEDICAL SPA

UNLOCK WELLBEING

at The St. Regis Bangkok

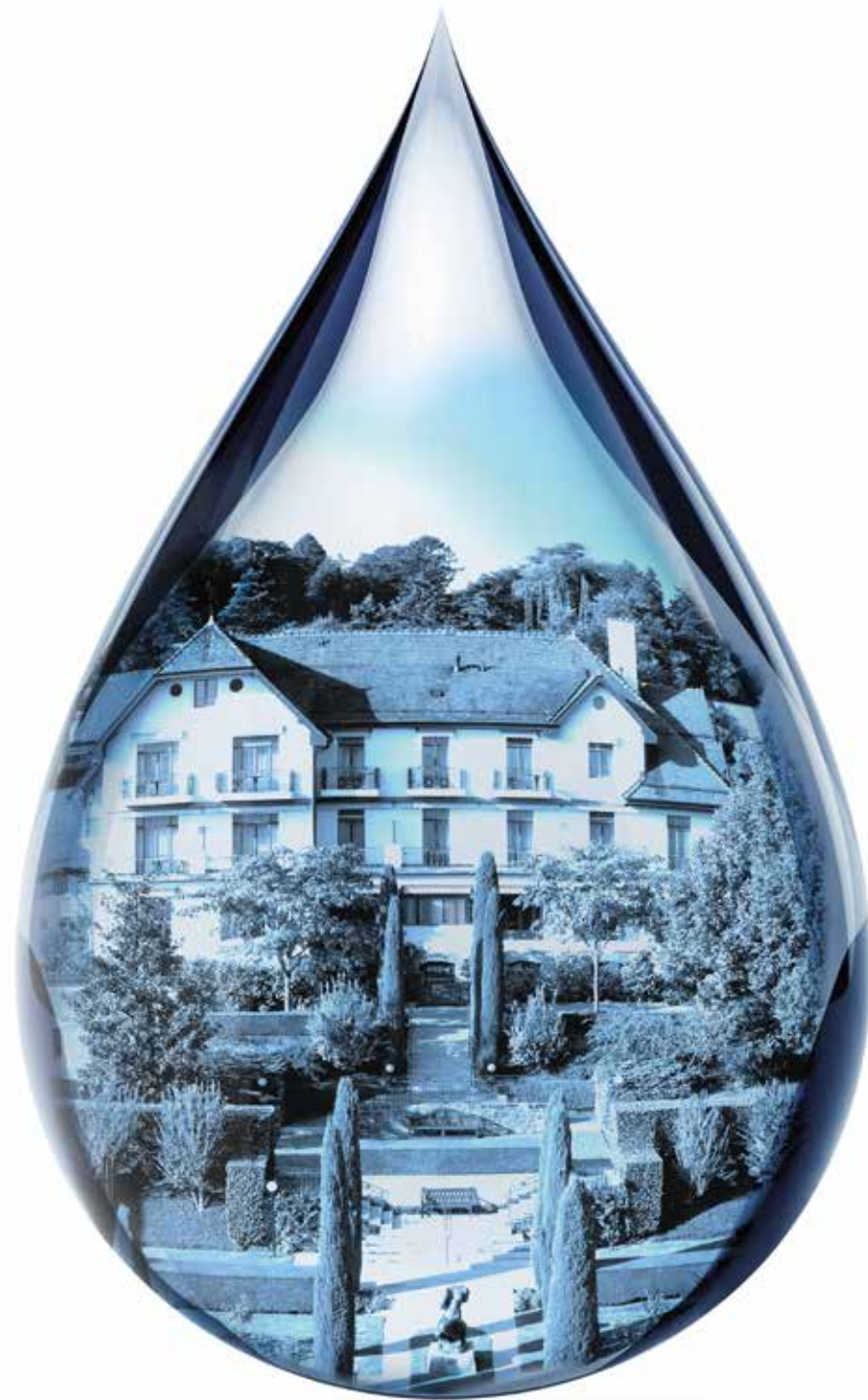
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Our Philosophy

The Clinique La Prairie Aesthetics & Medical Spa at The St. Regis Bangkok is a retreat from the hectic pace of city life. This luxurious haven of wellbeing and rejuvenation offers health coaching, pioneering therapies, and forever young treatments in line with our commitment to help and inspire guests live a healthier, longer, and better life since 1931.

