



navassana

What to expect

- Your room will be prepared by spraying your choice of “**Energy Clearing Spray**”
- The Burner will be lit with your healing oil. “May the flame and oils burn away all energy that you no longer need and may all pure light energy fill you”.
- **Chakra oils** are dropped and massaged through the spiritual, emotional and mental bodies onto your physical body. We use circular movements to release energies from the chakras and inner circular movements to re-align and increase highest potential.
- The chakra oils come in the 6 healing potions.
- **The Being Spray** is used accordingly to your treatment choice, on chakras, feet, face and energy field.
- **Crystals** are natural minerals from the centre of Mother Earth. Each crystal has a specific purpose, they magnify that particular gift within as crystals create harmonious environments; within our homes, work and relationships and issues we are currently experiencing. We use crystal wands and tumble stones, on your feet, energy fields, chakras, on your face during facials; to increase harmony within you and transform your energy to its highest potential.
- **Bells, Gongs, Singing Bowls**
These are used at the end of your treatment to seal your new energy within and strengthen your outer field before going back into the world “Stay within your own universe and thus your outer world will reflect this.”
- **About The Healing Products**
All the essential oils are hand blended by an alchemist. The ritual of blending includes Meditation, Reiki, Angel Energy, Crystals Energy, and Symbols of Healing. These oils are then decanted into every product we use so “Feel the Energy”

PAST

The Tree

“As old and as wise as an ancient Oak, we can learn from the past, as it is rooted into our very soul, and the source of the present and future are its fruit.”

Consolidation

Take a moment and intend to inhale the past, being grateful for the strength that the past brings you.

Blissima

Attention is given to the back of the heart, by accessing the heart here. We enhance self love into receiving. We ask that you make your intention before you begin this treatment. “I intend to receive more love from myself” We begin with the feet, scrub and massage followed by a never ending deep back massage which flows into a regenerating mud mask. Essential oil face compress re nurtures and uplifts as crystals and balms gives serenity to your face. This powerful combination of Feet, Heart, Back and Face is a sublime connection to self.

Indian Head Massage

A treatment that uses Ayurvedic oils and pressure-point techniques to relax and revitalize the body. Excellent for insomnia, chronic headaches, migraines and sinusitis.

Duration : 120 Minutes
Spa : 2500 Thb

PAST

Acceptance

Before embarking on this journey of acceptance take three deep breaths with your eyes closed. With each breath intend to forgive yourself and all the people you know, for any pain that you have endured in your past.

Flow Massage

An ancient deep tissue massage from Asian healing traditions using a combination of thumb pressure, deep muscle manipulation and warm weeping strokes that help one relax and rejuvenate. The wonderful world of aromas is inhaled through essential oils, chakra oils, face compression, body oil and well-being sprays are felt through inhalations and the pouring of warm o

Renew

Salts from the Thai sea will be mixed with aromatic oil to purify and cleanse our souls from negativity. This treatment removes unwanted old energy and gently allows your self the feeling of a new perspective.

Childish Face

Childish Face is a mini facial treatment to naturally uplift the face. You will receive a cleanse, compress, and a deep pressure point massage. Every skin condition can benefit and enjoy the benefits of this facial.

Duration : 120 Minutes
Spa : 3000 Thb

PRESENT

The Sun

“The warmth of the sun is like the present. It is the now that is upon us. Like the rays of the sun the present gives life to all that it touches.”

Mindfulness

To prepare yourself for this journey take three deep breaths with your eyes closed. With each breath imagine yourself standing with your arms lifted to the sky, symbolically opening yourself to receive the benefits the present can offer.

Siam Massage

This Traditional Thai Massage is an ancient method of aligning and balancing the energies of the body. This massage originates from the time of Buddha. The technique is using firm thumb and palm pressure on the body's energy lines “Sen”, as well as pressure points along with a variety of stretching movements. You will feel spiritually and physically refreshed, strengthened and rejuvenated.

Ageless Thai Herbal Scrub

Cleansing the body and spirit is an ancient form of well being. This age old treatment combines the healing oil of Patience with traditional herbal ingredients (Thai clay, rice, plai - from the ginger family, Galangal, Turmeric and Magrut - bergamot).

Duration : 120 Minutes
Spa : 2500 Thb

PRESENT

Presence

To prepare yourself for this journey take three deep breaths with your eyes closed. Be aware only of what is happening at this moment, forgetting the past and not contemplating the future; just be present in the “now”.

Reiki Massage

Blend of deep intuitive massages on each area of the body; combined with Reiki healing and chakra oils to replenish and relax the whole body, mind and soul. Nourishment and intention balance your heart chakra as chakra oils, being sprays and loving hands beautifully embrace the soul connection. Crystals rebalance and cool your face.

Aromatic

This organic, cleansing and relaxing facial with aromatherapy essential oil will help your skin to look healthy, young and radiant. A relaxing scalp massage completes the treatment and leaves you feeling refreshed and energized.

Duration : 120 Minutes
Spa : 2500 Thb

FUTURE

The Moon

“The Moon is the promise of what is to come. Like the moon’s cycles all things change, all are reborn anew and the moon is the symbol of the gift’s that are yet to be received.”

