

BEAUTY & WELLNESS

THE IDEAL PEEL

A New You With This Facial From The Peninsula Spa.

BY CATHERINE NAPALAI FAULDER ON MARCH 21, 2018 , BEAUTY & WELLNESS

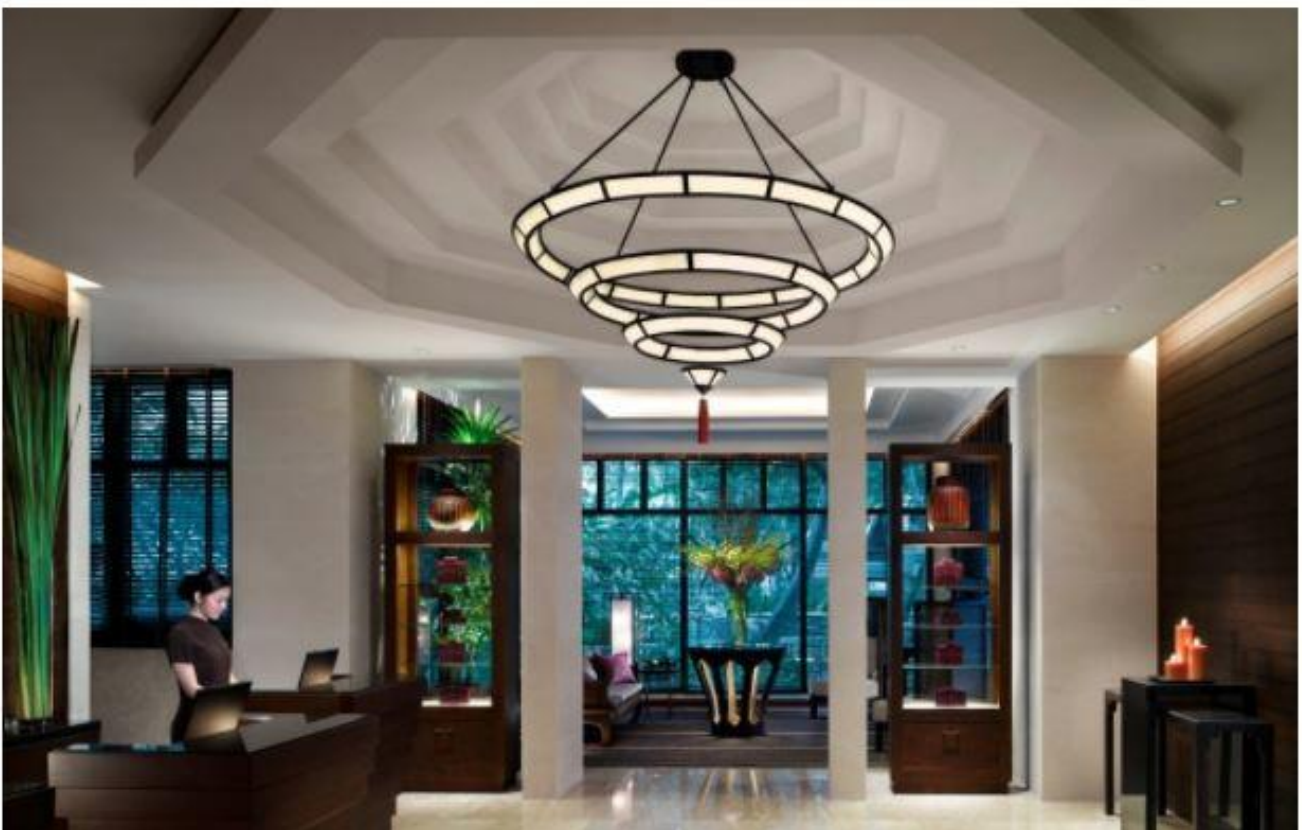


Long days in the office combined with air pollution in Bangkok can leave your skin feeling less than fabulous. Through personal recommendations, I had heard about a facial unique to The Peninsula Spa – unique in Thailand anyway – that promises immediate results and would leave my skin feeling instantly refreshed. I had heard the word “peel” somewhere in the conversation and was hoping it wouldn’t be a “chemical peel”. Thankfully, it wasn’t. I then happily made my way across the Chao Phraya River with The Peninsula Bangkok’s private shuttle boat, embarking on my journey to a newer, refreshed skin.



The Spa

The Peninsula Spa is located in a charming three-storey Thai colonial-style building that overlooks the pool and river. It has a number of private suites with steam showers and en suite whirlpools. The spa offers traditional methods from European, Oriental and Ayurvedic philosophies and seamlessly combines them with modern comforts. There are many indulgent massages and facials to choose from.



Tried and Tested

I started off with some alone time in the Jacuzzi of my private treatment room, listening to soothing music and taking a moment to clear my thoughts. What then followed was a truly luxurious one-hour aromatherapy massage which went down very well. Then came the P50 Enzyme Peel. This “peel” is a 90-minute facial treatment using a selection of French luxury brand Biologique Recherche products that are aimed to provide instant brightening, smoothing and tightening effects for a refreshed glow. (The Peninsula Spa is also the only place in the kingdom where Biologique Recherche products are used.)



The Masque Exfoliant P50 Visage tingles a lot at first when it is applied to the face, yet this is a sure sign that the amino acids are doing their job properly. Effectively, what happens once the masque is removed is that the dull and dead skin cells that once occupied your face are also removed. Hyaluronic acids, Sacha Inchi oil and Flaxseed oil are some of the key ingredients of the masque, offering naturally bright and healthy skin. My face was completely transformed, and looked baby-smooth, shiny and vibrant after the treatment.



Worth Noting

The Biologique Recherche P50 Enzyme Peel treatment is highly recommended for brides-to-be and grooms-to-be in order to prepare their skin for one of life's most important events. A bride will leave the treatment having perfect skin for makeup on her wedding day. A good thing to note about The Peninsula Spa is that if there's nothing on the menu that resonates with you – which is highly doubtful, but just in case – you can have one of the highly trained therapists create a bespoke treatment to suit your needs.