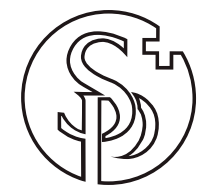
At Clinique La Prairie, we take guests on a journey of transformative wellness, creating a personalized path to feeling good on the inside and out.

Our unrivalled team of spa professionals and aesthetics specialists combine expert knowledge with contemporary cutting-edge science and advanced technology to ensure bespoke experiences and tailor-made programmes that promote longevity, beauty, and nutrition with a results-driven focus.

Restore your energy with individual consultations to address longevity, beauty and nutrition, and reap the benefits of a tailor-made programme designed to overhaul your lifestyle.



WELLBEING



SWISS **SPA**
PERFECTION

PREMIER SKINCELLULAR REJUVENATION

True Swiss Cellular Skincare

With a unique heritage in cellular extraction technology, Swiss Perfection is at the forefront of cutting-edge skincare, producing high-end formulas that offer immediate and visible results.

Derived from the root cells of the Iris Germanica, a plant renowned for its high antioxidant properties, Swiss Perfection's signature complex Cellular Active IRISA® is the result of the most advanced scientific research in the field of cellular cosmetics.

Cellular facial and body treatments by Swiss Perfection protect cells both from premature ageing and the damages caused by free radicals, stimulate cellular metabolism while intensifying the production of collagen naturally present in the skin.

Exclusively created by Swiss Perfection, the treatments draw on the potent age-defying power of the compound Cellular Active IRISA®, which is the very embodiment of the brand's DNA. Combining highly effective antioxidant ingredients and advanced techniques, they regenerate and rejuvenate the skin at a cellular level and achieve visible long-lasting results.

Because Swiss Perfection strongly identifies with Swiss essence, quality and craftsmanship, the entire product range is formulated, developed and produced in Switzerland adhering to the highest quality standards.

Cellular Face and Body Treatments

Committed to excellence, precision and technological innovation to attain the ultimate results in aesthetics and regeneration, Swiss Perfection is Clinique La Prairie's exclusive cellular skincare partner for spa treatments.

Experience intense regeneration inspired by cellular therapy, deeply rooted in the DNA of both Clinique La Prairie and Swiss Perfection.

Enjoy the most privileged experience. Our skin specialists perform you tailor-made cellular treatments perfectly adapted to your wishes and skin needs.



Cellular High-Touch Facial Treatments

Swiss Perfection’s cellular high-touch signature facials combine the application of high-quality products with manual techniques to protect against visible signs of ageing. They prevent the appearance of ageing so that skin is visibly radiant, plump and remarkably smooth.

CELLULAR PERFECT LIFTING 75 minutes

This exclusive facial provides a natural, yet visible lift that improves the skin’s firmness while promoting cellular renewal. It combines innovative rejuvenating solutions and specific manual techniques to remodel facial contours while smoothing wrinkles.

CELLULAR PERFECT HYDRATION 75 minutes

This innovative treatment protects the cells found in the deepest layers of the skin from premature ageing, dehydration and irregular complexion. The skin is re-plumped, smoothed and perfectly moisturized.

CELLULAR PERFECT LIGHTENING 75 minutes

Specially designed to balance melanin production, this targeted facial evens the complexion and returns a youthful appearance to the skin.

CELLULAR PERFECT PURIFYING PROTECTION 75 minutes

This highly effective antioxidant facial deeply purifies the pores while accelerating tissue oxygenation. This treatment is the perfect cure for skin exposed to free-radicals and is the skin’s best ally in preventative ageing.

CELLULAR PERFECT RECOVERY 60 minutes

Soothing ingredients combined with specific facial techniques allow this targeted treatment to support the skin’s natural healing process. It calms irritation and inflammation while deeply repairing the damage caused by internal imbalances and external aggressions.

CELLULAR HIGH-TOUCH MEN’S PERFECT REPAIR 75 minutes

A perfect cleansing treatment designed specifically for men’s skin. It erases all signs of fatigue for a fresh and healthy appearance. This treatment is tailored to ensure optimum skin rejuvenation for men of any age.

