



JUNGLE SPA

Your worth it





BODY

Thai Massage
Yoga Bodyworks
Ayurvedic Massage
Foot Reflexology
Lymphatic Drainage
Facial Treatment
Hopi Ear Candles



DETOX

AYURVEDIC KITCHARI
CLEANSE

3 day detox

5 day detox

7 day detox

HATHA YOGA FLOW,
YOGA FITNESS, PILATES

TAKE A SINGLE CLASS,
USE FOR MATRIX ON THE RIGHT,
ASK FOR DAILY OR WEEKLY CLASSES.

MOVE



COMPOSE YOUR OWN
UNFORGETTABLE
JUNGLE SPA PACKAGE
WITH THE MATRIX BY
CHOOSING ONE
TREATMENT OUT OF
EACH INDICATED
CATEGORY INCLUDING
AN ADAPTED HEALTHY
DRINK AND A LIGHT
FRUIT SALAD.



MATRIX



RENEWAL

THETA HEALING

A POWERFUL TOOL TO
RENEW OLD RELUCTANT
BELIEVES AND CLEAN UP
YOUR SOUL TO BALANCE
YOURSELF OUT FOR YOUR
EVERY DAY LIVE.

Reiki Treatment
Chakra Balancing
Sound healing
Guided Meditation

ENERGY





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THAI MASSAGE

THUMB PRESSURE AND APPLIED YOGA STRETCHES HELP TO RE-ALIGN THE BODY, MAINTAIN FLEXIBILITY, RELIEVE MUSCULAR TENSION AND BALANCE THE BODY'S ENERGY.

YOGA BODYWORKS

YOGA STRETCHES TO OPEN CHAKRAS AND MERIDIAN CHANNELS. THE PRACTITIONER IS REIKI ATTUNED AND THIS ENERGY PASSES THROUGH THE HANDS THROUGHOUT THE TREATMENT. A TIBETAN SINGING BOWL IS USED TO BALANCE THE CHAKRAS AND ENERGY FIELD.

AYURVEDIC MASSAGE

A TRADITIONAL INDIAN OIL MASSAGE RELEASING YOUR EMOTIONAL AND PHYSICAL TENSIONS IN A SOFT HOWEVER DEEP MASSAGE FROM THE ROOTS OF YOUR HAIR TO THE EXTREMITIES OF YOUR BODY. ADAPTED TO YOUR BODY AND ENDING WITH TIBETAN SINGING BOWLS.

FOOT REFLEXOLOGY

THE FEET MIRROR THE WHOLE BODY, SO GENTLE PRESSURE ON KEY AREAS OF THE FEET DIRECTLY BENEFITS THE CORRESPONDING PART OF THE BODY & ACTIVATES THE BODY'S OWN HEALING POWERS TO RESTORE BALANCE TO THE WHOLE SYSTEM.

LYMPHATIC DRAINAGE

MASSAGE WITH NATURAL ESSENTIAL OILS STIMULATING BLOOD CIRCULATION IN DEPTH WHILE FACILITATING THE ELIMINATION OF TOXINS. PERFECT AFTER A LONG FLIGHT.

FACIAL TREATMENT

REJUVENATE YOUR FACE INCLUDING A PEELING, OZONE VAPORIZATION WITH VAPOZONE, A PURIFYING MASK WITH A HEAD AND CHEST MASSAGE, MANUAL PURIFICATION OF YOUR SKIN WITH DAYCARE ADAPTED TO YOUR SKIN TYPE.

HOPI EAR CANDLES

INDIAN RELAXATION CEREMONY, CALMS THE MIND, SOOTHES THE HEAD AND EARS.

1500 THB

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TIGER EYES 3200 THB

MOVE & BODY

PSYCHED OUT 3500 THB

ENERGY & BODY

REJUVENATE 4000 THB

RENEWAL & BODY or MOTION

JUNGLE ROYALE 4700 THB

MOVE & BODY & ENERGY

THE PURIFIER from 9000 THB

DETOX & 1 BODY per day



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AYURVEDIC KITCHARI CLEANSE

THE CHANGING OF THE SEASONS IS A GREAT TIME TO CLEANSE THE BODY, ELIMINATE TOXINS AND HELP STRENGTHEN OUR IMMUNITY. KITCHARI IS A GENTLE AYURVEDIC 3, 5, OR 7 DAY CLEANSE AND DETOXIFICATION PROCESS DESIGNED TO RESET OUR SYSTEM AND RESTORE BALANCE. IN AYURVEDIC PHILOSOPHY ALL HEALTH STARTS IN THE DIGESTIVE SYSTEM. WHEN YOU ARE CLEANSING AND HEALING YOUR BODY COMPLETE PROTEIN BECOMES IMPORTANT AS THE LAST THING YOU NEED IS YOUR BLOOD SUGAR CRASHING, MAKING YOU IRRITABLE AND CRAVING EVERYTHING YOU SHOULDN'T. THAT'S WHY KITCHARI IS ONE OF THE LESS STRESSFUL WAYS TO GIVE YOUR HEALTH (AND MIND) A GENTLE RESET. ANYTIME YOU FEEL YOUR BODY HAS BECOME SLUGGISH A KITCHARI CLEANSE IS JUST THE THING TO GIVE YOURSELF A FRESH START.

