

Leave the world behind  
once in a while,  
escape and indulge yourself  
in exquisite wellness treatments  
in a land of healthy smiles.  
You will discover  
inner harmony  
and peace of mind  
that unfold along  
with every breath you take  
in Thailand.



Wellness-Live & Retreat  
in the Land of Healthy Smiles  
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Wellness Live & Retreat in the Land of Healthy Smiles



# Wellness

Live & Retreat  
in the Land of Healthy Smiles





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Unseen Planet





## Preface

Leave the world behind once in a while, escape and indulge yourself in exquisite wellness treatments in a land of healthy smiles. You will discover inner harmony and peace of mind that unfold along with every breath you take in Thailand...

**“WELLNESS – Live and Retreat in the Land of Healthy Smiles”** offers a range of destinations throughout the country that enable you to experience a variety of health and wellness packages conducted in natural settings and peaceful environments. All are equipped with the comfortable, soothing, and stylish facilities. Come to create a life balance and transform your life to a better self, renew your spirit and improve health and well-being in all aspects. Take a journey along the pathway to vitality toward inner and outer well-being, you will be rewarded with an inner serenity and satisfaction, and will be pampered with hospitable services envied by the rest of the world.



# Health



A perfect health and radiant well-being can be achieved by giving your body and soul a good balance. Being healthy, both physically and mentally is the greatest gift of life anyone can find.

## Detoxification

Living in the modern world today allows toxin into your body without you even realizing. Detoxification is an extraordinary approach to remove these chemicals and pollutions from your body system, making you will feel clean and refreshed. The experience of detoxifying your body will also leave you feeling rejuvenated and recharged. There are many types of detox treatment you can choose from, but all of them will renew your body for a wholesome life.

## Therapies

Good health does not only mean you are free from diseases, but it means you are physically healthy and feeling well. Therapy is the alternative form of medication that combines the science and art together for a remediation affect. There are various kinds of therapy – each has its own characteristic and benefits. The common factor that all kinds of therapy shares, the one that the modern medication today sometimes cannot provide, is the ability in rejuvenate and revitalize your health. Explore yourself with the combination of this science and art, for a perfect balanced body and mind.

## Retain

Nature is the best catalyst in retaining your great health and wellness. Even though the world today is driven with technology, but eventually it falls back to nature – the greatest healer of all. Perfect health and glowing well-being is derived from within yourself. The integreation of mind, body, and spirit in conjunction with nurturing yourself with nature, is fundamental in achieving the holistic healthiness. Give yourself time and space for personal reflection to boost your physical, emotional and spritual well-being.



# Beauty



Long lasting beauty does not come from adding colors to your skin, but it is the reflection of balancing body, mind, and spirit, that shines naturally from the inside.

## Weight Control

Everybody wants to feel good whenever they look in the mirror , and weight control is an important factor in determining how great you look. Fit and firm body with healthy weight does not only improve your lifelong health but also make your beauty incredibly sparkling. The simple regime with foreseeable result involves beating fat and calories with servings of fresh fruits and vegetables. By adjusting your lifestyle with balanced diet and regular exercise, you will find that the miracle in your own body is just one step away.

## Age Defying

A youthful glow, no matter what age you are, comes from the inner well-being and nutrient-rich diet. Instead of a cup of tea or coffee, plenty of water is a much better way to promote healthier and younger looking skin. Switch your eating habits from greasy dishes to fruits and vegetables, for your skin to fully reflect the goodness of nature. Replenish your skin and body with enough sleep and welcome the glory of the morning with a smile that will ignite your beauty radiance from the inside.

## Holistic Retreat

Savoring peace of mind, creating balanced diet and sparking your active life with exercise are the key components of having holistic health and wellness. The quality of life is like a coin, having made up of two sides to be completed as “whole”. One side of the coin is the inner beauty and spiritual well-being, whereas the other is the healthy body and physical comfort. The two sides of your life are needed to be dancing in harmony for your journey towards a healthy, happy life to begin.



# Mind & Spirit



Beautiful spiritually inspired relaxation mind that prompts and allows reflection on health conditions. Only fit and firm body shape is never enough in moaning spirit. Positive thinking and innermost peace in mind make glowing beauty externally and good health internally.

## Meditation

Meditation is a very powerful spiritual awakening technique that will cleanse your body, mind and soul and discover inner peace and balance. Learn how to transform your mind from negative to positive, from disturbed to peaceful, from unhappy to happy. This is a profound spiritual practice you can enjoy throughout the day, not only while seated in meditation.

## Walk Meditation

Walking meditation combines a walk with meditation to focus on each movement of your foot step. Try a walking meditation; concentration on placing each foot will give you a sense of calm, peace, emotional stability and restful mind.

## Yoga

Yoga methods encompass the entire field of our existence, from the physical, emotional and mental to the spiritual. Its methods include ethical disciplines, physical postures, breath control, as well as meditation. Your body will be limber, robust and vigorous if posture (asana) and breathing exercise (pranayama) practice habitually.

## Vipassana

Vipassana is a way of self-transformation through self-observation. Learn about and practice Art of Living- Vipassana, taught by Gotama Buddha more than 2,500 years ago to see things as they really are in present-day chaotic world of living. This profound spiritual practice is meant to create the dissolution of mental impurities and follow-on highest happiness of completely free feeling.



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# Health

Balanced health and wellness is a concept that endorses well-being. Its unique combination caters for the restoration of both personal energy and vitality. It is a way of life that encompasses good nutrition, exercise, health care and peace of mind. This concept has been handed down through generations – learned from the wisdom of the natural world, practiced in order to discover peace. Here in Thailand we offer an ever-changing array of options to help bring your mind, body and soul back into balance. Here's an invitation for you to indulge your senses at destination retreats in this land of smiles.



# Thai Wellness Experience

Arusaya Spa at Rose Garden Riverside | Nakhon Pathom

## Living a Balanced Life in Rural Thai Wellness Experiences

The tranquility and the old-day charms at Rose Garden Riverside beckon you to quiet your mind and take a healthy and relaxing retreat. Imagine a total rejuvenation of your well-being pampered by the healing recipes of Thai traditional treatments made from local tropical herbs, fruits and vegetables that are both beneficial to your body and taste buds.

Arusaya Spa restores the senses of Thai traditional well-being in the old-day charms. Most of the entire spa is located in the area of Rose Garden Riverside, one of Thailand's longest standing accommodations with the legendary elephant and Thai cultural shows that has attracted people from around the world for over 45 years.

At Arusaya Spa, their Thai Wellness Experience program is prepared in a traditional way, starting with an Ayurvedic observation of your innate body elements, so-called 'dosha' that leads to the special herbal treatments and personal organic diets.

"Thai traditional medicine is taken a holistic approach based on the Ayurveda philosophy about the fundamental body elements," explains Arrut Navaraj, Director of Rose Garden Riverside and Arusaya Spa in Sampran District of Nakhon Pathom. "Each of us is designated to one or combined types of dosha following the periods of our birth, but external influences such as our living environment and lifestyle can slightly change our dosha combinations, so we need to properly adjust our lifestyle for the benefits of our health."



Set in the 70-acre riverside resort of Rose Garden abound with exotic and local botanical treasures, Arusaya Spa seeks local wisdoms when it comes to their distinguished treatments. Coconut oil made fresh from nearby coconut plantation is a tropical treatment that soothes and smoothens the skin; pomelo's skin rich in detoxifying essential oil is carefully hand-crushed to produce rejuvenating and antiseptic scrub that erases skin blemishes and dullness. Also, their 15-acre organic farm across the river is plenteous with fresh and delicious vegetables and herbs that will invigorate both your health and palates.

"We believe in local wisdoms of Thai traditional medicine and simple lifestyle," says Arrut. "And we are working together with many local farmers for more organic produce, including local rice, vegetables, fruits and herbs. It isn't like that you are undergoing a strict health regimen of any kind here; what we offer is more of a relaxation program that boosts your natural well-being by providing you with some health awareness so you can lead a healthier lifestyle later on."

"Each of us is designated to one or combined types of dosha following the periods of our birth, but external influences such as our living environment and lifestyle can slightly change our dosha combinations, so we need to properly adjust our lifestyle for the benefits of our health."



Natural detoxification at Arusaya Spa will make you feel closer to the nature. Wrapped in fresh banana leaves and aromatic white clay, your body will be gently exposed to the sunlight for a natural detoxification. Thai massage and herbal compress eases away your tensed muscles and boosts blood circulations while the ancient arts of 'Reusi-Dut-Ton' exercise gives you a series of self-care stretches you can practice back home when you feel like eliminating some chronic body pains.

The Thai Wellness Experience program also includes a guided meditation and dosha-based diet planning. At the resort's multiple restaurants, you will choose delicious Thai and international meals prepared to benefit your dosha. The guided meditation also helps those suffering from insomnia through

the newly-obtained peace of mind that eases away the overwhelming tensions and worries for your total relaxation.

"Sometimes people do not recognize that it is in fact their subconscious routines that make them sick and unhealthy," explains Arrut. "Chronic allergies, stresses and even body pains are almost in all cases caused by our strenuous lifestyles. We hope that by offering this Thai Wellness program, you can come to enjoy a new lifestyle that does not just suit you better, but also restores you back to your healthier self. Even after you go back home, you will be able to sustain a healthier lifestyle based on this new awareness."





#### For Your Information

- Arusaya Spa is set in a historic Thai teak house complete with a riverside sala. Thai traditional teak houses are also available as accommodations in the Rose Garden Riverside. These houses, were once homes to Thai-Chinese people in Suphan Buri and Nakhon Pathom with the bulkier architecture when compared to their counterparts found in the Ayutthaya area.
- The Thai healthy cooking class at Arusaya Spa teases your palates with tropical fruits in seasons such as mango, papaya, guava, pomelo, rose apple and jack fruit followed by the clear and spicy soup of tom yam kung (with lemon grass and kaffir lime, fresh chilies and galangal as main herbs), papaya salad and BBQ pork, pad thai, and fresh herbal drinks.
- Among Rose Garden Riverside's highlights of activities include coconut picking demonstration where you can taste the fresh coconut juice, boat paddling through the tropical fruit orchards and a visit to see the natural water buffalos in the rice paddies.
- At Living the Thai Culture' art and craft workshops, you will enjoy villager's activities such as weaving, garland making and vegetable carving, pottery and rice farming.
- You can make this program a retreat for your whole family. Children are welcome to join their parents in this Thai Wellness Experience program and immerse in the exotic Thai cultural experiences.



#### Thai Wellness Experience (4 days 3 nights)

- Day 1:**
- Arrive and receive a Thai dosha check-up and course concept
  - Organic farm tour to learn about Thai fruits and herbs
  - Healthy Thai cooking class followed by dinner
- Day 2:**
- Natural detoxification Reusi-Dut-Ton exercise, Thai massage and herbal compress followed by a spa session
- Day 3:**
- Meditation and Reusi-Dut-Ton exercise, Herbal remedies and herbal medicine workshop Spa session
- Day 4:**
- Living the Thai Culture' art and craft workshops

#### Arusaya Spa At Rose Garden Riverside

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# Recovery program

Baan Dvara-Prateep | Nonthaburi



## At Baan Dvara-Prateep We Practice Fighting with Strong Mind.

Sometime modern medication fails to cure severe disease and some end up with the loss. On the other hand some who stand up against the disease take another path in curing the disease by balancing life. It's quite evident that stronger mind leads to stronger body. With this thinking in mind Kasemsook Bharmornsatit, the creator of Baan Dvara-Prateep knows well how to fight, she herself has fought proudly against her own severe disease.

Life lesson of an ordinary woman who had gone through serious disease but her mind never gives up fighting against it, she discovers recovery in her own way different from the modern medical treatment practiced for such disease. Instead of bad news, her life is filled up with good news. Master Kasemsook has transformed a small house by Chao Praya River, Nonthaburi province to create Baan Dvara-Prateep. From the beginning, Baan Dvara-Prateep is a place for Ms Kasemsook and friends to practice meditation. It's a nice cozy house with simple decoration, great for relaxing and learning Thai culture, located on the bank of Chao Praya River. When others heard what she had discovered; they asked her to open the house to help others.

What did Master Kasemsook discover? She discovered a way to recover your body and mind holistically, strengthen your body and mind and fulfill your soul. These three elements work in co-ordination like a machine if some parts weaken that would mean non-balancing body which will lead to bad health.



“We teach the way to master the mind and to develop quality in health altogether. At Baan Dvara-Prateep, you will know your body well and how your body works in relation to other parts.”



Body recovering at Baan Dvara-Prateep opens everyone’s eyes to see your body and mind clearly. Starting from recovering your body with “Passive Retreat”, the way to recover the state of a coma patient with nature, “Passive- doesn’t mean laying down doing nothing because even we do that our lives continues to move on. Here, the practice will suggest you to live your life carefully, practice meditation, eat well and practice good habit. To take care of your health this way you will not need additional medication or food supplement just practice the delicate way to cure yourself” said Master Kasemsook. Baan Dvara-Prateep’s activities are not on fixed schedule,

“We teach the way to master the mind and to develop quality in health altogether.

At Baan Dvara-Prateep, you will know your body well and how your body works in relation to other parts.”

To develop your health, you have to combine the strength of your mind and body together to improve the system. The body & mind solution will create relationship between body and mind. In a particular case which the patient who has serious disease, Master Kasemsook had created Kasemsook Movement for them. It’s a work out that combines all the movement she had learnt , they’re best for your health and delicate enough for all the joints in your body. It’s

an answer for body and soul happiness. It took her 13 years to create and try, it gives great result. It is her trademark work out which she already registered.

“Kasemsook Movement” is the slow movement along with music to help improve your health and soul. Every movement have a great effect to your whole body muscle by stretching, remind everyone of the beauty of life, and develop your soul and boost energy.

Baan Dvara-Prateep also develops the staff with the thinking to develop specialist teacher and student utilizing background





experience of local teachers. That's why, we have "Edkit & Happiness Camp" and "The happiness for kids through teacher" program, those who attend can adapt and practice with their company staffs and management. Other courses include learning the culture and how to develop staffs suitable for each company called "The Triple E", and how to develop people to be elegant and well loved called "The Recognition Creation", to care of you to fit in.

Baan Dvara-Prateep is a nice peaceful house on the bank of Chao Praya River where the Thai charming life goes on. It's a place for resting our mind, developing employee's life, improving and taking care of your health (health and wellness by nature).

#### Soul Development for Knowledge of Awakening Beauty of Stupa

With the love of "Buddhist Pagoda charm", Master Kasemsook told us every Buddhist Pagoda in the world is inside-out art. At Baan Dvara-Prateep, Master Kasemsook had created a room dedicated to Pagoda Museum for everyone who has a chance to learn the philosophy behind the pagoda art around the world. "If you notice, you will know that every pagoda starts from a circle form. The circle represents birth, age, sickness and death, the circle of life. Pagoda is the symbol of Buddhism philosophy that teaches everyone to study their own mind clearly."

Remarks: Only group of 10-15 people and not more than 30 people are accepted. Every course is tailor-made according to the guest's schedule (2 days 1 night and 3 days 2 nights)



#### Baan Dvara-Prateep

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# Natural Medicine

Balavi Viangping Natural Medicine Center | Chiang Mai

## Natural Medicine – Healthy Living is a Wealth of Life

The human body has natural healing abilities. Holistic healing and alternative health care solutions support the body to heal it. There're variety of safe and effective forms of holistic healing such as naturopathies, acupuncture, and fasting for health. These natural treatments aim to treat the whole physical not only the disease through natural, supportive methods which increase or strengthen the body's own immune systems and its mechanisms.

Life is far more than just to live and breathe. It is important to provide an edge to keep one healthy, flexible and strong. If a person works towards prolonging their lives unnaturally, that action can also severely limit life by not living according to one's nature. Therefore, holistic health does not depend on miraculous medication or fix formula health care solutions, but on the lifestyle that is in harmony with nature.

Balavi offers a healing journey inward to discover and create a new healthy life through natural therapies. With a holistic approach concept, the natural medicine center is to help you achieve and maintain physical and emotional well-being with gentle, natural, non-invasive medicine solutions.

"At the beginning, when I became a medical doctor, I felt strongly that there should be more methods to help patients by natural healing process. So I observed that natural diet, exercise and meditation can help neutralization of life- threatening diseases ranging from chronic stress syndrome to cancer," says Dr. Banchob Junhasavasdikul, the founder of the Balavi Viangping Natural Medicine Center.





“I encourage people to change one own lifestyle on 3 conceptual healthy gateways: eating proper diet according to each individual health problem, physical work out, calm down the mind. These processes can be called as “body & mind detoxification,”



“Blending thyself to Nature, East-West Wisdom for Healing” is a healing method of the Balavi Natural Medicine Center. They believe in the philosophy of natural health – we are what we eat, we are what we do and we are what we think. By blending arts and sciences of Eastern and Western medicine together it would cure sicknesses and cause a balanced health. At the center, you will be provided with knowledge and information on several ways to take care of yourself using natural therapies, such as eating homegrown herbs to treat minor illnesses, fasting for health to prevent diseases, as well as learning dynamic cuisines suitable for particular illness such as cancer cure diet in order to get better in health condition.

“I encourage people to change one own lifestyle on 3 conceptual healthy gateways: eating proper diet according to each individual health problem, physical work out, calm down the mind. These processes can be called as “body & mind detoxification,” adds Dr. Banchob.

Modern lifestyle has taken its toll on our digestive organs. Refined, processed, low fiber foods, animal fats, a lack of exercise



and an ever increasing level of stress all contributed to our current gastro-intestinal health crisis. Detoxification and Rejuvenation program at Balavi is a sound alternative to the conventional form of healing. It is the most basic principle that keeps oneself at the supreme health. There are 5 modes of practical detoxification; eating the proper diet such as eating brown rice, proper amount of protein and fat, fresh fruit and vegetables; fasting for health by eating mono-diet of fruit fasting or juice fasting; colon cleansing consists of high colon cleansing which is bowel cleansing and low colon cleansing with coffee enema which is liver cleansing; prana detoxification includes acupuncture, practicing qigong, yoga for body cleansing; and meditation for mental cleansing. Together with natural treatments the center also provides subconscious training, Homeopathy, massage, cupping, solar bath, fitness therapy, hydro-aerobics, and a list of scientifically proven dietary information for those suffering from

obesity, cancer, diabetes, and host of other ailments.

Combining a variety of natural medicinal arts Balavi can help put your body, mind and spirit back into a state of balance and harmony, improving health, longevity and vitality. The human body is not designed to be sick it does, however need a nourishing environment to be in good condition. Start preventing ill health or restoring good health, let's do it the natural way.





### Detoxification Program

The center offers 1, 5 to 10 days Detoxification Courses, depending on the health conditions etc. Work through many modes of treatment by medical doctors and many other specialized instructors at the center.

### Acupuncture

The Chinese medicine is used for those who are in 5 groups of diseases:

- Painful symptoms: migraine, painful joints, sciatica pain
- Allergy, asthma
- Gastroenteropathy: constipation, irritable bowel syndrome, peptic ulcer
- Neurosis: insomnia, paralysis, Alzheimer's disease, Parkinson
- Gynecologic problem

### Classical Homoeopathy

Classical Homoeopathy cures acute as well as chronic diseases. Homoeopathy treats most of the infectious disease such as Sinusitis, Tonsillitis, Bronchitis, Pneumonia, and so forth. Psychosomatic disorders like Migraine, Asthma, Acidity, Peptic ulcer, Allergy, and Ulcerative colitis are successfully treated with Homoeopathy.

### Organic Kitchen & Fitness

The kitchen provides natural food with different diets. They also provide menu for slimming, diabetes, and cancer patients. Balavi offers courses on aqua therapy, qi-gong, hydro-aerobics, and fitness equipments.

### For Your Information

- The most essential ingredient to achieve optimal wellness in your life is you! Natural healing actually has to begin with you. Your mind set, your focus is essential—and you can choose what you focus on.
- Change your mind set. When you change your focus, you open your life to a whole new world of natural healing opportunities. This is your first step to create an optimal wellness plan.
- Make a conscious effort to avoid any negative emotions, thoughts, or actions motivated by anger, hostility, greed, envy or jealousy, whether at work, caught in traffic or at home.
- Spend time in nature every day.

### Balavi Viangping Natural Medicine Center

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# Recovery Program

Ban Ing Nam Health Resort & Spa | Nonthaburi

## Treat Your Five Senses at a Little Place by a Beautiful Stream

You attain the peak of physical health by keeping your inner self healthy. In today's world, it is hard to avoid particles in the air and water that spread toxins and disease. When you want to adjust your way of life and balance your mind and soul, the path is paved for you at Ban Ing Nam Health Resort and Spa.

Ban Ing Nam Health Resort and Spa is a boutique resort that takes care of you when you want to turn your routine around and concentrate on changing your life. The combination of medical therapy with a serene and relaxing atmosphere restores your inner and outer health. It is the perfect therapy for all of your senses, in the middle of a tropical garden next to Pra U-dom creek, a quiet and beautiful stream in Nonthaburi province. Both sides of the creek are lined with charming scenes of local life. Ban Ing Nam provides villas as well as studios in a two-story building decorated in warm tones, like a beautiful cottage in a garden.

"Time doesn't matter when you are here," as you swim in the gorgeous pool next to the creek or lie down in your cool open-air cottage, sipping a chilled herbal drink and enjoying the local lifestyle, while the birds sing in the branches of the trees.

