

BANGKOK

LIFE

LONGEVITY &
BIOHACKING HUB



SPA
MENU & PRICE LIST



THE PINNACLE OF WELLBEING

Here at LIFE, we are redefining urban living through constant evolution.

We operate at the very frontier of longevity science,
recalibrating your body and your mind, with individualised,
data-driven solutions that take you beyond your perceived biological boundaries,
allowing to you to think sharper, move with greater power,
and radiate a timeless energy.



BANGKOK LIFE AT THE ST. REGIS

Bangkok LIFE Longevity & Biohacking Hub is an elite sanctuary for high-powered individuals looking to optimise their performance and wellbeing by harnessing the powers of state-of-the-art diagnostics and biohacking. Located right in the city centre, surrounded by the skyline and green, time slows down here, a place to retreat to and recharge in full.

WHERE SCIENCE AND SERENITY CONVERGE

With over 16,000 square feet of state-of-the-art facilities spread over two storeys, Bangkok LIFE is the pinnacle of luxury urban wellness. Day visitors enjoy access to most of these from 10:00 am to 10:00 pm, with full access and further privileges exclusive to members.

Hub facilities:

- Hammam
- IV lounge
- Biohacking lab
- Treatment rooms
- Consultation rooms
- Cryotherapy chamber
- Advanced aesthetics centre
- Hyperbaric oxygen chamber
- Male and female wellness relaxation zones
- Hydrotherapy circuit with herbal steam, hot and cold vitality pools

MAGNESIUM SIGNATURES



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Magnesium is essential for over 600 cellular functions but is rapidly depleted by city stress. These treatments are engineered to rapidly restore your levels, instantly recalibrating your nervous system and igniting cellular energy.

Magnesium De-Stress Scrub

Combining pure magnesium with essential oils which relieve muscle tension and leave the skin nourished. Ideal as a standalone treatment or in preparation for restorative massage.

Magnesium Detox Scrub

Powered by magnesium, guarana, crushed coffee beans and cocoa shell, this energising blend exfoliates while also stimulating circulation and the nervous system.

Magnesium Lavender Scrub

A deeply relaxing exfoliation, ideal after a long day at work or travel, with the soothing scent of lavender to calm and promote deeper, more restful sleep.

Magnesium Immunity Recharge Body Massage

Pure Zechstein magnesium is massaged gently into the skin for optimal absorption, not only relaxing muscles and relieving tension, but also supporting immune balance by reducing inflammation and enhancing white blood cell function.

Magnesium Recovery Body Massage

A powerful treatment that magnifies magnesium's essential role in muscle function and recovery, reducing inflammation, muscle tension, spasms and fatigue.

Magnesium Lavender Deep Recovery Massage

This massage is ideal for those suffering from chronic stress and burnout. Transdermal absorption of magnesium replenishes the body's natural reserves, while lavender soothes and calms.

Magnesium Lavender Traveller Tension Recovery Massage

Ideal post flight, this supercharged recovery massage can focus either on the neck, back and shoulder area, or the ankles and feet, depending on where the most tension is held.

Magnesium Pregnancy Massage

A nurturing experience designed especially for expectant mothers. Warm magnesium oil is delicately massaged into your skin, relieving muscle cramps and aches, easing back pain and reducing tension, while also promoting restful sleep by calming the nervous system.

Bangkok Renewal Ritual

An enriching magnesium scrub followed by a full-body massage. Morning treatments renew energy on a cellular level, while evening treatments promote deeply satisfying sleep.

Bangkok Revival Ritual

Combining the renewing power of magnesium with the calming essence of lavender, a full-body scrub and massage are followed by shiatsu-inspired pressure-point work on the scalp and face to release stress, balance energy flow, and promote a state of deep relaxation.

MASSAGE THERAPY

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Moving beyond simple relaxation into the realm of functional recovery. Our massage therapies are rooted in biomechanics, specifically addressing the urban ailments of posture fatigue and screen-induced tension by repairing tissue stress and realigning your body's structural integrity.

