



The Mangosteen

Ayurveda & Wellness Resort, Phuket

Ayurveda Spa

Menu

Spa Etiquette



Opening Hours

The Spa is open from 09.00 to 19.00 hours.

Treatment time indicated are inclusive of changing, shower and teatime.

Arrival Times

Please arrive 5 minutes prior to your scheduled time at the Spa reception.

Late arrival will be subject to reduced treatment time.

Cancellations

We request a minimum of 3 hours' notice if you are unable to keep your appointment.

A 50 % cancellation fee is charged in case your booking is canceled late.

Please, call the spa reception to arrange a suitable time.

Personal Treatment

Upon arrival spa receptionist will conduct a brief consultation to ensure you have chosen the best suited treatment.

Please advise us if you are pregnant or if you have any health issues.

Preparing for your treatment

For men having a Facial, we recommend shaving a few hours before the appointment.

For ladies, no preparation is necessary.

What to wear

Please arrive at the spa wearing comfortable, light clothing or bathrobe. Disposable undergarments are available on request.

Our therapists will always use draping techniques to respect your privacy.

Speak up

Although, we do our best to anticipate your needs, everyone is different.

Please, let your therapist know if there is any way that she can improve your treatment or comfort, for example: stronger or softer massage pressure, an extra towel, etc.

We look forward providing you with a personal experience of well-being at The Spa.

Medical History

Be open with your medical history so that your therapist can help you to choose right treatments. It will be useful to know whether you have suffered any trauma or if you have any of the following conditions: high blood pressure, heart condition, allergies, varicose veins, pregnancy or recent surgery.

Introduction



The ancient holistic science Ayurveda and its origin in India combined with the crystal pure waters of Phuket, we at Mangosteen Ayurveda Spa extend an array of treatments for Detoxification, Rejuvenation and Relaxing your BODY and the sands and pristine beaches will soothe the relaxed SOUL and the MIND.

Indulging in the treatments at Mangosteen Ayurveda Spa would create a holistically balanced and harmonized sense of WELLBEING.

Guaranteed best selected natural ingredients are chosen in all treatments and advantage of the Tropical climate is never missed in choosing the best of Raw ingredients at the best potential seasons, be it the home grown lemongrass or the sea salt of Phuket or the imported herbs from the Himalayas.

Signature Ayurveda Healing



Chakra Balancing

90 Minutes

4.000 Baht

Balance your energy chakras by meditating, while your therapist performs particular type of massage in a suite, filled with blend of seven essential oils, awakening seven chakras of the body, transforming energy from the healing crystal stones, which opens up all body chakras and cleanses any obstruction in the channels creating free flow of energy throughout the body.

Dosha Purifying

120 Minutes

4.500 Baht

Purify your Doshas starting with herbal steam of oil onto the forehead, followed by head and face massage, followed by rice bundle therapy and application of rice paste leaving you refresh and revitalized.

Atma Healing

150 Minutes

5.500 Baht

Attain Nirvana by our soul healing therapy, starting with Indian Head Massage followed by herbal pouch therapy, ending with royal ritual of bathing whole body with warm medicated herbal decoction /oils while your body draws the benefits of the medicated wooden table.

Mangosteen Ayur Journey

180 Minutes

6.500 Baht

Begin your journey with exfoliation with spices freshly obtained from the local market of Phuket such as turmeric, cinnamon, nutmeg powder, clove oil to remove excess cellulitis and dead skin cells, revitalize your peripheral nerves and blood circulation by Abhyanga with Dosha specific oil. Further go into deep relaxation and feel the bliss of Happiness when your therapist pours warm herbal oil over the third eye chakra awakening your senses. Conclude your journey by sipping herbal tea, while you relax.



Ayurveda Massages



Abhyangam (Traditional Ayurveda Massage)

60 Minutes

2.500 Baht

Get rejuvenated and revitalized by Indian Traditional 4 hand massage, where warm herbal oils depending on your Dosha type are used to massage using long rhythmic strokes which loosens accumulated toxins in the tissues, followed by steam to remove toxins and other metabolic wastes, increasing tissue strength, production of antibodies, improving blood circulation, enhancing complexion of skin, creating electro-chemical balance in body.

