SENSE JOURNEYS

Our signature retreat programs combine compatible treatments in ways that bring bliss to the boil.











Su Kwan or Rub Kwan is a traditional welcoming treatment of northern Thai people. The treatment is given to newly-arrived visitors after a long journey to visit friends or family. Its powers work especially well on jet lag. Reducing muscle tension and stress of travel, body and mind are fully renergized and refreshed. The journey of recovery begins with an Aromatic Bath followed by Body Exfoliation. Next comes an uplifting Jet Lag Massage and the journey concludes with a special Hair Treatment. Thus harmony is orchestrated throughout the body especially including the mind.



Traditional southern Thai long-term care. Start with a Himalayan Salt Sauna and Southern Herbal Body Scrub to gently exfoliate your body. Follow with a Langka-Suka Massage, a special technique that begins by massaging the solar plexus in combination with acupressure holds and warm compresses steeped in a marvelous Thai massage oil formulated from southern Thai herbal extracts blended with black cumin oil, known to stimulate blood flow and relieve muscle tension. Finally, a tailored Facial Treatment lifts and brightens your complexion.



Your transformative journey begins with Herbal Foot Soak in a concoction of sea salt, green tea and grape that counters inflammation and improves blood circulation. The treatment continues with an Aromatic Bath, a Mulberry Body Scrub with golden silk that deep cleanses, and a White Orchid Body Mask that brightens the face with a new radiance. The following Thai Loincloth Stretching Massage, or Pha-Kao-Ma as it is known locally, is a variation on traditional Thai massage. The therapist uses the loincloth to stretch and knead your body, relieving muscular aches and tiredness without pain or discomfort.











Himalayan Salt Sauna promotes circulation and invigorates. Jasmine Rice Body Scrub, combined with lotus seed pomelo extract and rice bran oil good for the skin, refreshes the senses. Swedish Massage gently disperses physical tension from the body, loosening tight muscles and reducing stiffness. A Foot Massage manipulates points on the feet, balancing energy flow around the body. Conclude with a Moisturizing Facial Treatment that will make your complexion glow with vitality.



This signature classic relaxing massage promotes a powerful sense of wellbeing. First, your body is refreshed in a Milk Bath that stimulates blood circulation. Next a Body Scrub exfoliates and cleanses your skin. Then a Body Mask moisturizes and smooths, leaving you feeling fresher than ever. A Facial Comforting Treatment nurtures and softens sensitive skin areas while a personalized Hair Treatment does a simila job on your hair.

