



# SPA & WELLNESS MEMBERSHIP

## DISCOVER

**THB 50,000 | THB 92,000**

RETAIL VALUE: THB 52,300 | THB 104,600  
per person | per couple

### BDMS WELLNESS RETREAT CLINIC

- One introductory wellness consultation
- 1 Wellness health check-up
- 2 consultation with resident nutritionist | 60 minutes
- One signature Royal Crystal facial
- 2 IV drips of your choice between Hangover Remedy (Detox), Beauty Booster, Metabolism Booster
- One signature Bioscor Hair Wellness treatment | 60 minutes
- One medical Thai massage session | 60 minutes
- Complimentary access to Wellness Talks by BDMS doctors
- 10% savings on all BDMS treatment services

### ANANTARA SPA

- One body scrub session | 60 minutes
- One Anantara Spa facial | 60 minutes
- 2 body massages | 90 minutes
- One Revive Foot massage | 60 minutes
- 2 herbal steam therapy sessions | 30 minutes
- 15% savings on spa treatments for the member; 10% for registered friends and family, up to three adults

### FITNESS & FACILITIES

- Access to the fitness centre, steam room and swimming pool on treatment days
- 10% savings on pool day passes
- 10% savings on all private and chargeable group fitness activities

### ANANTARA RIVERSIDE

- Guaranteed Best Available Rates for Anantara Riverside hotel bookings
- 15% savings on dining at all restaurants and bars, up to six persons\*
- 15% savings on dining at Skyline and Long Bar, up to six persons\*
- 10% savings on dining on Manohra Cruises
- 20% savings on laundry and hotel dry-cleaning services
- Complimentary use of the Kids' Club on wellness, spa and fitness days
- Exclusive invitations to members-only events
- 10% savings on Fitness membership and Spa membership renewal

## RESTORE

**THB 105,000 | THB 195,000**

RETAIL VALUE: THB 113,700 | THB 227,400  
per person | per couple

### BDMS WELLNESS RETREAT CLINIC

- One introductory wellness consultation
- One Wellness health check-up
- 2 consultation with resident nutritionist | 60 minutes
- 2 signature Royal Crystal facial
- One signature Anti-Gravity facial
- 2 IV Immune Booster drip sessions
- 4 IV drips of your choice between Hangover Remedy (Detox), Beauty Booster, Metabolism Booster
- 2 signature Bioscor Hair Wellness treatments | 60 minutes
- 3 medical Thai massage sessions | 60 minutes
- Complimentary access to Wellness Talks by BDMS doctors
- 10% savings on all BDMS treatment services

### ANANTARA SPA

- One signature Anantara Spa experience | 90 minutes
- 2 body scrub sessions | 60 minutes
- One Anantara Spa facial | 60 minutes
- 4 body massages | 90 minutes
- 2 Revive Foot massages | 60 minutes
- 4 herbal steam therapy sessions | 30 minutes
- 20% savings on spa treatments for the member; 15% for registered friends and family, up to three adults

### FITNESS & FACILITIES

- Access to the fitness centre, steam room and swimming pool on treatment days
- 15% savings on pool day passes
- 15% savings on all private and chargeable group fitness activities

### ANANTARA RIVERSIDE

- Guaranteed Best Available Rates for Anantara Riverside hotel bookings
- 20% savings on dining at all restaurants and bars, up to six persons\*
- 15% savings on dining at Skyline and Long Bar, up to six persons\*
- 10% savings on dining on Manohra Cruises
- 20% savings on laundry and hotel dry-cleaning services
- Complimentary use of the Kids' Club on wellness, spa and fitness days
- Exclusive invitations to members-only events
- 10% savings on Fitness membership and Spa membership renewal

