



## AYURAH INTEGRATIVE

Our programs are dedicated to promoting whole-person wellness and inspiring balanced, holistic health for our guests. Our menu has been thoughtfully crafted to provide an integrated approach to total wellbeing, offering evidence-informed care from a biological, psychological, and social perspective. We use the principles of balancing the mind, body and spirit to ensure you receive comprehensive care that nurtures every aspect of your being.

All price is subject to 7%Vat & 10%service charge

## INTEGRATIVE HEALING MASSAGE THERAPY

### Chi Nei Tsang

**Duration: 45 minutes**

A centuries-old Chinese healing touch therapy that works through deep abdominal massage. Chi Nei Tsang (CNT) "trains" internal organs to work efficiently, with the belief that unresolved emotional issues are stored in the digestive system. CNT translates to "working the energy of the internal organs" and was used by Taoist monks for spiritual pursuits, detoxification, and body refinement.

### Lymphatic Massage & Skin Brushing

**Duration: 60 minutes**

Dry brushing and lymphatic massage are two powerful techniques that can revitalize your skin and boost your overall health. By gently exfoliating the skin with a coarse, natural-fiber brush and stimulating the circulation of lymph fluid with a gentle massage, these methods help remove toxins and waste from your body. Unlike regular massage, lymphatic massage uses light pressure to target the superficial lymphatic system.

### Thai Yoga Massage

**Duration: 60 minutes**

Thai massage is often called assisted yoga, as it involves positioning the body into various poses. The massage targets energy flow, using hands, thumbs, feet, and elbows to work on energy lines. The recipient is gently stretched and rocked in a rhythmic manner to release tension and improve flexibility.

## INTEGRATIVE HEALING TREATMENT

### Chromotherapy

**Duration: 30 minutes**

As part of the hydrotherapy experience, uses the visible spectrum of electromagnetic radiation to allow biological and emotional benefits, supporting the pineal gland and a sense of oneness with the universe, and a positive relationship between one's inner being and the environment. This may help reduce stress, anxiety and offer a grounding effect.

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THE LEADING HOTELS  
OF THE WORLD®

## Hydrotherapy

**Duration: 30 minutes**

Using a specialized spa-bath: with calming warmth, weightlessness, the benefits of hydrostatic pressure, and the sense of touch and relaxation from the jets and bubbles in pre-programmed sessions\*. Designed to help the immune system, reduce stress and revive a tired body.

\*Available with color therapy.

## Vichy Shower

**Duration: 30 minutes**

Therapeutic showering, where the water from seven adjustable shower jets caresses your body under an invigorating waterfall. Using temperature and water pressure to induce a range of benefits, you will feel invigorated, your lymph system will revel in a sense of revival, and your skin will feel readily tightened and toned.

## INTEGRATIVE PHYSIOTHERAPY

The team of clinical experts from BHealth Physiotherapy use a variety of techniques to treat, rehabilitate, and promote movement, while considering the individual health status of each guest. The aim is to maximize physical potential and enhance movement capabilities.

### Clinical consultation

**Duration: 30 minutes**

An in-depth consultation with a physiotherapist to assess movement capabilities, and physical function. At the end of the consultation the guest will be given a recommended physical therapy, exercise and physical-movement plan.

### Mobility Improvement

**Duration: 60 minutes**

A personalized mobility analysis, followed by countered mobilization, stretching, exercise techniques, and manual therapy to improve general and specific mobility.

### Physiotherapy-based stretching

**Duration: 60 minutes**

Whole-body stretching to increase muscle length, range of motion, and to align collagen fibers in muscle healing. We use superficial and deep muscle stretching that elongates muscles from the origin to the insertion, using a variety of techniques, including the Muscle Energy Technique (MET).

### Therapeutic Technology

**Duration: 60 minutes**

Ultrasound equipment generates high-frequency sound waves that penetrate deep into the soft tissue, creating gentle heat that helps to relax the muscles. TENS (Transcutaneous Electrical Nerve Stimulation) is a method of electrical stimulation that reduces the pain signal being sent to the brain, while also stimulating the production of endorphins, the body's natural painkiller.

### Manual Technique

**Duration: 60 minutes**

Soft tissue mobilization (STM) involved stretching and deep pressure to break up the rigid muscle-fibres and reduce tension. STM is a fantastic manual technique to treat soft tissue injury.

### Myofascial Release Therapy

**Duration: 60 minutes**

Also known as myofascial trigger point therapy) is a type of safe, low-load massage and muscle stretching technique that releases tightness and pain, by working on the fascia and trigger points in the body.

### Tension Massage

**Duration: 60 minutes**

The gentle massage will release muscle tension, elicit greater relaxation and enhance overall comfort.