Shiroabhyangam (Indian Head Massage)

45 Minutes

2.200 Baht

Traditional Indian head massage using specific blend of herbal oils with specialized gentle deep strokes and pressure on various vital energy points of head, face, neck and shoulders, offers relief from hair and scalp problems, strengthens hair roots, reduces stiffness, musculoskeletal tensions around neck and shoulders, promotes luster, improves the function of the five senses, helps with detoxification of the body and negative sense impressions.

Marma Therapy (Energy Point Massage)

60 Minutes

2.500 Baht

Vital energy points are stimulated by applying certain amount of pressure, which helps in supporting flow of Prana, " the vital force " with in the body, clearing any obstruction from the energy channels. Dosha type herbal oil is used to soothe your skin and to nourish vital parts of the body.

Padabhyangam (Indian Foot Reflexology)

60 Minutes

2.000 Baht

Based on ancient healing techniques this Indian Reflexology consist of Foot Massage using hand techniques including friction movements like rubbing, stroking, which stimulates local blood circulation followed by Marma points activation by applying suitable pressure increasing "Prana Flow" vital energy throughout the body.

Prushtabhyangam (Soothing Back Massage)

30 Minutes

1.500 Baht

Soothing back massage helps to soothe your sore back muscles, nourishing vertebrae and rejuvenating spinal cord. More concentration is given on areas like cervical and lumbar, which are prone to get affected from our daily stress and long working hours.

Udvarthnam (Herbal Powder Massage)

60 Minutes

2.500 Baht

Dry Massage with Powder of Triphala the wonder fruit mixture and Mung bean powder is an excellent nerve stimulant, promotes active blood flow, revitalizes and reconditions the body, generating energy flow in the body, helps in detoxification and nourishment of body tissues, activation of the skin natural metabolism and also the improvement of lymph flow.

Shirodhara



Tailadhara (Oil)

60 Minutes

3.500 Baht

Pouring of warm herbal medicated oil over the third eye chakra, "vital energy point located in the center of forehead" helps in improving blood circulation, increasing oxygen, nutrients and energy flow to the Brain, activating depressed areas of brain, alleviating fatigue, depression, mental stress, improving concentration powers.

Takradhara (Buttermilk)

60 Minutes

3.000 Baht

Buttermilk added with various cooling herbs is poured on forehead which alleviates anxieties, insomnia, and migraine and is good for people suffering from skin ailments, recommended in Pitta dosha and its disorders.

Ksheeradhara (Milk)

60 Minutes

3.000 Baht

Milk boiled with herbs like Thyme "Brahmi", Indian Ginseng "Ashwagandha", Butterfly pea "Shankpushpi" is poured over forehead which pacifies aggravated Doshas, nourishes the tissues, improving memory and concentration.

Vasti

Kati Vasti

30 Minutes

2.000 Baht

Dough of flour prepared in circular manner is placed on lower back which holds medicated oil for specific period relieving lumbar pains, nourishing muscles and tissues of that area, increasing blood circulation. It is also beneficial in Lumbar degenerative disorders and sciatica.

Janu Vasti

30 Minutes

2.000 Baht

Retaining of medicated herbal oil over knee joints helps to improve blood circulation improving healing of damaged tissues and cartilages, curing degenerative disorders, rehydrates the joints.

Greeva Vasti

30 Minutes

2.000 Baht

Retaining of medicated herbal oil in a well prepared out of black gram dough helps to strengthen cervical muscles, nourishing and rehydrating cervical vertebrae, curing many cervical degenerative disorders, relieves neck stiffness and cervical pains by improving blood circulation.

Kizhi



Navara Kizhi (Rice Pouch Therapy)

60 Minutes

3.000 Baht

This therapy consists of scrubbing warm boluses, prepared with herbs, milk, rice and other grains over your entire body using specific strokes. It improves blood circulation and muscle tone, strengthens digestion and restores vigor to all your body tissues. It is beneficial in degenerative conditions and can help the body rebuild muscular tissues. It is traditionally used for many neurological and neuromuscular disorders.

