



URBAN WELLNESS
CENTRE



MEMBERSHIP

WORK . MIND . BODY .



Three streams of wellness.
Two floors of innovation.
One holistic health haven.

Welcome to Bangkok's leading self-care sanctuary
and social spot.

Arranged around a palm courtyard and dedicated
30-metre fitness pool – an aquatic extension of the gym
– our designer movement studios, cutting-edge salons,
vitality pools and steam rooms place equal emphasis on;

WORK – fitness
MIND – spirituality
BODY – spa

Whether you want to change your lifestyle or ramp
up your routine, our expert instructors, coaches,
yogis and therapists are here to help you achieve
your wellbeing goals.

FACILITIES



From our designer gym and movement studio to a dedicated 30-metre fitness pool, variety and vitality await however you choose to move.

- A Health Club with a designer cardio & strength studio, a spacious stretching and training area, and studios for HIIT, Boot Camp & TRX
- Steam Rooms and Vitality Pools – perfect for extending a treatment or workout
- A 30-metre Fitness & Lap Pool for swimming and aqua-fitness
- A Spa, Salon, Barber Shop, Nail Bar and Advanced Beauty Room
- Offering innovative, result-oriented therapies
- Highly qualified Trainers catering to all levels of experience

PREMIUM ACCESS & PRIVILEGES



Members gain premium access to the Hotel's extensive wellness facilities: the Health Club, Fitness & Lap Pool, Steam Rooms and Vitality Pools.

You also enjoy a number of special privileges, including:

- Personalized fitness assessment and lifestyle class
- Eight personal training sessions
- 1 complimentary LPG face and body contouring
- 2 vouchers for one-day guest pass
- Special access to Visiting Masters and Membership Events
- Exclusive Member's Rate on Spa treatments between 10 AM–2 PM

ANNUAL MEMBERSHIP PRICING

Individual THB 98,000

Couple THB 180,000



FOUR SEASONS

HOTEL

BANGKOK AT CHAO PHRAYA RIVER

Four Seasons Hotel Bangkok at Chao Phraya River
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