### Physiotherapist-led Flexibility & Mobility Class

**Duration: 60 minutes**

Muscle and joint flexibility allow your body to move through a wider range of motion, improves functional movement, and decreases the risk of muscle injury. This class will help make your body more flexible, and increase your overall mobility and physical function.

## INTEGRATIVE FITNESS PROGRAM

### Fitness Testing

**Duration: 45 minutes**

Fitness Testing

Tests & Training Program by Exercise Physiologist, John Bennett:

- VO2 Max Test – endurance sports test
- Muscle Oxygen SMO2
- Lactate Threshold
- V<sub>l</sub>Max
- Inspiratory Muscle Test
- Training Zones – HR / Pace / Power

### Breathwork

**Duration: 45 minutes**

Learn and practice diaphragmatic breathing with a master coach. Being with your breath, in the moment, enables you to be fully engaged and aware of the present. Reduces stress, energizes your wellbeing and enables improved musculoskeletal and neural breathing capabilities.

### Wai Kru Ram Muay

**Duration: 45 minutes**

A traditional dance performed by Muay Thai fighters before fights. Offered by our expert instructors, who will guide you through the mental focus, breathwork, stretching, balance and meditative movements of this beautiful dance. Helping you to release tension and stress, while connecting your body and mind. If practiced regular Wai Kru Ram Muay can be a powerful tool for achieving optimal well-being, cultivating resilience and inner strength.

## INTEGRATIVE SOUL HEALING THERAPY

### Tibetan Sound Therapy

**Duration: 45 minutes**

Ancient healing that utilizes the soothing sounds and deep vibrations and of Tibetan Singing Bowls. The modality dates back to pre-Buddhist Tibetan Bon culture where the instruments were used for ceremonies, rituals and also for healing. Sound Healing is a powerful and non-intrusive method to release stress and reduce physical pain.

### Sound Healing Meditation

**Duration: 45 minutes**

Sound and music have been an important part of the human experience throughout history, and cultures worldwide have used aural modalities to support healing. This program uses resonance, entrainment and intention, the healing power of the voice, harmonics and musical intervals, chant and rhythm to support your wellbeing.

### Mindfulness Coaching

**Duration: 45 minutes**

Mindfulness is “awareness of the present moment, without judgement”. Your coach will help develop a mindfulness practice, using techniques of breathwork, concentration, body awareness, releasing tension, walking meditation, compassionate communication, and being mindful during everyday activities. Helping to find balance in the present moment; releasing stress and anxiety and reducing the effects of numerous mental and physical disorders.

### Personal Love and Life-coaching

**Duration: 45 minutes**

Supportive guidance where life’s complexities prove challenging. Developing focus, building ritual-forming habits and enhancing self-discovery. With specific techniques to release negative and debilitating emotions, emotions, and getting yourself where you want to be for love – physically, romantically and emotionally.

## Temple Blessing & Meditation

**Duration:** 120 minutes

Experience tranquility and mindfulness at Wat Tha Sai, a serene teakwood temple adorned with intricately carved scenes from Buddhist history. This beachside sanctuary features a stunning Indian-style Buddha made of white jadeite and is widely regarded as one of southern Thailand's most beautiful temples. Suitable for people of all faiths and religions, where you journey into your heart to find inner peace. We also visit this site for the unique Tha Sai Temple Yoga, which is taught by one of our master Yoga teachers.

## INTEGRATIVE MEDICINE TREATMENT & ACTIVITY

### IV Therapy

Intravenous supplementation of select vitamins and minerals offered for restorative or preventive purposes, with a guaranteed high absorption rate. Helps hydration, and for rapid revitalization, especially after over-indulging, or after a long flight. Excellent for immune system support!

### Integrative Medicine

Our integrative approach combines the best of modern and alternative medicine to provide a holistic solution for your unique health needs. Experience a comprehensive range of therapies, including herbal tinctures, alternative and allopathic medicine, nutritional counselling tailored to your individual needs and preferences. Our expert practitioners will guide you through every step of the process, helping you achieve optimal health.

### Juice Cleanse

During a juice cleanse, one consumes only fruit and vegetable juice for one or more consecutive days, eliminating refined foods, sugars, caffeine, and other substances from the body. Juices are packed with nutrients, vitamins, and phytonutrients that can be easily absorbed. To ensure adequate intake of dietary-fibre, a small amount of psyllium husk is also included in the juice recipes, to aid digestion and support the gut microbiota. Traditional Jamu concoctions

## AYURAH HOLISTIC MASTER THERAPIES

### **“Chakra Ka–vikasa” Energy Alignment: Chakra Balancing**

**Duration: 90 minutes**

A synthesis of Eastern and Western energy therapies: Cranio–Sacral Therapy, Reiki, Qi Gong and Taoist healing. A Reiki Master and aromatherapist, will clear and release blockages in the body via an intuitive reading that identifies energy imbalances. Choosing appropriate aromatherapy oils to facilitate the alignment and detox blocked energy fields of the body with gentle tapping along meridian lines. Successfully treats stress / anxiety / depression / fatigue, injury or trauma, pain or inflammation, addictions, insomnia, head–aches/ migraine, jet–lag, female pelvic issues, and digestive disturbances.