Ela Kizhi (Herbal Leaf Pouch Therapy)

60 Minutes

3.000 Baht

30 Minutes

1.500 Baht

Therapeutic massage done with pouches prepared from various herbs heated with garlic, lemon, grated coconut dipped in hot oil, reduces generalized aches and pains, increases lymphatic drainage and nourishes peripheral nerves. It is also beneficial to stop the progressive degenerative conditions like Rheumatic Arthritis, Osteo Arthritis, Spondylosis etc.

Podi Kizhi (Herbal Powder Pouch Therapy)

60 Minutes

3.000 Baht

30 Minutes

1.500 Baht

Poultice prepared out of various herbal powders such as alpinia galangal, sandalwood and dry ginger, fried together with a little rock salt and wild red rice. The mixture is tied in muslin cloth boluses and is soaked in herbal oil to massage the body, helps in relieving stiffness from the joints, muscles, removing toxins accumulated in superficial layers of skin and breaks down the toxins present in digestive system, improving metabolism and inflammatory conditions.



Other Traditional Therapies



Pizhichil

60 Minutes

3,500 Baht

Considered as royal treatment of ancient India, also known as Sarvanga Dhara where gentle synchronized massage is carried out while your body is bathed by pouring warm herbal decoction or milk. In olden days this therapy was undertaken to prolong life and retain vitality. Considered as one among the most powerful rejuvenating therapies helps to tone muscles, revitalize nerves and nourish joints, giving relief from daily stress and fatigue.

Nasyam

30 Minutes

1,500 Baht

Instillation of herbal medicines through the nostrils helps to clear blocked sinuses and head channels, stimulating the brain cells and central nervous system. It is a powerful rejuvenating therapy which clears up excessive mucus from the upper respiratory tract, improves blood circulation to brain relieving migraines and other types of headaches. It also helps to boost up memory power, hair growth and immunity.

Madhu Moksha

90 Minutes

2,500 Baht

Purify your Body, Mind and Soul by indulging into one of the oldest natural traditional therapy where honey mixed with yogurt is massaged in rhythmic strokes. Honey's ability to absorb and retain moisture helps keep skin hydrated and fresh and prevents drying. It is known that ancient beauties regularly applied a mixture of honey and yogurt to the face to keep the skin young-looking, radiant, and smooth. Honey's natural antioxidant and anti-microbial properties combined with anti-fungal and antibacterial properties of yogurt, help to protect the skin from the damage of the sun's rays, supports the skin's ability to rejuvenate and refresh depleted skin, leaving it feeling silky soft and supple. Honey absorbs impurities from the pores on the skin, making it an ideal cleansing agent.

Ayur Face Massage

30 Minutes

1,500 Baht

Face massage based on the ancient therapeutic principles of Ayurveda, widely practiced in India for thousands of years, done with specific herbal oil, drawing benefits of drugs like Indian saffron, Rubia cordifolia. This anti-aging massage helps to relax facial muscles, stimulating lymphatic and Blood circulation releasing all stress-induced toxins from your face, restoring its natural glow and radiance.

Day Packages



Days	Treatments	Duration
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SHAKTI (STRENGTH)		
1	AYURVEDA LIFESTYLE CONSULTATION & SHIROABHYANGAM	30 Minutes
2	ELA KIZHI	60 Minutes
3	UDVARTHNAM, ABHYANGAM	90 Minutes
Price		7.500 Baht

OJAS (VITALITY)		
1	AYURVEDA LIFESTYLE CONSULTATION & PADABHYANGAM	30 Minutes
2	ABHYANGAM	60 Minutes
3	NJAVARA KIZHI	60 Minutes
4	PIZHICHIL	90 Minutes
5	UDVARTHNAM, SHIRODHARA	120 Minutes
Price		15.000 Baht

SHODHANA (DETOXIFICATION)		
1	AYURVEDA LIFESTYLE CONSULTATION, PADABHYANGAM	30 Minutes
2	MARMA ABHYANGAM	60 Minutes
3	NASYAM, ELA KIZHI	90 Minutes
4	NASYAM, PODI KIZHI	90 Minutes
5	NASYAM, NJAVARA KIZHI	90 Minutes
6	UDVARTHNAM, SHIRODHARA	90 Minutes
7	UDVARTHNAM, PIZHICHIL	90 Minutes
Price		25.000 Baht

Ayurveda Retreats



JIVA (LIFE of BLISS)

JIVA is a 3-day Ayurveda program, which not only enlightens senses, but also the mind and the soul. Ayurveda preaches different ways of life regimes to be followed, depending on the KALA or time (Seasons), hence the treatments are customized to the seasons of the nature and the DOSHA.