Guests at Ban Ing Nam not only give their body a treat and improve their health but also find inspiration to change their behavior and sustain the improvements in their health. "People's behavior is a crucial factor for good health. If we can change the habits that lead to toxin buildup, we will no longer have the health problems so common today," says Chayachol Hoiraya, Ban Ing Nam





“People’s behavior is a crucial factor for good health. If we can change the habits that lead to toxin buildup, we will no longer have the health problems so common today.”



Health Resort and Spa’s marketing manager.

The main purpose of Ban Ing Nam, according to its owner’s vision, is to create a place where you can retreat and take care of yourself. Even conditions like diabetes and obesity can be helped with a personally designed program.

It is clear that diabetes and obesity are “city-life” ailments caused by poor eating habits, so the best way to fix the illness is to fix the habits. After the treatment at Ban Ing Nam, guests will find that they use less and less medication, and eventually not use it any longer.

Before joining the program, guests have a health check and are interviewed concerning their needs, to aid in designing the personal treatment that suits them best, such as working out, spa treatment, food, meditation and testing blood sugar twice a day. Every guest has a unique program, according to their individual needs.

The activities are not complex or difficult, so guests may continue them at home themselves after finishing the program at Ban Ing Nam.

“You might feel that it is strange and uncomfortable at first. But after a while, when you’ve adjusted yourself, you will learn to eat only when you need a meal,” says Chayachol.

Health courses in Ban Ing Nam are run by a professional doctor and taught by experts, who include a personal work-out trainer and a health food nutritionist. Before registering, guests need to set goals about their needs and the results they expect. And then the program begins, without force but with encouragement.

Because changes of habit need to happen willingly, changing your lifestyle means changing your way of thinking first. Then you will know how to protect yourself from sickness without medication.





#### Thai Natural Relaxation Program

The health retreat program includes:

- Room for 5 days 4 nights (preferably room)
- Healthy meal at all time while in the resort
- 2 hours activity daily up to weekly schedule
- Lifestyle consultant on a practice to release stress from work or other activities in your daily life
- 1 hour of Thai cookery
- 4 times / 1 hour of massage including 60 minutes of scrub and 60 minutes of foot massage
- Unlimited hours of swimming pool, fitness and internet usage
- Welcome drinks and fruit
- Refreshing drink in the afternoon

#### For Your Information

##### Change eating habit for healthy life

Choosing good food will affect your health, especially if you are on weight control regime; it'll be easier to just control what you eat with tips below:

- have breakfast everyday and make your lunch the biggest meal of the day but that doesn't mean you can eat anything.
- Starting every meal with low fat food, avoid fried food and food with coconut milk.
- Drink natural fruit juice with no sugar added, low fat milk or water instead of soda or alcohol.
- Eat a lot of fruits such as guava or apple in stead of dessert.
- Eat a lot of fruits and vegetables in every meal
- Chew slowly

To eat whatever unnecessary for your body is a bad habit; try to eat healthy food and you will not only have great health but you will also be in a good shape.

#### Ban Ing Nam Health Resort & Spa

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# Recover Your Health with Slow Living

Baan Kilakarn A Slow Living Time | Samut Songkhram



Slow down,  
see the world more clearly  
Baan Kilakarn helps you understand.

Let's slow down our steps, stop and think, take time to realize things in life. We may see inside ourselves more clearly. What if we slow down our lives? Do you think that will help us see things from a wider perspective? Life hides its complexities and details, but it all becomes clearer at Baan Kilakarn.

Taking life at a slower pace seems to contradict the modern world, where everything moves at lightning speed. Going slow is for losers, we think. But we also know that the fastest one isn't always the winner. Living in the fast lane, you might miss the small but important things and end up with poor health and a worn-out mind. That is the reason Baan Kilakarn, a small resort in a coconut grove in Amphawa, Samut Songkhram province, was created. Here you can practice the slow life to recover your body and soul step by step – and help you be aware of what your body is telling you, because prevention is better than curing. Baan Kilakarn is a place where you can spend your days in the slow lane, with a holistic health center to help you rediscover the goodness of everything natural.

'Kilakarn' is the Hebrew name of a village in the Bible, where it was believed that visitors could ease all their pains and worries. "Before coming to Baan Kilakarn, you have to leave your worries outside and open your mind to great new things here. When everyone changes how they think, everything in life will change." This is the philosophy of Nattamon Rungsaroj, or Khun Cheng, the owner of Baan Kilakarn, speaking as she serves herbal drinks. "The taste is not that great but it's



“Before coming to Baan Kilakarn, you have to leave your worries outside and open your mind to great new things here. When everyone changes how they think, everything in life will change.”



so good for your health. Many who have tried it ask for the recipe so they can make it at home. It's good for people with diabetes because it helps decrease cholesterol," says Somkiat Rung-rod, or Khun Boy, Nattamon's husband, redecorating one of the rooms.

The charm of Baan Kilakarn is the warmth of a family resort where the owners themselves are very much involved. They share their experience of natural recovery closely with the guests, believing that nowadays, medical technology is not able to prolong what is good in life. It solves the problems that already exist but can not prevent them.

Cheng declared, "We'd like everyone to think slower, look carefully, slow down in everything, learn to let go and not pressure life." Making life slower is the way to prevent poor health and to cure illnesses by the natural method.

"It's not hard or complex at all! We only have to step back and look at ourselves; stop and select better things that make your life simple, and let your mind tell your body what to do and what it needs. This is how holistic medicine works, and everyone can do it; eventually, good health will come."

Nattamon applies natural therapy to bring everyone happiness. Some good Thai customs people often overlook are applied here, such as getting up early, washing your face, mouth and nose the right way, and learning the proper way to shower. And then the guest practices a light work-out such as tai chi, yoga or the "stick dance," according

to the guest's needs.

The most important thing is food; Nattamon believes that eating the right amount of organic food can cure even serious diseases; it's not only for prevention but also for recovery and cure. If you wish for the good life, you have to live your life in harmony with nature and in a simple environment.

Our health is better when our body, mind and soul are in balance; that is why the food at Baan Kilakarn is organic, such as local vegetables, Thai herbs and produce, as well as home-grown ducks and chickens – a health retreat the Thai way.





#### Day and Night Package at Baan Kilakarn (3 days 2 nights)

Health activities included in the package are:

- Herbal steam to detox toxin from your body through sweat, cleanse the breathing system and wipe away residue from your skin
- Dipping your navel to decrease heat in stomach, gas or lump in stomach
- Soaking your back to decrease muscle sore and stimulate the freshness of your body
- Wash your throat to clean your throat and gum; strengthen gum, decrease sore throat and decrease chances to get cold
- Eyes wash for freshness
- Nose wash to decrease the infection for better breathing
- Cover eyes with grid fresh fruits to decrease the risk of many eyes diseases
- Cover in mud to suck out toxin from your body by exchanging toxin process, sucking out toxin by mud while our body absorb mineral from mud to prevent joint problem
- Exercise with yoga and sun bath in the morning to help your body change cholesterol under the skin to be vitamin D and helps bring out Calcium and phosphorus to prevent your bones
- Brain practice for good blood flows to prevent you from many brain function illness
- Meditation, practice breathing and stimulate blood to not contain too much acid
- Enjoy the moment by sightseeing Amphawa Floating Market (only on Fri, Sat and Sun)
- Get inspired at morning floating market at Tah Kah (only on Sat and Sun)

#### For Your Information

##### Health food recipe of Baan Kilakarn

At Baan Kalikarn, health food means food with complete benefit for your health from herb and vegetables and some kind of protein from fish and most of all it must taste good.

##### Mackerel spicy soup

- Combine all vitamins including Omega3 from Mackerel
- Herb helps your digestion, blood flows and boost your appetite

##### Salad

- Combine all vitamins including Omega3 from Mackerel
- Local vegetables high in calcium
- Local vegetables that help blood pressure and balance blood, control blood sugar and boost your immune system
- Centella leaves that helps boost your brain and antioxidant

##### Three mushroom salad

- Helps boost up kidney
- Helps boost up lung
- Helps boost liver

#### Baan Kilakarn A Slow Living Time

บ้านกิลกาด A Slow Living Time

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# Traditional Chinese Medicine for beauty and face-lift

Benjabohreeraksawej Clinic (B-well Clinic & Medi Spa)  
Bangkok

## Modern Beauty and Traditional Treatments

Traditional Chinese Medicine (TCM) analyses a person's health through the observation of life's vital energy. Apart from maintaining a healthful body, TCM can also help restoring our innate beauty with acupuncture that boosts up the body balance for a glowing and younger looking complexion.

Following the philosophy of Traditional Chinese Medicine (TCM), B-well Clinic combines acupuncture with contemporary supplements and latest beauty technologies to restore a good body balance that can boost up a long-term health benefits as well as giving you a glowing complexion.

Based on the belief that a healthy body needs to have a good and vibrant flows and circulations of body's vital energy (or 'chi' in Chinese term), Ukrit Jirapatrsuntohn, M.D. begins a diagnosis by analyzing pulses to observe the energies of our vital organs. These vital organs are represented into the Five Elements that works interdependently in a full circle. Sometimes, people suffer from illness and lack of energy when there are energies blockages. The acupuncture, along with individually prescribed supplements, will be employed to help restoring a good energy circulation for long-term health and beauty benefits.

"Traditional Chinese Medicine school believes that our body works interdependently and also closely with our emotions," explains Dr. Ukrit Jirapatrsuntohn of B-well Clinic. "And a healthy body is usually reflected in brighter eyes and glowing complexion. Here, you can have both a smoother, younger-looking skin and a better health at the same time."



“If we know that the Five Elements are the key components of our body, then restoring their functions and the body’s vital energy flow does more than what you need for a perfect health,”



Acupuncture is a technique of inserting fine filiform needles into the specific acupuncture points that lie along meridians which our chi or vital energy is believed to flow. The acupuncture pattern will be designed according to the diagnosis from Dr. Ukrit that obtains from the pulse checking and observation on your skin types, visible symptoms and your general health conditions.

“If we know that the Five Elements are the key components of our body, then restoring their functions and the body’s vital energy flow does more than what you need for a perfect health,” explains Dr. Ukrit. “When people are lack of energy, their skin usually becomes lackluster. You can tell by just looking at them. People who have undergone series of acupuncture usually regain their energy thus obtain the natural glowing complexion that is longer lasting than the application of medicine or plastic surgery alone.”

Supplements, when needed, are also used to ‘kick start’ the restoration process of the body along with series of acupuncture while botox and filler injections as well as lasers are available here. To make the service more comprehensive, Dr. Ukrit explains that while acupuncture helps restoring your energy, botox and filler make the

efforts more visible. Also available are ranges of facial laser treatments that Dr. Ukrit says can adjust your complexion, tighten the skin and heal unwanted scars, pigments, spots or even facial hairs.

While specialized in TCM for beauty, B-well Clinic also offers a wide range of total body rejuvenation programs designed for individual’s needs for example, individual acupuncture can be designed for those with chronic fatigue, sleeplessness, and unsolved overweight problems.





### Benjabohreeraksawej Clinic (B-Well Clinic & Medi Spa)

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### Accommodations

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# Colon Hydrotherapy

HydroHealth | Bangkok

## Getting a Cleaner Self through a Cleaner Colon

The modern-day sedentary lifestyle and low-fiber fast food make it more difficult for our bowel to perform its natural self-cleaning organism. Colon Hydrotherapy is a detoxification treatment that thoroughly cleanses our colon system, prevent constipation and improve health in general.

Colon hydrotherapy or colonic irrigation is an alternative detoxification treatment that helps thoroughly cleanse our colon system, prevents constipation and improves health in general.

The modern-day sedentary lifestyle makes it more difficult for our bowel to perform its natural self-cleaning organism. Also, food especially the popular fast-food meals that lack fiber, contain excessive sugar, or a high in red meat diet, and the lack of sufficient exercise, are all the contribution to the constipation that accumulates harmful colon bacteria, yeast and stagnant toxins. All these will be absorbed back into our bloodstream through the colon wall and make us unwell.

“A colonic session involves a slow infusion of warm and filtered water into the rectum by a colon therapist to cleanse and flush out the colon,” explains Dr. Piyawan McBlain, the resident doctor at HydroHealth Thailand. “The water causes the muscles of the colon to contract and thus pushes the feces and accumulated wastes through the hose to be disposed in a closed waste system. This treatment eliminates the accumulation of toxin and encourages the large intestine to carry out its natural peristaltic action and therefore promoting a clean, healthy body.”



“The water causes the muscles of the colon to contract and thus pushes the feces and accumulated wastes through the hose to be disposed in a closed waste system. This treatment eliminates the accumulation of toxin and encourages the large intestine to carry out its natural peristaltic action and therefore promoting a clean, healthy body.”



Dr. Piyawan explains that colonic treatment is still considered an alternative body cleansing treatment, but it is also believed to stimulate and rejuvenate the digestive system and that a healthy colon is essential for optimal health and well-being of the entire body. People who have undergone some colonic hydrotherapy witness a better health, better skin and even better emotional health.

“There are still doubts about its effectiveness in the mainstream medicine,” explains Dr. Piyawan. “But the therapy has been visibly effective among those who have undergone it. Their health has become generally much better; they become refreshed and even look more beautiful after a few sessions.”

A session of Colonic Treatment at HydroHealth begins with a brief meeting with the resident doctor for overall health check and blood pressure analysis. Dr. Piyawan says those with heart diseases, severe liver and kidney problems or diabetes should not undergo the treatment and also those with severe bowel syndrome and

hemorrhoids should postpone it as well. A treatment usually lasts about 40 minutes.

Apart from the Colon Hydrotherapy treatment, HydroHealth also offers a complete ‘cleansing’ package including infrared sauna and detoxifying massage. Infrared sauna that takes place in a private room, helps eliminating toxins accumulated in the deeper skin tissue and enhancing effective perspiration. The detoxifying massage that combines the physical therapy of lymphatic drainage massage with aromatherapy.

“How often one should get the detoxification, depends on his life-style,” says Dr. Piyawan. “Heavy smokers and drinkers and those with regular constipation problems should do it more often than those with regular lifestyles.”





## Colonic Treatments and Detoxification Programs

### 3 Days-Ultimate Detox

Day One – Colonic Irrigation + Detox Massage

Day Two – Colonic Irrigation + Infrared Sauna

Day Three – Colonic Irrigation + Infrared Sauna + Detox Massage

### 5 Days-Effective Detox

**Week 1** : Day One – Colonic Irrigation + Detox Massage

Day Two – Colonic Irrigation + Infrared Sauna

Day Three – Colonic Irrigation + Detox Massage

**Week 2** : Day Four – Colonic Irrigation + Infrared Sauna

Day Five – Colonic Irrigation + Infrared Sauna  
+ Detox Massage

## For Your Information

- If you are overweight, you would have more toxins in your body than a thin person because the body stores excess toxins in fat cells.
- To help the colon to exercise, The Colon Hydrotherapy treatment restores colon's health and cleanliness. A series of treatments will train and tone your colon's peristaltic movement back to normal function.
- It is important to consult your doctor before having a Colonic Treatment. People with certain conditions, such as diverticular disease, ulcerative colitis, Crohn's disease, severe hemorrhoids, blood vessel disease, congestive heart failure, heart disease, severe anemia, abdominal hernia, gastrointestinal cancer, recent colon surgery, and intestinal tumors should not have a Colonic Treatment.
- Side effects of Colonic Treatment may include nausea and fatigue after the sessions and can last for several hours.

## HydroHealth

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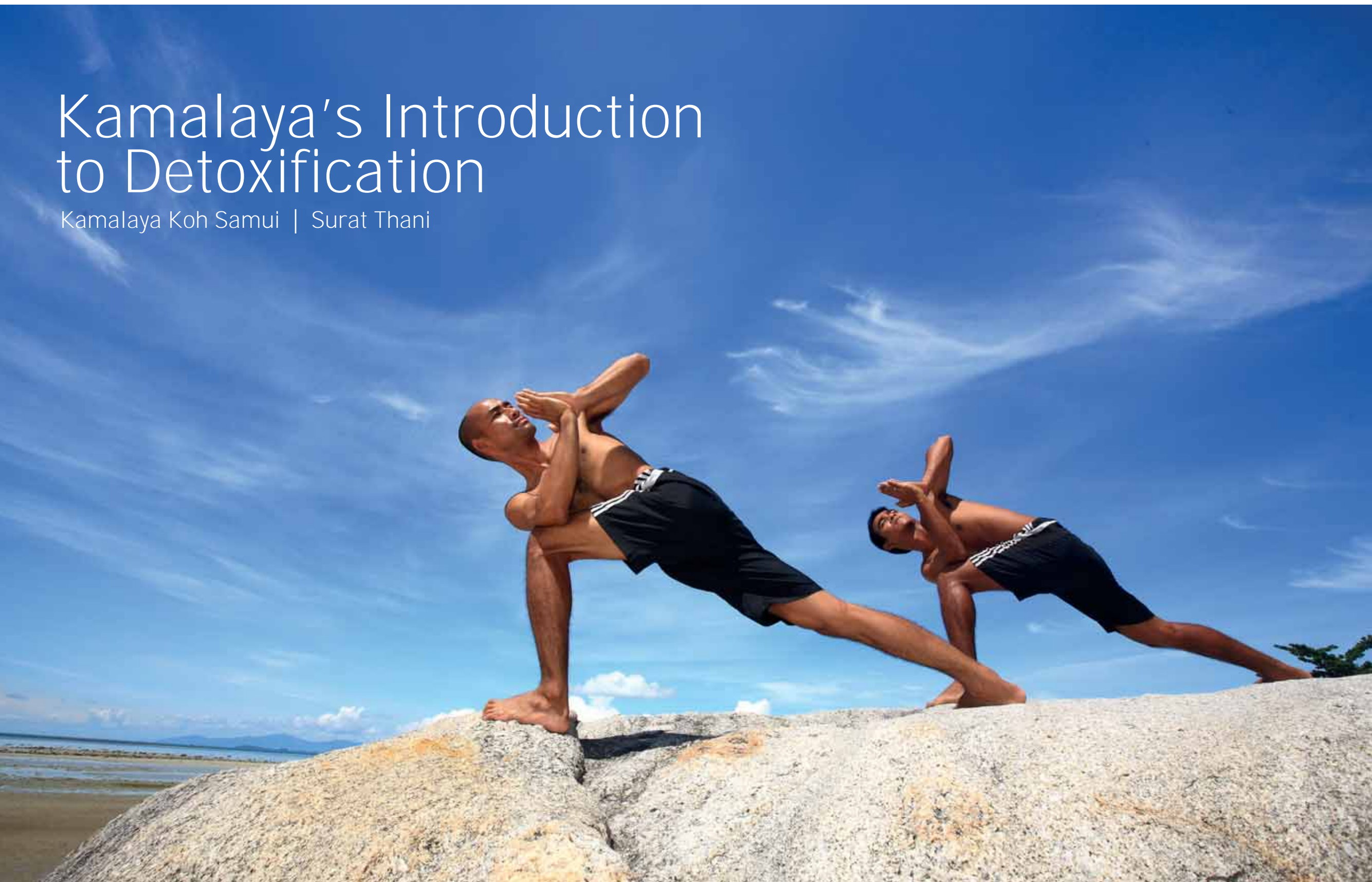
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# Kamalaya's Introduction to Detoxification

Kamalaya Koh Samui | Surat Thani



Detoxification is not hype.  
It's a way to return to your optimal state.

Samui started simply as a place to go for the sun and the sand, but it is now well past that stage. Today, Samui is packed with spa resorts opening up for visitors searching for a healthy retreat and some pampering relaxation to take care of their health and well-being. Kamalaya is one of the acclaimed choices, with their detoxification retreat program to restore your body's balance and make you feel like a freshly blooming lotus.

"You are what you eat" is true for everyone. But since we are pushing our lives faster than ever, it seems impractical to control everything we eat during the day. Unfortunately, most of us accumulate impurities within our bodies. Those toxins, when they build up to a certain level, tilt the body's balance and result in dysfunctions of the organs and, in some cases, severe illness.

Detoxification is thus a healthy option for those looking for a way to restore their healthy selves. Usually designed to help the body flush out those toxins and impurities and restore the natural body balance, a detoxification program usually combines different arts and sciences of body cleansing into one program. The treatments usually cleanse major organs such as the liver and the colon, resulting in improved natural digestion, metabolism, restored hormonal balance and a stronger immune system. Blood circulation will also improve, resulting in some weight loss, as well as a clearer and brighter complexion, which reflects the healthier inner body.

A Wellness Sanctuary and Holistic Spa, Kamalaya is suitably nestled in Samui's beautiful natural surroundings. Kamalaya's Introduction to Detoxification



“Lymphatic Drainage Massage is different from other types of massage. The feathery light touches drain away the leftover lymph back to the glands located just beneath the skin layers. The massage also emphasizes the important areas of the upper legs, joints and ankles, as well as the neck area and under the arms.”



is an option for those looking for total cleansing and detoxification, while enjoying the delicious cleansing cuisines and arrays of holistic therapies that cleanse both your body and mind. The spa also incorporates the important “personal wellness consultation” by conducting the “Body Bio-Impedance Analysis (BIA),” which analyzes the body’s cellular condition, including the metabolism rate, body fat/fluid/muscle ratio, and various other signs, so that the therapist can tailor a suitable program for each guest. The treatments here consist of daily herbal remedies, supplements and therapies that help boost the body’s detoxification process.