### **Four–Elemental “Ayurah Santulana” Massage: Clearing and Revitalizing**

**Duration: 90 minutes**

A number of Thai–styled movements combine stretching, deep tissue massage with kahuna bodywork, Music healing tools and specially chosen aromatherapy oils. An individualized healing experience that infuses, integrates, balances and clears, leaving one feeling revitalized.

### **Integrative Deep Tissue Massage: Healing and Release**

**Duration: 90 minutes**

Developed over 10 years, this body alignment and rehabilitation session is for acute issues or chronic pain or stiffness affecting the muscular–skeletal system. A combination of deep tissue sports massage & trigger point therapy geared towards restoring mobility to areas of pain or dysfunction. Rebuilds functional movement of joints, ligaments and bones of the neck / back / hips / knees / shoulders / ankles.



## ADDITIONAL INFORMATION

Please take a moment to read this.

**Ayurah Integrative are well versed in the art of holistic healing, available by appointment only.**

### Treatment Hours

Ayurah Wellness Centre treatments are available daily from 09.00 am – 07:00 pm.

### Reservations

Advanced booking is recommended to secure your preferred date and time of treatment. A credit card or room number is required at the time of booking to confirm your appointment.

### Check– In

Please check in at the Spa Reception at least 15 minutes prior to your schedule appoint to avoid a reduced treatment time.

### Etiquette

Please keep noise to a minimum. Mobile phones and electronic devices should be switched to silent or vibrate mode. Smoking and consumption of alcohol during treatments is prohibited.

### Special Considerations

Guests who are pregnant or suffering with high blood pressure, heart conditions, allergies or any other medical conditions, are advised to consult their physician before signing up for any Spa Services. Please highlight your medical condition to the Spa Receptionist.

### Valuables

We recommend that you leave all jewelry and valuables in your villa before coming to the Spa.

### Cancellation and Refund Policy

12–hours' notice is required to re–schedule your appointment. Any cancellation with less than 12hours notice will incur a 50% cancellation fee. Full fee will be imposed for no–show. Treatment packages and/or courses are non–refundable, non–transferable, and non–exchangeable.

### Service Charge and Tax

All prices are subject to 10% service charge and 7% government tax.

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## AYURAH INTEGRATIVE SERVICES PRICE LIST

TREATMENT	PRICE/THB
<b>INTEGRATIVE HEALING MASSAGE THERAPY</b>	
Chi Nei Tsang	4,500++
Lymphatic Massage & Skin Brushing	4,500++
Thai Yoga Massage	4,500++
<b>AYURAH HOLISTIC MASTER THERAPIES</b>	
“Chakra Ka–vikasa” Energy Alignment	8,500++
Four–Elemental “Ayurah Santulana” Massage	8,500++
Integrative Deep Tissue Massage	8,500++
<b>INTEGRATIVE HEALING TREATMENT</b>	
Chromotherapy	1,800++
Hydrotherapy	1,800++
Vichy Shower	1,800++
Oxygen Therapy	1,000++
<b>INTEGRATIVE PHYSIOTHERAPY</b>	
Basic Blood Test	5,500++
Clinical consultation	2,800++
Mobility Improvement	4,500++/Body part
Physiotherapy–based stretching	5,500++
Therapeutic Technology	5,500++
Manual Technique	10,000++
Myofascial Release Therapy	5,000++
Tension Massage	8,500++
Physiotherapist–led Flexibility & Mobility Class	5,500++
<b>INTEGRATIVE FITNESS PROGRAM</b>	
Fitness Testing	15,000++
Breathwork	3,000++
Wai Kru Ram Muay	2,500++

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### INTEGRATIVE SOUL HEALING THERAPY

Tibetan Sound Therapy	3,500++
Sound Healing Meditation	3,500++
Mindfulness Coaching	12,000++
Temple Blessing & Meditation	4,500++

### INTEGRATIVE MEDICINE TREATMENT & ACTIVITY

IV Therapy	Please consult with inhouse Doctor
Integrative Medicine	Please consult with inhouse Doctor
Juice Cleanse	Please consult with inhouse Doctor

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