Days	Treatments	Duration
1	Abyangham (Traditional 4 hand Massage) Detox Steam (Herbal)	75 Minutes
2	Shirodhara (Third eye therapy) Shiro abhyanga (Indian Head Massage)	75 Minutes
3	Khizi (Herbal Pouch Therapy) Padabhyangham (Foot Massage)	90 Minutes
Price	Exclusive of a Satvik Vegan Set meal	7.500 Baht

AYUR SUK SHANTHI for a SUK (HAPPINESS) SHANTHI (PEACEFULNESS)

3 days of ancient secrets of Ayurveda working externally and penetrating deep into your tissues with goodness of herbs chosen according to your character and Dosha in accordance of the prevailing season. 450 minutes of combination of various Ayurveda treatments each day would make your Mind, Body and Soul to be merrier and deeply relaxed.

Days	Treatments	Duration
1	Shirodhara (Third eye therapy) Abyangham (Traditional 4 hand Massage) Detox Steam (Herbal)	150 minutes
2	Khizi (Herbal Pouch Therapy) Shiro abhyanga (Indian Head Massage) Padabhyangham (Foot Massage)	150 minutes
3	Udwartanam (Powder Massage) Abyangham (Traditional 4 hand Massage) Detox Steam (Herbal)	150 minutes
Price	Exclusive of a Satvik Vegan Set meal Inclusive of a Satvik Vegan Set meal (Full board)	15.500 Baht 20.000 Baht

Ayurveda Wellbeing Program



KAYA SHODHANA (*Detoxification Program*)

Duration: 1week / 2 weeks / 3 weeks / 4 weeks

This program aims at Detoxification of whole body by means of External and Internal Ayurveda Treatments. External Treatments include Snehana with Medicated Herbal Oils and Swedana with Herbal Steam, Herbal Leaf Pouch Therapy and Rice Bundle Therapy. Internal procedures include Nasyam, Snehapana and Virechana. Nasyam is for cleansing of upper respiratory system and disinfecting sinuses. Snehapana is a procedure where internal herbal medicines are given for a specific period of time depending on Agni (Digestive Strength) of a person which accumulates toxins from whole body into one part of your Digestive System which are further taken out by means of Virechana (Purgation) During this period special diets and regimens according to body Dosha will be advised by our Ayurveda Doctor.

This program is designed to increase your body immunity and to remove the metabolic waste and toxins which has been accumulated in your body since ages.

RASAYANAM (*Rejuvenation Program*)

Duration: 1week / 2 weeks / 3 weeks / 4 weeks

As our body ages, our endocrine system begins to slow down, affecting our whole cellular structure. The cells and tissues of our body deplete with time, causing different types of diseases. With Ayurvedic Rejuvenation Therapies, you can delay the onset of the ageing process, restore hormonal balance and revitalize major organs which absorb our daily toxins and stress. This program is designed to nourish your Dhatus (Body Tissues) and rejuvenate your Body, Mind and Soul. External rejuvenating treatments like Abhyangam, Udvartnam, Pizhichil, Njavara Kizhi and Shirodhara helps to pacify aggravated Doshas and improves performance of each system. Internal herbal tonics will improve your immunity, activate metabolism and diet based on ancient principles of Ayurveda will nourish your body.

This Anti-Ageing Program will help you to restore vitality, strength, bringing back body's natural energetic state making you feel young and energetic again.

Both the programs include:

Consultation with Ayurveda Doctor

Rejuvenation through External Treatment

Rejuvenation through Herbal Medication

Rejuvenation through Ayurvedic Satvik Diet

Rejuvenation through Yoga and Meditation

Price starts from 40.000 Baht (Full board, Panchakarma)

Mangosteen Spa Massages



The Ayurveda Spa offers the ultimate relaxation and wellness in a tropical environment. 4 private areas, spectacularly designed in a classical Thai theme, each with different facilities to make sure that the Spa visit will be your ultimate experience. Jacuzzi and two steam rooms, a large selection of different treatments for your health and beauty.