Their Detox & Rejuvenation programs are also composed of applications of nutritional supplements, health-food cuisine and holistic fitness classes from both the West and the East. The medical science and holistic therapy do not just cleanse your system but also restore the functions of each organ. These programs are designed only by a certified health expert.

Lymphatic Drainage Massage, also a part of the detoxification program, helps eliminate leftover lymph in the organs and underneath the skin. This special massage boosts the lymph circulation and thus the natural detoxification process. By having regular lymphatic drainage massage, your body will strengthen its immunity – important for the natural process of detoxification. However, this massage also has a subtly beautifying effect; the skin is usually brighter, and many people experience a decrease in cellulite and fading traces of varicose veins, even stubborn scars.

As Waroonrat Potpanlert, Kalamaya Spa Manager, explains, “Lymphatic Drainage Massage is different from other types of massage. The feathery light touches drain away the leftover lymph back to the glands located just beneath the skin layers. The massage

also emphasizes the important areas of the upper legs, joints and ankles, as well as the neck area and under the arms.”

Apart from the array of holistic retreat programs it offers, Kalamaya is also a wonderful place to relax. The beachside resort’s accommodation ranges from deluxe rooms to suites to villas, specially built to blend in with the lush natural surroundings overlooking peaceful Laem Set Beach. Their restaurants, Soma and Amrita, offer cleansing cuisines as well as delicious Thai meals prepared by skillful chefs.





#### For Your Information

- It is helpful to drink plenty of water before undergoing the lymphatic drainage massage. A glass before the session and at least 4 glasses after to help flush out the toxins through urination.
- Throughout the detoxification program, guests can also boost the cleansing process with the available steaming, sauna, Far Infrared (FIR); detox body scrubs and wraps programs. Colon Hydrotherapy is also available to flush out any leftover toxins, resulting in glowing complexion and improved metabolism.
- Those looking for alternative health programs, the resort also offers body-balancing options such as traditional Chinese medicine, acupuncture, naturopathy, homeopathy, Chi Nei Tsang and Taoist abdominal massage, and calming exercises such as Tai-chi, Chi-gong, yoga, Pilates and meditation.

#### Kamalaya's Introduction to Detoxification

Kamalaya's Introduction to Detoxification is available from 3 to 7 nights and the package includes a custom-made detoxification program, cleansing meals and arrays of holistic therapies that not just cleanse away inner toxins and impurities, but also restoring the important balance of your body and mind.

#### Kamalaya Koh Samui

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# Natural Herbal Treatment

Khaokho Talaypu Resort | Phetchabun



The balance between life  
and nature is a life-long quest.  
Search for the answer at Khaokho Talaypu.

Keeping the balance between body and mind is a practice beneficial for your daily life, but there's still more. Keeping our balance between life and nature is another practice we should take up because we live our lives in nature. This is the path Khaokho Talaypu has taken, with a purpose that endures.

At this holistic health farm, 3,000 feet above sea level, the temperature is around 17 degrees Celsius all year round. The cool weather has long made Khao Kho a popular travel destination for Thais. When they come to Khaokho Talaypu, they have more than the climate to enjoy – they are also amazed by the 150-acre herb plantation.

“God has given us this fertile plot of land where many kinds of plants can grow, and some of them can't grow anywhere except here, such as many local herbs,” says Sonthi Chomdee, managing director of Khaokho Talaypu Co., Ltd., the country's largest holistic health farm, which produces a variety of herbal products that meet the toughest quality standards.

“Our products don't use only one herbal ingredient; we mix different kinds of herbs to create the best effect. We humans knew how to cure ourselves in the old days, but now, we close our eyes to our own beliefs. The wisdom of the East has taught us to cure ourselves using natural remedies. Using surgical tools or modern medicine is the last choice,” Sonthi says.

Herbal products from the farm are well-accepted all around Thailand, with quality certified by its manufacturing process, which meets world standards.





“Hundreds of herbs on the farm are grown for many purposes, such as making the products, developing new products, and maintaining production. One goal was to produce a seven-color herbal tea, which has amazed the world.



The safety of the natural ingredients is controlled from the origin. Some herbs are purchased from local growers to meet the demand, and all undergo the same strict screening.

The products from Khaokho Talaypu can be divided into three groups: food and drinks, cosmetic and spa products, and medicinal products, the most popular being the cosmetic and spa group.

“Hundreds of herbs on the farm are grown for many purposes, such as making the products, developing new products, and maintaining production. One goal was to produce a seven-color herbal tea, which has amazed the world.

“Normally, herbal tea has no color, so we created colors to add some feeling to its appearance. It’s 100% natural color, which took a long time to develop. We could achieve this because of our wide variety of plants and our knowledge of Thai traditional medicine.”

The Holistic Health Farm at Khaokho Talaypu is a land of health, consisting of all the right elements: natural farming, an organic vegetable farm, and a resort on the edge of a forest, beside a lake. It is the center of materials for the production of locally owned products. It is also a hub for collecting produce and selling and

trading local products. Many healthy activities are held in this natural atmosphere.

Khaokho Talaypu offers a variety of activities for great health, which includes both body and mind, in an environment created from Thai wisdom and natural treasures. “Human beings are a product of this world, born of perfection, but to survive, we need to rely on nature, as in the saying, ‘When you cut only a flower, a star in the sky may shatter.’ This means that humans and nature are connected. Nature consists of the earth, trees, the sun, the sky and the stars; it is our mother. The simplicity of being happy is not taught in any school. We have to learn by sensing it deeply in our heart, and we might hear that our heart always calls for nature.”





#### Healthy Body Happy Mind at Khaokho Talaypu

You will feel the nature with Khaokho Talaypu at Khaokho Talaypu Holistic Health Farm. Talaypu kitchen is “delicious foods for health and mind”. Here you will experience natural agriculture, garden, farm, organic vegetable farm, herb plantation, and view the manufacturing of herb products.

#### For Your Information

##### Know 7-color Tea

7-color tea is a tea that shows power of color. It is an innovation of Thai herbal tea that reflects the fertility of the land and innovative thinking. Here's a choice of 7 colors you can choose from:

- **Power of yellow:** sleep better, relax
- **Power of Pink:** freshness and help your digestion
- **Power of brown:** help your stomach
- **Power of blue:** anti-oxidant
- **Power of green:** anti-coldness
- **Power of red:** blood and skin booster
- **Power of purple:** muscle relax, anti-oxidant

#### Khaokho Talaypu Resort

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# On-Sen Bath

Phu Pha Nam Resort | Loei

## Have a Relaxing On-Sen Bath amidst Breathtaking Views of Loei

Hydro-Therapy has existed since ancient times; people believed that water was a power that formed an important element in the balance of life. Phu Pha Nam resort has brought the miracle of water for your personal retreat in its “hydro-therapy program,” which creates an authentic Japanese on-sen atmosphere amidst the mountains in Loei province.

Phu Pha Nam resort is located among the scenic hills of Loei province in Northeastern Thailand. Every room is constructed of golden teak, which creates an atmosphere of beauty and elegance, and makes you feel even closer to the great world of nature around you.

Phu Pha Nam Spa is decorated throughout with nature, Thai style. It is created for your privileged relaxation, a place to let go of any stress and enjoy the relief brought on by the pure nature of the mountains and the gorgeous, cool mist at the only Japanese style on-sen bath in Loei.

Hydro-Therapy is a healing art though which everyone can feel its curing power and find relaxation of body and mind, due to the fact that water is not only an important part of the human body but also the main component of many kinds of food. In whatever form, whether it's liquid, ice or gas, water can help you relax, while stimulating detoxification and blood circulation. Today, many types of Hydro-Therapy are used for balancing the body.

A popular method of Hydro-Therapy is plunging yourself into warm water, which is called on-sen. At Phu Pha Nam Resort, the highlights of Japanese on-sen are adapted to Thai customs. “You don't have to be naked – unlike on-sen



“We have both hot and cold on-sen, around 20 degrees. In winter, soak yourself in the warm on-sen and you’ll truly enjoy the panoramic view and the gorgeous natural surroundings. The combination of the therapy and nature will free your mind from stress.”



in Japan,” says Anurak Tubtimtong, PR executive of Phu Pha Nam Resort, with a laugh.

One welcome purpose of dipping into the warm water of the Phu Pha Nam On-Sen bath is to relax after the 400 km journey from Bangkok. The natural mineral water is warmed by solar energy, maintaining the temperature at 30 degrees Celsius in order to stimulate your body’s temperature control.

Our body controls its temperature through an automatic nerve center called the “Hypothalamus,” which sends signals through the nervous system of our body, making it warm up or cool down.

It’s only human nature to soak in warm water to relax and relieve stress and tension, or to use cold water to awaken our senses. You may have felt the effect if you tried to wake yourself up by taking a warm

bath but ended up sleeping like a baby. Cold refreshes your body; heat brings on relaxation and sleepiness.

By plunging in a warm on-sen, you will be relaxed, and one great result is to give you a better night’s sleep.

“We have both hot and cold on-sen, around 20 degrees. In winter, soak yourself in the warm on-sen and you’ll truly enjoy the panoramic view and the gorgeous natural surroundings. The combination of the therapy and nature will free your mind from stress.”





#### For Your Information

##### Benefit of Soaking in Warm Water

- Helps your muscle to relax
- Helps your blood vein to release blood pressure
- Helps stimulate blood in muscle and on skin
- Helps body tissue to absorb more nutrient and oxygen and also release toxin from your body
- Helps stimulate immune system
- Helps release stress and deliver relaxation

##### Benefit of Soaking in Cold Water

- Tighten blood vein in order to help the infection of your body
- Helps stimulate immune system
- Helps maintain the body's warmth

#### Phu Pha Nam Resort

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# Balance Your Body

Photalai  
The Thai Wellness Center | Bangkok



## An Urban Getaway that Makes Peace with the Past

With its vast, luscious green space in the middle of suburban Bangkok, Photalai easily claims itself to be the capital's biggest 'spa resort.' But with its strong background in Thai traditional massage and healing treatments, the place is also known for its comprehensive Thai spa services for big groups of tourists seeking for experiences of Thai traditional medicine.

Photalai can be described the combination of city resort with Thai traditional massages and treatments available for tourists looking for a day of pampering services. The place offers a wide array of day-spa services created with traditional recipes, ranging from the traditional Thai massage to full-blown pampering beauty spa treatments.

"We have adapted Wat Po's traditional massages and other healing recipes into our own," explains Kannika Kredkruemas, Sales Manager of Photalai. "The result is much softer, milder yet still effective. There are healing treatments and massages of Photalai's programs with comforting treatments available such as steaming, body scrubbing and foot spa to make the services more comprehensive."

Highlights at Photalai include the revival of Thailand's oldest traditional self-care Yoga, 'Redsi-Dut Ton', which has a long history tracing back to the Ayutthaya period. When establishing Ratanakosin, King Rama I had this ancient knowledge revived in forms of stone inscriptions on the walls of Wat Po, Thailand's first university. Later, the Tangtrongchit Family, the founder of Wat Po's Massage, perpetuated the arts by disseminating the knowledge to the people. Photalai not



“The result is much softer, milder yet still effective. There are healing treatments and massages of Photalai’s programs with comforting treatments available such as steaming, body scrubbing and foot spa to make the services more comprehensive.”



just performs this art as a reception welcome to its visitors, but also teaches them some simple techniques that they can use back home to relieve their own body pains.

“Because Reusi-Dut Ton composes of series of stretching postures, it increases the body’s blood circulations. However, it is important that you know the right way of doing each posture otherwise it can be quite harmful to your body,” explains Kannika.

Calling itself a ‘Thai spa,’ Photalai embraces modern-day pampering disciplines into the Thai traditional ways. Their arrays of services include Photalai signature massage, therapeutic massages, aromatherapy massages and arrays of beauty treatments for body and face.

Photalai’s Balance Your Body package combines highlights of Thai traditional medicine and well-being into a 3-day program. Guests will experience the show of the

Reusi-Dut Ton exercise on the first day of their arrival and later on the last day they will learn how to do it themselves.

“Guests who never experience Thai traditional treatments will be able to sample from our arrays of services and they can choose their favorite programs to try,” explains Kannika







### Balance Your Body Program (3 Days 2 Nights)

#### 1<sup>st</sup> day: Body Warm-up

Photalai pays a lot of attention in its foot spa service which they claim to be a ‘very fine foot cleansing and care with traditional herbal formula.’ The service also includes acupressure foot massage that alleviates the tension of the lower part of the body.

Thai Hermit exercise is postures that incorporate movements of the arms, legs and various other parts of the body. Such movements are considered to be natural form of therapy against muscle and tendon tension.

#### 2<sup>nd</sup> day: Photalai activitie

The herbal body scrub detoxifies your body skin with fresh coffee scrubs followed by a traditional Thai and aromatic oil massages. Therapist uses strong pressures and invigorative movements to relax your muscle tensions. You will also get a facial treatment with helps reducing the visible tiring signs on your face, resulting in younger and more radiant looking.

#### 3<sup>rd</sup> day: Photalai Memorable

At Photalai workshop, guests will learn the hands-on practices of the ancient Reusi-Dut-Ton body stretches. Correct postures are important, and it is vital that you pay close attention so you can capture the knowledge and practice it on your own.

#### For Your Information

- In March 2008, UNESCO announced the Thai ancient Reusi-Dut Ton as a World Heritage. Today you can still see the original stone inscriptions of this 66-posture exercises on the wall of Wat Po.
- Reusi-Dut Ton should be performed in slow flowing motions. Rhythmic breathing is also very important to keep the body balanced during the whole procedure. Reusi-Dut Ton also helps sustain your health and keep you away from urban diseases, stress, and even diabetics and heart diseases.

### Photalai The Thai Wellness Center

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# Volcanic Sand Bath

Rainbow Arokaya Holistic Longevity Center & Health Resort  
Chachoengsao



Holistic health retreat  
for great recovery  
of your body and mind

Many new technologies were invented by human to cure serious disease; one of the most interesting new inventions is “Volcanic Sand Bath.” This fast forward invention at Rainbow Arokaya becomes their trademark known in South East Asia for effective and quick recovery.

Rainbow Arokaya is a holistic medical center to treat and restore your health. You will stay in a beautiful natural garden, a great place for those who love to be in a peaceful environment and would like to get away from today’s hectic life. On around 10 acres of land, you will find modern and elegant Thai rooms built under shades of big trees, you can choose to stay among the greenery of the trees and morning birds singing or beside the river.

Even though the resort is surrounded with nature, Rainbow Arokaya doesn’t practice only a natural way for recovery but also introduces you to a new innovation uniquely belong to Rainbow Arokaya - “Volcanic Sand Bath”. Its uniqueness lies in releasing the body toxin and fat with super fast result.

A healthy life consists of a balanced combination of mind, body, foot, rest and exercise. It seems easy but actually is difficult for people who live a city life which sometime turns our life into a wrong way of living, in addition city life is packed with pollution and toxin which can be accumulated in our body without us knowing. These are the factors that make your body exhausted and it might ended up causing a severe disease.





“The blood density checking is to check that the molecule needs to be free and separate from each other, not stick together”

Based on Nano Technology “Volcanic Sand Bath” uses the volcanic sand that is treated with heating process until it contains “far infrared” and negative static that stimulate the body to release toxin, restore the body system and burn out the fat. It also gives the best effect to the movement of your body and muscle exercise in order to help strengthen your body posture.

However, far infrared is a recovering power that makes your cell stronger, and can be found in your daily life. Most of the time, we receive far infrared from the morning sunlight, which can penetrate underneath your skin as deep as level 5-6 of skin level. Volcanic Sand Bath can create far infrared to cure your body at any time of the day.

“The heat from Volcanic sand makes your blood vein expand faster and blood flow better; then your body will easily release toxin through sweat.” Nongnapat Hemwong or Pa Yok, Assistant to Vice President of Rainbow Arokaya explains. The holistic health clinic is divided into several functional areas such as the aura test, Jacuzzi, massage, sauna and volcanic sand bath. This volcanic sand comes from natural volcano rock grounded into dust then forming it into a small rock. Every time the guest uses the bath, the staffs will warm the water in the bath to 100 degrees. The stone will maintain the heat and be ready for the guest to undertake the treatment. In every program (Volcanic Sand Bath or massage). There will be therapists who taking care closely of the guest in every step of both Volcanic Sand Bath program and the massage.

Before plunging yourself in a volcanic sand bath, you have to undergo health check by filling in the health form, checking blood pressure and heart beat; then taking the aura test which will scan both of your hands in the aura machine. The Therapist will analyze your health according to the result that displayed on the computer screen in various colors. Other than that you will also get blood test and blood molecules checking from the camera tube.



“The blood density checking is to check that the molecule needs to be free and separate from each other, not stick together” The nurse explains and tells us more about blood status whether it’s too thick or it has anti-oxidant or other things that you need to do to improve it.

From that the staffs will take you to Volcanic Sand Bath, give you a glass of water and let you take a shower. Before getting into the bath, you have to check blood pressure, weight and body fat; then the staffs will tell you to slowly plunge into the bath and throw Volcanic Sand in until it’s piled up to your neck; let you soak in the bath for 8-10 minutes which during that time the staffs will give you a massage.

“While we are in the bath, the heat from the volcanic sand will penetrate underneath our skin about 3-4 cm. to melt our fat and metal and releasing it through your sweat” Pa Yok explains.

After plunging yourself into volcanic sand bath, our staffs will again check your weight, body fat and blood ; then ask you to take cold shower to balance the temperature. Our staffs will also clean the bath with boiling water. Up to this point, you will see your body fat and toxin that just came out from your body clearly.

And to get the best result, you can restore the balance your body with our therapist by using the art of physical motion therapy plus standard chiropractic of western doctor.

Starting from aroma massage, it helps relax your muscle, then using muscle relaxer equipment to push body lotion made from natural Volcanic sand to give “Far infrared power” and negative static to pull out toxin from muscle and exercise joint in back bone, same effect as acupuncture it makes the tissue around back bone area to work better.

Next is 3 steps neck muscle relaxer with ultrasound machine:

- Release problem muscle with electric stimulus by using micro massage result to release the muscle and help blood flow
- Stimulates ab muscle with muscle stimulator machine, make your ab strong and decrease the crocked and
- To work out specific muscle which need most care

Lastly, when you finish the program, you will find “change your posture, change your life” in a blink of an eye.





## Rainbow Arokaya Holistic Longevity Center & Health Resort

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## Holistic Medical Program

### Holistic Treatment

- Health Consultation on Arrival
- Body Posture Check-up
- Diagnosis (before/after)

### Detoxifying Program

- Chi Sand Spa
- Mineral Jacuzzi Bath
- Energy Treatment
- Colon Hydrotherapy

### Physical Therapy Program

- Body Posture Treatment
- Shiatsu Massage Bed
- Foot Massage
- Arokaya Massage
- Hydro-Aerobic Exercise

### Medical Spa Program

- Facial Therapy

### Alternative Medicine Program

- Bio Food Supplement

## Exercise Therapy Program

- Tai Chi / Qi-Gong

### Mind Therapy Program

- Meditation Class

- All programs are supervised by qualified health practitioners and therapists to provide a personalized plan for Weight Management, Diabetes, Heart Disease, etc.

- We recommend a week-long stay to achieve maximum health benefits.

- All above treatments will be provided for guests staying 3 consecutive nights or longer.

Treatments for one night stay inclusive of Holistic Treatment+Detox Program (except Colon Hydrotherapy) +Arokaya Massage.





# Hydro Therapy

RarinJinda Wellness Spa Resort ChiangMai | Chiang Mai

## Soothing and Healing Your Wellness with Hydro Therapy

For centuries, it has been believed that water is a natural healer for physical and emotional health. RarinJinda Wellness Spa Resort offers a holistic approach to wellness through Hydro Therapy treatment. The therapeutic effect of using water is an aid for treating muscular and joint injuries, as well as balancing the general well-being.

Located in the heart of Chiang Mai, overlooking the legendary Ping River, RarinJinda Wellness Spa Resort ChiangMai is the most exclusive boutique spa resort in the north of Thailand. 'RarinJinda' literally means 'the stream of gems', has more than just a beautiful meaning to its name. The resort's modern accommodation is tastefully decorated with the Thai artifacts, and all rooms are facing the swimming pool to emphasize the importance of water. "By being so close to the Ping River, I would like RarinJinda to be the "gems of the river" that flows through the stream of the treatments to our client's mind, body and soul ," says Viboon Ursaahajit, the Managing Director.

Focusing on using water as a medium that leads to a greater well-being and vitality, Hydro Therapy treatment is therefore the heart of RarinJinda. Hydro Therapy is the treatment that uses water pressure and temperature variations to revitalize, maintain, and restore health. RarinJinda's heart perfectly mirrors the meaning of Spa – 'heal through water', by harmoniously combining the international standards effectively with the Thai hospitality and services.

While the hospitality of the people of the North is renowned for the sweetness and calmness like a stream of fresh water, the facilities of RarinJinda



are at high international standard. “RarinJinda is fully equipped with the latest spa technology such as the Hydro Pool, which is designed by the French company,” Viboon explains why RarinJinda is the most complete Hydro Therapy treatment in the northern part of Thailand. “People who want to experience the most up-to-date Hydro Therapy treatment will have to come to RarinJinda.”