Cellular High-Tech Facial Treatments

We offer anti-ageing facial treatments focused on immediate, visible and lasting results. Our cellular high-tech facial treatments combine highly concentrated formulas with advanced technology, a unique patented process, that effectively corrects all signs of ageing even in the deepest layers of the skin, including wrinkles, firmness and hyperpigmentation. The result is a radiant and dramatically revitalized complexion with firmer, toned skin.

CELLULAR HIGH-TECH EXCLUSIVE LIFTING 60 minutes

Inspired by advanced medical anti-ageing techniques and relying on the most recent patented technological innovations, this lifting treatment acts on a multidimensional level to target signs of ageing. It offers spectacular immediate results by visibly lifting and improving the skin’s firmness while promoting cellular renewal. Specific and highly concentrated formulas target loss of firmness, sagging and wrinkles. This facial acts as a natural facelift with long-term benefits – facial contours are remodelled, and wrinkles are smoothed away.

CELLULAR HIGH-TECH INTENSE HYDRATION 60 minutes

Infusing the skin with intense moisture, this unique rejuvenating treatment using patented technology protects the deepest layers of cells in the skin from premature ageing, dehydration, and irregular texture. The skin’s wellbeing, elasticity and smoothness are optimally maintained through long-lasting moisturization. Skin is deeply hydrated, plumped and rejuvenated; wrinkles and expression lines are smoothed, and skin hydration levels are optimally preserved.

CELLULAR HIGH-TECH PIGMENT LIGHTENING 60 minutes

Designed to balance melanin production, this high-tech facial works deep into the layer of the dermis directly targeting the cells responsible for hyperpigmentation. Supported by advanced technological research, this revolutionary facial instantly brightens and evens the complexion. The appearance of dark spots and pigmentation irregularities are visibly reduced, bringing immediate radiance and youthfulness to the skin.

CELLULAR HIGH-TECH PURIFYING ANTI-POLLUTION 60 minutes

Thanks to the power of pure vitamin C, this highly active antioxidant facial removes toxins and restores skin radiance. Acting as a shield against oxidative stress and other external aggressions, this highly stimulating vitamin cocktail is a combination of technologies that bring vitality and radiance to the skin. Tissue oxygenation is increased; skin cells are energized and renewed. This treatment is the perfect cure to fight premature signs of ageing and environmental damage caused by free radicals.

CELLULAR HIGH-TECH MEN’S TOTAL REPAIR 60 minutes

Designed specifically for men’s skin, this deep cleaning and rejuvenating facial incorporates the latest patented cellular skincare technological innovations to soothe, purify and eliminate fatigue to promote a calm, fresh, and youthful appearance. This face treatment ensures optimum skin rejuvenation and optimal skin protection from external aggressions for men of any age.

Complement your facial with Swiss Perfection's Cellular Add Ons

Cellular High-Touch Add On Treatments

CELLULAR PERFECT EYE CONTOUR 45 minutes

This focused treatment rejuvenates the eye contour while erasing all signs of fatigue. It helps to increase the rate of cell renewal, smooths wrinkles and reveals a youthful appearance.

CELLULAR PERFECT DÉCOLLETÉ 45 minutes

This treatment focuses on the décolleté area, targeting wrinkles, sagging skin, loss of firmness and dark spots. The skin surrounding the neck and décolleté area is visibly rejuvenated and appears firmer.

CELLULAR PERFECT LEG 35 minutes

Combining an oil massage with exfoliation, and a final application of a refreshing gel, this targeted treatment brings a stimulating yet relaxing freshness to the feet and legs.

Cellular High-Tech Add On Treatments

CELLULAR HIGH-TECH EYE CONTOUR 45 minutes

Focusing on the most delicate area of the face, the patented technology of this treatments offers a rejuvenated and uplifted eye contour. Fine lines and wrinkles are smoothed and all signs of fatigue are erased. The skin is luminous and firmed.

CELLULAR HIGH-TECH NECK & DÉCOLLETÉ 45 minutes

This cutting-edge treatment owes its effectiveness to Swiss Perfection's exclusively patented technological innovations. It targets wrinkles, sagging skin and loss of firmness as it consolidates the skin's cellular structure by stimulating the production of fibroblasts in the connective tissue. The skin surrounding the décolleté area is visibly rejuvenated and firmed, while both neck and décolleté are toned and reshaped by this treatment.

