



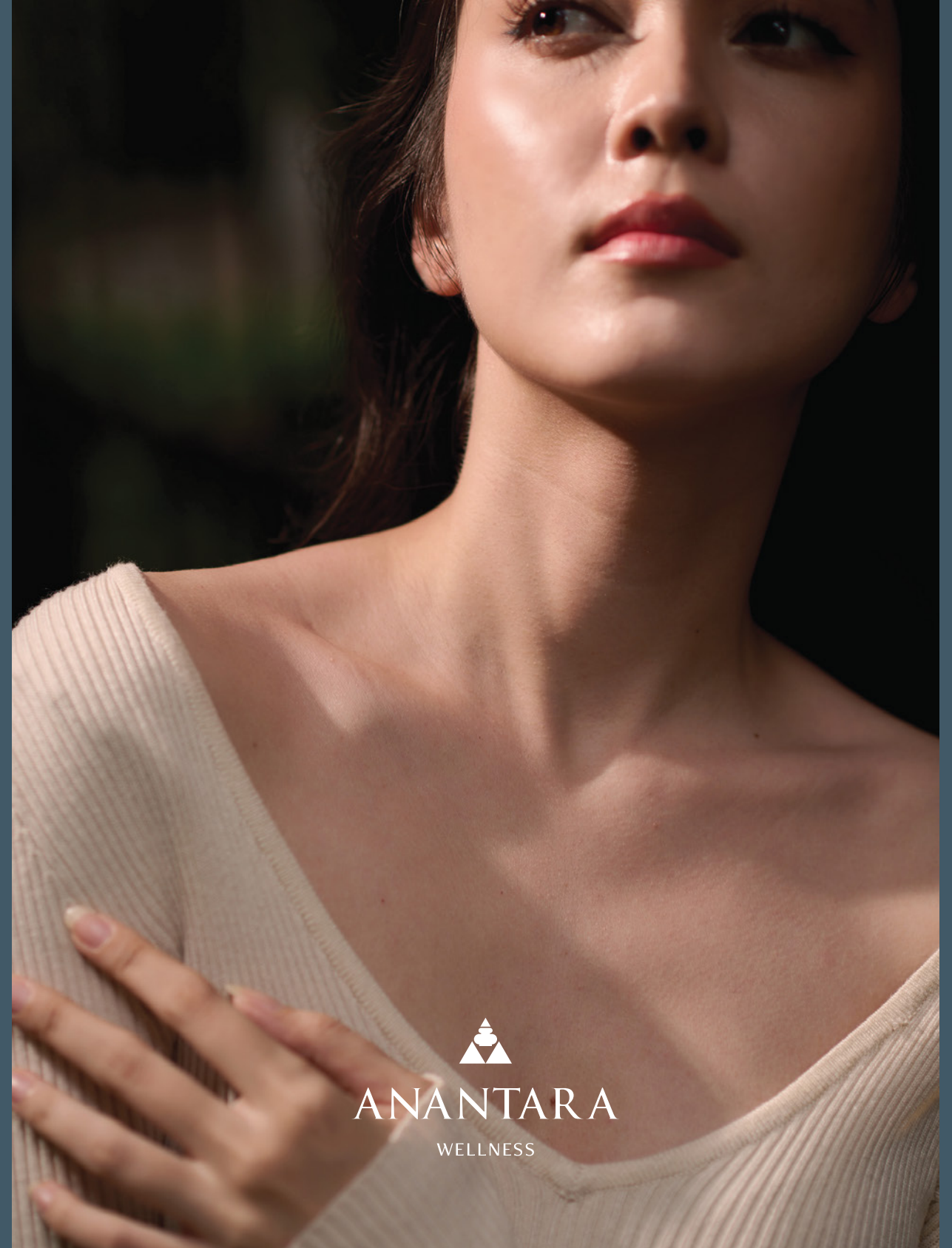
WELLNESS MENU

ANANTARA WELLNESS AT ANANTARA RIVERSIDE BANGKOK RESORT

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Signature Wellness Treatments

YOUR LUXURY JOURNEY TO PERSONALISED HEALTH

Express wellness

Feel your best in just 60 - 90 minutes

Whether you're recovering from travel, preparing for an important meeting, unwinding after a busy day, or simply taking time for yourself, our Express Wellness experiences blend advanced therapies with holistic healing to help you restore your energy, relax your body, and make the most of every moment of your stay. Each experience begins with a personalised wellness consultation to ensure your treatment is tailored to your needs.

Why you'll love Express Wellness

- Personalised wellness consultation before each experience
- Designed for busy travellers and resort guests
- Advanced wellness technology paired with holistic healing
- Results you can feel in just 60 - 90 minutes
- The perfect wellness addition to your Anantara stay

RECOVER

JET LAG RECOVERY

60 minutes · THB 3,200 | 90 minutes · THB 4,000

Express IV Therapy + Hyperbaric Oxygen Therapy
Recover from long-haul travel with a revitalising combination of hydration and oxygen therapy designed to restore your energy, sharpen mental clarity, and help your body adjust to a new time zone.