The lifestyle of people in the bustling world today makes indulging in a relaxing retreat a total bliss. RarinJinda fulfils this desire by offering the luxurious pampering of the eight stations Hydro Pool to the clients. Tired muscles and joints will be healed through the Hydro-Massage performed by the Hydro pool. The pressures from the water increases blood flow that will remove toxin and wastes from the body system, relieving the pain and ache of the limbs, back and neck. The body weight is reduced when being in the water therefore the pressure from the water offers the massage that both soothing and healing.

The therapeutic power of water not only helps to reduce the body tension or eases away aches and pains but also induces the state of mental relaxation. Each station of the Hydro Pool performs a different type of body massage

“People who want to experience the most up-to-date Hydro Therapy treatment will have to come to RarinJinda.”



on various parts of the body, allowing the body to function properly. The underwater massage enables your body to regain its balance by putting it into a deep relaxation state. You will feel completely restored and ready for the good night sleep after spending time in this state-of-the-art pool.

Another signature treatment at RarinJinda, apart from Hydro Therapy, is the Elements of Life treatment. Each treatment in this package corresponds to the Four Elements of Life – Earth, Fire, Wind, and Water. The treatment starts with herbal foot soak and followed by the guava foot polisher. Then you will be relaxed with the warm sand bed therapy where you will be lying on the bed filled with heated sand. This treatment consists of two elements of life – earth represents by the bed and fire represents by the warmth of the sand. While

relaxing on the sand bed, you will also be treated with the Tibetan Sound therapy – representing the wind. The therapist will tap the ancient Tibetan bowls to create a vibrating sound which helps balancing the energy field and taking you to a deeper level of peace. This package concludes with the spraying of Icy Rose body toner to refresh the body after the anti-stress back massage. This Icy Rose Spray represents water, the last elements of life.

The road to perfect health relies on perfect harmony of inner well being and physical comfort. RarinJinda invites you to the unforgettable experience of balancing your mind, body and soul at this one-of-a-kind sanctuary.





#### Elements of Life

Sensuous Herbal Foot Soak  
Guava Foot Polisher  
Warm Sand Bed Therapy  
Tibetan Sound Therapy  
East meets West Body Massage  
Cold Rose Body Freshener

#### Ayurvedic Hide Away

Guava Food Polisher  
Shirodhara Treatment  
Neck, Hair & Scalp Invigorating Massage  
Indian Warm Oil Body Massage

#### For Your Information

- It is best to keep Hydro Therapy as the last treatment of the day to receive the best result as your mind and body will be in a complete relaxed state, making your sleep a wonderfully undisturbed one.
- Hydro Therapy is therapeutic use of water, the natural healer for body and soul. Therefore body, mind, and spirits need to be in harmony with the treatment. Keep your mind relaxed and worry-free, and you will receive the utmost outcome and your inner well being will result in the glow of happiness.
- For people who are being treated for special condition such as heart disease or pregnancy, consult your doctor before receiving the treatment.
- It is important to discuss your physical condition and medical history with your therapist before undergoing with the treatment.



#### RarinJinda Wellness Spa Resort ChiangMai

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# BMI Management & Doljit

Revitalite Healthy Life Management Center | Bangkok

## Retain Your Health and Well-being with an Optimal Body Mass Index (BMI)

Being an Elementary Body-Fat Measurement, Body Mass Index or BMI is used as the major tool to keep an optimal weight in a person for totally healthy wellbeing. A balanced BMI can be achieved through a total change in an individual's lifestyle that includes healthier diets, regular exercise, and a new state of mind for long-term achievement.

Body Mass Index (BMI) is an Elementary Body-Fat Measurement that measures a person's weight and height in proportion to identify a person's health and optimal wellbeing. BMI is one of the widely used diagnostic tools that can precisely identify the sign of obesity which is usually a cause leading to numerous health problems in a person.

At Revitalite Healthy Life Management, BMI is the key tool applied to 'manage' a healthy lifestyle for an individual. Whether you want to lose weight or regain the body strength and balance, keeping a sound BMI check is a foundation of a healthful and youthful well-being. "Each person has different measurements for a total well-being," explains Dr. Pichit Suvanprakorn, Revitalite's Founder. "And to have a balanced BMI means our body works in optimal state. Those with imbalanced BMI, diagnosed through our extensive "Physio Scan" can have a tailor-made program for an overall body care that sustains one's health, beauty and longevity for long term."

'Physio Scan' applies soft electrical currents as a tool to detect abnormalities of the body's vital organs even before the problems actually occur. The scan also





“You can’t copy someone else’s pattern in terms of health and well-being. Our house specialists are all here to design a custom-made health course for you for long-term benefits.”

identifies, for example, physical fitness levels, behavioral problems that affect the well-being, nutritional deficiency, levels of hormones and brain wave patterns for the specialists to analyze and later design a healing program to fit an individual. Dr. Pichit says that in most cases, our body starts to degenerate when we reach 35 years old with our metabolism slowing down and immune system deterioration.“That’s why tailor-made body care program is much better because it suits each person’s lifestyle and his needs perfectly,” says Dr. Pichit. “You can’t copy someone else’s pattern in terms of health and wellbeing. Our house specialists are all here to design a custom-made health course for you for long-term benefits.”

BMI management at Revitalite branches out in myriads of life-management services. It is pretty similar to having a life coach walking with you through a healthier, better self. Its ‘Revitalite Excellent Year Plan’ for example, is the utmost anti-aging program that takes one whole year to ‘reinvent’ yourself deep down in the cell and the result is a new younger you, slimmer figure, firmer body and healthier weight .As a result you have a healthy living regimen that leads to a quality life and longevity.

Doljit technique (Subconscious Management) is another unique treatment available at Revitalite. According to Revitalite’s Psychologist Consultant Dr. Usanee Anuruthwong, Doljit helps people changing their lifestyle without having to endure the usual ‘torturing’ anguished and deprived states because of the contradiction among our brain parts.

“Our long-term stubborn habits are controlled by our subconscious which is controlled by the powerful lower brain part,” explains Dr. Usanee. “So when we want

to change an addicted habit, most people just change it only on the superficial level, and not on the subconscious level, that’s the cause of our frustration. Doljit works by changing a subconscious, and that’s why it can change an undesirable habit forever without having you suffering from the change itself.”

A Doljit session begins in a controlled room with the client selecting his or her favorite colour, tones, and tunes. In his or her sub-consciousness, the practiced psychologist will then add a command honed towards a new preferable habit. Those who want to quit smoking, for instance, the command line will be as simple as something like “I do not want to smoke anymore.” After 3 sessions of a ‘head-start,’ the client should be able to gain a new-founded subconscious thus, adaptive to the new desirable habit.

Doljit must be carefully operated under the supervision of a certified therapist. Dr. Usanee says that a person should practice ‘Doljit’ to tackle one problem at a time. Doljit is also applicable to all sorts of addicted problems such as smoking and drinking and it yields long-term result because our new subconscious has changed towards a new behavior.

While Revitalite’s BMI Management can target those wishing to achieve weight-loss, it can be utilized to design other programs as well i.e. ‘Facial Design,’ ‘Holistic Rejuvenation,’ and ‘Anti-Aging treatments.’





For Your Information

Revitalite Planning

The overall detailed health check-up conveys more precise result than the normal yearly check-up at a hospital. There are three petite courses to choose from (each takes about 2-3 hours)

- **Physio Scan** the latest medical technology that examines the balance of each organ in your body
- **Revitalite check up** Start planning a lively living for your health and your body thoroughly
- **Ex. Revitalite Check up** The overall plan that covers every element of the body from face to health problem and examines deep down to the cell level.
- **Express Course 1 month** Fast solution to solve overweight problem

Revitalite Healthy Life Management Center

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# Platinum Health Package

S Medical Spa | Bangkok

## Getting Rejuvenated with Treatments that Balance Your Five Senses

Who says old people have to live like one? With advanced medical treatments, a person can recharge or even renew their energy and well-being through their treatments that rejuvenate your healthful.

No matter what you have heard about the allure of aging, the cold hard fact that comes with the continuous march of time still remains. Apart from the visible ‘signs’ of time on your face and body, such as wrinkles, sagging muscles and even grey hair, the de-generative effects run much deeper in your body. Hormonal drops, mood swings, decrease of energy and lower metabolism and, most of all, drop of sexual desire sometimes hit us so hard that we need to make a proper adjustment of the new lifestyle to fit the big change in health.

What about capturing the fountain of youth for as long as we live? In Thailand, S Medical Spa is operated by certified doctors who can custom design the rejuvenating program to fit your needs aiming to cope with aging, to improve and boost energy level, and to slow down those de-generative effects – all of which helps you live at peace with climacteric. The treatments begin with a thorough consultation with anti-aging specialist or gynecologic and hormonal replacement specialists who are ready to sustain your fountain of youth, making you feel great and enjoy the maximum benefits that life has to offer.

Founded about 3 years ago by a renowned anti-aging physician and dermatologist Dr. Pakpilai Thavisin, S Medical Spa offers Platinum Health Package that includes treatments for common symptoms found among aging group including Bio-Energy Medicine (BEM) to thoroughly analyze and assess





“We don’t believe that medicine should be used to cure insomnia because it is chemical and potentially addictive,” explains Dr. Pakpilai. “Instead, we adopt alternative treatments that boost the natural relaxation, the brain’s alpha waves and body balance to restore a healthy well-being that leads to a long-term good sleep.”



your health and wellbeing, Hormone Profile to gauge the levels of your hormones for custom treatments, 1 Day S Sweet Dream Package that rejuvenate and rebalance your health back to the natural equilibrium, Half-day Purification to cleanse away traces of toxins in your body and non medical Insomnia Treatments that projects the cause of the symptoms.

“When we age, our body has accumulated a lot of dirty particles throughout, and that’s why it helps to have total body purification once in a while,” explains Dr. Pakpilai. “And body purification does not only means colon hydrotherapy, but also include deep breathing through yoga exercise, body steaming, lymphatic draining massage that can thoroughly cleanse away those unwanted particles from all parts of our body so we can function better.”

After the cleansing process, S Medical Spa also recommends you to keep a healthy diet and stay away from the delicious vices such as cakes and bakeries, cheeses and milk products as well as sugar because these foods accumulated in our bodies like old sticky motor lube.

For aging people, regular insomnia can occur due to the lower

level of the natural melatonin. Supplements, Body-balancing Acupuncture and Five-Senses and Color treatments will be applied to restore good sleep and establish a long-term cure.

“We don’t believe that medicine should be used to cure insomnia because it is chemical and potentially addictive,” explains Dr. Pakpilai. “Instead, we adopt alternative treatments that boost the natural relaxation, the brain’s alpha waves and body balance to restore a healthy well-being that leads to a long-term good sleep.”

Apart from the Platinum Health Package, S Medical Spa also offers Genetic Screening test. The test combines 45-genes-test that identifies the risks that come with aging, from cardiovascular diseases, high tension and high blood pressure, cholesterol, slowing metabolism, and even neurological diminishes that lead to the dreadful Alzheimer’s and Parkinson’s diseases.





### Platinum Health Package

Platinum Health Package at S Medical Spa is designed for both women and men with a philosophy of a total body and mind rejuvenation. The program includes:

- Bio-Energy Medicine

Bio-Energy Medicine or BEM is a computerized program that measures the body's micro-energy providing an analysis and assessment of the risks profile, vitamins & minerals status, hormonal status, enzymes, toxins and the organ's functions (i.e. liver, stomach, kidney). It also provides information needed for the body to restore itself and empowers a person to find the subconscious reasons for many illnesses and diseases. The BEM machine has potential interaction on all levels of our being (physical, mental, emotional, and spiritual). Currently, Dr. Pakpilai Thavisin is the only physician able to conduct this analysis in Thailand.

- Hormone Profile

Lab test to check the hormone profile of the person

### 1 Day S Sweet Dream Package (Insomnia Remedy)

This 1 day package begins with an Aura Test, an analysis of your current body's state and mind. This is then followed by an herbal steam. You will then enjoy deep relaxing massage of the Five Senses Body & Mind Balancing treatment where your body and mind are balanced and returned to its natural equilibrium. The package ends with an acupuncture or meditation treatment with our specialist.

### Half-day Purification

Nominated "The Best Spa Treatment" by Asia Spa Awards, this compact package detoxifies your entire body. This package consists of:

**Eastern Herbal Steam** – A soothing treatment for skin and respiratory detoxification

**Seaweed Body Glow** – A Seaweed scrub rich in minerals to detoxify the skin

**Colon Hydrotherapy** – A treatment to remove toxic debris built up in the colon (supervised by a physician and a nurse)

**Refreshments** – Detox drinks are provided to replenish and rejuvenate the digestive system

**Detox Massage** – A medically proven technique to stimulate the movement of lymphatic flows to remove toxins from the body

### S Medical Spa

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# Cleansing Fast Program

The SPA Koh Chang Resort | Trat

Restore not only your physical health but also your mind, body and soul on the tropical paradise of Ko Chang

Never before in history has mankind been exposed to such an array of toxins present in food, air and water as in today's world. The physical effects from such toxins are evident in the rampant growth of autoimmune diseases. The number of individuals suffering from allergies has reached an all-time high. It is time for us to pay attention to our own selves, time to attentively listen to our bodies and treat them right with a Cleansing Fast Program.

The SPA Koh Chang's Cleansing Fast Program is specially designed to help lower the level of toxins and impurities that have accumulated in your body and bloodstream and make the inner you refreshingly clean again.

"Each year, we are exposed to more toxins and our bodies absorb them without our noticing it. That's why some of us are always exhausted. We don't feel fresh and never have enough energy. These are the effects of toxins that accumulate in our bodies for such long periods. What we can do is to heal the body through a detoxifying process." For Kamthorn and Peeranuch Orn-Indra, the owners of the SPA Koh Chang resort, this insight is the inspiration for the Cleansing Fast Program, the fasting program highlighted at their charming resort on Salak-Kok Bay, on the island of Ko Chang, in Trat.

Located in the middle of an exotic tropical rain forest, at a lovely, isolated end of the island, the SPA Koh Chang offers you proximity to nature, while providing privacy and personal convenience. Leave behind the stress and strain of your everyday life and take time to recuperate in the most tranquil and peaceful paradise



you will ever find. And be reborn again to the gloriously purified new you.

The SPA Koh Chang's cleansing program puts special emphasis on information that will help you continue to feel better and live longer, going beyond merely detoxifying. Its purpose is to help you learn about yourself, to understand how the process of health works and to recognize the basic practices in taking charge of your own health. Here, you will learn to embrace nature and allow its power to help cleanse away impurities and toxins from your body, while returning you to a state of inner balance.

"Both of us are what you could call health-conscious. We learned how healthy diets and exercise can affect us, and we've embraced it as a way of life ever since – and the results we've achieved are incredible. We couldn't wait to share with other people our learning and the experience of regaining vibrant health through fasting, healthy exercise and controlling one's diet. That is why we've made this resort a healthy learning center. Our intention is to offer a place for everyone to learn these practices for taking care of his or her health with 'Cleansing Fast,' our signature program," explains Peeranuch.

The Cleansing Fast Program at the SPA Koh Chang is not just about fasting but also about how to feel better and live a healthier, happier life. The goal is for you to embrace a better path to health and to continue to live your life in a healthy way.

Leave behind the stress and strain of your everyday life and take time to recuperate in the most tranquil and peaceful paradise you ever find.



"The program's main objective is not about losing weight or getting in shape but allowing your body to concentrate its resources on healing. This fasting program is specially designed to help your liver, the main organ that focuses on cleansing toxins from the system, until it temporarily stops producing bile, allowing your liver to work to its full capability."

The SPA Koh Chang offers two Cleansing Fast Programs for you to choose from. The 3½ Days, Semi-Fast and the 7-Day Clean Me Out. However, not everybody can accomplish the cleansing in the given period; many need to spend more time on the program. For that reason, ensuring that your body is prepared prior to your arrival is recommended, because fasting will not be effective if your body is not ready. It is common for guests to reschedule their fasting for the next week, or they may extend their stay to nine days.

The golden rule of any cleansing fast program is to have a pre-cleansing period before you do the cleansing fast. Normally, the

body tends to be high in acidity, a result of the high level of toxins built up in the bloodstream. By doing pre-cleansing, you increase the level of alkalinity until the pH balance in the body is at an equilibrium. This involves consuming mostly raw foods, such as fruit and lots of vegetables, and drinking plenty of water. Avoid heavy proteins and sugar, as well as coffee and alcohol.

A pre-cleansing fast may be done at home at least 3-5 days before the appointment date. Once you've arrived, even if your body is still over-acidic, the specialists at SPA Koh Chang will accentuate your body system by providing Liver Flush Drink twice daily until your alkalinity level is satisfactory.



The 7-Day Clean Me Out Program

For those who've decided it's time to do something good for their health, this is your answer. This program is a powerful way to eliminate toxins from bloodstreams, cleanse your liver and intestine systems.

For 7 days you have to monitor your diet. You can't eat solid food. This may sound severe but you will be served with drinking meals, including 5 specially prepared Detox drinks, 1 Liver Flush Drink, 2 veggie broth soup, 1 carrot juice and 1 coconut water, together with 5 herbal nutritious tablets daily. These meals will help detoxify and supplement your body.

The program also includes meditation and yoga classes to add more positive reaction to the fasting course. Morning meditation and yoga regime offer the most effective exercise for your physical, mental practice and also more oxygen intake by breathing exercise training. Then stomach massage therapy is introduced to stimulate bowel movement and enhance detoxifying process. Followed by herbal steam allows the body to efficiently cleanse away impurities through sweats. Sea water soak closes the day program to nourish your body with healthful minerals.

It is also important to end a cleansing correctly. You can give 3-5 days of fruit and vegetable diet, followed by raw food diet before gradually return to your normal meals.

The 5 Habit Systems to Longevity

Learn all you can about these 5 areas of your being and your habit. Each habit plays an important part in the possibility of living a longer and happier life.

Cleansing

The habit of doing periodic 3 to 14 days fasts/cleansing. This is a routine derived from ancient Taoist teachings that can add years to your life. Daily fasting with detoxifying drinks, herbal supplements and internal issue cleansing enemas. This teaching at the SPA Koh Chang is based on a fasting program developed in USA.

Breathing

The habit of correct breathing, just 3 times a day, can give you all the reserved energy you need in one day. Many may find this practice challenging. That's the reason we include yoga and chi gong classes in the program to help you learn how to breathe correctly the easy way.



Food Combining

Getting in the habit of eating the right foods, at the right times and with the right ways can add years to your life. Nutritionists at the SPA Koh Chang are willing to give you recommendations on healthy diets under the concepts of Dr. Bernard Jensen, the renowned nutritional expert and other food guru's.

Exercise

Develop a one hour a day exercise habit. Yoga is a good exercise regime that can add positive action to fasting process.

Meditation & Peacefulness

Get into the habit of 2 weekly peaceful periods with meditation or just contemplation. It can unbelievably clear your mind and pacify your soul.



The Spa Koh Chang Resort

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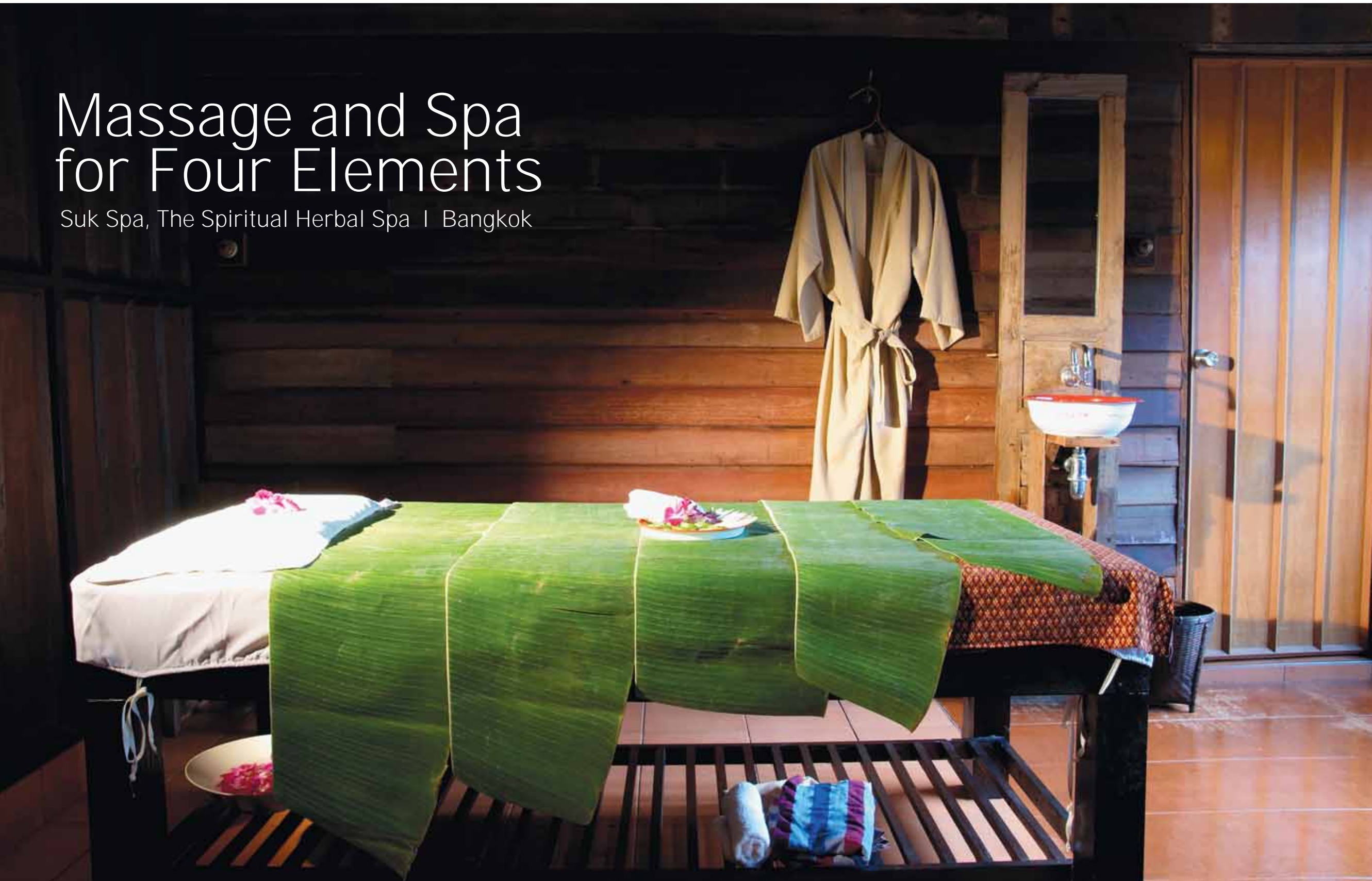
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# Massage and Spa for Four Elements

Suk Spa, The Spiritual Herbal Spa | Bangkok



## The Slum Scenes at Suk Spa is an Alluring Surprise for the Sight, yet Beneficial to the Body and Mind

Earth, Water, Wind and Fire are the Four basic elements of our body. It is the Thai traditional belief that a person should take care of his or her 'body element' for a balanced health and well-being. To keep the body element balanced means more than taking care of the body, and also the soul and spirits that reside within.

