

RECOVER & REBUILD

Cross the finish line and transition straight into expert restorative care.
Our specialised post-race protocols are engineered to flush out lactic acid, soothe muscle soreness, and dramatically reduce systemic inflammation.

HALF-DAY RECOVERY (4 HOURS)

Recover and rebuild with a restorative recovery designed to reduce fatigue and slow down systemic inflammation.

Includes

- Body Composition Analysis (InBody)
- Cold Water Immersion (Ice Bath)
- Traditional sauna and steam
- IV Drip (Recovery formula)
- Hyperbaric Oxygen Therapy
- ICOONE® myofascial release

THB 9,000 net per person

FULL-DAY RECOVERY (7 HOURS)

Recover and rebuild with a restorative recovery designed to reduce fatigue, slow down systemic inflammation, and bring back vitality.

Includes Everything in the Half-Day Recovery, plus:

- Traditional Chinese Acupuncture
- SkinMTX Customised Facial Therapy
- Dynamic Compression Boots Therapy

THB 14,000 net per person

ANANTARA WELLNESS BANGKOK
257/1-3 Charoennakorn Road Thonburi, Bangkok 10600, Thailand
ANANTARAWELLNESSBANGKOK.COM