Cellular High-Touch Body Treatments

CELLULAR FIRMING BODY TREATMENT 60 minutes

The intensive cellular firming body experience targets loss of firmness and elasticity offering a lift effect with visible and immediate results. By boosting the collagen production, the structure of the skin is renewed, smoothed, lifted and revitalized resulting in a toned silhouette.

CELLULAR ANTI-CELLULITE BODY TREATMENT 60 minutes

Designed to reshape body contours, this intensive cellular treatment targets cellulite, the appearance of orange peel and loss of tone, leaving a profound sensation of lightness and wellbeing. The body is perfectly defined, firmed and toned.

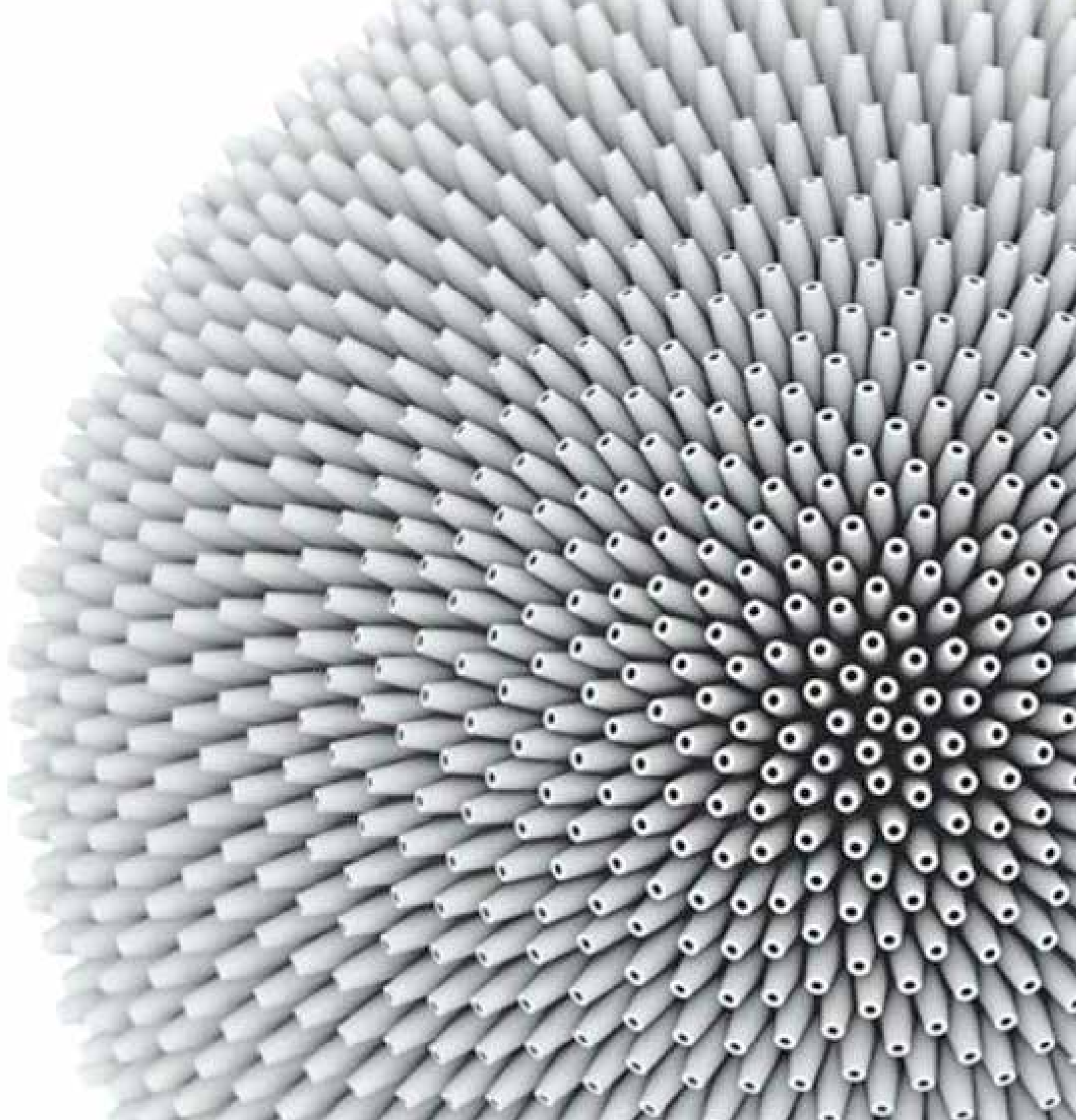
CELLULAR DETOXIFYING BODY TREATMENT 60 minutes

The unique blend of active ingredients used in this treatment stimulates metabolism, removes impurities, encourages circulation, and boosts the elimination of toxins. Skin is gently exfoliated, leaving it smooth and healthy. This treatment perfectly complements a weight loss or anti-cellulite programme.