## RENEW

**THB 170,000 | THB 320,000**

RETAIL VALUE: THB 189,600 | THB 379,000  
per person | per couple

### BDMS WELLNESS RETREAT CLINIC

- One introductory wellness consultation
- One BWT Anti-Ageing Signature Check-Up (Non-Fasting)
- 2 consultation with resident nutritionist | 60 minutes
- 3 signature Royal Crystal facials
- One signature Anti-Gravity facials
- 3 IV Immune Booster drip sessions
- 3 IV drips of your choice between Hangover Remedy (Detox), Beauty Booster, Metabolism Booster
- 3 signature Bioscor Hair Wellness treatments | 60 minutes
- 4 medical Thai massage sessions | 60 minutes
- One BWT Hyaluron Hydration Face & Neck | 75 minutes
- Complimentary access to Wellness Talks by BDMS doctors
- 10% savings on all BDMS treatment services

### ANANTARA SPA

- 2 signature Anantara Spa experiences | 90 minutes
- 4 body scrub sessions | 60 minutes
- 2 Anantara Spa facials | 60 minutes
- 8 body massages | 90 minutes
- 4 Revive Foot massages | 60 minutes
- 8 herbal steam therapy sessions | 30 minutes
- 20% savings on spa treatments for the member; 15% for registered friends and family, up to three adults

### FITNESS & FACILITIES

- Access to the fitness centre, steam room and swimming pool on treatment days
- 20% savings on pool day passes
- 15% savings on all private and chargeable group fitness activities

### ANANTARA RIVERSIDE

- Guaranteed Best Available Rates for Anantara Riverside hotel bookings
- 20% savings on dining at all restaurants and bars, up to six persons\*
- 15% savings on dining at Skyline, Mocha Muffins and Long Bar, up to six persons\*
- 10% savings on dining on Manohra Cruises
- 20% savings on laundry and hotel dry-cleaning services
- Complimentary use of the Kids' Club on wellness, spa and fitness days
- Exclusive invitations to members-only events
- 10% savings on Fitness membership and 10% on Spa membership renewal

#### Terms & Conditions:

- Members must be 16 years of age or above.
- Membership is valid for one year and will not be applicable for an extension or pause.
- Prices stated are net and inclusive of service charge and taxes.
- Membership is non-transferable and non-refundable.
- All member discounts and benefits are not applicable in conjunction with other promotions or discounts.
- Member must present their membership card for all treatment sessions, usage of facilities, stay and dining experiences.
- All activities and services must be booked in advance and are subject to availability.
- Any person who wishes to become a member must complete the required application form and provide two passport size photographs.
- Anantara Riverside Resort Bangkok has the sole and complete discretion to accept or deny any application. No reason needs to be given in denying the applicant.

# ANANTARA RIVERSIDE BANGKOK FITNESS MEMBERSHIP

## ABOUT US

Bringing superb fitness and relaxation amenities under one roof, Anantara Riverside Bangkok Resort is a distinctive lifestyle destination located amidst 11 acres of greenery.

Work out at the state-of-the-art gym, practise your serve at our newly resurfaced tennis courts, learn breathing techniques and meditation with group yoga classes, or book a private tai chi session in the garden to focus your mind.

Our turquoise swimming pool – one of Bangkok's largest – offers moments of tranquillity, while healing therapies at Anantara Spa and state-of-the-art preventive care and health check-ups at the on-site BDMS Wellness Retreat ensure your health and wellness needs are met.

## YOUR MEMBERSHIP

As a Fitness Member of Anantara Riverside Bangkok Resort, you will enjoy a host of elite benefits for one, three or twelve months including daily access to the health club, pool and outdoor sporting facilities as well as selected savings on dining experiences, spa treatments, wellness and BDMS services and preferential rates when staying with us.

## OUR PROGRAMMES

Regardless of your membership tier, you will benefit from exclusive access to resort amenities, dining options and recreation opportunities. All our members enjoy:

- Unlimited access to the fitness centre, steam room and swimming pool
- Complimentary daily group fitness classes
- Unlimited usage of the tennis courts
- Savings on spa treatments, BDMS wellness services, dining and hotel stays
- Invitations to members-only events
- Complimentary guest day passes and personal training sessions.

