

CLINIQUE
LA PRAIRIE

AESTHETICS & MEDICAL SPA



AESTHETICS &
MEDICAL TREATMENT MENU

at The St. Regis Bangkok

Aesthetics & Medical Treatment Menu

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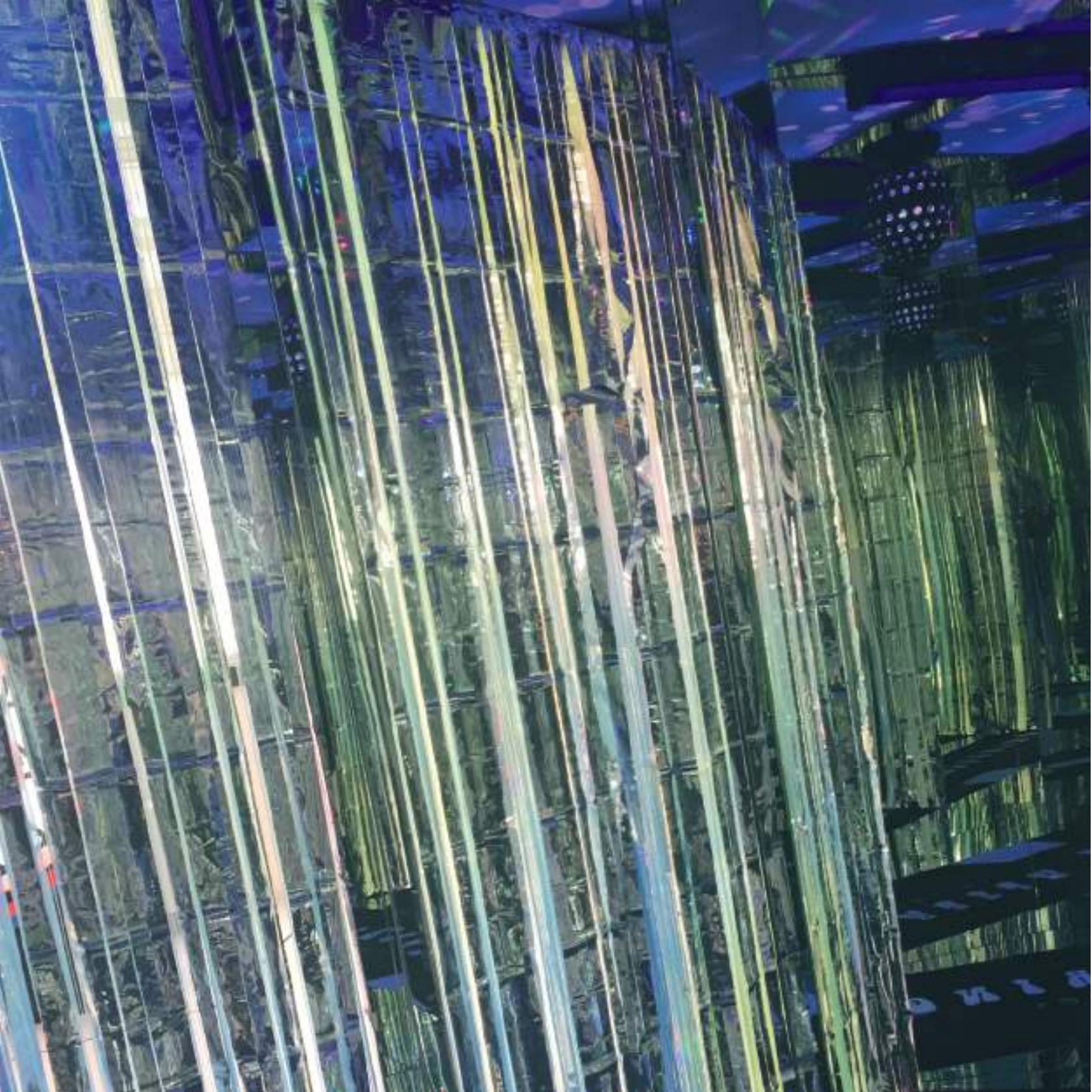
Our Philosophy

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 to live a healthier, longer and better life since 1931.

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

Our unrivalled team of spa professionals and aesthetics specialists combine expert knowledge 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.



Aesthetics & Medical Treatments

Combining attentive and personalised service with innovative solutions and technology, Clinique La Prairie Aesthetics & Medical Spa draws upon its extensive expertise in the field of preventive and restorative aesthetics.

Our broad range of clinically tested treatments provide lasting and effective results.

