

Wellness Program

When your body showed signs and some symptoms of being excessive stress from long and continuously working out your job with your rushed normal life style, you may need some time for giving yourself a magnificence reward for a perfectly relaxation among green natural surrounding and reached to the nature designed accommodation and resort facilities.

Not too early in the morning Meditation, time for be trained your mind and you spirit in stabilized way for haft an hour daily, After that doing good and proper exercise as yoga training and Breathing exercise, jogging, walking, even cycling along the quiet and peaceful local road in the morning fresh atmosphere or Kayaking in the most beautiful and perfect mangrove forest through small canals and reach the internal sea lake of Salak Kok bay for your stronger and smarter outlook.

Having 3 Meals of various Spa cuisine and raw food menus in our One of world 50 best restaurant certified by UK. Magazine with a drinking mineral water on the table, daily.

Late in the afternoon time for Spa treatment let's pampering yourself in a little rock herbal stream room and doing some massage therapies by well trained and certified therapists. And the great relaxing time on the pool side bench reading your favorite books and so on.. How happiness and revitalized yourself will be noticeable.

Net rate 2,350 Thai baht/person

What would you get from this SPA wellness program in daily?

- Good morning with Fresh fruit and fresh juice
- 2 spa cuisine and raw food meals with mineral drinking water
- A morning meditation and Yoga exercise from 8.00 am to 10.30 am.
- 1 Stream room
- Massage therapy 1.5 hour for Thai massage, reflexology and foot massage,
- Or 1 hour for Aroma oil massage, facial treatment, Aloe Vera body wrap.
- Free using bicycle and 1 hour Kayaking in Salak Kok bay.

Time Schedule

7.00- 8.00 Fresh fruit and fresh juice
 8.00-10.00 Meditation and Yoga
 10.00-11.00 Spa meal for Brunch
 13.30-15.00 Spa Treatment (steam room and Massage therapy)
 15.00-17.00 Fresh Coconut water (after your leisure or activities)
 18.00-19.00 Spa cuisine and / or raw food for Dinner
 21.30 Bed time

What's included each day...

- Lunch and Dinner with 2 bottles of mineral water for each person
- Massage Therapy 1.5- 2 hrs.
- Meditation class
- Yoga class
- Steam room 20 mins.

Spa Treatments

Descriptions

Spa Facial Delight

Deep facial cleansing, Facial scrub your choice of Honey Sesame, Spirulina milk, herbal honey, Oatmeal milk, Gentle facial massage, Facial mask your choice of Honey lime, Spirulina honey, healing Clay, Hot towel, Facial toner, Enriched with cucumber moisturizing.

Spa Body Delight

Herbal steam bath 20 minutes, Body scrub with Natural mixed scrub (wheat germ or turmeric coffee mixed), Warm Shower, then body mask with honey tamarind paste, Shower again end with moisturizing milky lotion, or aroma oil massage for revitalize your body skin.

Spa Facial lifted with Micro Collagen

Deep cleansing Cream, Slightly facial massage, micro collagen lifted mask sea weed oil moisturizer for anti wrinkle around your eyes. Enriched with cucumber moisturizer.

Spa Cellulite Retreat

Herbal steam bath 20 minutes,
Aroma oil massages 20 minutes,
Anti Cellulite oil massage 60 minutes,
Body wrapped then Herbal steam bath again
20 minutes. End with firming lotion.

Spa Sport Special Massage

For tense and strength after exercise :
Begin with warm stroke and Thai pressure point for muscle relaxed, and then follow with mint balm oil in harder stroke all over the body for increased blood circulation and release muscle pain.

Massage Therapy

Descriptions

HERBAL STEAM ROOM

Recommended before massage. We use the traditional 32 Thai herbs formula. Take 10-20 minute stays in our tiled steam room with refreshing breaks outside for the cold water splash. Includes sarongs, towel, showers & herbal tea.

VIP STEAM ROOM & MASSAGE

Take your time relaxing in our Herbal Steam Room (includes 2 sarongs, 2 towels & showers) enjoy our Thai slender tea, and just relax around the steam and let the Thai herbs do their thing. After your steam a rejuvenating drink of watermelon juice. Now you're ready for your hour relaxing herbal oil Massage see below). Just after your great oil massage you'll be treated to a fresh fruit salad to replace the blood sugar.