Taking a step into Suk Spa and you know you are in a totally different world. Whereas many spas in Thailand choose to portray the 'royal' and 'luxury' sides of Thailand, Suk Spa creator decided it would be more fun to give Thailand's slum scenes a chance to shine. The result is a very good spa unlike others with its own unique interior decoration to make one feels as if making a journey back to the past of Thailand, to the crowded slums surrounded by cluttered wooden houses with tin roofs completed with putrid water.

"I think tourists should have a chance to see the other side of Thailand," explains Thanwat Suwinai Puksabenja, Suk Spa owner and creator. "I think people visiting Thailand have already been exposed to a lot of beautiful sides of our country. So when it is my turn to create something, I want to make a difference."

Located in a simple shop house off the busy Sukhumvit Road, Suk Spa is lush with the surrounding pot plants that effectively pacify the place. The wooden façade of the place hints the interior atmosphere which is dimly lit, yet calm and intriguing. Also, once you look at the receptionists, you know how tongue-in-cheek the whole idea of Suk Spa is all about. Clad in Thai traditional dresses, these beautiful ladies also wear big tattoos drawing Thai traditional spiritual sign



“Thai traditional dresses can be the daily costume people can wear whenever they like. We do not need to be all prim and stuffed to wear it and this is how I think we can help perpetuate the Thai culture - just by using it in every day’s life.”



(as seen on the logo of their spa products) on their open slender shoulder.

“People perceive this place as over the top but I think people should give the Thai traditional dress a bit more respect,” says Thanwat. “Thai traditional dresses can be the daily costume people can wear whenever they like. We do not need to be all prim and stuffed to wear it and this is how I think we can help perpetuate the Thai culture - just by using it in every day’s life.”

The treatments at Suk Spa also reflect the owner’s philosophy. Based on the traditional Thai medicinal approach which practice healing people according to their innate body elements, Suk Spa creates different spa menu to suit each person’s health requirements. Thanwat explains that usually people possess their specific elements under the influence of their birth sign. For instance, those born in May, June and July have Wind element while those born in November, December

and January have Earth elements. Both groups have different body structures, requirements and temperaments and thus need different approach in getting them back to balance and restore the best of their natural health.

“People of Earth element usually have bulk body structure and weigh quite a lot,” explains Thanwat. “When their basic body elements are imbalance, they usually experience depression, hesitation and stress. The most common illnesses they may experience include body pain, aches and low blood pressure. Consider this as the base of our treatment, we hope we give treatment more effectively, resulting in our guests feeling at their best after the treatments.”



Day spa at Suk Spa includes Body Treatments for Four Elements (Hydrotherapy, Body scrubs, and Body wrap), Massage for Four Elements (Foot reflexology, Foot reflex massage, Anti-stress back and Shoulder massage, Traditional Thai massage, Thai herbal heat massage and Swedish massage), Facial treatments and Suk Spa packages. Guest, once checked for their body elements, will be presented with the optimal choices of spa products for them to choose from for their treatment. Also after the treatment, a health advice will be given to the guests such as diet guide they can practice back home.





#### For Your Information

#### Food Tips of Each Body Element

- **Earth people** should eat tart, sweet and nutty tasting food such as banana blossoms, banana, papaya, wing beans, taro, Indian gooseberry, water chestnut and pumpkin. Earth people will feel better with natural scents such as sandal wood, vertiver, plai, ylang ylang and jasmine.
- **Water people** should eat sour food, such as tomato, pomelo, lime and bitter food such as bitter gourd, pennyworth leaves and lacquered mushroom. They work well with sweet scents such as gum benjamin, basil, jasmine, lavender, geranium and ylang ylang.
- **Wind people** should eat hot and spicy food with a lot of herbs such as holy basil, basil, lemongrass, ginger, galangal and garlic. They work well with scents that bring calm and serenity such as citrus scents, lemon grass, bergamot, turmeric, mint and grapefruits.

- **Fire people** should eat bland-tasting food that cool down their system such as sadao (neem), turnip, green melon, cucumber, kale, water melon, job's tear seeds, musk melon, coconut juice and lotus root. They work well with scents that help reducing the blood pressure such as clove, ginger, lemon-grass, eucalyptus, and tea tree.

#### Experience of Suk Spa Package:

- A relaxing warm foot bath to boost blood circulation
- Thai herbal steam to eliminate the toxins and impurities from the skin. This step is prepared according to the guest's personal body element with different recipes of Thai fresh herbs and wrap.
- Body wrap & herbal heat with fresh banana leaves. After the process, herbal compress will be applied to gently push in the healing benefits of the herbs into the skin. Heat helps circulate the body blood circulation and relax the tense muscles.
- Oriental Suk Massage – a Suk Spa's unique massage that focuses on each side of the body to stimulate lymph glands to get rid of toxins from our body.
- Head Massage – a relaxing head massage that help blood circulation in the area
- Herbal Tea

#### Suk Spa, The Spiritual Herbal Spa

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# Chi Nei Tsang Massage

Tao Garden Health Spa Resort | Chiang Mai

## Healing Based on Taoist Principles: Good Air, Good Water, Good Food

In ancient Chinese belief, Natural Phenomena are run by two opposing forces, or Yin and Yang. Taoism regards everything in the universe as composing of two opposing and conflicting sides, including the human body. The cause of various diseases is believed to be the loss of equilibrium between Yin and Yang. How to restore such vital equilibrium is what you will experience at the very first step entering Tao Garden Resort.

This resort with intense health programs was originated by Master Mantak Chia, with over 45 years of knowledge and experiences in alternative medicine. He combined medical knowledge based on Eastern philosophy with Western medical science for the treatment and healthcare of those around him and some interested persons, both Thai and foreigners for about 20 years. With the belief that good water, good air, good food, good chi, good heart and good mind are components of a holistic life. Various programs to restore equilibrium back to the body according to Yin and Yang principles have thus been invented at Tao Garden Health Resort. They range from blood test with Dark Field Analysis method which can give clearer status of contaminants in the bloodstream than normal methods, detoxification by means of direct massaging over the navel and the surrounding abdominal area called 'Chi Nei Tsang' to treat internal organs, the method which is highly popular at present.

'Chi' means energy, while 'Nei Tsang' refers to internal organs. This 'Chi Nei Tsang' is the massaging technique based on the meridian model of Taoism, through the motivation of internal organs to work efficiently. Each merid-





‘Chi Nei Tsang’ thus releases negative tension and stimulates vital energy to internal organs. Physically, it treats constipation, adjusts muscles in the abdomen, and eliminates toxins from the body, resulting in relaxed body and more effective functioning of internal organs.



ian is linked and intertwined. The massage clears the connection of the meridians to Chi, the vital energy which affects human body and mind. Have you ever noticed that often stomach troubles and sickness caused by indigestion, constipation or renal colic indicate the blockade at meridian points of the body? Chi Nei Tsang is meant to release those knots or blockades, believed to be the best and safest method as well.

Whenever food is consumed, it travels through the alimentary canal to the intestine, with all related parts functioning, from the bile duct, the colon, to the intestine, which churns and liquidizes food in their rhythm, like our personal food processor that keeps working before filtering food particles to the intestines. Thus, exercising or massaging is required to enhance efficiency of those organs and to eliminate toxin in the gastrointestinal tracts.

Chi Nei Tsang massage therefore, does not involve just the pressing of muscles. Masseurs must be knowledgeable about human anatomy and the process of nutrient absorption system, so as to massage through the absorption system correctly. They must be experienced enough to ‘unblock the air canal’ to effectively define the

direction of blood circulation. They must also have faith in life force, in order to “receive” and “release” the energy at appropriate step and rhythm.

An experienced therapist starts the treatment by pressing the ‘Tan Tien’, the point about 2-3 inches lower from the navel, lightly but firmly, before releasing. You will feel the circulation inside your body, as the air canal is unblocked and the internal organs stimulated.

The well-trained therapist then presses the area point by point, up and down, left and right, in the learnt step and defined duration, causing some pain at certain points. An experienced therapist can identify disturbances in the abdomen through the touches. She would continue the massaging of the abdomen in steps to complete the course.

‘Chi Nei Tsang’ thus releases negative tension and stimulates vital energy to internal organs. Physically, it treats constipation, adjusts muscles in the abdomen, and eliminates toxins from the body, resulting in relaxed body and more effective functioning of internal organs. With regular massaging of the abdomen, you can clearly feel good physical and spiritual health.





#### For Your Information

- **Immunization**

None are required from the United States or Europe. The only immunization recommended is for Hepatitis B. This organism travels in the water. You do not need to be concerned about it at Tao Garden Health Resort. Otherwise, while travelling in Thailand, stick to boiled teas and sealed bottles of soda.

- **Jet Lag Suggestions**

Plan to spend a day acclimatizing after you arrive. Eat lightly on the plane. Drink plenty of fluids, especially water. Avoid alcohol and sugar. Use Melatonin (ask your pharmacist) by taking it 3 days before arriving and continue for 3 days after your arrival. Take it at the time you want to go to sleep at your destination.

- **Weather/Seasons/Clothing**

During the day, especially in the last season start from March to July it can be quite hot, you will need light natural fiber clothing. The swimming pool is available for use throughout the year. For most of the year you can wear sandals, in the morning you may prefer to wear shoes, especially from December to February.

#### Burnout & Detox Cleansing Program

4 days 3 nights

General Examination

Thai Herbal Oxygen & Ozone Therapy

Colonic Hydrotherapy

Foot Detox & Foot Reflexology Therapy

Lymphatic & Blood Cleaner Zapper (Rife Machine)

Banana Leaf Sun Bathing Treatment

Chi Nei Tsang Abdominal Detox Therapy

- Blood Circulation Vibration Machine Every Day
- Cupping Full Body
- Full Body Far Infrared Sauna (Komeda)
- Alkaline Bath (Epsom Salt Jacuzzi Bath)

#### Tao Garden Health Spa Resort

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# TRIA's programs for new mothers

TRIA Integrative Wellness | Bangkok



## Getting a New Mother Ready for Her Big Day

Pregnancy is a wonderful journey for a family given that the mother is well taken care of throughout the period. When a woman gets pregnant, she is embarking on an exciting trip towards the unknown. Her body, as well as her emotions, change dramatically and with that come confusion, anxiety and even depression in some cases.

“It is very important that the woman receives a proper care throughout her pregnancy period,” explains Dr. Y.S. Chang, Holistic Health Director of TRIA Integrative Wellness in Bangkok. “During the first three months of the pregnancy, woman usually gets confused and uncertain about what she should do to get herself and the baby healthy. There may be too much information, too much guidance from friends and family to make the situation even worse as well.”

As exciting as the pregnancy can be for a woman, it is also the cause of big worries. Questions that always arise include ‘Will my baby healthy?’ ‘How can I nourish myself properly?’ and even ‘I feel strange with my own body, what’s going on?’

Although TRIA’s new mother’s packages are available for customize, their main offerings are in three major programs. To prepare a new family to get a fine pregnancy, their ‘Preconception’ program is set out for a healthful beginning. Dr. Chang says that a wholesome pregnancy depends largely on the fitness and strength of both partners and thus TRIA’s Naturopathic Consultation is always a good beginning. The consultation here includes Nutritional-Oriented blood test to alert any deficiencies, proper nutritional status and general health prior to the conception. The package also includes body detoxification program, yoga and



“During the first three months of the pregnancy, woman usually gets confused and uncertain about what she should do to get herself and the baby healthy. There may be too much information, too much guidance from friends and family to make the situation even worse as well.”



Pilates sessions to strengthen the muscles, especially the pelvic floor, and the body flexibility.

Their 'Pod Time' program is designed for the final 6 months of pregnancy when the body of the mother changes daily. The program focuses in optimizing the dietary patterns to ensure the best possible start in life of the child. There are also special massages for pregnancy, yoga and treatments to relax, de-stress, ease and prevent aches and pains. The highlight of this package is that the doctors here will prepare you for the pain of labor with a positive mindset so that you have a different view on the natural labor which is our recommended way here at TRIA.



“Our ‘Inner Calm’ program focuses on giving the mother a proper positive mindset towards the natural labor with Pain-Handling techniques,” explains Dr. Chang. “Most women nowadays have a wrong preconception that the natural labor is too painful to endure so they opt, without good reason, for the more dangerous C-section. But here we believe that if a woman is properly prepared for the natural labor both physically and emotionally, they can endure or even enjoy the process of having the happiest moment of their life.”

The Pod Time package covers from balancing medicine and nutrition consulting to private yoga and meditation. Facial treatments, Pre-Natal Massage and Pre-Natal Abdominal Mask and TRIA's special 'Crowning Glory' or an Ayurvedic head massage are also included to promote the rejuvenation of the whole well-being of the mother.

TRIA's 'Newborn Mother' program is for getting the new mother back into shape. Performed at 8 weeks after delivery to tone and strengthen the body of the new mother, the program focuses on

rebuilding the muscle tones and strength with proper and private exercises. Their 'Endermologie' treatments stimulate additional weight loss and strengthen the connective tissue for firmer muscles. Beauty treatments with seaweed smoothing body wrap, essential oil massage and a complimentary medicine consultation are also included here as well.

“The best time for a mother to travel out is during the 3-6 months of their pregnancy,” explains Dr. Chang. “During then, the woman feels most active and energetic, and it is the best time for the mother to get prepared and pampered for what to come at the delivery.”





#### Tria's Programs For New Mothers:

##### 1+1 = 3 Preconception (3.5 hours over 18 days)

- Integrative Medicine Consultation
- 1+1 = 3 test (Non Fasting Nutritional Profile)
- Naturally Inclined with naturopathic consultation
- Serenity Embodied of Chi Nei Tsang (a Taoist Chinese Holistic Healing Methodology)
- Balancing Act (a follow-up on the first medicine consultation)

##### Pod Time Pregnancy Support (27+ hours over 6 months)

- Integrative Medicine and Nutrition Consultation
- Yoga, Meditation and Visualization
- Facials, Masks, Massages and Shiobhyanga head massage

##### Newborn Mother Post-Natal Recovery (26.5 hours over 6 months)

- Integrative Medicine and Nutrition Consultation
- Personal training + Pilates, Cellulite Busting Massages
- Seaweed body wrap, Firming treatment and essential oil massage
- Complimentary Medicine Consultation

#### For Your Information

- Chiropractors at TRIA help with Neuron-Alignment of the new mother's body to ease out her pain and facilitate the incoming labor such as the adjusting of the joints, bones and even the pelvic alignments
- TRIA nutritionists prepare special meals for new mothers who want to keep their optimum weight during the period with customized menus to individual's taste.
- TRIA promotes natural labor over the more dangerous C-section by preparing the mother with proper positive mindset on the labor and Pain-Reducing techniques.



#### TRIA Integrative Wellness

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# ‘Yu-Fai’ New Mother Health Restoration

Vitheethai Yu-Fai Delivery | Bangkok



## ‘Yu-Fai’ A Traditional Thai Health Restoration for New Mother

Pregnancy, as we all know, leaves traces of changes on a new mother’s body. Tender breast, strained leg and back muscles, overextended uterus and bladder, fat accumulation as well as hormonal imbalance resulting in dull and uneven complexion and also emotion swings are among top visible after-birth conditions among new mothers.

Yu-Fai (roughly translated as ‘staying in the heat’) is an ancient traditional Thai medicinal treatment passed on from one generation to the next for centuries as a mean to restore and rejuvenate new mothers back to their healthy stage for their long-term health benefits.

It has been proved for centuries in the Thai households that mothers who have a Yu-Fai session are much stronger than those without one. Yu-Fai combines herbal healing elements together with Thai traditional wisdom of heated compress and special massages that refresh and rejuvenate the new mothers while help them to relax.

“Yu-Fai, however, must only be performed by a well-trained Thai traditional nurse,” explains Warinda Sirimethachai, registered nurse and manager of Vitheethai Delivery which delivers the treatment to new mothers nationwide. “Because Yu-Fai combines quite a set of strict regimens to improve a woman health, it is important that the nurse really knows what she is doing. Yu-Fai performed by untrained nurse, will be like a mere spa session that can not really heal or restore the health of the new mother like it is intended to be.”



“Because Yu-Fai combines quite a set of strict regimens to improve a woman health, it is important that the nurse really knows what she is doing. Yu-Fai performed by untrained nurse, will be like a mere spa session that can not really heal or restore the health of the new mother like it is intended to be.”



Beginning with an herbal bath of more than 10 local spices and herbs, Yu-Fai's compress of baked salt clay pot strengthens and restored the mother's uterus and bladder back into shape. The compress, when applied with the medicinal leaves of 'plub plung' or crinum lily, kneads away the leftover amniotic fluid, water retentions, accumulated fat and even stubborn cellulite in the body. Traditional blends of fiery Thai herbs applied right on the tummy works together with the heat compress help toning the muscles, culture breast milk and relax the body muscle.

Herbal steam also helps with possible infections of the wounds while special massage at the pelvic muscles restores the pelvis back into its original shape. Yu-Fai

also reinstalls the hormonal balance; pacify the possible emotional fluctuation and temperamental shivers that often occur with mothers who did not have a 'Yu-Fai' restoration. Mother who gives birth naturally is recommended to have the Yu-Fai session within 7-10 days after giving birth while mother with caesarean section should wait until 30-45 days after.

"The above timeframe is also an heirloom of Thai wisdoms," explains Warinda. "Because it is during those timeframes that the body of a new mother is massively undergoing the restorative



transition and that makes Yu-Fai most effective. To reap the maximum benefits of Yu-Fai, a new mother should not wait for too long for the treatment; health should be more important than time in this matter."





#### Vitheethai's Yu-Fai Program is a daily routine of Thai Traditional Treatments in a series:

Yu-Fai treatment is available from 5 to 14 days. However, it is recommended that a new mother should have at least 5 continuous days of Yu-Fai for her maximum health benefits.

- The program starts with health check-up to verify the health of the new mother, Yu-Fai is not recommended for those with high blood pressure and serious diseases such as diabetes or heart disease.
- A daily ritual of Yu-Fai includes an herbal bath, hot salt-pot compress, application of fresh and healing plub pleung leaves, fresh herbal balm at the stomach applied with heated compress, massages with fresh sesame oil, pelvic massage, cellulite-busting massage, fresh herbal mask, herbal steams, herbal exfoliation and skin detoxification.

#### For Your Information

- Rich with Vitamin E, fresh sesame oil can penetrate deep into all skin layers. With a special massage, sesame oil helps wading off leftover fluid, reducing spider veins and nourishes the skin.
- 10-Herbal belt is a very special Thai traditional wisdom that helps restoring the uterus of the new mother, strengthen her body and prevent her from having occasional shivers and muscle cramps.
- Facial and head massages during Yu-Fai stimulate and relax the nerves and help reducing migraine and tensed shoulder muscles.
- Freshly ground coffee beans are combined with special herbal recipe to mask and exfoliate the skin, boost up the blood circulation and thus detoxify the body. Its aromatic scents also relax and refresh the mother. Detoxification is usually performed on the last day of your selected Yu-Fai session.