# FITNESS MEMBERSHIP

<p><b>SILVER – 1 MONTH</b>  <b>THB 9,000   THB 15,000</b>                      RETAIL VALUE: THB 10,000   THB 20,000                      per person   per couple</p>	<p><b>GOLD – 3 MONTHS</b>  <b>THB 17,000   THB 29,000</b>                      RETAIL VALUE: THB 19,000   THB 38,000                      per person   per couple</p>	<p><b>PLATINUM – 12 MONTHS</b>  <b>THB 71,000   THB 113,000</b>                      RETAIL VALUE: THB 79,000   THB 153,000                      per person   per couple</p>
<p><b>FITNESS &amp; FACILITIES</b></p> <ul style="list-style-type: none"> <li>• Access to the fitness centre, steam room and swimming pool</li> <li>• Complimentary access to selected daily group fitness classes</li> <li>• Access to the tennis court between 9am to 6pm, with advance reservation or THB 200 / hour after 6pm</li> <li>• 1 guest day pass</li> <li>• 1 personal training session</li> <li>• 10% savings on membership renewal</li> <li>• 10% savings on pool day passes</li> <li>• 10% savings on all private and chargeable group fitness activities</li> </ul> <hr/> <p><b>BDMS WELLNESS RETREAT CLINIC</b></p> <ul style="list-style-type: none"> <li>• One introductory wellness consultation</li> <li>• One medical Thai massage session   60 minutes</li> <li>• Complimentary access to Wellness Talks by BDMS doctors</li> <li>• 10% savings on all BDMS treatment services</li> </ul> <hr/> <p><b>ANANTARA SPA</b></p> <ul style="list-style-type: none"> <li>• One Anantara Spa experience   60 minutes</li> <li>• 15% savings on spa treatments for the member; 10% for registered friends and family, up to three adults</li> </ul> <hr/> <p><b>ANANTARA RIVERSIDE</b></p> <ul style="list-style-type: none"> <li>• Guaranteed Best Available Rates for Anantara Riverside hotel bookings</li> <li>• 15% savings on dining at all restaurants and bars, up to six persons*</li> <li>• 15% savings on dining at Skyline and Long Bar, up to six persons*</li> <li>• 10% savings on dining on Manohra Cruises</li> <li>• 10% savings on laundry and hotel dry-cleaning services</li> <li>• Complimentary use of the Kids' Club on wellness, spa and fitness days</li> <li>• Exclusive invitations to members-only events</li> <li>• 10% savings on Spa and Wellness membership program and Fitness membership renewal</li> </ul>	<p><b>FITNESS &amp; FACILITIES</b></p> <ul style="list-style-type: none"> <li>• Access to the fitness centre, steam room and swimming pool</li> <li>• Complimentary access to selected daily group fitness classes</li> <li>• Access to the tennis court between 9am to 6pm, with advance reservation or THB 200 / hour after 6pm</li> <li>• 3 guest day pass</li> <li>• 3 personal training sessions</li> <li>• 10% savings on membership renewal</li> <li>• 15% savings on pool day passes</li> <li>• 15% savings on all private and chargeable group fitness activities</li> </ul> <hr/> <p><b>BDMS WELLNESS RETREAT CLINIC</b></p> <ul style="list-style-type: none"> <li>• One introductory wellness consultation</li> <li>• One IV drips of your choice between Hangover Remedy (Detox), Beauty Booster, Metabolism Booster</li> <li>• One medical Thai massage