

# Spiritual Thai Spa @ Spa Indra

The old-fashioned lamps that shine a soft light onto the traditional fretworks and wooden floors below somehow reminded me of the time-honoured and graceful Thai spirit from yesteryear. A rising emotion of bygone days flashed into my head as I took my first step into the Indra Spa at the Indra Regent Hotel.



Established almost 40 years ago in the heart of Bangkok, the hotel is one of the most well-known among foreign tourists and Thais, alike. Since its inception, the Indra Hotel has – like most hotels of its ilk – been a place that offered only accommodation and general services to its clients. But times change, things change and so has the Indra Regent. Today, in an attempt to meet the growing demands of modern leisure trends and travellers, the Spa Indra has been created as one of the newest and more outstanding additions to the hotel.

Resembling the hotel's long established image, Spa Indra can be characterised as a contemporary Thai spa that provides guests with a number of excellent treatments matched perfectly with traditional Thai hospitality. Such a concept is, obviously at a first glance, reflected through the well thought out décor. In the lobby, guests are invited to sit on elaborated benches complete with padding and triangle-shaped cushions set in a Thai traditional style, while they witness the showcase that are the trays which display Thai herbs and spa goods.

Besides the attractive decoration, come refreshing aromas that are carried on the cool air. Fresh herbal ingredients and aroma oils are sure to help relieve any depressing moods instantaneously. Not only do these appealing scents strip

away unwanted stress they also put you in the mood for a special treatment.

Spa Indra's therapies are intently formulated to relax the body and, in turn, relieve any skin problems due to the hot and sticky weather and pollution. Furthermore, to cement the idea that you're getting the best treatment money can buy; each Thai herb is fresh and selected for medicinal purposes. High quality spa cosmetics are also combined in some treatments to give clients effective results. For example, Jurlique, the nature-based and hypo-allergic skincare product from Australia is the chosen brand used at Spa Indra.

For those wishing to fight back time, try the 'Rejuvenation Facial Treatment', this is highly recommended – especially for my editor, who let's be honest, is getting on in years. This recipe consists of basic ingredients such as fresh tomato, cucumber, camphor, turmeric and sunflower seed oil, making it suitable for all skin types. My therapist claimed this recipe can revive dry skin damaged from sunburn and pollution. It also nourishes the skin's health to protect it from contracting allergies.

Another popular treatment is the 'Rice Blended Protein Body Scrub' with ground jasmine rice, sesame, honey, yogurt, turmeric and sunflower seed oil. This exotic mix gently scrubs away dead



skin cells while essences are absorbed and restore any damaged structure of the skin, leaving it healthy, smooth and soft.

Experience unique Thai hospitality, outstanding treatments in a modern location today at Spa Indra, located on the 4th floor of Indra Regent Hotel, Bangkok. For the latest promotions and reservations, contact 0-2208-0022-33 or visit [www.indrahotel.com](http://www.indrahotel.com). 