



Our favourite **5...** Bangkok spas

THE GLAM ONE

The Peninsula Spa

With more awards than Meryl Streep, the riverside spa at the Peninsula hotel is one of the world's best. Go full 'Queen of Siam' in the spa's colonial-era manor (it's open to non-hotel guests) and spend hours taking rose-petal baths and lavender-scented rub-downs in palatial carved-teak rooms staffed by world-class therapists. The immunity-boosting Sattva Vedic Body and Facial (£135) is the one to reboot weary travellers. 333 Charoennakorn Rd, Klongsan; 00 66 2020 2888, peninsula.com; 80-minute massages from £87.

THE DEEP-TISSUE ONE

Perception Blind Massage

Thailand's blind therapists are known for their highly intuitive, and intensive technique; they'll often use their elbows to release deep tension. 'Jeb dee,' say the locals — 'hurts so good.' You'll find some of Bangkok's best at this shadowy spa, a five-minute tuk-tuk ride from Sathorn Pier. Hurts so

much? Ask for hot herbal compresses to soothe (£25). 56/58 Soi Piphat, North Sathorn Rd; 00 66 82 222 5936, perceptionblindmassage.com; one-hour massages from £10.

THE BARGAIN ONE

Ruen Nuad Massage Studio

This lovely old wooden house in the shadows of Silom's skyscrapers is a no-frills affair — communal rooms, mats on the floor, fans rather than air-con. But what sets it apart from the tacky low-cost crowd is its cheerful vibe, spotless facilities and top therapists, some with decades of practice under their belts. Pull on cotton pyjamas for a traditional bendy-stretchy Thai massage — book at least 90 minutes for the full benefit. 42 Convent Rd, Silom, 00 66 2632 2662; one-hour massages from £8.

THE MULTIPLE-CHOICE ONE

Anantara Spa

Bangkok's high society adores this marble-clad spa in the Anantara Siam hotel, not least for the bevy of treatments on offer — everything from

bamboo stick massage (a northern Thai technique) to crystal chakra-balancing (drawn from Tibetan Buddhism) to OPI-brand pedicures. Arrive early for a pre-treatment steam and a dip in the whirlpool under a waterfall. 55 Rajadamji Rd; 00 66 2126 8866, anantara.com; one-hour massages from £57.

THE MALL ONE

Thann Sanctuary

Don't look askance just because it's in a shopping centre — Bangkok is scorchio and locals love their air-conditioned arcades. Besides, Thann's candlelit corridors, jade-green treatment suites, lemongrass-scented steam rooms and salt cave will make you forget the world outside. The signature treatment is a deep-tissue massage (£65) — 90 blissful minutes of rhythmic kneading and stroking that'll leave you as floppy as a rag doll. 3/F, Gaysorn Shopping Mall, Kwaeng Lumpini; 00 66 2656 1423, thannsanctuaryspa.com; 90-minute massages from £34. ■