session   60 minutes</li> <li>• Complimentary access to Wellness Talks by BDMS doctors</li> <li>• 10% savings on all BDMS treatment services</li> </ul> <hr/> <p><b>ANANTARA SPA</b></p> <ul style="list-style-type: none"> <li>• One Anantara Spa experience   60 minutes</li> <li>• 20% savings on spa treatments for the member; 15% for registered friends and family, up to three adults</li> </ul> <hr/> <p><b>ANANTARA RIVERSIDE</b></p> <ul style="list-style-type: none"> <li>• Guaranteed Best Available Rates for Anantara Riverside hotel bookings</li> <li>• 20% savings on dining at all restaurants and bars, up to six persons*</li> <li>• 15% savings on dining at Skyline and Long Bar, up to six persons*</li> <li>• 10% savings on dining on Manohra Cruises</li> <li>• 15% savings on laundry and hotel dry-cleaning services</li> <li>• Complimentary use of the Kids' Club on wellness, spa and fitness days</li> <li>• Exclusive invitations to members-only events</li> <li>• 10% savings on Spa and Wellness membership program and Fitness membership renewal</li> </ul>	<p><b>FITNESS &amp; FACILITIES</b></p> <ul style="list-style-type: none"> <li>• Access to the fitness centre, steam room and swimming pool</li> <li>• Complimentary access to selected daily group fitness classes</li> <li>• Access to the tennis court between 9am to 6pm, with advance reservation or THB 200 / hour after 6pm</li> <li>• 12 guest day pass</li> <li>• 24 personal training sessions</li> <li>• 15% savings on membership renewal</li> <li>• 20% savings on pool day passes</li> <li>• 20% savings on all private and chargeable group fitness activities</li> <li>• One month complimentary membership extension</li> </ul> <hr/> <p><b>BDMS WELLNESS RETREAT CLINIC</b></p> <ul style="list-style-type: none"> <li>• One introductory wellness consultation</li> <li>• 2 IV drips of your choice between Hangover Remedy (Detox), Beauty Booster, Metabolism Booster</li> <li>• 2 signature Bioscor Hair Wellness treatments   60 minutes</li> <li>• 2 medical Thai massage sessions   60 minutes</li> <li>• Complimentary access to Wellness Talks by BDMS doctors</li> <li>• 10% savings on all BDMS treatment services</li> </ul> <hr/> <p><b>ANANTARA SPA</b></p> <ul style="list-style-type: none"> <li>• 4 Anantara Spa experiences   60 minutes</li> <li>• 20% savings on spa treatments for the member; 15% for registered friends and family, up to three adults</li> </ul> <hr/> <p><b>ANANTARA RIVERSIDE</b></p> <ul style="list-style-type: none"> <li>• One-night stays in a Deluxe Room inclusive of breakfast</li> <li>• Guaranteed Best Available Rates for Anantara Riverside hotel bookings</li> <li>• 20% savings on dining at all restaurants and bars, up to six persons*</li> <li>• 15% savings on dining at Skyline and Long Bar, up to six persons*</li> <li>• 10% savings on dining on Manohra Cruises</li> <li>• 20% savings on laundry and hotel dry-cleaning services</li> <li>• Complimentary use of the Kids' Club on wellness, spa and fitness days</li> <li>• Exclusive invitations to members-only events</li> <li>• 15% savings on Spa and Wellness membership program and Fitness membership renewal</li> </ul>