Swedish Massage* **60 Minutes** **1.980 Baht**

For complete relaxation, nothing really beats the smooth stroking hand techniques used in a professional Swedish massage. Using the aromatherapy oils, this massage covers all the body and pressure can be applied to suit everybody needs.

Energy Massage` **60 Minutes** **1.980 Baht**

Using different techniques that allow deeper penetration into and around muscle areas, sport massage is ideal after a day leisure activity. Please let our therapists know if you need attention to any particular area and they will individualize this massage for you to ensure complete satisfaction.

Thai Reliever Massage` **60 Minutes** **1.980 Baht**

Combines the unique stretching techniques of Thai massage with the soothing strokes of Western massage. This body massage will reduce tension and soothe away your aches and pains.

Romance Massage * **60 Minutes** **1.980 Baht**

Like a graceful dance, this massage uses rhythmic palm and elbow strokes that flow to release tension from every pore of your body with medium pressure.

The Secret of Mangosteen* **60 Minutes** **1.980 Baht**

Use techniques long and firm palm strokes with warm oil help induce the body, mind and soul into relaxing. This massage is perfect to recover from jetlag.

Relaxing Foot Massage * **60 Minutes** **1.980 Baht**

Originating from Egypt, this foot massage applies pressure to nerves ending in the feet relating to all different organs of the body. Great to help you sleeping and for water retention, this therapeutic treatment also involves a calming head massage.

Mangosteen Deluxe **90 Minutes** **2.250 Baht**

Starting with the ancient Thai technique of massaging your back with a Hot Herbal Compress, this superb massage also incorporates a full body massage for total relaxation and skin nourishment.

**Relaxing Massage` Deep Massage*

Body Scrub



Aroma Salt Scrub (Suitable for oily skin)

40 Minutes

1,500 Baht

An invigorating scrub using Aromatherapy salt, Aroma essential oil and a softening body lotion. Refines surface skins, exfoliates dead cells, nourishes the skin, stimulates circulation and improves skin colour.

Acid Fruit Scrub (Suitable for normal / dry skin)

40 Minutes

1,500 Baht

Tangerines and milk are the source of natural nutrition in this refreshing fruit scrub. The natural cleansing will leave you with soft, faultless skin.

Herbal Scrub (Suitable for normal / dry skin)

40 Minutes

1,500 Baht

With a blend of traditional herbs and sesame oil, your skin will be cleansed by removing dead skin cells. This scrub will moisturise and encouraging new cell growth to produce healthier looking skin.

Body Wrap

Mangosteen Body Detoxification (Suitable for all skin) 60 Minutes

2,250 Baht

Naturally occurring fruit acid from within the Mangosteen is used for this treatment to remove dead skin cells, kill bacteria and draw out toxin, leaving you feeling clean and refreshed. Unique in its preparation and application, Mangosteen is placed all over the body and enveloped with warm heating blankets to encourage the fruits cleansing properties.

Mud Body Wrap (Suitable for normal and dry skin)

60 Minutes

2,150 Baht

Naturally available mud infused with the essence of seaweed and Papaya is applied to the body which is then lightly wrapped to retain the body's natural heat. This relaxing process detoxifies, improves skin tone and elasticity and encourages stress relief and relieves pressure on the muscles.

Papaya Wrap (Suitable for normal and dry skin)

60 Minutes

2,150 Baht

This blend of fresh papaya and natural honey will supply your skin with moisture and boost its natural healing power with its antiseptic resources.

Aloe Vera Skin Soothers (Suitable for Sunburn)

60 Minutes

2,150 Baht

After too much sun, relieve your burnt or dried skin with Aloe Vera applied directly to the skin and followed by a moisturising body lotion. Also included head massage, you will leave totally refreshed.

Banana milk Wrap (Suitable for all skin)

60 Minutes

2,150 Baht

Banana milk filled with the goodness of vitamin A and potassium helps to cleanse and refine your skin suitable for all skin types.

Facial Routines



Softness Facial treatment (Suitable for Sensitive Skin)

60 Minutes

2.450 Baht

Veritable bath of softness for sensitive skin takes away the 'pulled tight' feeling, renders skin comfortable and supple, brightens the complexion and relaxes facial features.