Traditional Thai Massage

Not only relaxing, but also therapeutic, combining firm manual techniques, stretching and pressure-point work to release tension, improve circulation and boost vitality.

Thai Herbal Compress Massage

The application of a warm poultice containing therapeutic Thai herbs and spices all over the body is followed by massage using herbal oil to ease out stiffness and counter negative energy and sluggishness.

Stress-Release Massage

Using a combination of strokes and acupressure, along with the aromatherapy oil blend of your choice, to deliver waves of deep relaxation.

Deep Tissue Massage

This flowing massage works deeper into areas of tension, encouraging optimum circulation and relief. Aromatherapy oils to choose from relieve muscle pain and stress, promote relaxation or energise.

Abhyanga

A traditional Ayurvedic massage using warm herbal oils and long, sweeping strokes to calm the nervous system, culminating with a therapeutic head massage.

Indian Head Massage

Focusing specifically on the head and neck, with coconut oil to soothe, relieve tension, alleviate insomnia, headaches and congestion.

Chi Nei Tsang

Combining techniques from traditional Thai and Chinese massage, this abdominal therapy releases blockages in the internal organs, thus promoting the free flow of energy and healing.

Foot Massage

Thumb, finger and hand techniques applied to various reflex points on the soles of the feet stimulate the corresponding organ groups and provide relief throughout the body.

ADVANCED AESTHETICS



ADVANCED LONGEVITY FACIALS

Partnering with Margy's Monte Carlo, our advanced facials deliver high-touch rejuvenation, moving beyond traditional skincare to focus on manual structural sculpting. The results? Improved circulation, natural collagen production, and the redefinition of your facial contours.

Bespoke Super-Lift Facial

This transformative facial visibly diminishes wrinkles and delivers a smoother, firmer and more radiant complexion, beginning with the Lift Up Massage, designed to stimulate and energise the skin, followed by the renowned Margy's Signature Massage which incorporates the Extra Firming Mask. We then apply a highly active Collagen Face Mask tailored to rejuvenate and hydrate.

Collagen Firming Facial

A luxurious treatment crafted from the finest, most potent ingredients. Deeply hydrating, it smooths fine lines and enhances your skin's natural radiance. Paired with Margy's Signature Collagen Mask, it leaves your complexion firm, supple and glowing.

Antipollution Facial | Gentlemen's Purifying Facial

This treatment protects the skin from environmental pollution and rejuvenates. It begins with a deep cleanse and exfoliation, followed by the Signature Algae Mask, a detoxifying treatment that neutralises pollutants and restores radiance. Perfect for city dwellers, it provides immediate results and long-term skin protection.

Monte Carlo Miracle Facial

An indulgent facial ritual inspired by the decadence of Monte Carlo. Using Margy's high-performance skincare, this treatment deeply hydrates, calms, and revitalises tired or travel-weary skin. Skin is left visibly smoother, lifted and glowing with renewed radiance.

WELLNESS RITUALS

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Drawing on the world's great healing traditions, time tested across generations, to recalibrate not only your body but also your mind, and allowing you to recharge naturally amidst the buzz of urban life.

Hamam

Relaxation on warm marble slabs boosts circulation and opens your pores, in preparation for pure cleansing with black soap and exfoliation with a traditional kesse mitt. A rich rhassoul clay wrap is then followed by the application of enriching argan oil, leaving you calmed from head to toe.

Singing Bowl Meditation

For those who struggle to concentrate while meditating, the deeply resonating sounds of Tibetan singing bowls allow the brain to synchronise with different sound frequencies, bringing clarity to your practice and a profound sense of peace.

THE EXPERIENCE

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We are dedicated to ensuring a pleasant experience for each of our guests. To ensure this, please familiarise yourself with the following.