#### Vitheethai Yu-Fai Delivery

วิทย์ไทย อยู่ไฟ ดีลิเวอรี่

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Email vitheethai@hotmail.com

Website www.vitheethaidelivery.com

#### Accommodations

When using the service from Vitheethai Yu-Fai Delivery, you can stay at

#### Tenface

เทนเฟซ

Address 81 Soi Ruamrudee, Wireless Road,  
Lumpini, Pathum Wan,  
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# Beauty

Beauty is based on good health. Good health is a balancing act. Balancing what you eat with your activity and treating your mind and soul well results in good health. Beauty, health, and nutrition are all integrated. If you take a balanced diet you will be able to maintain your physique, your beauty will glow externally while maintain good health internally. Thailand is filled with the retreat places as the great healers – nature, rest, beauty and stillness - begin to work their magic to nurture you with great care.



# Eastern Escape

Cape Spa at Cape Racha Hotel | Chon Buri

## Let the Eastern Star Leads You to the New Luxurious yet Affordable Indulgence

Set in the old town of Si Racha, once a sleepy fishing village and popular vacation spot for Thai people during the last few decades, Cape Spa at Cape Racha Hotel offers arrays of traditional and modern spa services for those seeking for an affordable solace in the modern Si Racha town which is now the base of many Eastern Industrial Estates.

For those remembering the old day glory of the Eastern seaside villages, Si Racha would inevitably come up as one of their favorite local spots where they would relax, swim and immerse themselves in the total laid-back charms the place had to offer. Times, however, passed and changed the tones of this once sleepy town into a bustling hub of Thailand’s growing Eastern Industrial Sea Board, and the locals now see a lot of working expatriates roaming the streets searching for some remaining local lures.





"Thailand's Eastern seaside provinces such as Rayong and Chon Buri are known for the very delicious tropical fruits such as durian, mangosteen, coconut, rambutan and much more. And at Cape Spa, we decided to use some local fruits such as coconut and mangosteen, both with antiseptic properties, to make fresh body scrubs and wraps used in our treatments."



"Si Racha was once a favorite family vacation destination for Thai families," explains Poomiphat Navanukroh, General Manager of Cape Racha Hotel, a luxury hotel and serviced apartment in the heart of Si Racha small town. "But now the scenes have changed a lot. Although Si Racha is now an industrial base for the Eastern part of Thailand, there are still some local charms left for people to enjoy, even with some sorts of nostalgia."

Cape Spa at Cape Racha is created on the philosophy of 'revival the great pleasure of the relaxing past.' As a sister hotel of the famous Cape Panwa down in Phuket, Cape Racha restores 'local charms' in its modern and luxurious accommodations and facilities. The place is also close by to Si Racha Night Market and the famous 'Floating Island' temple of Ko Loy where you can climb up hundreds of stairs and pay homage to one of Thailand's oldest floating temples.

Cape Spa's comprehensive treatments range from facial treatments, body wraps, scrubs and the whole packages with more values for money. Poomiphat explains that since the hotel maintains the quality of its spa throughout the two branches,



those who have enjoyed Cape Spa down in Phuket should expect the similarly excellent services when they visit its branch at Si Racha. Dermalogica products are chosen as the main products throughout the two places while some Thai herbs and fruits are selected to make fresh body scrubs and wraps.

"Apart from being close to the bustling Eastern Seaboard, we are also close to the fruits orchards abundant in the areas as well," says Poomiphat. "Thailand's Eastern seaside provinces such as Rayong and Chon Buri are known for the very delicious tropical fruits such as durian, mangosteen, coconut, rambutan and much more. And at Cape Spa, we decided to use some local fruits such as coconut and mangosteen, both with antiseptic properties, to make fresh body scrubs and wraps used in our treatments."

The **Eastern Escape package** offered by Cape Spa at Cape Racha thus includes both spa services of your choice and extra options for day-trip excursions to the area's famous island of Ko Sichang (once a famous summer island for King Rama V) and Pattaya City. The spa service included in the package include a 150-minute comprehensive treatment starting with Thai herbal steam, body



scrub, body wrap, floral & milky bath, and a choice of aromatherapeutic massage or Swedish or Thai massage.

"This package is like an introduction of our pampering services," says Poomiphat. "I hope our guests will enjoy the selection we have chosen for them here. However, custom-tailored programs are also available for those with special needs. We have a lot of family vacationers, serious golfers and even busy businessmen looking for good ways to unwind after a long day, so our services are quite comprehensive. But still, we want to make them all affordable."







#### Eastern Escape at Cape Racha – Spa & Longstay Package 4 days 3 nights

Suitable for those looking for a perfect getaway into Thailand's nostalgia, the Eastern Escape package by Cape Racha includes the highlights of Thai signature spa treatments and optional excursion to Si Racha's famous attractions.

#### For Your Information

- Attractions in Si Racha area will bring you a nostalgic sense of Thailand's past. In the old days, favorite family vacation spots included the beaches along the Eastern Sea such as Bang Saen, Pattaya and Si Racha. Si Racha was comparatively quiet with its fishing villages more famous than its beaches during those days. Bungalows, or houses on stilt built over the water overlooking the open sea, were once staple accommodations during those days.
- Tropical fruits are abundant in this Eastern areas of Thailand with orchards of durian, rambutan, mangosteen, mangoes and even jackfruits, santol and marina plums (maprang). Mangosteen has now been clinically proven to contain high antiseptic properties and now adopted as a main ingredients in Thai alternative medicinal recipes worldwide.
- Sichang Island is about 12 kilometres off Si Racha shore or about 45 minutes by a long tail boat. Despite such proximity, Sichang Island is a world away from the bustling scenes of Si Racha with secluded beaches, caves and temples as major 'attractions' – suitable for those looking for a short trip to an alternative scene.



#### Cape Spa At Cape Racha Hotel & Serviced Apartments

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# Kirimaya Treatment

Maya Spa at Kirimaya Golf Resort Spa | Nakhon Ratchasima



## Let the Indian Songs of the Deep Valley Rejuvenate Your Body & Soul

Set in the misty rainforest of Khao Yai National Park, Maya Spa acquires their signature treatment remedy from the nearby vineyards where handpicked grapes rich in natural antioxidants are formulated with the ancient therapeutic recipes of Thai traditional medicine together with soothing arts of soft Indian tunes and rhythmic massages that rebalance your total senses and well-being.

Meaning the 'illusion of mountain,' Kirimaya is a minimal style chic resort set in the wilderness of Thailand's biggest and oldest mountain ranges that cover four provinces of Saraburi, Nakhon Nayok, Nakhon Ratchasima and Prachin Buri. Frequented by adventurous travelers who like to take a long hike into the forest or paddle through the vineyards for some fresh tastes of the local wines, Kirimaya also houses a 18-hole, Jack Niklaus-designed golf course very popular among serious golfers who look for both pleasure on and off the greens.

With a wide array of pampering treatments created from Thai traditional medicine and fresh local herbs and fruits, Maya Spa is a spot where even serious golfers are happy to take their time off to revive their energy. And if you are tired of those exhausting expeditions, Maya Spa's ranges of treatments can be also customized to fit your personal needs.

"Maya Spa is known as a place to relax among those visiting Khao Yai and take serious adventures here," explains Wanna Opatavong, Maya Spa's Assistant Manager. "Usually, travelers to the rainforest national park will explore a lot on



foot; some might take one or two rounds of golf and thus many have ached body when they come back to the resort. So, we have just the right healing treatments for them all."

**Kirimaya Treatment** is Maya Spa's signature treatment. The 4-hour indulgence of the senses, as Wanna puts it, restores your 'sensuality of love' with special combined treatments of Indian, European and Thai massages all in one. Pink stones will be placed on your meridian points while the rhythmic massage movements and dances performed with a soft Indian tunes in the background soothes your senses. Sounds funny? Yes, but Wanna says this recipe will just invigorate your total sensual beings and thus very suitable for lovers seeking for a rejuvenation of their love life or simply just a pampering getaway.

Fresh grapes, known for its anti-oxidant properties, are the main ingredients for the body wraps. Wanna explains that grapes contain natural alpha hydroxyl acids that help gently exfoliate the skin while wild honey brightens up and soothe the complexion. "Our signature treatment is a harmonious combination of many ethnic arts and therapeutic recipes," adds Wanna. "We have selected the best of relaxing and healing arts from many places and the result is a treatment unlike other in Thailand."

**Detox Treatment** at Maya Spa is a special combination of Indian and Chinese therapies. "This is a head-to-toe detox

"Usually, travelers to the rainforest national park will explore a lot on foot; some might take one or two rounds of golf and thus many have ached body when they come back to the resort. So, we have just the right healing treatments for them all."



program suitable for those seeking a total renew of their body and mind," she explains. The 4-hour program starts with a special therapeutic and detoxifying essential balm that also nourishes your scalp, hair and skin.

"This special oil is made from a very old recipe of Thai traditional medicine called 'Jatupalathika' which combines 4 ancient fruits of Samor Thai (Terminalia Chebula), Samor Pipek (Terminalia Bellerica), Samor Thet (Terminalia Arjuna) and Makham Pom (Phyllanthus Emblica) that are rich in anti-oxidant properties that detoxify and nourish the skin."

The treatment also includes the very relaxing lymphatic massage that drains away leftover lymph from the body tissue, resulting in clear and clean body systems.

Sport Treatment at Maya Spa is especially prepared to soothe golfers and those spent too much time exposed to the outdoor elements. Sunburned skin usually suffers from redness, inflammation and even rashes and blisters. The naturally emollient substances found in fresh aloe vera and guava fruit are used to soothe and calm the burned skin while the fresh ginger compress relaxes the tensed muscles and repairs the cellular damages caused by extreme exercise. "Needless to say, most travelers to Khao Yai areas usually enjoy strenuous activities of hiking, night safari and even golfing," explains Wanna. "And this treatment is prepared to revive them back to their natural best. Usually, those who suffer from body pains and aches feel a lot lighter with better blood circulation right after the treatment."





#### Kirimaya Treatment

The signature spa treatment brings together nutrient from red wine and fresh grapes that give you a unique pampering experience to complete your perfect vacation to this wine country. Polyphenols and vitamin E in red wine (antioxidant) help reduce the appearance of lines and wrinkles, leaving your skin smooth and healthy. Tannin, vitamin C and fruit acids in the red wine also help exfoliate and rejuvenate your total complexion and increase your skin's natural well-being for a younger and brighter appearance.

#### Detox Treatment

This combined treatment stimulates the lymphatic system. It aids in detoxification, purging and cleansing the body impurities. The scalp massage with the Thai traditional detoxifying and conditioning oil enlivens the scalp by opening up the pores, get toxins out of the body and results in toned skin with velvety softness.

#### Sport Treatment

This soothing and cooling treatment contains potent compounds of aloe vera and fresh guava body wraps to cool down the skin temperature and soothe your body from the discomforts from too much sun exposure. This recipe works well even with the sensitive or stressed skin and proved to be very relaxing. Sport massage with fresh ginger stimulates blood circulation with the herb's antioxidant property. The essential oil aids the body to eliminate toxins and even stubborn fatty deposits while the replenishing moisture improves the skin's elasticity, leaving the skin soft, smooth and radiant with natural young looking appearances.

#### For Your Information

- The best time to enjoy Khao Yai National Park is between November – February of each year when the temperature drops and the air refreshed from the surrounding mountains.
- Khao Yai is now worldly acclaimed as the home of Thailand's 'wine country' with the mountainous valley sets at about 300-350 meters above sea level or, to say it in the viticulture's term, at '14<sup>th</sup> – 18<sup>th</sup> parallels. The wines made in this area of the world are now dubbed 'New Latitude Wines' in the global wine industry.
- Activities most popular in the Khao Yai area include wildlife watching or simply hiking or biking in the lush green trails of the National Park. Kirimaya also provides lavish tent accommodations for those seeking to increase adventurous senses during their stay as well.

#### Maya Spa At Kirimaya Golf Resort Spa

มายา สปา คีรีมายา กอล์ฟ รีสอร์ท สปา

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# Unseen Wellness Package

Rayavadee Spa at Rayavadee Krabi Thailand | Krabi

Meticulously Luxurious,  
Rayavadee Spa  
Transports You to the Sublime

One of the most exclusive beach resorts in Thailand, Rayavadee is a place where travelers from around the world need to make their reservations way in advance to make sure their very special occasions are secured. Blue sky, clear water and tropical breeze which compose the atmosphere of this secluded peninsula overlooking Thailand's sea at Krabi is just part of the story.

At Rayavadee, people enjoy its beauty exclusively. The luxurious resort is, after all, located at a scenic and secluded area of Krabi's peninsula overlooking the open sea and above it the blue sky. Beach activities and sea excursions to the nearby breathtaking islands are just part of the comprehensive service the place has to offer.

Rayavadee is also famous for its exclusive spa services. Rayavadee Spa has an 'East-meets-West' feel with Italian floor tiles coexisting with coconut palms, Thai traditional art pieces, and Indian style curved doorways and murals interspersed with some brass and gold pieces. Their comprehensive treatments also embody the best of Thailand's traditional recipes and famous therapies from around the world.

"We are known for our naturally-inspired spa treatments," says Anchalee Nakthavol, Rayavadee Spa's Manager. "All of our treatments are proven to be beneficial; we design each treatment to suit the lifestyle of people coming here for a holiday as well. Also, we hope to create a total peace of mind for the guests as soon as they step into the Spa area."



“All of our treatments are proven to be beneficial; we design each treatment to suit the lifestyle of people coming here for a holiday as well. Also, we hope to create a total peace of mind for the guests as soon as they step into the Spa area.”



Guests at Rayavadee always enjoy arrays of beach activities and expose themselves to the sun. Rayavadee Spa treatments, ranging from the famous ‘Pre-Tanning’ and enhancing body wrap treatments to ‘body polishing’. Our ‘facial massages’ are especially designed with purified Thai herbs and world-class products to suit various needs of our guests. “For example, our **Pre-Tanning Treatment** helps preparing your skin to get the maximum benefits from the sun while protecting it,” explains Anchalee. “We use the fresh coconut scrubs and virgin coconut oil to boost the natural tanning process of your skin. Coconut oil has been the natural anti-oxidant balm for women in Southeast Asia for ages and we use it regularly to keep our skin strong and young. The oil also helps

producing a deep, glowing and long-lasting tan.”

Rayavadee’s special offers for our readers include the spa services, accommodations and sea activities to complete your vacations. Ranging from 3 to 7 nights, the package, designed for a couple, includes Rayavadee Signature Massage, Rayavadee Body Polish Treatment and for longer period a Rayavadee Facial Treatment, all treatment for two, also included are a private speed-boat and snorkeling trip to the beautiful Poda and Chicken Islands.

Anchalee explains that Rayavadee Signature Massage uses the

warm aromatic oil along with Thai herbal heated compress to ease away your muscle tensions and stress. “Warm aromatic oil penetrates better into the skin layers while our Thai herbal compress especially created with purified herbs loosens the stiffness. Also, we adopt series of massage techniques such as ‘petissage’ and ‘tapotment’ to vibrate your sensory nerves. This is very soothing and relaxing treatment,” says Anchalee.

**Rayavadee Body Polish**, such as Sesame Body Polish, is superbly beneficial to your skin, Anchalee says. “Sesame is a traditional beauty





recipe rich in nutrient to keep your skin drenched and nourish your hair, keeping it from graying. We also begin the body polishing treatment with a natural sesame scrub that exfoliates the dead skin cells first and prepares your skin to absorb the benefits of the oil."

**Rayavadee Facials** use not only world-class, but also home-made products. Those exposed to too much sun might want to try Replenishing Facial that cools your complexion with fresh homemade yoghurt, aloe vera and cucumber. However, you can choose from their arrays of service that suits your particular needs.

### Unseen Wellness Package

(3 nights, 5 nights and 7 nights)

In addition, guests can enjoy a host of other complimentary activities, including tennis and squash, stretch and yoga classes, guided hikes in the resort's natural surroundings, the use of water sports equipment such as kayaks, hobie cat and windsurfs and afternoon tea activities such as garland making, fruit carving, Thai-style origami and cooking demonstrations.

### For Your Information

- Coconut oil has long been a beauty staple for women in tropical countries for ages. The cold-pressed or virgin coconut oil maintains the strength of the skin's connective tissues, keeping the skin from the elements. It is also high in antioxidant properties and always used as a natural 'tanning' balm for those loving the outdoor activities.
- Poda and Chicken Islands' clear water and idyllic beaches are ideal for swimming and snorkeling. However, if you need an urban dosage, you can always visit the vibrant Krabi Town and enjoy some delicious local foods.
- Rayavadee is children friendly. They also have baby sitting and 24-hour medical services on site.

### Rayavadee Spa At Rayavadee Krabi Thailand

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# Thai Wellness and Ashtanga Yoga Holiday Programs

Sukko Cultural Spa & Wellness Resort | Phuket



## Reviving the Traditional Thai Living for a Healthier Result

“Back in the old days, our ancestors lived a very simple life. A Thai house was usually a home for an expanded family. We cooked by ourselves and did not use MSG. Our cuisine was fresh and herbal. When a grandparent felt tired and tensed, a favorite grand child would be called up to give a massage. Our lifestyle back then was very laid back and healthy.”

Dr. Nongtanun Tephabuttra,  
Owner and R&D Director of  
Sukko Cultural Spa & Wellness Resort

Sukko Cultural Spa & Wellness Resort is not just a resort with Thai-style accommodations. In fact, the place started out three years ago as a day-spa retreat where people from around the world come to enjoy the experiences of Thai-style easy and healthy living. However, starting this year, the place began to offer rooms and in-room spa services to make the guests feel like they are really living back in the old days of Siam.

“When looking back on how Thai ancestors lived, I learned that the Thai traditional lifestyle was collectively healthy,” explains Dr. Nongtanun Tephabuttra, Owner and R&D Director of Sukko Cultural Spa & Wellness Resort in Phuket. “They were easy-going and used natural healing on daily basis. So here, I want to revive those wisdoms back and reawaken the healthy lifestyles for my guests.”

Services at Sukko are divided into two main parts: room accommodations and Thai wellness & spa services. For those looking for a whole Thai wellness experience, the activities that can be included into your retreat program are





“More people get sick following their unhealthy lifestyles. So if we can implant a healthier lifestyle in more people, I hope we do not need to fix things as much as we did in the past.”



Thai macrobiotics, foot massage lesson, Reu Si Dat Ton, Ahstanga yoga, aqua exercise and Muai Thai Chaiya. Also, if you are seeking for serenity of mind and body indulgence, you can always ask for a meditation class and in-room Thai spa services.

A dentist by training, Dr. Nongtanun saw herself treating patients the wrong way. “I was fixing problems more than preventing them,” she recalled of her busy days at the dental desk. “More people get sick following their unhealthy lifestyles. So if we can implant a healthier lifestyle in more people, I hope we do not need to fix things as much as we did in the past.”

A Thai traditional home at Sukko has in-room spa rooms while their lush and plush gardens are filled with Thai herbs and flowers, ready to be picked for the cooking and room decorations. The resort does not have as much ‘resort-style’ florals and faunas like others, because Dr. Nontanun wants her place to resemble a real Thai homes where usually fruits, such as mango trees, and herbs, such as holy basil, chilies, kaffir limes, grown for home cooking.

She says that Reu Si Dat Ton is an ancient Thai exercise that is really useful and even peaceful to your body and mind. It is suitable



as the morning ritual to ‘stimulate’ your senses and body. Later, you are recommended to enjoy the delicious Thai macrobiotic cuisines that Dr. Nongtanun says would make you forget that they are healthy foods.

“Macrobiotics is more of a lifestyle than a cuisine per se,” explains Dr. Nongtanun. “In the past, Thais did not eat as much meats as today and that reflected also in our expressions and emotions. People who consume a lot of meats tend to be more aggressive and violent than those consume more of the non-meat meals and vegetables. But our food is also delicious, too.”

But Dr. Nongtanun also understands that travelers to Phuket also need some fun in their trip. It is not like you are attending a strict health camp, she said, and some sea excursions to Phuket’s beautiful islands can also be arranged to make your trip complete.

“I understand that people who come here want to have some fun,” she says. “It’s their vacation, after all. But what we are proposing is a healthier lifestyle that they can practice later even when they go back home. And also, I want to show the world that the real Thai lifestyle is really good and wise in itself.”





**Holistic Health Care based on the Philosophy of Thai's Medical Systems**

Thai Wellness and Ashtanga Yoga Holiday Programs restore the whole body systems back into balance with healthy and delicious diet, proper exercise and body spa. The program also includes arrays of low-impact exercises such as yoga and aqua exercise for those with special physical requirements.