Purify Deep Cleansing (Suitable for Male Skin)

60 Minutes

2.450 Baht

Purifies, absorb excess sebum. Sloughs off cells and tightens dilated pores. The skin is clean and healthy. Stabilize the lipid balance by regulating serum flow. Purify, make skin mat, fresh and sparking.

Moisturising Facial (Suitable for Dry Skin)

60 Minutes

2.450 Baht

A special moment of relaxation for the tired and dry skin. The epidermis is nourished with active ingredients which give it comfort and suppleness. Corn oil protects the skin's layer harmful effects of free radian. The upper layers of the epidermis are actively moisturised.

Thai Herbal anti-ageing Facial scrub & Mask (All in one)

60 Minutes

2.450 Baht

100% hand-crafted herbal product, with more than 50 natural ingredients which are all sourced from tropical Thailand. Hand selected, dried and powdered naturally with no chemicals and no machinery. The product is designed to slow the aging process, brighten skin and reduce wrinkles.



Classical Combo Treatments



Tropical Delight

120 minutes

3.800 Baht

An amazing calming, relaxing package that brings together two of our favourite treatments a nourishing body massage and a Refreshing Facial treatment which is suitable on your skin.

- *Choice of Massage* 60 min
- *Choice of Facial* 60 min

Ao Chalong Dream

180 minutes

5.850 Baht

Starting with a Body scrub to exfoliate and tone the skin in preparation for rejuvenating massage. The massage enhances the feeling of total well-being; as blood circulation improves the stress is coaxed away. End the ultimate relaxation package with your choice of facial.

- *Choice of Body scrub and Herbal steam* 60 min
- *Choice of Body massage* 60 min
- *Choice of Facial* 60 min

Mangosteen Magic

240 minutes

6.900 Baht

This magical experience is for both body and soul. This is the grand dame of our spa treatments that embodies the very best of rejuvenation in four hours. Experience a refreshing scrub and body wrap give a healthy glow to your skin while the body massage to relieve tension and follow by your choice of facial. To end this session of magical relaxation you will be pampered with a flower Jacuzzi, the ultimate spa experience.

- *Choice of Body scrub* 40 min
- *Choice of Body wrap* 60 min
- *Choice of Body Massage* 60 min
- *Choice of Facial* 60 min
- *Flower Jacuzzi* 20 min



The Mangosteen Serenade



Mangosteen Revival

120 minutes

3.400 Baht

The best package if you just arrived. Two hours massage to pamper and relax the body after your long trip. Start with traditional Thai Massage to relieve your tension, headache, and backache and then continue with a Swedish Aromatic Oil Massage to relax the body and improve blood circulation.

Traditional Thai Massage (60-min) and Swedish Massage (60-min)

Mangosteen Retreat

100 minutes

3.200 Baht

This heavenly experience starts with the Thai herbal steam, allowing the body to expel impurities and toxins through perspiration. This is followed the Herbal scrub to remove dead skin cells leaving your skin feeling soft and silky smooth. A Mangosteen Deluxe massage ends to this session of 'Purity on Earth'

- Thai Herbal steam 20 min
- Herbal Scrub 40 min
- Anti Stress Massage 40 min

Spirit of Mangosteen

180 minutes

5.600 Baht

Give your body a tune-up from head to toe. This is the ultimate treatment that combines all the signature therapies. Body treat comprises a fruit acid from Mangosteen to anti bacteria and draw out toxin from your skin. Purify your body with the unique massage technique from our therapist to relieve your tension, leaving you with renewed radiance. Your session also comes with a refreshing facial for show-stopping splendor!

- Mangosteen Body Detoxification 60 min
- Traditional Thai Massage **OR**
- Secret of Mangosteen Massage 60 min
- Choice of Facial 60 min

Power of Love (per couple)

200 minutes

11.000 Baht

Give your body a well-deserved tune up all over with this ultimate treat that combine all of Spa's signature therapies. Close your eyes and we'll pamper you like nothing on earth. The package starts with Thai herbal steam, a body scrub and pampers yourself to a skin-softening body wrap or a revitalizing facial, and then continues with a body massage to soothe, sharpen your senses and boost blood circulation. Finally relish with an aromatic bath lulls you into dreamland.