CELLULAR BODY EXFOLIATION 45 minutes

This highly relaxing treatment will stimulate blood circulation and remove dead skin cells. It begins with a quick oil rub before your skin is exfoliated using our Cellular Regenerating Salt.





Signature & Healing Therapies

REVITALIZING MASSAGE 60 minutes | 90 minutes

Awaken your senses and stimulate the body’s energy flow with this signature massage. Using the powers of lithotherapy, precise acupressure techniques combined with rhythmical massage strokes in sweeping movements at varying speeds and sequences combine to revitalize the body.

HERBAL COMPRESS IMMUNITY BOOST MASSAGE 60 minutes | 90 minutes

Combining the expert movements of your therapist’s hands with lightly applied herbal compresses, this massage uses a mix of plants exclusively created for Clinique La Prairie to boost the immune system and take you into a state of total relaxation.

RELAXING MASSAGE 60 minutes | 90 minutes

From the crown of your head to the tips of your toes, this signature massage takes you on a journey of relaxation. Exclusive to the 90-minute massage only, the treatment commences with a healing singing bowl sound meditation to lull you in a deep state of inner peace in preparation for the massage.

DETOX MASSAGE 60 minutes | 90 minutes

This massage regenerates the body and activates the elimination of toxins. The effect is immediate – tension located in the muscles dissolves, while the physiological system’s reflex points rebalance, and oxygenation is improved.

VISCERAL MANIPULATION 60 minutes

Working on the stomach area, in addition to the diaphragm, breathing and spine, this manual technique restores mobility, tone and motion to the organs, while improving functional and structural balance throughout the body. This treatment also helps with musculoskeletal tension and digestive disorders while mobilizing energy and balance.

MANUAL BODY LYMPHATIC DRAINAGE 60 minutes

This manual lymphatic drainage uses light, sweeping strokes to encourage lymph flow, improve blood circulation and help your body naturally detoxify. It is especially effective for those who have scar tissue, spider veins or acne, and helps reduce swelling before and after plastic surgery.

MANUAL FACIAL LYMPHATIC DRAINAGE 30 minutes

This massage is particularly effective in reducing swelling before and after plastic surgery on the face.

DEEP TISSUE MASSAGE 60 minutes | 90 minutes

This therapeutic massage uses deep tissue techniques and light stretching, working on the deeper layers of your body to release muscle pain and tension. A special aromatherapy oil is used to help your muscles succumb to relaxation.

SLIMMING MASSAGE 30 minutes | 60 minutes

The perfect complement to our Swiss Perfection Cellular Cellulite-Control treatment, this gentle massage improves skin texture, helps eliminate new cellulite, and sculpt the body. The massage culminates with the application of a special aromatherapy oil to leave you feeling light and toned.

REFLEXOLOGY 50 minutes

The ultimate foot massage, reflexology is a wonderfully relaxing foot treatment based on the theory that specific areas of the feet correspond to particular areas of the body. Your therapist will apply pressure to your feet to rebalance your whole body and stimulate healing.

ABHYANGA 60 minutes | 90 minutes

This deeply nourishing massage uses warmed, organic sesame oil and long sweeping strokes to soothe and destress the entire body. Your therapist will adapt the pressure of the massage to suit your requirements, and finish the treatment with a therapeutic head massage to ensure you end your massage in a state of total bliss.

TRADITIONAL THAI MASSAGE 60 minutes | 90 minutes

Practised throughout Thailand for 2,500 years, this traditional healing massage technique encourages the body's internal energy to flow more freely, improving overall health and wellbeing. Your therapist uses fingers, thumbs, elbows, arms and feet in a combination of acupressure and stretching movements. Areas of tension and stress are addressed, and flexibility is enhanced.