- Thai Wellness Program (3 Days)**
- Early morning exercise: Rue Si Dat Ton Lesson
  - Breakfast: Thai Macrobiotics (recommended)
  - Thai Spa Session 3 hours
  - Lunch: Thai Macrobiotics (recommended)
  - Afternoon Activities: Aqua Exercise / Chaiya Thai Boxing/ Thai Massage Lesson/ Foot Massage Lesson
  - Dinner: Thai Macrobiotics (recommended)

- \* Options for the spa services include the Silk Treatment and Sukko Thai Ayurvedic
- \* Sea excursions to Phuket beautiful islands are also available

- Ashtanga Yoga Holiday Program (5 Days)**
- Early morning Yoga Class: Ashatanga Yoga; Mysore Class
  - Breakfast: Thai Macrobiotics (recommended)
  - Thai Spa Session 2 hours
  - Lunch: Thai Macrobiotics (recommended)
  - Afternoon Lesson: Thai Massage Lesson / Foot Massage Lesson/ Rue Si Dat Ton Lesson
  - Dinner: Thai Macrobiotics (recommended)

- For Your Information**
- Dr. Nontanun says Thai Macrobiotics is a holistic approach towards healthy options, including eating three balanced meals a day, chewing your food well and eating reasonable portions. Thai cuisine, prepared Macrobiotic style, is considered every day's healthy food that promotes longevity.
  - Feet are the mirror of our body. Different reflective points on the feet correspond to different organs and their working status. By stimulating these reflex points, qui or body's energy will flow properly and help correct the imbalance in those parts of the body. Usually foot reflexology has a relaxing and rejuvenating effect and it can be adapted as a self-care treatment.
  - Ashtanga Yoga emphasizes the "Vinyasa", a Sanskrit word meaning "breath linking movement." One Asana (posture) is therefore linked to another in a correct order like a flow. This practice purifies and strengthens the body, leading to clear and calm mind.
  - More than being a traditional and effective art of self-defense, Chaiya style of boxing is a graceful exercise that keeps the body fit and alert, and is also a way to learn to focus. Muai Thai Chaiya helps you to achieve mental and physical health, builds muscle strength, controls weight and induces conscience, giving you internal power within a flexible body and powerful mind.

**Sukko Cultural Spa & Wellness Resort**  
 สุขโข รีสอร์ท ภูเก็ต

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# Mind & Spirit

It is important to help the body in the healing and easing stress and also the mind and spirit. Achieving balance with body, mind and spirit is a worthy pursuit and ideally is a journey that continues to last a lifetime. Thailand offers wide ranges of destinations that takes you away from your concerns and stresses and transport you into the world of wellness where you will be learning meditation and retreat techniques to renew the sense of balance, the perfect addition to your well-being for a peace of mind and a healthy body.



# Hot Yoga

Absolute Sanctuary Koh Samui | Surat Thani

## Enhance all Areas of Your Life With the Ancient Spiritual Practice from India.

“The great thing about yoga is that you can practice it anywhere, anytime whether you are at home or on vacation. Yoga practice affects all of your body system. That’s why those who have tried yoga confirm its efficacy in improving overall health or having therapeutic effects on certain symptoms. Yoga benefits are endless. It creates a purification of the physical body and the mind profoundly, allowing us to open ourselves up to spiritual balance.”

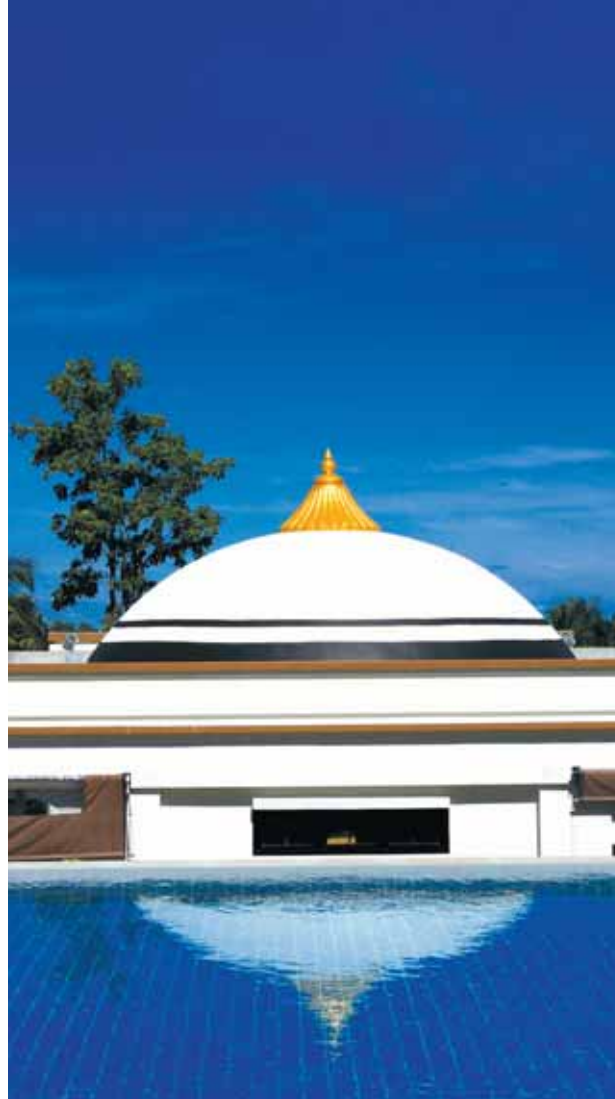
Claire Bostock  
Executive Director (Programs & Marketing)  
Absolute Sanctuary Koh Samui

Nowadays, yoga practice has become a popular way of exercise. Some people find that the physical practice of yoga becomes a gateway into a spiritual exploration, while others just enjoy a wonderful low-impact workout that makes them feel great. Whatever your tendency, you will be able to find a yoga that suits you. There are many modern variations in style that people associate with the word “yoga” today. At present, a yoga style that outshines others by its different approach is “Hot Yoga.”

Hot Yoga is a routine of 26 poses which works the whole body in 90 minutes, done in a room usually maintained at a temperature of 95-100 degree (approximately 38 degree Celsius) which is close to the normal temperature of human being. A vigorous yoga session at this temperature allows for safely deep muscular and tendon stretching.



Absolute Sanctuary is Thailand's premier Yoga and Detox resort which blends luxurious accommodation with a range of detoxification programs, yoga offerings and other dynamic therapeutic treatments together in one.



Hot Yoga benefits are endless. Overall, physical and emotional health is improved. Energy, stamina and flexibility are created. Every joint, muscle, ligament and tendon is warmed up and stretched. It also allows the stretching, squeezing and massaging of the internal organs, flushing out the cardiovascular system, stimulating blood circulation and promoting metabolism. Yoga practice can miraculously reduce stress; refresh your mind while trim down your weight. Imagine what your regular yoga practice could bring.

Absolute Sanctuary is Thailand's premier Yoga and Detox resort which blends luxurious accommodation with a range of detoxification programs, yoga offerings and other dynamic therapeutic treatments together in one. Immerse yourself in the tranquility of a tropical island, indulge in the comfort of modern amenities, lighten and embark on a fulfilling journey. Enjoy the benefits of which will last you a lifetime.

Inspired by the stunning architecture of Morocco, Absolute Sanctuary shines its charm in vibrant yellow color against Samui's bright blue sky. The resort boasts 38 luxurious bedrooms, each featuring unique details and modern amenity to ensure you never miss anything. The exquisite corridor decorated with colorful Moroccan lamps

gliding from ceiling show off its beauty to you through the archways. White dome saliently spreads over the surface of the infinity edge pool awaits for you to lounge in and invigorate your afternoon moment amidst the serene Gulf of Thailand.

Daily yoga classes at Absolute Sanctuary gladly welcome drop-in customers as well as those who already are its guests. The resort also offers Yoga Holiday package, especially designed to suits all yoga enthusiasts whether a beginner student seeks to learn more about yoga, an aspiring teacher to-be or a student looking for an in-depth practice. Or if you desire to pamper yourself in different approach, Absolute Sanctuary has a lot of gift of wellbeing available for you to choose from; including Detox Package with Colon Hydrotherapy, Rejuvenating Holiday Package. Each and every package is specially designed to answer all your needs by our certified specialists.

#### For Your Information

- Yoga is as much a workout of the mind as the body. You can practice in studio or outdoor but it is advisable that the area should be clean and still.
- The best time for practicing yoga is early in the morning or later in the evening. Although it can be practiced at almost any time of the day, the benefits gleaned from your yoga routine are maximized when performed in the morning. It is also a great way to start off your day because you can continue to enjoy the revitalizing effects throughout the day. While your evening routine will mostly benefit you with its relaxing effects on body and mind.
- Try to avoid eating for 2 hours before class, as it will more than likely to make you feel tired and heavy.
- Functional yoga wear is essential. It should not be too loose or skin tight. Tops and pants made from a stretching fabric that fits fairly close to the body are good bets, for they would encourage you





freedom of movement, flexibility and flow. Avoid wearing glasses and ornaments to yoga class.

- Make sure to drink plenty of water before and after class, so you don't get dehydrated. For those who are excessively sweat, it is advisable to sip a small amount of water from time to time after class in order to protect yourself from potentially dangerous levels of dehydration

#### Warning

- Those with health problems such as high-blood pressure, diabetes, heart disease or bones should consult with doctor, and also alert the teacher before joining the class.
- Women with menstruation should refrain from yoga practice.
- Hot Yoga is not advisable for pregnant woman or those who recently delivered a child. The heat can raise the core body temperature. Your body reaction to the heat is not at its normal. It is recommended that you consult with certified teacher before joining the class. Never forget that ultimately your safety is at stake.
- If, for some reasons, you cannot attend the class through the end, do not hurriedly leave the room. Lie down or stay still and allow your body temperature to cool down to its comfortable level.

#### Absolute Sanctuary Koh Samui

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# Searching for Your Inner Spiritual Energy

Bangkok Natural Healing | Bangkok



## ‘Body, Mind, Soul and Spirit, a balance Well-deserved’

Bangkok Natural Healing is all about readjusting the natural balance between our body and the environment following the ancient knowledge from Hindu and Chinese traditional healing methods. The method that believes the seven Chakras are the seven Rays of life in the star system and we need life as much energy as possible coming into our body to maintain our health and well-being.

Bangkok Natural Healing is an internationally known holistic school that teaches students from around the world how to draw themselves closer to the natural environment and achieve a balanced healthy life. Classes here range from Shamanic Soul Travel, Meditation for Soul, Pendulum Healing, Chakras and Anatomy, How to see the Aura, Chi-Gong and Yoga .You can choose to practice in Bangkok or at the seaside resort called Lumra on the quiet stretch of Baan Krut beach in Prachuap Khiri Khan province.

Founded by Mr Lee Wei-De, a trained Kung-fu and Rei-ki master back in 2006, Bangkok Natural Healing suits those looking for a proper way to learn the ‘natural healing’ elements that basically link our body and mind to the environment, universal energy, resulting in balanced and healthy life. Being the formulator of ‘Siam Reiki, Lee teaches and heals those who seek Rei-ki healing power.

“Rei-ki may sound mysterious to many people, but in fact it is one of the most ancient healing arts that are very elemental and easy to practice,” explains Lee who also offers Rei-ki therapies for those seeking for his helps. “Rei-ki literally means ‘spiritual energy’ that anyone can gain an access to. Rei-ki





“Rei-ki literally means ‘spiritual energy’ that anyone can gain an access to. Rei-ki treatments have also been included in the health insurances of many countries.”

treatments have also been included in the health insurances of many countries.”

Working on the traditional healing methods based on the seven Chakras or the Seven Rays of Life in the star system, Bangkok Natural Healing’s philosophy announces that our body needs life energy as much as possible to maintain health and well-being. The more energy comes into the body, the more that person can develop his or her own vibration and go into different levels of consciousness and deeper soul journey which can eventually lead them to the stage of enlightenment in Buddhism. Lee himself has a powerful connection with his soul, it’s resulted in his ability to heal and help people with their prevailing emotions. And that is just a part of his whole story.

While courses at Bangkok Natural Healing are abundant and interrelated, students can select individual class that suits their best interests. Two programs offered here should give you an idea of the whole concept and of course you can later tailor make your classes to benefit you best.

“Energy means the beginning of life, and life is determined by how many breaths you take,” says Lee. “I hope that our energy classes should lead you to a new age of wisdom and find your own soul journey, as well as to develop your own holistic health and abilities to help others.”



#### PROGRAM

Courses at Bangkok Natural Healing can be divided into 6 groups of: massage therapy, beauty therapy, energy therapy, core training, body movement and management skills .The school aims to help people achieving their professional opportunities to work in the health industries. However, the two detailed courses below focus more on the energy training ground and the classes can be performed in Bangkok and at Lumra Resort down on the quiet beach of Bankrood area of Prachuap Khiri Khan province.

#### [Soul traveling and Full moon meditation and detoxifying \(5 days\), every month on the full moon period](#)

Course description: This is a full energy training experience that aims to use natural ways to gain levels of consciousness that is not normally accessible in the normal circumstances. Full moon is a Shamanic tool that offers a good foundation for the student’s theoretical understanding and energy for them to achieve the state of self-development. The course includes:

- Shamanic Soul Travel

- Meditation for Soul (Progressive Training Course)
- Chakras and Anatomy
- Chi-Gong
- Pendulum Healing (basic)
- How to see the Aura
- Yoga

#### [Elite program: Energy training package \(9 days, twice a year\)](#)

Course description: This course introduces student to Siam Rei-ki treatments, but not for the participants to perform a Rei-ki treatment. The participants will learn how to discover the birth right abilities each of them has as a part of their own creation. They will also discover esoteric knowledge in health and healing with awareness of intuitive energy, the energy treatments and how they work. The course includes:

- Siam Rei-ki
- Psychometry
- How to see the Aura
- Yoga
- Crystal Healing
- Chakras and Anatomy
- Chi-Gong





#### For Your Information

- As a school that offers comprehensive classes for those wishing to work in the health industry, classes at Bangkok Natural Healing includes First Aid for therapists, Foot reflexology, Thai massage, hospitality, nail painting and even waxing and resume preparation techniques.
- While sounding quite mysterious to many who are not familiar with Rei-ki energy and healing powers, Rei-ki, according to Lee, is an ancient healing power that is natural and easy to obtain. Our body is composed of frequencies and to achieve a healthy and balanced life, we need to restore such energy into our body.
- Practiced body with good energy flow has stronger immune system that can detoxify impurities we have left in both our body and emotional systems. The balanced mind and body can also help healing tension and hypertension many people suffer due to the lack of this knowledge. While Rei-ki is not such a popular practice in Thailand, people from many countries take it very seriously with magazines about the subject published widely to perpetuate the ideas and practices.

### Bangkok Natural Healing

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Fax +66 (0) 2279 2754  
Website [www.naturealhealing.com](http://www.naturealhealing.com)

### Lumra Resort Prachuap Khiri Khan

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Website [www.lumraresort.com](http://www.lumraresort.com)

### Accommodations

For those guests of Bangkok Natural Healing can enjoy the privilege of accommodations at

### Tenface

เทนเฟซ

Address 81 Soi Ruamrudee, Wireless Road, Lumpini, Pathum Wan, Bangkok 10330 Thailand  
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Website [www.tenfacebangkok.com](http://www.tenfacebangkok.com)

### The Emporium Suites

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Website [www.emporiumsuites.com](http://www.emporiumsuites.com)

### Cape House Serviced Apartments

เคป เฮ้าส์ เซอร์วิส อพาร์ทเม้นท์

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# Phu Chaisai Meditation Retreat

Phu Chaisai Mountain Resort & Spa | Chiang Rai



Sometimes,  
even silence is so rare,  
it's a luxury

Immerse yourself in the total silence and breathtaking views at Phu Chaisai's legendary 'bamboo huts with thatched rooms' stacked three storeys high up on the rolling and serene mountains. Here, you get to learn to live with yourself in a week-long meditation retreat organized especially every year as an act of merits for her late mother.

Phu Chaisai is known for its absolute tranquility. Set deep in the highlands of Chiang Rai, Phu Chaisai (Mountain of Clear Heart), is the best place for a total castaway or meditation. After all, this mountain has been a family home for solace and peace of mind of its founder ML. Sudavadee Kriangjai, a noted Thai interior designer, and her mother Mrs Chaisai who wished to see this mountain a place for meditation.

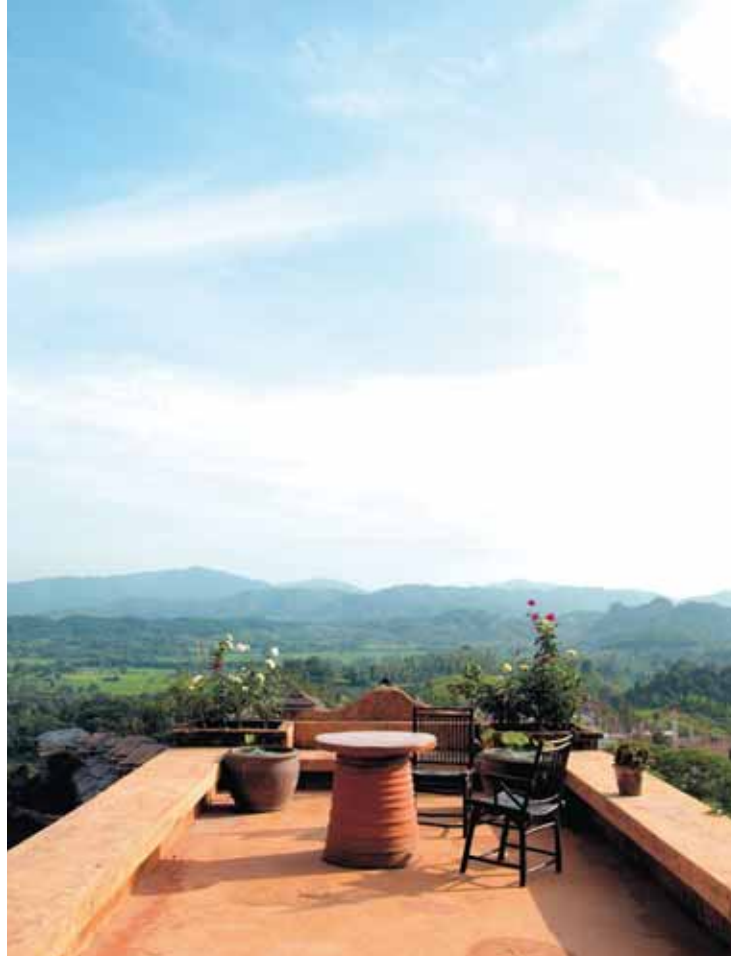
"When my mother saw this plot of land, she knew she found a perfect place for her meditation rituals," says ML. Sudavadee. "She even built a meditation sala up for that purpose. So when she passed away and I built my resort here, I would like to make merits for her by organizing an annual meditation retreat for anyone who wants to make a voyage within."

So, six years ago ML. Sudavadee completed her mission with the first week-long meditation retreat opened for all people. Words quickly spread and now you need to book at least six months in advance to join. Only 70 people are accepted each year into this Khun Mae Siri Krinchai-disciplined meditation practice.

"I have two missions in doing this," says ML. Sudavadee. "First, I want to fulfill

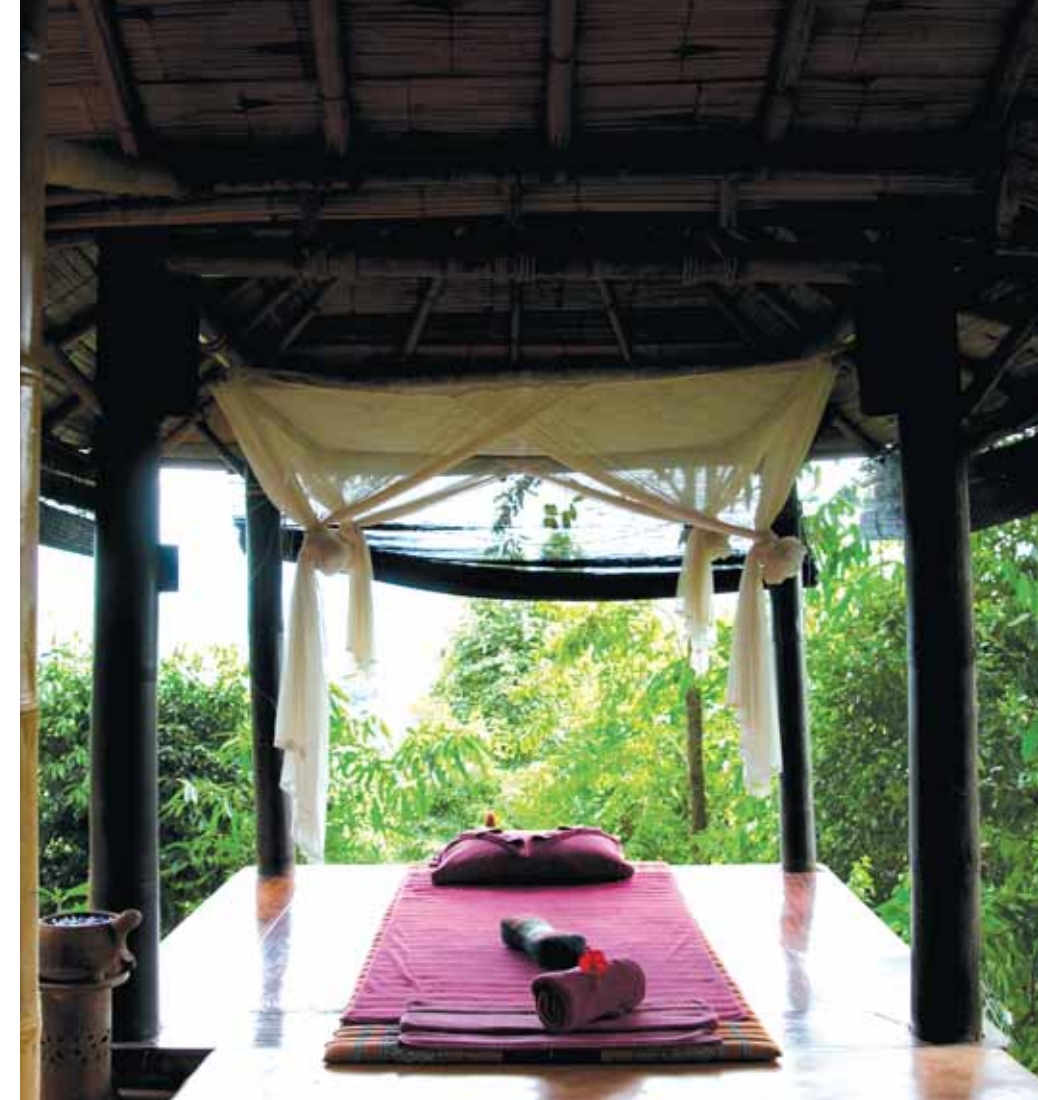


“She even built a meditation sala up for that purpose. So when she passed away and I built my resort here, I would like to make merits for her by organizing an annual meditation retreat for anyone who wants to make a voyage within.”



my mother’s dream. Second, I always have an intention to make the resort a place for both body and soul. Meditation, as I have practiced myself many years back, is a wonderful gift a person can give to oneself. When I experienced it for the first time, I discovered the wonders of inward learning. I had done a lot of things in my life, but I had never before given myself such a wonderful gift like that.”