Appointments

Advance booking is highly recommended as our specialists are subject to availability. Please visit the Bangkok LIFE reception or contact the St. Regis concierge via +66 (0)2 207 7779 or info.bangkok@life-longevity.com

Change or Cancellations

We ask for 24 hours' advance notice if you wish to change your reservation. While we will do our utmost to accommodate rescheduling, we cannot guarantee this will always be possible, and you may be charged 100% of the treatment price. Please note that certain programmes or promotions may also have their own specific cancellation terms.

Arrival Time

Please arrive 15 minutes before your appointment time, enjoying a welcome drink and relaxation in our reception area. Note that late arrival may compromise the full length of your treatment, as we strive to stay on schedule for all guests. Certain appointments may need to be cancelled if there is not enough time left.

Consultations

All guests are required to complete a detailed health questionnaire prior to receiving any treatments. This ensures your safety, as well as alignment with your health needs and goals.

Age Requirements

Bangkok LIFE welcomes guests aged 16 years and above for wellbeing and lifestyle-focused treatments. Guests under the age of 16 will be permitted for medical treatments only, subject to clinical appropriateness, and must be accompanied by a parent or legal guardian at all times.

Attire

Please wear comfortable clothing when arriving for a treatment. Within the hydrotherapy circuit, swimwear is required at all times in consideration of other guests (or a towel in the steam/sauna). For your peace of mind, we recommend leaving valuables and jewellery in your in-room safe or at home. Bangkok LIFE cannot accept responsibility for personal belongings.

Etiquette

Bangkok LIFE is designed as a calm and restorative environment. We kindly request guests keep noise to a minimum and switch mobile phones to silent mode. Smoking, vaping and disruptive behaviour are not permitted. Management reserves the right to request guests who do not adhere to these guidelines to leave the premises.

Male and Female Facilities

Separate male and female changing rooms and hydrothermal facilities have been provided for your comfort and privacy.

Safety and Hygiene

Bangkok LIFE operates in accordance with the highest standards of safety, hygiene and clinical protocols, in line with international wellness and medical practices.

Privacy

We respect each guest's privacy and will ensure your personal information is kept confidential.

Treatment	Time (min)	Price (THB)
MAGNESIUM SIGNATURES		
Magnesium Rebalance Ritual	105	8,500
Magnesium Recharge Body Massage	60	5,000
	90	6,300
Magnesium Recovery Body Massage	60	5,000
	90	6,300
Magnesium Marternity Massage	60	5,000
Lavender Magnesium Ritual	105	8,500
Lavender Magnesium Renewal Massage	60	5,000
	90	6,300
Lavender Magnesium Deep Recovery Massage	60	5,000
	90	6,300
Lavender Magnesium Tension Release Massage	45	3,500
Magnesium De-stress Body Scrub	45	4,500
Lavender Magnesium Body Scrub	45	4,500
Magnesium Detox Coffee Body Scrub	45	4,500
MASSAGE THERAPY		
Traditional Thai Massage	60	4,500
	90	5,800
Thai Herbal Compress Massage	60	4,500
	90	5,800
Stress-Release Massage	60	4,500
	90	5,800
Deep Tissue Massage	60	4,500
	90	5,800
Abhyanga	60	4,500
	90	5,800
Indian Head Massage	30	2,800
	60	4,000
Chi Nei Tsang	60	4,900
Foot Massage	60	3,000

Treatment	Time (min)	Price (THB)
ADVANCED LONGEVITY FACIALS		
Bespoke Super-Lift Facial	90	18,500
Collagen Firming Facial	75	13,500
Antipollution or Gentlemen's Purifying Facial	75	11,500
Monte Carlo Miracle Facial	60	9,500
WELLNESS RITUALS		
Hammam	45	4,500
Bespoke Body Exfoliation	45	3,500
Singing Bowl Meditation	45	2,500

All prices are in Thai Baht and are subject to a 10% Service Charge and applicable Government Tax.

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