

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 before 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. **No Show is charged 100%.**

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

Personal Treatment

Upon arrival, the 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 a 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.

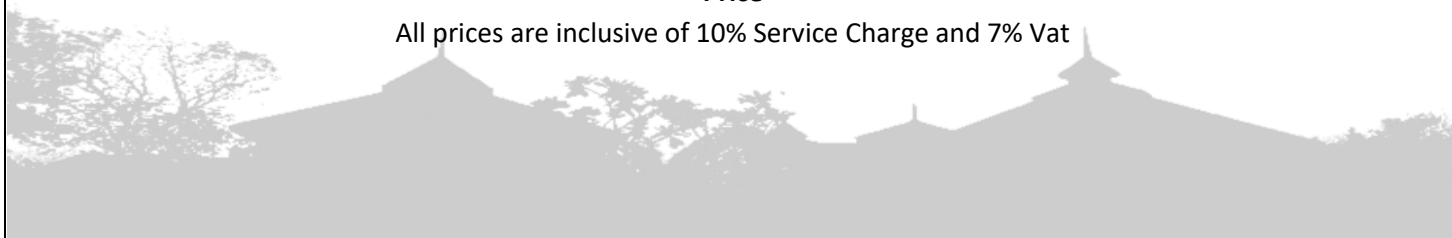
We look forward to providing you with a personal experience of well-being at The Spa.

Medical History

Be open with your medical history so that your therapist can help you to choose the 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.

Price

All prices are inclusive of 10% Service Charge and 7% Vat



Introduction



With 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 the advantage of the Tropical climate is never missed in choosing the best of raw ingredients at its best potential seasons, be it the homegrown lemongrass or the sea salt of Phuket or the imported herbs from the Himalayas.



Ayurveda Doctor Consultation



An important goal of **Ayurveda** is to identify a person's unique Prakriti the ideal state of balance, determine patterns of imbalance (vikriti), and offer interventions using suitable diet, herbs, aromatherapy, panchakarma, massage treatments, music, yoga, and meditation to reestablish inner balance and harmony utilizing different diagnostic methods such as *Dosha determination, pulse diagnosis, tongue examination and eye examination.*



Dr. Nezeem Kadavil Uthuman (BAMS)
In-house Ayurveda Physician

During the Ayurvedic consultation, a detailed analysis of health concerns from a physical, emotional, and spiritual perspective is done. Integrating the theoretical frameworks of Ayurveda and modern science, your session will focus as much on you as a unique individual who is facing a health challenge as on the health challenge itself.

Ayurveda, the Indian traditional system of medicine describes a unique concept “**PRAKRITI**” (constitution), which is genetically determined, categorizing the population into several subgroups based on phenotypic characters like appearance, temperament, and habits. The concept is claimed to be useful in predicting an individual's susceptibility to a particular disease, the prognosis of that illness, and selection of therapy.

Ayurveda attributes these constitutional characteristics of an individual to the dominance of certain “Doshas” and these Prakriti exhibit attributes of the dominance of the Dosha in physical, physiological, and psychological characteristics. The disturbance in the equilibrium of these Doshas can lead to disease according to the Prakriti of the person which is based on the score points of every individual based on some of the uniqueness of the characters.

PULSE DIAGNOSIS or NAADI PAREEKSHA is palpation of the pulse of the individual and is a key component to diagnosing imbalances and viewing a person's overall health, each quality gives the practitioner different information. The goal of pulse diagnosis is to determine the state of the internal energy and organ systems that allow our bodies to either thrive and function or weaken and decline.

Consultation charges

30 minutes

1.000 Baht

Signature Ayurveda Healing



Chakra Balancing

85 Minutes

4.100 Baht

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

Dosha Purifying

115 Minutes

4.500 Baht

Purify your Doshas starting with head and face massage with herbal oil consisting of herbs like Indian Gooseberry, Indigofera Tinctora, Centella Asiatica, followed by a Rice bundle therapy and application of rice paste leaving you revitalized followed by herbal steam.

Indian Head Massage 30 min

Face Massage 30min

Navara Khizi, Steam 55min

Atma Healing

145 Minutes

5.500 Baht

Attain Nirvana by our soul healing therapy starting with famous 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.

Indian Head Massage 45 min

Khizi 45min

Kaya Seka, Steam 55min

Mangosteen Ayur Journey

165 Minutes

7.000 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.

Udwartanam 55 min

Abyangham 55min

Shirodhara, Steam 55min



Ayurveda Massages



Abhyangam (Traditional Ayurveda Massage)

55 Minutes

3.000 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)

55 Minutes

2.500 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)

55 Minutes

3.500 Baht

Vital energy points are stimulated by applying a certain amount of pressure, which helps in supporting the flow of Prana, "the vital force" within 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)

55 Minutes

2.300 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

1.800 Baht

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

Udvarthnam (Herbal Powder Massage)

55 Minutes

3.000 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 the improvement of lymph flow.