Phu Chaisai meditation retreat lasts 7 nights/8 days during which you will live in utter silence. Throughout the period, no talks are allowed and your mobile phones will be ‘confiscated’ while vegetarian meals and white clothes will be everyone’s staples. ML. Sudavadee is also planning to add some English meditation classes into the retreat in the near future.



But if you miss the annual meditation retreat, you can still enjoy Phu Chaisai’s serenity and natural beauty. **Bamboo Spa** is constructed following the resort’s main concept of ‘rural luxury’ utilizing bamboo in the structure and interior overlooking the beautiful panoramic views of Doi Mae Salong. The treatments, arrays of them, focus on reviving the ancient Northern healing treatments to cure today’s health problems such as body pain due to long hour sitting in front of computer or even stress from every day’s lifestyles.

But for city dwellers who want to get away from it all, Bamboo’s Spa signature treatments of ‘**Chronic Pain Retreat**’ and ‘**De-Stress Retreat**’ packages are especially created to eradicate your urban fatigues. Key body parts, often ached due to urban office jobs, such as neck, shoulder, scapula and lower back will be de-stressed with massage therapy to relieve them from soreness while luk prakob (herbal compress) will



promote blood circulation, using neuromuscular techniques and deep tissue massage.

“Thailand’s Northern sphere is known for the beautiful Lanna culture and we select some of their ancient treatments such as tok sen (literally, nailing the cords) to include in our spa package to heal the modern day’s fatigues,” explains Wasan. “Tok sen was once very popular in the North of Thailand, here we revive the arts and combines it with other effective healing recipes of Thailand.”





#### For Your Information

- Tok sen is an ancient therapy of the hill tribes in Thailand that includes some spiritual ceremonies such as praying to the house ghosts and spirits. The therapist will use a small baton of tamarind wood (which, as legend has it, has to be struck by a lightning, too) and a small mallet to gently tap the body's main cords and 'vibrate' our sensory nerves for relaxation.
- Phu Chaisai is not just quiet, but also cool almost all year round. The coldest temperature it falls, according to Wasan, is about 8 degrees celsius and that is usually normal temperature during Thailand's 'cool' seasons during December – February of each year.
- The facilities at Phu Chaisai's bamboo rooms, getting along with the place's total tranquility, do not contain television and electronic gadgets such as alarm clock. However, natural tunes from the singing insects and birds enjoying the morning dews should softly wake you up to enjoy the beautiful sunrise at your private large balcony.



#### Phu Chaisai Mountain Resort & Spa

ภูใจใส เมาร์ทเทน รีสอร์ท แอนด์ สปา

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# Your-Style Body Balancing Program

Putahracsca Hua Hin | Prachuap Khiri Khan



## A Quiet Beach is a Beautiful Place to Balance Your Body & Soul

Putahracsca Resort in Hua Hin has always been known as being very ‘lovely’ and ‘relaxing.’ Guests who visit the place come back and tell their friends about how caring in details the owner is. They love her choices for pajamas, slippers, interior designs and very cozy sofa and alluring terrace. And now she is offering arrays of beach-front tailor-made exercises that help balance your body and soul.

A favorite weekend getaway for many Thai people, Hua Hin can still surprisingly retain its old-style charms with the original fresh market, fish pier, and not-so-busy nightlife. Once a resort town for the royal families and their consorts, Hua Hin today is gaining a global momentum as one of the world class vacation spot with many five-star resorts aligning its long beach.

Putahracsca Hua Hin itself also has a long history. Khun Ying Supatra Singholaga, its first owner, bought this plot of land back in the era of King Rama VI and turned it into her own summer home with a bungalow built by the sea. She named it Baan Putahracsca (House of the Cana Lily) when she passed away, the land was inherited to her family and now her granddaughter, Velvadi Sritrairatana. She built this luxurious resort and appropriately named it ‘Putahracsca’ after her grandmother’s initiation.

Located in the residential area of the beach, Putahracsca gives the guests the feeling of ‘being in a beach house’ with rooms from studio to two-storey villas and ocean-bed villas complete with outdoor Jacuzzi and private pool. And to make you vacation complete with some health dimensions, Putahracsca offers arrays their



“Usually, I can teach group class, but for those who look for more efficient results, I’d recommend a private class where I can focus more on them throughout the time.”



own day-spa services as well as yoga and meditation classes for those looking for a total relaxation throughout their stays.

Josephine Ong works with the guests at Putahracsa in those yoga and meditation classes. A veteran yoga practitioner, Ong is also a certified yin yoga teacher who holds an international diploma in Ashtanga Yoga from the Sivananda Vedante Training Academy of Chennai in India. For her own classes, Ong combines different disciplines of yoga to fit each of her student’s needs.

“Since yoga benefits everyone, but everyone has special physical needs, so it would be better if we can tailor make each class to fit those different requirements,” explains



Ong. “Usually, I can teach group class, but for those who look for more efficient results, I’d recommend a private class where I can focus more on them throughout the time.”

Ong’s philosophy of yoga means she incorporates different yoga techniques into her own fusion of discipline. Guests can enjoy the combinations of Ashtanga yoga (dynamic, exhilarating style), Yin Yang flow (meditative, creative blend of restorative yin postures), Vinyasa flow (linking posture into a continuous dance), and Sivananda Hatha yoga (classic with meditation and breathing techniques) or even



meditation practices that combines breathing techniques of pranayama yoga and chanting to find extra calmness, improve their concentration and explore their inner reflection.

“Yoga is different from other exercises because it moves your whole body from the inside out,” explains Ong. “It increases flexibility of our body and even improves performances of the athletes, too.”

Ong also offers yoga therapies for people with special physical requirements with special workshops of yoga therapies help healing back pains, knee injuries and other chronic body pains





people also experiences from their daily works. The workshops contain self-healing postures for her students to practice by themselves back home.

“Yoga is not just about stretching or putting one leg behind the head,” explains Ong. “It’s also about connecting the body and the mind, physically, mentally and spiritually. You will feel better internally as well as sleep better and breathe better.”

[Both private and group yoga classes are available at Putahracsa Hua Hin](#)

- Group class: Mondays, Wednesdays and Fridays from 09.00 HRS. to 10.30 HRS.  
Fee: Bt 400 per person/90 Mins per session
- Private class or private group workshops: please reserve at least 24 hours in advance by email or SMS

[Choices of yoga & meditation classes at Putahracsa include:](#)

- Ashtanga Yoga (Level: moderate to challenging)
- Yin & Yang Yoga (Level: easy to moderate)
- Vinyasa Flow (Level: moderate to challenging)

- Sivananda Hatha Yoga (Level: easy to moderate)
- Pranayama & Meditation at the beach
- Meditation & Chanting (non religious)

#### Spa treatments at Putahracsa Spa

**Body massages** (Putahracsa, purifying, energizing, lymph drainage, traditional Thai, neck & shoulder and reflexology)

**Body treatments** (jet-lag, aromatic salt scrub, after-sun, bora-bora, jasmine milk scrub)

**Facial treatments** (marine purifying, intense moisturizing, hydro express, lifting & firming)

**Hand & Feet care and Depilatory**

#### For Your Information

- Most modern forms of yoga are of ‘**yang**’ nature, which emphasizes muscular movements through contraction and a repetitive rhythm. Most sports that belong to this similar nature include running, cycling, golf, swimming and aerobics due to their repetitive movements. **Yin Yoga**, meanwhile, emphasizes deep connective tissues like the bones, joints and ligaments through holding Asanas (postures) for longer periods of time (between three to ten minutes). It mainly targets the lower body like the pelvis, knees and lower spine resulting in deep stretch and improved flexibility in such areas.
- **Yin & Yang Flow** begins with simple **Pranayama** (breathing exercises) to calm and focus the mind and body. The practice opens with Sun Salutations in the Sivananda Hatha style, progressing to a series of challenging Yang postures which works the muscles in repetitive motions; then counteracting and neutralizing the body with Yin postures that stretches the deep connective tissues in longer holds. Finally closing the practice with restorative postures for focusing inwards, ending with Shavasana (final relaxation poses).

#### Putahracsa Hua Hin

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# Meditation and Yoga Retreat

Sri panwa | Phuket

## Sri panwa Natural Beauty Goes Hand in Hand with Inner Happiness

A mind conceived through meditation is the foundation of wisdom that leads us to the true understanding of our life. People who meditate see inside themselves and get to understand the natural truth of life. In serenity at Sri panwa, you can let go of the clutters residing in your mind and embrace all the beauty a peaceful Sri panwa has to offer .Here is a palace you will discover the happiness from within.

Living a modern life in a capitalist's world is both confusing and tiring, and that's not just a physical weary. Our mind, closely linked to our body, always suffers from the fast-paced, material-laden surroundings as well. Urban people usually complain about how their mind is exhausting and their feeling gloomy and unhappy even though they possess a lot of money and material things.

Meditation is a sought-after therapy for those tiring minds. Peaceful mind is the core of one's true happiness and a way to maintain a real wellness of our being. People need to practice meditation and adapt the method as the shield against the hectic of the daily life. A trained mind can practice meditation and be peaceful during all daily activities, be it walking, sitting, working, or even during one's journey. Meditation is a method of maintaining a clear mind, allowing people to enjoy the present moment in whatever they are doing.

From the teaching of Buddhism, meditation is a part of Trisikha (Buddhist Three Fold Training) that includes morality, meditation and wisdom. Morality includes the proper and good personal and social deeds that lead to meditation – a





“Because the practice is not limited only for Buddhists, but it has pervaded widely to all religions as a way for a person to achieve awareness and enlightenment in life. Meditation also helps people living a happy life, resulting in peaceful and happy world throughout.”



state of peaceful mind that can clearly see things as they are. When one person earns both morality and meditated state, he or she will eventually earn wisdom in life which gives them a true understanding of worldly things. Unlocking and freeing their suffering minds from temporal clinging feelings towards materials and even other invisible feelings such as anger, grief and sorrow and even happiness will usually happen.

Sri panwa is a luxurious beachside resort that offers a meditation retreat for their guests who seek for the inner peace and happiness. The meditation retreat here focuses on the breathing techniques and chanting that create relaxing atmosphere helpful for a person to achieve a real peace of mind.

“Meditation is non religious,” explains Orasiri Ruktaengam, meditation and dharma expert at Sri panwa. “Because the practice is not limited only for Buddhists, but it has pervaded widely to all religions as a way for a person to achieve awareness and enlightenment in life. Meditation also helps people living a happy life, resulting in peaceful and happy world throughout.”

However, the meditation retreat at Sri panwa follows Buddhist



teaching that divides meditation process into two folds. Samatha Kamathan means holding on to one focal point to achieve the inner peace and conscience, Vipassana Kamathan means developing your mind to see the natural truths in life. At this stage, wisdom will occur in one person, allowing him or her to see that the usual ‘things or feelings’ that they perceived as theirs are actually not theirs and they will be eventually gone. Once achieving this stage, a person can now apply the wisdom to cope with every problem they face later in life, enabling them to tackle problems with conscience and awareness instead of using emotions and feelings.

Apart from the meditation program, Sri panwa also offers yoga retreat that follows the traditional disciplines of Kaivalyadhama Yoga Institute in India that focuses on correct postures and breathing techniques to achieve the peaceful and wholesome wellbeing. This type of yoga is slow and its stretching postures are easy to follow even by beginners. Yoga, as we all know, combines the body and mind with each breath and movement. Practitioners will not just slowly gain self conscience but also the beautiful toned muscles because it is the exercise that moves the whole body parts and from the inside out,

resulting in long-term health benefits.

Yoga retreat at Sri panwa is performed in the guest’s private Pool Villa or at the Sai Spa’s deck with infinity-edge swimming pool and the panoramic view of the Andaman Ocean as your back drop. The estate’s villa range from tropical contemporary Pool Villa to Residential Villa suitable for those looking for a complete family get-a-way. Modern facilities and room amenities are one of the key highlights that will make your time there as comfortable and relaxing as possible. Also, their arrays of holistic treatments are available at Sai Spa set in the tranquility of the natural surroundings that should give you real pampering treatments.





#### Meditation Tips

- Sappaya is the word use to describe suitable conditions for the practice. Sappaya conditions include
  - [Sappaya temperature](#) – comfortable, not too cold, not too hot weather condition
  - [Sappaya place](#) – clean, peaceful and comfortable place
  - [Sappaya postures](#) – relaxing postures in walking, sitting, sleeping
  - [Sappaya personal environment](#) – good and peaceful surroundings such as temples and meditation retreats
- Meditation is not just a gift for the soul, but also for one's health and well-being. People who achieve meditated state of mind usually achieve more professionally and personally.
- Meditation retreat usually includes vegetarian meals throughout the period for non-meat meals cleanse our body while meditation cleanses our soul. Also, no electronic devices such as mobile phone, television and radio are allowed throughout the period.

Retreat in Sri panwa

[Sri panwa's Meditation](#)

[Retreat Package](#) includes

[4 night stay in a one-bedroom private Pool Villa for two](#)

- Daily healthy Breakfast, Lunch & Dinner
- Hotel – Airport return transfers by Estate's private car
- 5 days yoga and meditation program by professional instructor
- 3 Spa treatments at Sai Spa during stay
- Sri panwa exclusive gift set

#### Sri panwa

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# Doo-Jit & Mind Training

Thammatipo's Home | Nakhon Pathom



Everything Starts with the Mind,  
and When the Mind is at Peace,  
We are at Peace and the World is at Peace.

When the Lord Buddha discovered the natural truth: the cause of human sufferings, he began to disseminate his wisdoms into his teachings. One of the most important chapters of his main teachings is 'Mahasati Pattathan 4, Ariyamakmee Ong 8' which is the way to find the heaven in our mind, the total freedom and nirvana while we're still alive.

'Thammatipo' is the name of the preacher monk who perpetuates Lord Buddha's main teachings to the general public. As we all know, people suffer from the worldly chaos of emotions, caused and stirred by our mind that 'encapsulates' all those hearing, seeing, tasting and feeling and translate them into the concrete facts of life.

But Lord Buddha's teaching is for us to look at our mind as a separate unit from our body. By tracing and practicing the mind, we get the awareness of our fleet feelings and thus are able to detach those transients away from our life. With such awareness, we can strip our clinging feelings of like, dislike, love and hatred, for those temporal matters are the causes of all our sufferings.

"Our sufferings stem from the clinging feelings we usually feel towards thing that does not even really exist," explains Thammatipo, the preacher monk who works with Thammatipo's Home in teaching The Doo-Jit or Mind Tracing Practice for people from all walks of life.

"When we see, hear and feel things, we usually choose to attach our feelings with the one we like and one we dislike and that is the cause of all unhappiness. Because when we like something when departing from it, we will be sad and



suffered. On the other hand, when we dislike something and that comes into our life, we will be sad and suffered as well."

Finding this wisdom during his long practices, Thammatipo sets out to preach and help people set free from these emotions. "Because this practice is so useful and at the same time so simple it can be easily adapted into all moments of our lives. Children and adults can all benefit from this wisdom and live happily with the trained and clear mind instead of living in the darkness of emotions."

Doo-Jit means tracing our mind of all the fleeting feelings that come our ways. It is living our life in a total awareness and conscience and not attached our feelings to those temporal matters. Those who can not detach their mind from those feelings will live in the 'vicious circle' of discontent, anger, vengefulness and resentment. But those with such awareness and wisdom will rise above those unwanted feelings, thus being able to obtain the true happiness from within.

"Because this practice is so useful and at the same time so simple it can be easily adapted into all moments of our lives. Children and adults can all benefit from this wisdom and live happily with the trained and clear mind instead of living in the darkness of emotions."



"Being nonchalant with our feeling does not mean we are doing nothing with our life," explains Thammatipo. "It is all about accepting all things as they are, without any emotional attachments. Everything in this world evolves naturally and always fleet away eventually. Nothing is eternal. Our mind, emotions are not eternal and our body is not eternal. Bearing this simple wisdom in mind means we always have headlight on every road we take in life. Comparing this to driving, with the headlights on in the dark, you see clearly the road conditions and act wisely when you are approaching potholes. You would slow down instead of speeding up when the roads get rough. That would prevent your car, or your mind, to suffer."

At Thammatipo's Home, Doo-Jit training can be arranged for any group of at least 30 people. Thammatipo

Center is a private residence of Boonsri Dararaj, the follower of Thammatipo who after years of practicing this wisdom, thought about having a proper venue for groups of people interested in finding their inner happiness. Boonsri founded this house in Nakhon Chai Si district of Nakhon Pathom back in 2005 and has now organized Doo-Jit camps for many groups, ranging from students to teenagers and from workaholics to engineers.

"People always seek for 'freedom,'" explains Thammatipo. "But even if they are all alone in their rooms, they are not yet free because they still 'think' and 'feel' things. They still search for materials in the hope that they will fulfill their happiness. They ask for more money to be 'free' from works and sufferings. But the real freedom comes from within and the practiced mind is the heart of the matters."





#### Daily activities include

The workshop can range from three days onward and at the cost-recovery basis, meaning you can set your own budget and the Home can arrange the facilities for you accordingly.

- Morning Yoga Exercise
- Dharma Practices of Mind Tracing (Doo-Jit)
- Compassion Prayer
- Mind Power Practices
- Dharma talks (with Thammatipo and other teachers)
- Compassion Prayer
- Dharma movies
- Painting session
- Self Expressive session

#### For Your Information

- Thammatipo's Home is a private home and needs to be arranged in advance for a visit and workshop. The workshop started five years ago with Boonsri and her friends setting out to facilitate the Doo-Jit practice for other people because they consider the practice so useful but very easy to be incorporated into the real life.
- Thammatipo explains that when we live our life entangled in the vicious emotional circle, our body reacts by sending out tangible symptoms such as stresses, neck and back pains, thyroid disorders, high blood pressure and even heart failure, for instance. This is because the mind and body are closely related; the practiced clear mind can heal those physical sufferings, too.
- Children can also benefit from The Doo-Jit practice. In fact, Thammatipo's Home has organized several summer Doo-Jit camps for young children, teens and adolescents. Boonsri witnessed from her own eyes that children, despite being naturally full of beans, can hold it steady during the practices. Once these children can separate their feelings from their minds, they will not be attached to emotions and live their lives in full awareness, conscience and compassion.



#### Thammatipo's Home

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Wellness - Live & Retreat in The Land of Healthy Smiles

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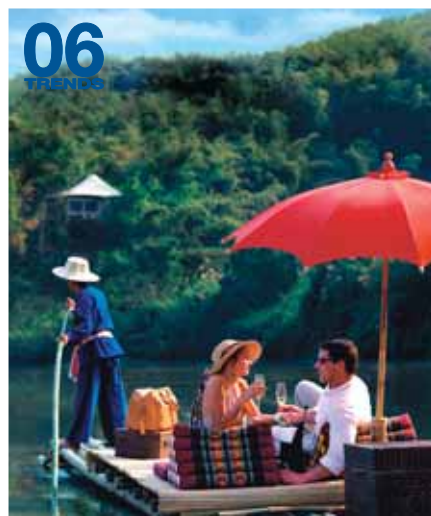
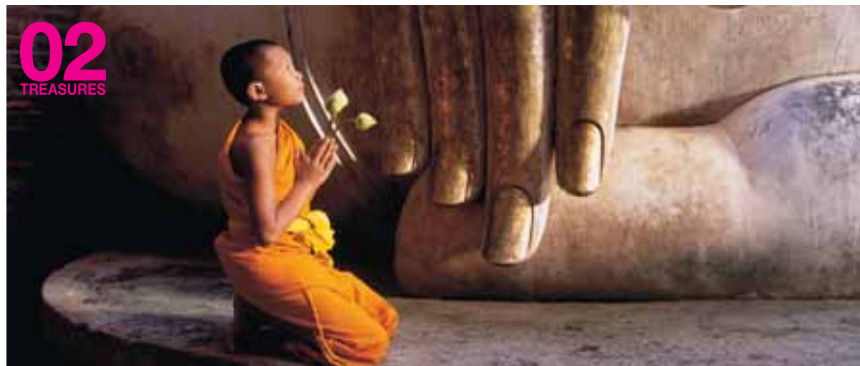
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