Best for: Long-haul travellers | Frequent flyers | Early arrivals

SPORTS RECOVERY

60 minutes · THB 4,000 | 90 minutes · THB 4,900

Sports Therapeutic Massage + Express IV Therapy
Whether you've spent the day exploring Bangkok, enjoying a round of golf, exercising, or sightseeing, this experience helps relieve muscle fatigue, restore hydration, and support recovery.

Best for: Golfers | Active travellers | Runners | Gym enthusiasts

POST-PARTY RECOVERY

60 minutes · THB 3,200

Recovery IV Therapy + Hyperbaric Oxygen Therapy
Rehydrate, restore, and revive after a late night. This revitalising experience helps reduce fatigue and leaves you feeling refreshed, energised, and ready to enjoy the day ahead.

Best for: Celebrations | Special occasions | Weekend escapes

RECHARGE

EXECUTIVE RECHARGE

60 minutes · THB 3,200

Energy Support IV Therapy + Hyperbaric Oxygen Therapy
Restore mental clarity, boost your energy, and perform at your best before an important meeting, presentation, or a busy day in the city.

Best for: Business travellers | Executives | Busy professionals

IMMUNITY BOOST

60 minutes · THB 4,000

Immune Support IV Therapy + Multivitamin Shots
Support your immune system, replenish essential nutrients, and maintain your well-being while travelling.

Best for: Frequent travellers | Seasonal wellness | Busy lifestyles

RELIEF

SLEEP WELL

60 minutes · THB 3,200

Sleep Support IV Therapy + Foot & Scalp Massage
Unwind completely, calm your mind, and prepare for a deeply restorative night's sleep, so you wake refreshed and ready for the day ahead.

Best for: Light sleepers | Jet lag | Stress

NECK & BACK RELIEF

60 minutes · THB 3,200

TCM Acupuncture + Cupping Therapy
Relieve tension and restore mobility in the neck, shoulders, and back after travel, long flights, desk work, or extended periods of sitting.

Best for: Travellers | Office professionals | Muscle tension

GLOW

GLOW BEFORE YOU GO

60 minutes · THB 3,200

Swiss SkinMTX Customised Facial + LED Red Light Therapy
Reveal instantly radiant, deeply hydrated skin with a healthy glow — perfect for dinner, celebrations, business events, or a special evening.

Best for: Special occasions | Date nights | Events | Weddings

RESET

INNER RESET

90 minutes · THB 5,000

Colon Hydrotherapy + Express Detox IV Therapy
Support digestive well-being with a gentle internal reset designed to leave you feeling lighter, refreshed, and revitalised.

Best for: Wellness seekers | Healthy lifestyles | Digestive well-being

Every Express Wellness experience begins with a personalised wellness consultation to ensure your treatment is tailored to your individual needs.

Express Wellness therapies cannot be combined with any other discounts, promotional offers, or package privileges. All prices are in Thai baht and inclusive of a 10% service charge.

Your wellness escape

Along the Chao Phraya River

Step away from the city's pace and discover a tranquil wellness sanctuary where modern science meets timeless healing. Whether you're recovering from travel, recharging after a busy day, or simply taking time for yourself, our experienced wellness team will help you relax, restore your energy, and feel your very best throughout your stay.

OUR WELLNESS EXPERTS

- Wellness Physicians
- Aesthetic Doctor & Nurse
- Traditional Chinese Medicine Practitioners
- Traditional Thai Medicine Practitioners
- Nutritionist & Naturopath
- Experienced Wellness Therapists

WELLNESS FACILITIES

- Wellness Lounge
- IV Therapy Lounge
- Luxury Treatment Rooms
- Hyperbaric Oxygen Therapy

SIGNATURE EXPERIENCES

- IV Nutrient Therapy
- Hyperbaric Oxygen Therapy
- Hydrafacial
- Skin Longevity Analysis
- Body Composition Analysis
- Ultherapy & Body Contouring
- Personalised Wellness Consultations

COMPLETE YOUR WELLNESS JOURNEY

- Healthy dining menu at Mocha & Muffins
- Daily fitness and movement
- Swimming pool
- Sauna & Steam Rooms
- Outdoor Swimming Pool & Jacuzzi
- Technogym Fitness Centre
- Personalised wellness recommendations



Begin Your Wellness Journey Today

Let our Wellness Team guide you to the ideal Express Wellness experience, thoughtfully tailored to your individual needs and how you're feeling today.

Dial 1563 for more information · Open daily, 9:00 am - 9:00 pm · Advance reservations are recommended.