

Divana Spa

Spa & Garden

Just off Bangkok's main thoroughfare, the contrast could not be greater at Divana Massage & Spa, set in a renovated, traditional Thai house surrounded by lush garden



Divana Massage & Spa is a real find, hidden away in one of Bangkok's charming little sois off the city's main artery, Sukhumvit Road. Although the Spa has been open for nearly two years, it is only in recent months that the lush garden here has come into its own. It is now so picturesque that décor publications are falling over themselves to photograph it. Lilly ponds are criss-crossed with boardwalks; narrow, paved paths carve through the verdancy to secret spots around the gardens perimeter.

Inside the tastefully renovated house itself -the high ceilings of which are lined with wooden beams, lending an almost Chaucerian feel - an immediate calm descends, and you are greeted with warm herbal tea and a cold towel by gracious staff dressed in northern Thai style.

Faced with a comprehensive spa menu incorporating a host of Massage Therapies (all including oils or herbal compresses), Spa Treatments (adding scrubs, steams, pastes and polishes), Facials, and Full-Day Spas (far too indulgent for me), I opted for the two and a half-hour 'Spa Exotique' (USD 70/Body Brush/Honey-Aroma Cover/Herbal Steam/Body Scrub/Aloe Vera Rub/Body Mud/Body Massage).

Before being taken up the curving wooden staircase spa treatment room on the second floor, I had to select the Body Scrub ingredients. It was a toss up between the Green Tea Body Detox, Sesame Sweet Honey and Seaweed Body Glow. I chose the former, as it allegedly removes dead skin cells, improves circulation, detoxifies and prevents skin-cancer. Impressively, Divana makes spa ingredients from its own organic garden of locally grown herbs, and every ingredient is carefully picked, extracted, ground, blended and formulated.

The treatment room revealed a minimalistic design and, intriguingly, a deep, wooden bathtub; a cute, private steam room sat in one corner. The procedure began with skin exfoliation with an implement resembling a toilet brush, which gets rid of dead skin cells and, without wanting to be clichéd, felt surprisingly energising. After being polished with the honey-aroma cover, I was placed in the steam room to ready myself for the proceeding full-body scrub and Aloe Vera rub.

A steam is integral before a massage treatment, as it lulls you into a somnolent, rag doll state, ready to be kneaded into total submission. The treatment concluded with an expertly conducted massage for total muscle tension release. What better way to round off an über-stressful working day, or add to a day of leisure? PM 🍷



Divana Massage & Spa
7, Sukhumvit 25, Bangkok
Tel: +66 2659 5000
E-mail: contact@divanaspa.com
Website: www.divanaspa.com

ad.Divana