DIAGNOSTICS: OLIGOSCAN

Oligoscan's advanced spectrophotometry-based technology allows for an instant and pain-free analysis. Designed to take instant measurements of the body and its minerals, the results can identify deficiencies and excess, trace elements, recognise oxidative stresses including ageing and health concerns and surplus toxic metals which can lead to poisoning. A comprehensive, customised health assessment aiming at optimising the patients' lifestyle and promoting a holistic approach to healthcare, it also includes lab tests to determine nutritional needs and physical activity monitoring.

INTRAVENOUS THERAPY: SIGNATURE INFUSIONS

Your secret weapon is intravenous therapy delivered through our range of signature infusions to sustain your health and wellbeing. Every day, your body requires a certain intake of vitamins and nutrients to maintain normal function. Supervised by trusted medical specialists trained to identify your individual needs, the signature Clinique La Prairie blends are administered via an intravenous drip that delivers nutrients directly into the bloodstream. Each drip contains a carefully selected combination of essential vitamins, minerals and antioxidants to target specific needs, while promoting anti-ageing and whole-body health.



LONGEVITY DRIP

This signature infusion is ideal for boosting general health, restoring vitality and improving immune functions. You will feel energised and uplifted.



IMMUNITY DRIP

Instantly regain strength and energy while giving your immune system a boost with this carefully calibrated cocktail of micronutrients.



DETOX DRIP

From cleansing your system to reducing heavy metal levels and eliminating toxins, this powerful infusion addresses a range of health concerns.



ENERGY DRIP

Specifically designed to recharge your batteries and boost your vitality, this is an excellent solution for those seeking to regain focus and improve overall energy levels.

EMSCULPT

Sculpt your body — fat reduction and muscle toning

A pioneering non-invasive body sculpting solution, BTL EMSCULPT emits high-intensity electromagnetic pulses to force muscular contractions to burn fat, build muscle and tone your body. A superior body contouring option in speed and efficacy, EMSCULPT promises visible fat reduction and enhanced muscle tone after the first session.

Areas: stomach, arms, thighs, buttocks

Results:

- Rapid fat loss
- Build muscle
- Enhanced muscle tone

EMS

Sculpt your body — boost your metabolism and burn fat

Reach your fitness goals faster with a wellness session combining a personalised, targeted workout and body-shaping F-EMS technology designed to radically boost your metabolism and burn more calories than a typical 180-minute workout across several sessions.

Areas: stomach, arms, thighs, buttocks

Results:

- Rapid fat burning
- Deep muscle activation
- Increased metabolism
- Burn more calories

CoolTech

Sculpt your body — redefine & sculpt fat cells

Designed to sculpt and define the whole figure, Cooltech treatment is highly effective on all body areas. Using cryolipolysis technology — a nonsurgical fat reduction procedure that uses cold temperature — the procedure is designed to reduce localised fat deposits that do not respond to diet and exercise.

Areas: stomach, arms, thighs, buttocks, chin

Results:

- Reduced fat deposits
- Toned silhouette
- Lasting results

Exilis Ultra 360

Tighten and firm – face & body

A non-invasive solution for face and body to stimulate collagen production and shrink fat cells. This unique device simultaneously applies both radio frequency and ultrasound energy to heat the deeper layers of the skin. Results include tightened and firmed skin as well as the elimination of fat cells which are flushed out naturally by the lymphatic system.

Areas: face and full body

Results:

- Reduce wrinkles
- Improve skin laxity
- Reduce excess fat

ULTRA FEMME 360™

Intimate female rejuvenation

An innovative approach to women's intimate health, this treatment is specifically designed for vaginal rejuvenation, tightening and improvement of sexual function. The procedure increases blood supply to the treated areas and rebuilds collagen and elasticity.

Areas: vagina and labia

Results:

- Tighten & firm exterior labia
- Improvement in stress incontinence
- Reduce dryness
- Decrease painful intercourse

Injectables

PLATELET-RICH PLASMA (PRP)

Regenerate and define

Reduce fine lines, improve scarring, prevent hair loss and even skin tone, PRP treatment uses injections of growth factors naturally present in the patient's own plasma as part of the cocktail to promote collagen growth. A small amount of the patient's blood is drawn and the platelet fraction containing the growth factors is isolated. This sterile substance is then reinjected into the skin.

Areas: face, neck, décolleté, hands, scalp

Results:

- Cellular regeneration for smoother, younger-looking skin
- Visible reduction of wrinkles, scars and dark circles
- Promotes & stimulates hair growth

MESOTHERAPY

Hydrate and revitalise

Commonly known as “biorevitalisation”, mesotherapy is a technique used to rejuvenate the skin by means of a transdermal injection of a multivitamin solution that includes hyaluronic acid, amino acids and trace elements to instantly rehydrate the skin. This painless and effective treatment will leave you with a glowing complexion.

