

MÖVENPICK

BDMS WELLNESS RESORT
BANGKOK



An Enchanting Oasis in the Heart of Bangkok

Located in the very heart of Bangkok, amidst ultra-modern shopping malls and a rich and eclectic culture, Mövenpick BDMS Wellness Resort Bangkok presents the perfect home from which you can fully enjoy this city. Just moments from the Ploenchit BTS Skytrain station, the whole city, with its countless unique attractions and potential stories, is easily reached.

The resort is a just short distance from extensive shopping at Central Embassy, CentralWorld, and Pratunam Market, as well as entertainment districts on Sukhumvit Road, allowing you to explore the City of Angels at your leisure.

CONTACT INFORMATION

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Stay Well

The resort's 211 upscale rooms and suites all include private balconies and stylish and contemporary living spaces with views overlooking the resort's gardens or out across the city skyline. Whether travelling for leisure, business or as a family, there's an ideal room for you.

- Deluxe (38 Sq. m.)
- Deluxe Suite (74 Sq. m.)
- Wellness Deluxe (38 Sq. m.)
- Wellness Suite (74 Sq. m.)
- Wellness Sleep Suite (74 Sq. m.)
- Family Suite 1 Bedroom (69 Sq. m.)
- Family Suite 2 Bedroom (99 Sq. m.)
- Presidential Suite (164 Sq. m.)



Live Well

Take advantage of a wide range of wellbeing and lifestyle experiences that will leave you feeling relaxed and refreshed.

Pool

Open daily: 6.00 am - 9.00 pm

Be Well Spa

Open daily: 10.00 am - 10.00 pm

Facilities:

- 7 treatment rooms
- Facial treatment room
- Dry Floatation experience
- Ice room

- Sauna and steam room
- Locker rooms for men and women

Be Fit Fitness Centre

Open daily: 24/7

Facilities:

- Fully equipped with LifeFitness equipment
- Steam rooms for men and women
- Locker rooms for men and women

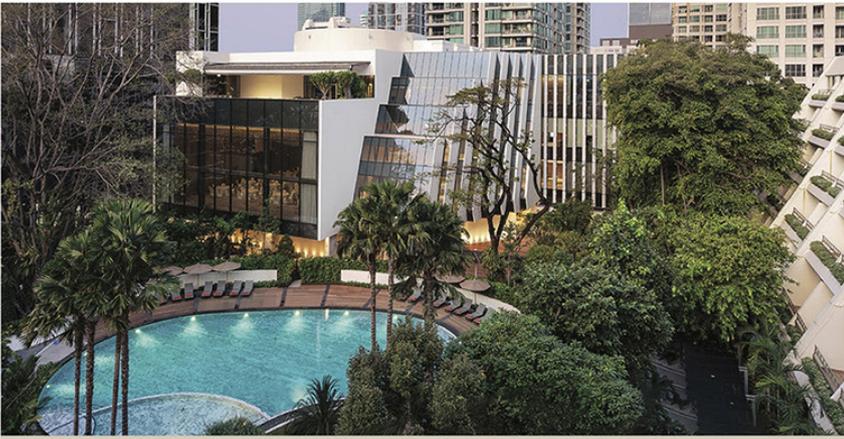
In-Room Wellness Amenities:

- Yoga mat, stretch band, yoga ball
- iHome light and sound speaker for better sleep
- Pillow menu
- Health Brings Wealth book



Club Benefits:

- Exclusively for Wellness Rooms & Suites
- Daily lounge access
- Access to wellness classes
- Health and nutrition consultation



- 15 function rooms, including two high-ceiling ballrooms with LED walls
- A private outdoor terrace
- The Waterfall Terrace
- VIP lounge and dressing room
- Sustainable catering options in partnership with Klimato and Humane Society International.
- Bangkok Airways Tour Desk on-site
- ALL Meeting Planner Program

Sustainable Meetings

The BDMS Connect Center plays host to fantastic events. This world-class sustainable meetings and events venue is housed in its own dedicated eco-friendly building, delivering over 3,400 sq. m. of meeting, exhibition, and social spaces across four levels, for events for as few as 15 to as many as 450 guests.



Eat Well

At Mövenpick BDMS Wellness Resort Bangkok, indulge in a range of delectable dining experiences that both tantalise the taste buds and nourish the body.

Nourish

The resort's all-day dining restaurant, Nourish offers sumptuous buffet breakfasts and lunch spreads that showcase a healthy take on both local and international cuisines, as well as an extensive à la carte menu. The restaurant is further renowned for its indulgent Sunday brunch that's popular with both resort guests and locals alike.

Open daily: 06.00 am - 5.00 pm

Breakfast on weekdays: 6.00 am - 10.30 am

Breakfast on weekends and holidays:

6.00 am - 11.00 am

Lunch: 11.00 am - 5.00 pm

Khum Hom

Khun Hom is led by Chef Ian Kittichai, an award-winning chef, author and television personality renowned for his modern approach to Thai cuisine. A not-to-be-missed experience, guests enjoy an innovative interpretation of classic Thai dishes from the four regions of Thailand with views overlooking the resort's lush gardens. Khun Hom displays a passion for premium local ingredients given a modern twist through skilled application of refined cooking techniques.

Opening daily:

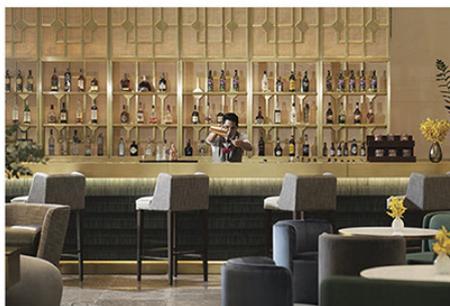
Lunch: 12 noon - 3.00 pm

Dinner: 5.30 pm - 10.30 pm

Bittersweet

Gather and take in the social atmosphere of Bittersweet while savouring an extensive selection of skilfully created drinks, such as craft cocktails and premium aperitifs. Bittersweet is also the location for enjoying our daily complimentary Chocolate Hour, a Mövenpick signature experience.

Open daily: 10.00 am - 11.00 pm



Rim Klong Café

Seated on the edge of the canal, Rim Klong Café is the place to go for everything from a quick grab and go snack or light meal to a relaxed cup of coffee, indulgent ice cream or tasty baked treat. Throughout the day you'll find an à la carte breakfast menu in the morning, afternoon tea and then drinks and tapas in the evenings.

Open daily: 7.00 am - 8.00 pm