THAI MASSAGE

The top standard of the ancient tradition Thai Massage, offered in our Massage Sala. Pressure points, massage and stretching.

RELAXING HERBAL OIL MASSAGE

Great Thai Massage plus the addition of Massage Oil (natural massage oil blend with pure Essential oil) applied with soft and gentle strokes. YOUR CHOICE of aroma oil.

CLASSICAL THAI MASSAGE

This is the real Thai Massage. Many of our Practitioners are under the ongoing training of an A-jarn (revered master) who regularly visits The Spa for tuition and to give instruction. The "touch technique" is the slowest and deepest approach we have. This is a two-hour massage used to correct major imbalances of energy that may have developed into some form of symptom. The Practitioner will also instruct the clients in corrective exercises.

BACK, NECK, SHOULDER & STOMACH MASSAGE

Our specially trained staff delight your upper body. Allaying our special Thai Balm for relieve stress in these areas. Let go, get rid of that tightness.

EAR Conning

experience the soothing benefits to gently clear the ears of debris and help relieve sinus congestion.



HAND & ARM MASSAGE

Rejuvenate those tired hands and arms... slowly working out the pains.

FOOT MASSAGE

Our staff know the "reflex" points on the bottom of your feet to activate natural and prompt relief from your aches & pains, includes a lower leg.

ALOE VERA BODY WRAP

First take a 15 minute Herbal Steam, then to the Massage Sala where we apply your whole body with Aloe Vera gel, then we wrap you in a cotton sheet and cover you with a blanket for 30 minutes and let the Aloe revitalize your skin.

HEALING CLAY FACIAL

Deep cleansing with cucumber cleansing gel, scrubbed with honey herbal, Followed with natural "Healing Clay" beauty mask, let 's dry and washed off with cool water. Facial toner with fresh cucumber water. Finally applied cucumber moisturizing cream. Your face will love you, feel great and you'll see those dirty pores and wrinkles disappear,

THAI HERBAL FACIAL

This herbal face-care regime starts with Deep cleansing, Hot towel, Scrub and Mask with Thai Herbal Scrub (Turmeric, Tamarind, Plai), Hot towel, Facial toner, Moisturized with Cucumber cream.

AMPUKU

Our trained practitioners will enhance your fasting process with this traditional Japanese therapy. They will work on your "hara" (abdomen) and work Specific acupressure points on your back for Elimination.

REIKI

is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and

Yoga & Meditation

Surprisingly, I found strength and challenge in yoga – trumping my once superior aerobic orientation and recognizing the value of this mind, body, spirit fitness. My body became stronger, my mind became calmer – and both body and mind found greater flexibility than I’d had before. I started leaving work earlier to make it to my yoga class, banishing my workaholic ways in the name of chasing my bliss. At work, people were asking me questions about yoga, noticing my new habits and envying my new calm. Combining yoga and recovery gave me a glow that looked to others like the fountain of youth – and they wanted to learn more about the source.

Our Yoga class: At Yoga sala (by the swimming pool) everyday, 6 days a week from 8.30 -10.00 am. Contact reception or colema center for Yoga Coupon 300 baht per person per session.

Meditation: Exercise Being Present

Being present means giving your attention to everything that is happening in the moment, not just to your thoughts. If a thought arises, notice it and then continue to notice whatever else is present. When you are engaged in a task and your mind wanders off of it, bring your attention back to the task, to the sensations that are present, and to the entire experience of that moment. Soon it will be natural to be present to whatever is going on in the moment.

Doing a more formal kind of meditation is another very helpful practice. When done on a regular basis, meditation helps establish a calm mental state, which makes the intuition (and the Self’s guidance) more accessible. It is the most effective spiritual technique available for shifting out of the egoic state of consciousness and into the experience of our true nature. It is also no more complicated or difficult than being present to an activity.

Meditation class offer everyday, 6 days a week at Yoga Sala. From 8.00-8.30 am as complementary.