Areas: face, neck, décolleté, hands, scalp

Results:

- Instant glow
- Firming effect (face and décolleté)
- Reduction of fine lines
- Improved skin tone for face and décolleté

BODY MESOTHERAPY

Reduce cellulite and refine your body shape

A technique aimed at moulding the silhouette naturally through the administration of localised injections that provide stimulus to the patient and dissolve accumulated fat.

Areas: full body

Results:

- Reduce & define double chin
- Reduction of cellulite on the hips and thighs

HYALURONIC ACID-BASED FILLER

Fill and restore volume

A type of temporary dermal filler, injectable hyaluronic acid (HA) is used to reduce the appearance of fine lines and wrinkles, facial folds, and to create structure, framework, and volume to the face and lips. As the content of hyaluronic acid in our body decreases with age, the skin seems less firm and elastic. The plumping and smoothing effects of injectable hyaluronic acid are seen immediately.

Areas: face, neck, décolleté, hands, lips, cheekbones, chin, scars

Results:

- Plumping effect for fuller lips
- Reduce deep wrinkles
- Smooth fine lines

BOTULINUM PROTEIN - BOTOX

Soften expression lines

By temporarily relaxing the facial muscles that cause wrinkles in the forehead and around the eyes, the treatment softens expression lines, as well as preventing excess sweating.

Areas: face, neck, décolleté, excess sweating of the underarms, feet, hands

Results:

- Reduced expression lines
- Fresher-looking face
- Excessive sweating diminished

Laser

LASER PHOTOREJUVENATION

Create even skin tone

The light diffused by the laser destroys the pigments present in sunspots and rosacea (redness on the cheeks, nose, forehead and chin). Several sessions are necessary to eliminate symptoms completely.

Areas: face, neck, décolleté, hands

Results:

- A more even complexion
- Reduces Rosacea and redness in the skin
- Reduce sunspots and pigmentation

VASCULAR LASER

Remove varicose veins

When the small veinlets running through our bodies dilate, they can stand out and take on a red, bluish or purplish colour, forming unsightly varicosities. Two to three laser sessions can eliminate these enlarged veinlets.

Areas: legs

Results:

- Varicose veins disappear
- Legs are left smooth

LASER HAIR REMOVAL

Remove unwanted hair

During laser hair removal, a laser emits a light that is absorbed by the pigment in the hair. The light energy is converted to heat, which damages the hair follicles thus inhibiting future hair growth. Between 4 to 6 sessions are usually required to eliminate all the roots, depending on the area.

Areas: full body

Results:

- Long-term hair removal

Peels

Deep cleanse your skin

Superficial peels remove dead cells from the skin surface, whereas medium peels work on a deeper dermal level. Glycolic, trichloroacetic and other acids are applied to the skin for a few minutes to treat fine lines, acne, uneven pigmentation, and dryness.

Areas: face, neck, décolleté, body

Results:

- Decreased acne lesions
- Reduction of imperfections and pigment spots
- Even skin tone

Thermage

Smooth and tighten skin

An ultra-exclusive and premium treatment, Thermage uses radiofrequency energy to contour the skin by heating the underlying tissue and stimulating the body's natural renewal of collagen that promotes skin tightening, producing a visibly contoured and lifted result. Guests will notice a visible reduction in the signs of aging after a single non-invasive treatment.

Areas: face and body

Results:

- Firmer face contours, double chin reduction
- Decreased wrinkles around the eyes and forehead
- Lifting effect on the stomach, arms and thighs

Thread lift

Correct sagging and increase volume

Filling the gap between non-invasive facial rejuvenation and facelift surgery, the thread lift technique effectively addresses problems caused by facial skin laxity – such as jowls and drooping cheeks. Performed under local anaesthesia, the procedure pulls the skin back slightly therefore lifting and tightening the face. Large surges of collagen to treated areas also help with sagging. Results will appear gradually over the course of 2 to 3 weeks.

Areas: face, neck, décolleté, arms, stomach, thighs

Results:

- A lifting effect, avoiding the constraints of an invasive surgical operation.
- Redrawn and refined facial contours
- Sagging tissue lifted, with increased plumpness and more volume

Memberships & Packages

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 and complete wellness solutions.

FOR ENQUIRY AND TO 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 12:00 PM - 8:00 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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