HOT STONE MASSAGE 60 minutes | 90 minutes

Balinese stones bathed in nourising body oil are worked deep into the muscles to relieve areas of tension. The body receives healing vitality. Skin is intensely hydrated.

INDIAN HEAD MASSAGE 30 minutes | 60 minutes

Soothe your mind, calm your soul. Drawing on the holistic pressure point techniques of ancient Ayurveda, this massage focuses on relieving tension in the head and neck. Restorative coconut oil both soothes and enlivens the scalp, helping to alleviate insomnia, headaches and congestion.

PREGNANCY MASSAGE 75 minutes | 90 minutes

Mothers-to-be are restored to optimum wellness with this intuitive and relaxing massage. Our prenatal massage can help reduce stress and swelling in arms and legs and relieve muscle and joint pain in pregnant ladies.

HAMMAM EXPERIENCE 45 minutes

Our signature hammam treatment blends luxurious pampering as you lay on heated marble that soothes the senses. This time-honoured cleansing technique incorporates Eucalyptus Black Soap to nourish the skin, and exfoliating techniques using a Kessa mitt. Mineral-rich rhassoul clay is applied to detoxify and re-energize the body during this purifying ritual. The result is silky smooth skin, a healthy glow, and an overall feeling of wellbeing.

SPA DREAM EXPERIENCE 30 minutes | 60 minutes

This acoustic and vibration therapy is guided by technology that trains the brain to let go and succumb to deep relaxation techniques, enabling even the busiest of minds to enter a deep level of relaxation. As in meditation, specific sounds slow down mental activity, while vibration frequencies target the body's energy centers.



Membership & General Information

Membership

An exclusive membership programme is available for those who wish to enjoy the full spectrum of benefits at Clinique La Prairie Aesthetics & Medical Spa to achieve a profound and holistic change in wellbeing. These packages include private consultations and tailor-made therapies in addition to innovative treatments, wellness treatments, gym membership and more. A premium annual membership offering the advantage of an exclusive residential stay at Clinique La Prairie Montreux in Switzerland is also available.

ENQUIRY OPTIONS AND APPLY FOR MEMBERSHIPS

Our team is pleased to answer your questions. Please feel free to contact us:

E info@cliniquelaprairiebangkok.com

T + 66 (0)2 207 7779

General information

OPENING HOURS

Monday to Sunday 10:00 am - 10:00 pm

Schedule an appointment

To schedule an appointment, please contact our spa reservation team who will be able to help you choose the perfect treatment. Appointments booked by guests not staying at The St. Regis Bangkok must be accompanied by a valid credit card.

Arrival Time

Please arrive at the spa reception 15 minutes before your treatment time. This will ensure you sufficient time to complete a consultation with a spa specialist before your treatment.

Peace and quiet

In consideration for other spa guests, please refrain from using mobile phones in the spa.

Gift voucher

An exclusive gift idea for someone special. Please contact the spa reception for details.

Cancellation conditions

A 24-hour cancellation notice is required to help us reschedule your appointment, subject to availability at the spa. Any cancellation/rescheduling with less than 3 hours notice will incur a 50% cancellation fee. The entire charge of the treatment booked will be levied in case of a “No Show” without any prior cancellation as specified above. Entire charge will also be levied for cancellation of a 30-minute treatment.

Valuables

Please do not leave any valuables in the changing rooms, and be sure to take your belongings with you at the end of each day. The management cannot accept responsibility in the event of theft or loss.

INFORMATION & RESERVATIONS

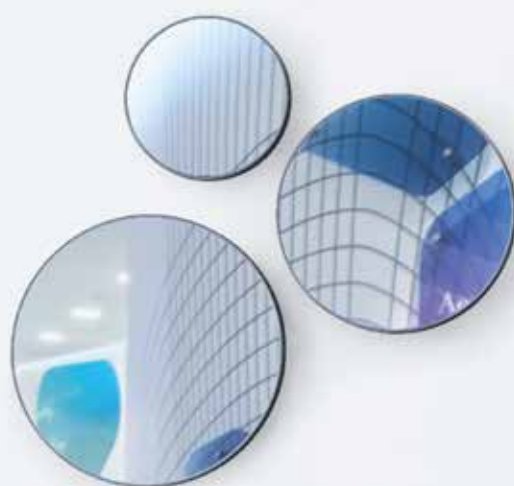
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