Pure Potential

Before embarking on this journey take time to reflect on the joy of being a baby. Remember your baby self and all the potential that lay ahead of you. With your eyes gently closed, smile lovingly at your baby self.

Pure Loving

Before this pampering massage you are asked to choose your oil by the scent you are attracted to or by the feeling you would like to experience: *Meditation Patience Clarity Intention Respect Joy*. This massage is deeply relaxing, using long, slow movements and strokes to help quiet your mind and bring harmony to body, mind and spirit.

Glowing Honey

This natural facial combines all the pure ingredients of Mother Earth. A nourishing blend of honey and cooling cucumber seals the facial as a mask, to encourage moisture and restore a natural balance

Duration : 120 Minutes
Spa : 2500 Thb

FUTURE

Fruition

To prepare yourself for this journey close your eyes and remember something wonderful that happened to you. Hold on to those feelings and bring them with you into the future.

Lomi Lomi

All the way from Hawaii, this 'dancing' massage works through all our layers. Full of the deep lomi lomi; elbows, palms and thumbs ease away tight muscles.

Thai Cooling Scrub

The cooling properties of sandalwood soothe the body. Sesame acts as the main exfoliating ingredient; mixed with Thai white clay and the healing oils of Intention. This gentle scrub calms and uplifts the mind, body and spirit.

Duration : 120 Minutes
Spa : 2500 Thb

MASSAGE

Siam - Rice

Grounding

Deep Muscle Stretching

Reviving

This Traditional Thai Massage is an ancient method of aligning and balancing the energies of the body. This massage originates from the time of Buddha. The technique is using firm thumb and palm pressure on the body's energy lines "Sen", as well as pressure points along with a variety of stretching movements. You will feel spiritually and physically refreshed, strengthened and rejuvenated.

Duration : 60 / 90 Minutes
Spa : 1200 / 1500 Thb
In Room : 1500 / 2000 Thb

Pure Back - Cinnamon

Attention

De-stress

Liberating

This is a deep nurturing massage, focusing entirely on the back. Releasing tension held, that is immersed within a very important area of the body; the shoulders.

Duration : 30 / 60 Minutes
Spa : 1000 / 1700 Thb
In Room : 1300 / 2200 Thb

Indian Head Massage - Cumin

Release

Revitalize

Re-energizing

A treatment that uses Ayurvedic oils and pressure-point techniques to relax and revitalize the body. Excellent for insomnia, chronic headaches, migraines and sinusitis.

Duration : 30 Minutes
Spa : 1000 Thb

Pure Loving - Milk

Gentle

Calming

Joyful

Before this pampering massage you are asked to choose your oil by the scent you are attracted to or by the feeling you would like to experience:

Meditation Patience Clarity Intention Respect Joy

This massage is deeply relaxing, using long, slow movements and strokes to help quiet your mind and bring harmony to your body, mind and spirit.

Duration : 60 / 90 Minutes
Spa : 1700 / 2300 Thb
In Room : 2000 / 2800 Thb

MASSAGE

Hot Stone Massage - Stone

Relax

Well being

Balance

The deeper dimensions of relaxation, health and well being, creating a positive approach to the “body-mind-spirit” philosophy. Stone massage produces alternately sedative and re-energizing responses from the body. The physiological benefits of alternating hot and cold to the body have long been medically proven, and clients love the potent recharge they receive in this treatment.

Duration : 60 / 90 Minutes
Spa : 1700 / 2300 Thb

Flow Massage - Water

Deep Tissue

Rejuvenate

Balancing

An ancient deep tissue massage from the Asian healing traditions using a combination of thumb pressure, deep muscle manipulation and warm sweeping strokes that help one relax and rejuvenate. The wonderful world of aromas is inhaled through essential oils, chakra oils, face compress, body oil and being sprays and felt by inhalations and the pouring of warm oils.

Duration : 60 / 90 Minutes
Spa : 1700 / 2300 Thb
In Room : 2000 / 2800 Thb

Lomi Lomi – Kakui Nut

Reconnecting

Grace Giving

Grounding

All the way from Hawaii, this ‘dancing’ massage works through all our layers. Full of the deep island rhythm; elbows, palms and thumbs ease away tight muscles.

Duration : 60 / 90 Minutes
Spa : 1700 / 2300 Thb
In Room : 2000 / 2800 Thb

MASSAGE

Reiki Massage - Crystal

Combining

Healing

Relaxes

A blend of deep intuitive massages on each area of the body; combined with Reiki healing and chakra oils to replenish and relax the whole body, mind and soul. Nourishment and intention balance your heart chakra as chakra oils, being sprays and loving hands beautifully embrace the soul connection. Crystals rebalance and cool your face.

Duration : 60 / 90 Minutes
Spa : 1700 / 2300 Thb
In Room : 2000 / 2800 Thb

Movement Sharing

Learning

Back Relief

Loving

Learning how to massage your partner is a beautiful gift of giving and receiving love. For one hour with our caring therapist, learn how to massage your loved one.

Duration : 60 Minutes
Spa : 1700 Thb

FEET

The feet walk our path in life. With some life experiences we tread softly, with others we are heavy footed. Let us honor our feet.