**Terms & Conditions:**

- Members must be 16 years of age or above.
- Prices stated are net and of service charge and taxes.
- Membership is non-transferable and non-refundable.
- All member discounts and benefits are not applicable in conjunction with other promotions or discounts.
- Member must present their membership card for all treatment sessions, usage of facilities, stay and dining experiences.
- All activities and services must be booked in advance and are subject to availability.
- Any person who wishes to become a member must complete the required application form and provide two passport size photographs.
- Anantara Riverside Resort Bangkok has the sole and complete discretion to accept or deny any application. No reason needs to be given in denying the applicant.



# ANANTARA RIVERSIDE BANGKOK PREMIUM LIFESTYLE & WELLNESS MEMBERSHIP

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## WELCOME TO ANANTARA RIVERSIDE

Experience moments of tranquillity amid urban immensity in a lush sanctuary overlooking the Chao Phraya. Take better care of yourself by joining an exclusive wellness community that values and recognises the importance of mental, physical and emotional health, while promoting community ties and connection.

Enjoy our exceptional facilities and expertise at Anantara Spa, BDMS Wellness Retreat and the fitness centre, join doctor-led talks and seminars, and treat your loved ones to memorable hotel stays and dining experiences on the River of Kings.

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## YOUR EXCLUSIVE PRIVILEGES

Designed to help you on your quest to holistic development, our Premium Membership caters to your wellness needs through a combination of complementary therapeutic treatments that boost well-being, as well as giving you exclusive access to hotel facilities to make staycation planning a breeze.

Enjoy complimentary treatments and savings as part of your exclusive membership.





# PREMIUM LIFESTYLE & WELLNESS MEMBERSHIP

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THB 417,000 / PERSON

RETAIL VALUE: THB 547,300

THB 777,000 / COUPLE

RETAIL VALUE: THB 1,094,600

*Membership is valid for one year with the option to freeze and extend the membership for one month.*

#### Terms & Conditions:

- Members must be 16 years of age or above.
- Prices stated are net and inclusive of service charge and taxes.
- Membership is non-transferable and non-refundable.
- All member discounts and benefits are not applicable in conjunction with other promotions or discounts.
- Member must present their membership card for all treatment sessions, usage of facilities, stay and dining experiences.
- All activities and services must be booked in advance and are subject to availability.
- Any person who wishes to become a member must complete the required application form and provide two passport size photographs.
- Anantara Riverside Resort Bangkok has the sole and complete discretion to accept or deny any application. No reason needs to be given in denying the applicant.

## BDMS WELLNESS RETREAT CLINIC

- One introductory wellness consultation
- One Signature Platinum health check-up
- Two consultation with resident nutritionist | 60 minutes
- 3 signature Royal Crystal facials
- 3 signature Anti-Gravity facials
- 2 IV Immune Booster drip sessions
- 3 IV Hangover Remedy (Detox) sessions, Beauty Booster, Metabolism Booster
- 4 IV NAD drip sessions
- 4 BWT Hyaluron Hydration Face & Neck | 75 minutes
- 4 signature Bioscor Hair Wellness treatments | 60 minutes
- 6 Royal Slim treatments | limited to one area
- 6 medical Thai massage sessions | 60 minutes
- Complimentary access to Wellness Talks by BDMS doctors
- 10% savings on all BDMS treatment services
- 5% savings on all personalised BDMS supplements

## ANANTARA SPA

- 3 signature Anantara Spa experiences | 90 minutes
- 4 body scrub sessions | 60 minutes
- 3 Anantara Spa facials | 60 minutes
- 12 body massages | 90 minutes
- 6 Revive Foot massages | 60 minutes
- 10 herbal steam therapy sessions | 30 minutes
- 25% savings on spa treatments for the member; 15% for registered friends and family, up to four adults

## FITNESS & FACILITIES

- Access to the fitness centre, steam room and swimming pool on treatment days
- Access to the tennis court, with advance reservation
- Complimentary access to selected daily group fitness classes
- 24 fresh juices or smoothies at Maa Laa Café & Studio
- 10 private yoga sessions
- 24 personal training sessions
- 24 guest day passes
- One private locker
- 15% savings on membership renewal
- 20% savings on fitness centre and pool day passes
- 20% savings on all private and chargeable group fitness activities

## ANANTARA RIVERSIDE

- Two one-night stays in a Deluxe Room inclusive of breakfast
- Guaranteed Best Available Rates for Anantara Riverside hotel bookings
- 20% savings on dining at all restaurants and bars, up to six persons\*
- 15% savings on dining at Skyline, Mocha Muffins and Long Bar, up to six persons\*
- 10% savings on dining on Manohra Cruises
- 20% savings on laundry and hotel dry-cleaning services
- Complimentary use of the Kids' Club on wellness, spa and fitness days
- Exclusive invitations to members-only events