Shirodhara



Tailadhara (Oil)

55 Minutes

4.100 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)

55 Minutes

4.100 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)

55 Minutes

4.100 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

2.400 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

2.400 Baht

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

Greeva Vasti

30 Minutes

2.400 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.





Navara Kizhi (*Rice Pouch Therapy*)

55 Minutes

3.500 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*)

55 Minutes

3.500 Baht

25 Minutes

1.800 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 progressive degenerative conditions like Rheumatic Arthritis, Osteo Arthritis, Spondylosis etc.

Podi Kizhi (*Herbal Powder Pouch Therapy*)

55 Minutes

3.500 Baht

25 Minutes

1.800 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.



Traditional Therapies



Pizhichil

55 Minutes

4.100 Baht

Considered as royal treatment of ancient India, also known as Sarvanga Dhara where gentle synchronized massage is conducted 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, it helps to tone muscles, revitalize nerves, and nourish joints, giving relief from daily stress and fatigue.

Nasyam

30 Minutes

1.800 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 memory power, hair growth and immunity.

Madhu Moksha

55 Minutes

3.000 Baht

Purify your Body, Mind and Soul by indulging in one of the oldest natural traditional therapies 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 consistently 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

1.800 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	25 Minutes
2	ELA KIZHI	55 Minutes
3	UDVARTHNAM, ABHYANGAM	85 Minutes
Price		8.500 Baht

OJAS (VITALITY)

1	AYURVEDA LIFESTYLE CONSULTATION & PADABHYANGAM	25 Minutes
2	ABHYANGAM	55 Minutes
3	NJAVARA KIZHI	55 Minutes
4	PIZHICHIL	85 Minutes
5	UDVARTHNAM, SHIRODHARA	115 Minutes
Price		17.500 Baht

SHODHANA (DETOXIFICATION)

1	AYURVEDA LIFESTYLE CONSULTATION, PADABHYANGAM	25 Minutes
2	MARMA ABHYANGAM	55 Minutes
3	NASYAM, ELA KIZHI	85 Minutes
4	NASYAM, PODI KIZHI	85 Minutes
5	NASYAM, NJAVARA KIZHI	85 Minutes
6	UDVARTHNAM, SHIRODHARA	85 Minutes
7	UDVARTHNAM, PIZHICHIL	85 Minutes
Price		28.000 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 depending on the seasons of nature and the DOSHA.

Days	Treatments	Duration
1	Abyangham (Traditional 4 Hand Massage) Detox Steam (Herbal)	60 Minutes
2	Shirodhara (Third Eye Therapy) Shiro Abhyanga (Indian Head Massage)	60 Minutes
3	Khizi (Herbal Pouch Therapy) Padabhyangham (Foot Massage)	85 Minutes
Price	Exclusive of a Satvik Vegan Set meal	9.000 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 with the prevailing season. 435 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) Himalayan Rock Salt Infrared Sauna	145 minutes
2	Khizi (Herbal Pouch Therapy) Shiro Abhyanga (Indian Head Massage) Padabhyangham (Foot Massage)	145 minutes
3	Udwartanam (Powder Massage) Abyangham (Traditional 4 hand Massage) Himalayan Rock Salt Infrared Sauna	145 minutes
Price	Exclusive of a Satvik Vegan Set meal	18.000 Baht
	Inclusive of a Satvik Vegan Set meal (Full board)	22.000 Baht

Ayurveda Wellbeing Program



KAYA SHODHANA (*Detoxification Program*)

Duration: 1 week / 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 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 have been accumulated in your body for ages.

RASAYANAM (*Rejuvenation Program*)

Duration: 1 week / 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 help 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



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 wide selection of different treatments for your health and beauty.

Swedish Massage*

55 Minutes

2.400 Baht

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

Energy Massage `

55 Minutes

2.400 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 area and they will individualize this massage for you to ensure complete satisfaction.

Thai Reliever Massage `

55 Minutes

2.400 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 *

55 Minutes

2.400 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*

55 Minutes

2.400 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 *

55 Minutes

2.400 Baht

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

Mangosteen Deluxe

85 Minutes

2.800 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.

Coconut Toning Massage

55 Minutes

2.400 Baht

Coconut oil enriched with phosphorus and magnesium will help enhance radiant skin and enrich the suntan, and a relaxing massage would tone the muscles.

**Relaxing Massage ` Deep Massage*

Body Scrub



Aroma Salt Scrub (*Suitable for oily skin*)

40 Minutes

1.800 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

1.800 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

1.800 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 encourage new cell growth to produce healthier looking skin.