- Thai Herbal Steam 20 min
- Choice of Body Scrub 40 min
- Choice of Body Wrap **OR** Facial 60 min
- Choice of Body Massage 60 min
- Flower Jacuzzi 20 min

Promotions



SUKKO (500 minutes 10.000 BAHT - SPA PROMOTION)

The management welcomes you to the resort and wishes a wonderful holiday. The resort operates one of Phuket's best Spas and we would like to invite you to enhance your holiday experience with a daily spa experience. You will be looking forward to it

5 Days Spa Package "Sukko"

This package contains over 8 hours (500 minutes) of exclusive treatments to make your stay truly unique and relaxing. Our experienced Spa Therapists will lead you through the journey of rejuvenation and pampering, an unforgettable experience.

"Spa Buffet" – choose your favorites from the below menu very flexible program just for you!

- | | |
|-------------------|---|
| 40 minutes | Body treatments of your choice
Body scrubs (herbal and fruit), Body wrap (Aloe Vera and fruit),
herbal compress or Foot massage per day |
| 60 minutes | Massages of your choice
(Swedish, Thai, Energy, Romance, Secret or Deluxe) per day |

Price: 10.000 Baht only (Valued at 19.000 Baht)

* Offer can be pre-purchased online or during the Check-in only.

* Time can be used by several person, always one at a time.

ATMA HEALING (150 minutes 4.000 BAHT - AYURVEDA PROMOTION)

Welcome the NEW beginning with the new YOU

A 150 minutes of serene soul healing experience with an Indian head massage followed by herbal pouch therapy followed by the royal ritual of bathing in the medicated milk concoction mixed with chosen herbs as prescribed in the ancient texts of Ayurveda.

Price: 4.000 Baht only (Valued at 5.000 Baht)

* Price is applied only for ATMA HEALING per person

* All prices are subject to 10 % Service charge and 7% VAT

* All reservations are based on first come first serve bases and subject to availability

Achievements and Certificates



CERTIFIED BY MINISTRY OF PUBLIC HEALTH



Dr. Subhash A. Shanbhag
Bachelor of Ayurvedic
Medicine and Surgery

Rose von Keller
Spa Manager Certificate



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All prices are subject to 10% service charge and 7% VAT

The Himalayan Salt



MANGOSTEEN HIMALAYAN SALT INFRARED SAUNA



Public Access

Monday – Wednesday – Friday

13.00 pm till 15.00 pm

Ayuryoga, Wellness & Yoga Guest: **Free** for 30 minutes

Other Guest: **200 THB** ++ for 30 minutes

Private Sessions: **800 THB** ++ for 30 minutes

Enriched with more than 84 trace elements, minerals and Iron makes it the King among the salts for all its medicinal values and health benefits.

It is learned that over 300 million years ago an ocean existed where the Himalayan mountains are today the massive mineral deposit in the mountains were protect and seal off pollution from contaminating, preserving the natural salt's purity.

The color of Himalayan salt can range in color, from crystal white to different shades of pink, and even deep reds. The shade is the result of high mineral and iron content. These are the unique qualities that make Himalayan salt one of the purest forms of salt available.

The mineralization density in the air increases when the salt is subjected to a heat of 35 ` C and above with which researchers have found

- Better breathing & lesser frequency of respiratory problems.
- Positive ions I the air improve your overall mental and emotional health, helping you to stabilize pH and Oxidative Stress numbers in the human body to relax and de-stress.
- Healing of Skin problems as Eczema or dermatitis. Improving the luster of skin and promoting overall health.

The best part is Himalayan Salt, nor its ingredients, have shown any known adverse side effects or organ system involvement, contraindications, or interactions with any food or drug, allowing the product to be used for extended periods of time. The time course and strength of its effects make it a viable alternative to common sea salt.

At the Mangosteen Ayurveda & Wellness Resort enjoy the goodness of the Infrared Sauna healing the painful muscles with the medicinal benefits of the Himalayan salt and view of the Andaman bay.

** Guest are requested to take shower and dry before entering the sauna.*

** All reservations need advance booking and maximum of 5 persons at a time.*

** Private sessions need prior booking and subject to availability*