Gentle feet

Lightfeet

Pressure Point Massage

Nourishing Heels

You begin with an exfoliating scrub and a stimulating reflex foot massage that invites the body to reconnect and harmonize. You are given the choice of three different balms, Lavender, Rose or Balm of Blue Chamomile and Eucalyptus, which naturally uplifts your heart and soles.

Duration : 60 Minutes
Spa : 1500 Thb

HEALING TREATMENTS

Reiki

All-healing

Centering

Strength & Clarity

Reiki means Universal Life Energy, your life energy. Reiki is an invisible energy that permeates the whole universe. It is a life force that flows through all living things. It is all-knowing, all-healing, all-loving and eternal. It balances us, and guides us through our lives. This hands-on healing treatment brings harmony and balance to every level of your being. You will feel totally immersed in a deep sleep and awake very centered and calm.

Duration : 60 Minutes
Spa : 1700 Thb

NEW BORN SKIN TREATMENTS

Ageless Thai Herbal Scrub

Sun Energy

Stimulate

Rejuvenate

Cleansing the body and spirit by Thai's is an ancient form of well being. This age old treatment combines the healing oils of Patience with traditional herbal ingredients (Thai clay, rice, plai - from ginger family, Galangal, Turmeric and Magrut - bergamot).

Duration : 60 Minutes
Spa : 1500 Thb

Thai Cooling Scrub

Moon Energy

Soothing

Nourishing

The cooling properties of sandalwood soothe the body. Sesame acts as the main exfoliating ingredient; mixed with Thai white clay and the healing oils of Intention. This gentle scrub calms and uplifts the mind, body and spirit.

Duration : 60 Minutes
Spa : 1500 Thb

Renew

Cleansing

Positive Flow

Awakening

Salts from the Thai sea will be mixed with aromatic oil to purify and cleanse our souls from negativity to be reborn. This treatment removes unwanted old energy and gently allows you the feeling of a new perspective.

Duration : 60 Minutes
Spa : 1500 Thb

BODY WRAPS

Body Wraps teach the body to fully relax.

Thai Clay Wrap

Uplifting

Detoxifying

Comforting

You begin this wrap with a salt scrub to exfoliate and cleanse the skin. Warm clay combined with Thai “Magrut” (also known as bergamot) is applied to your body. The uplifting qualities of Joy with the essential oils of bergamot, lavender and geranium, slowly elevates your mood. You are then wrapped and kept warm, to allow the natural clay properties to eliminate toxins.

Duration : 90 Minutes
Spa : 1500 Thb

Sandalwood Clay Wrap

Calming

Expression

Aromatic

Sesame acts as the main exfoliating ingredient; sesame seeds and honey explode onto your skin, moisturizing with its natural humectant properties. This gentle scrub calms and uplifts the mind, body and spirit. The cooling blend of sandalwood and white mud is applied as a complete body mask which further enhances the healing benefits of this treatment.

Duration : 90 Minutes
Spa : 1500 Thb

Mud Wrap

Cleansing

Detoxifies

Nourishes

Treat your skin to this thorough deep cleansing wrap. Well known for its therapeutic properties and ideal for all skin types, the mineral mud relaxes the muscles and enhances blood circulation as it detoxifies and nourishes your skin

Duration : 60 Minutes
Spa : 1500 Thb

Aloe Wrap

Relieve

Cooling

Re-hydrate

Specifically designed to relieve pain and damage caused by over- exposure to the sun. Combined cooling elements of cucumber and Aloe - Vera are blended and applied to the entire body, concentrated on the affected areas. A light application of lotion to re-hydrate your skin will complete the treatment.

Duration : 30 Minutes
Spa : 1000 Thb

FACIALS

Deep nurturing facials consist of a cleanse; peel; heated compress; massage and mask. You will enjoy a deep facial pressure point massage to promote youthful, radiant skin and a natural face lift.

Glowing Honey

Natural

Uplifting

Refreshing

This natural facial combines all the pure ingredients of Mother Earth. A nourishing blend of honey and cooling cucumber seals the facial as a mask, to encourage moisture and restore a natural balance

Duration : 60 Minutes
Spa : 1500 Thb

Childish

Refreshing

Delicious

Mood Transforming

Childish is a mini facial treatment to naturally uplift the face. You will receive a cleanse, compress, and a deep pressure point massage. Every skin condition can benefit and enjoy the benefits of this facial.

Duration : 30 Minutes
Spa : 1000 Thb

Aromatic

Organic

Refreshing

Energize

This organic, cleansing and relaxing facial with aromatherapy essential oil will help your skin to look healthy, young and radiant. A relaxing scalp massage completes the treatment and leaves you feeling refreshed and energized.

Duration : 60 Minutes
Spa : 1500 Thb

Detoxify

Cleansing

Detoxify

Nourishing

The facial begins with a thorough cleansing and toner, stimulating facial massage and a detoxifying mask. This treatment is suitable for all skin type.

Duration : 60 Minutes
Spa : 1500 Thb

All the prices are in Thai Baht and are subject to 17.7% service charge and applicable government taxes