- HELP CREATE BALANCE IN YOUR WHOLE BEING – KNOWN AS THE SATVIC STATE
- SOOTHE YOUR DIGESTIVE SYSTEM
- INCREASE YOUR DIGESTIVE FIRE (CALLED 'AGNI' IN AYURVEDA)
- REDUCE BLOATING
- CLEAR YOUR MIND
- RELEASE HEAVINESS AND CONGESTION FROM BODY AND MIND
- HELP RELEASE FOOD ADDICTIONS SUCH AS SUGAR
- GIVE YOUR BODY A KICK-START TO HEAL
- ON A LONGER CLEANSE, HELP YOUR BODY RELEASE AND ELIMINATE STORED TOXINS
- IMPROVE YOUR ENERGY LEVELS AND SENSE OF WELLBEING

3days-4000 THB, 5days-6500 THB, 7days-9000 THB

1200 THB

HATHA YOGA FLOW

EFFICIENT AND EASY ACCESS TO HATHA YOGA FLOW, AN INDIAN ANCESTRAL TECHNIQUE SYNCHRONIZING BREATH AND MOVEMENTS REBALANCING THE HARMONY OF YOUR BODY AND YOUR MIND. THE VERY EXPERIENCED TEACHER WILL EASILY ADAPT TO YOUR LEVEL AND CHOOSE APPROPRIATE ELEMENTS AND SPEED FOR YOUR WELL-BEING. YOUR BODY WILL BE STRETCHED, YOUR MUSCLES STIMULATED AND BUILT AND YOUR MIND SOOTHED AND CALMED. AN IDEAL TECHNIQUE TO LEARN AND TAKE HOME TO ENHANCE LIFE QUALITY ON AN EVERY DAY BASIS EVEN ALONE AND AT HOME.

PILATES

PILATES EMPHASIZES THE BALANCED DEVELOPMENT OF THE BODY THROUGH CORE STRENGTH, FLEXIBILITY, AND AWARENESS IN ORDER TO SUPPORT EFFICIENT, GRACEFUL MOVEMENT. IT STRENGTHENS YOUR MUSCULAR STRUCTURE BY WORKING WITH YOUR OWN BODY WEIGHT AND HELPS YOU TO KEEP YOUR ENERGY LEVEL UP.

YOGA FITNESS

A MIX OF HATHA YOGA FLOW AND PILATES COMBINING THE STRENGTHENING ASPECTS OF PILATES WITH THE BALANCING AND HARMONIZING ELEMENTS OF YOGA THROUGH REGULARITY AND RHYTHM OF BREATH AND EXERCISE. IDEAL FOR THOSE SEEKING FOR A BALANCED APPROACH BETWEEN EXERCISE AND BALANCING BODY AND SOUL.

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2200 THB

THETA HEALING

THETA HEALING IS ONE OF THE MOST PROFOUND, VERSATILE, EFFECTIVE AND LIFE-CHANGING FORMS OF HEALING, WORKING ON ALL TYPES OF PHYSICAL AND EMOTIONAL PROBLEMS IDENTIFY AND INSTANTLY CHANGE DEEP UNCONSCIOUS BELIEFS, INHERITED TRAITS AND LIFE-PATTERNS THAT ARE HOLDING YOU BACK. TEACH YOUR BODY NEW FEELINGS SUCH AS JOY, CONTENTMENT OR OPTIMISM.

SLOW THE AGING PROCESS BY ACTIVATING YOUR YOUTH AND VITALITY GENES WITH AN OPTIONAL 12 STRAND DNA ACTIVATION AND REMOVE GENETIC AGING PROGRAMS FROM THE CELLS.

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1500 THB

REIKI TREATMENT

REIKI TREATS THE WHOLE PERSON. THIS POWERFUL HEALING TECHNIQUE WORKS ON THE PHYSICAL, MENTAL, EMOTIONAL AND SPIRITUAL BODIES. LIFE-FORCE ENERGY IS CHANNELLED VIA THE HANDS HELPING TO RELEASE ENERGY BLOCKAGES, ALLOWING A GOOD CIRCULATION OF VITAL BODY ENERGY. A REIKI TREATMENT LEADS TO DEEP LEVELS OF RELAXATION GIVING A GENERAL SENSE OF WELL-BEING.

CHAKRA BALANCING

WE HAVE SEVEN ENERGY CENTRES COMMONLY KNOWN AS CHAKRAS (SANSKRIT WORD MEANING WHEEL OR DISK). THE CHAKRAS ARE THE NETWORK THROUGH WHICH BODY, MIND AND SPIRIT ACT AS ONE HOLISTIC SYSTEM. ENERGY HEALING CAN CLEAN AND REBALANCE THE CHAKRAS VERY EFFECTIVELY.

SOUND HEALING

SACRED SOUND IS CONSIDERED THE OLDEST FORM OF HEALING. WE CAN USE SOUND TO CLEANSE AND CLEAR OUR ENERGY AS WELL AS OUR CHAKRAS TO BRING BACK BALANCE TO THE VARIOUS ORGANS AND BODY SYSTEMS. TIBETAN SINGING BOWLS, TUNING FORKS, BELL AND TINGSHAWS WILL BE USED IN THE SESSION COMBINED WITH REIKI.

GUIDED MEDITATION

FOR THOSE WHO ALWAYS WONDERED WHAT MEDITATION WAS ALL ABOUT. IT IS AN EXTREMELY POWERFUL TOOL TO BALANCE YOURSELF OUT WITHOUT EXTERNAL INFLUENCE AND CALM DOWN, HEAL YOUR OWN BODY AND TRAVEL WITH YOUR MIND TO DISCOVER MORE ABOUT YOURSELF. YOUR EXTREMELY EXPERIENCED GUIDE WILL FOLLOW AND GUIDE YOU IN YOUR MEDITATION AND EXCHANGE THE EXPERIENCE WITH YOU IN THE END.

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