Body Wrap

Mangosteen Body Detoxification (*Suitable for all skin*)

55 Minutes

3.000 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*)

55 Minutes

2.600 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*)

55 Minutes

2.600 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*)

55 Minutes

2.600 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*)

55 Minutes

2.600 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*)

55 Minutes

2.900 Baht

A 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*)

55 Minutes

2.900 Baht

Purifies, absorbs 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*)

55 Minutes

2.900 Baht

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

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

55 Minutes

2.900 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

110 minutes

4.500 Baht

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

Choice of Massage

55 min

Choice of Facial

55 min

Ao Chalong Dream

165 minutes

5.900 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 steam

55 min

Choice of Body massage

55 min

Choice of Facial

55 min

Mangosteen Magic

225 minutes

8.100 Baht

This magical experience is for both body and soul. This is the grand dame of our spa treatments that embodies the absolute 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

55 min

Choice of Body Massage

55 min

Choice of Facial

55 min

Flower Jacuzzi

20 min



The Mangosteen Serenade



Mangosteen Revival

110 minutes

4.000 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 (55-min) and Swedish Massage (55-min)

Mangosteen Retreat

95 minutes

4.900 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 this session.

Thai Herbal steam	15 min
Herbal Scrub	40 min
Anti-stress massage	40 min

Spirit of Mangosteen

165 minutes

6.900 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 Wrap	55 min
Traditional Thai Massage	OR
Secret of Mangosteen Massage	55 min
Choice of Facial	55 min

Power of Love (per couple)

185 minutes

14.000 Baht

Give your body a well-deserved tune up all over with this ultimate treat that combines all of Spa's signature therapies. Close your eyes and we will 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 that lulls you into dreamland.

Thai Herbal Steam	15 min
Choice of Body Scrub	40 min
Choice of Body Wrap OR Facial	55 min
Choice of Body Massage	55 min
Flower Jacuzzi	20 min

Promotions



SUKKO *(The 500 minutes 12.000 BAHT - SPA PROMOTION)*

The management welcomes you to the resort and wishes you 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 every day and the offer is flexible and can be tailored individually. Our Spa team will help you to choose the best options. Take advantage of this unique offer:

5 Days Spa Package "Sukko"

This package contains over 8 hours (500 minutes) of exclusive treatments to make your stay 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
55 minutes	Massages of your choice (Swedish, Thai, Energy, Romance, Secret or Deluxe) per day

Price: 12.000 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 people, always one at a time.

ATMA HEALING *(The 150 minutes 4.000 BAHT - AYURVEDA PROMOTION)*

Welcome the NEW beginning with the new YOU!

A 145 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: 4.500 Baht only (Valued at 5.500 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.

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 protected and sealed off pollution from contamination, preserving the natural salt's purity.

The color of Himalayan salt can range 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 & less frequency of respiratory problems.
- Positive ions in 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 such 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.

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

** All reservations need advance booking and a maximum of five people at a time.*

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



The Mangosteen

Ayurveda & Wellness Resort, Phuket



VEDA VILLA

Traditional Ayurveda therapies as centuries ago



Traditional Ayurveda presented as centuries ago.

Welcome to the world of **VEDA Villa**, where the traditional therapies are presented as it was since the ancient times. The therapist is well known to be trained directly under the Vaidyar (Traditional healer and keepers in South India), with the knowledge of the herbs and preparations prescribed by the inhouse Ayurveda doctor as it was since centuries ago in India.

Uzhichil

55 minutes

3.300 Baht

A Kerala traditional massage originated from the Kalari martial art for health and strength of the warriors is a magical traditional healing with soothing touch used with large amount of warm medicated oil giving wonderful results as it tones the muscles, lubricates the joints, removes impurities from body and makes the skin softer, smoother, and devoid of pains and fatigue. Uzhichil helps to prevent ageing and degeneration and it increases blood circulation which in turn encourages the removal of metabolic wastes.

Benefits: Musculo skeletal problems, Joint stiffness, muscle flaccidity, mental stress, general weakness.

Naadi Marma Abhyangam

55 minutes

3.000 Baht

Of the 106 Marma points mentioned important for the flow of vital energy in the body 79 are worked out in this treatment to activate and drain the blockages with the unique Naadi techniques used in the martial art 'KALARI'.

Used as a defensive mechanism in neutralizing the opponent, this is also used in clearing the channels and its flow of energy.

Benefits: Recommended for all immune-related problems, to increase vitality, for muscular stress, physical fitness, and sports injuries.

Yoga Abhyangam

55 minutes

3.000 Baht

A very therapeutic style of massage combines soft tissue manipulation techniques, aided yoga postures, to bring the body into a state of deep relaxation. The stretching movements in Yoga Abhyangam affect the recipient's entire body by improving flexibility, releasing both superficial and deep muscular tension, and deep relaxation with quieting of the mind. The effect of stretching is like yoga.

Benefits: Relief from pain and muscle tension, Increased flexibility, Improved range of motion stress relief, Increased energy levels, Improved circulation, and lymphatic flow

Shila Abhyangam

85 minutes

3.800 Baht

Allow this ancient Ayurvedic technique which uses herbal Ayurvedic oils and basalt stones heated in water for a slow, deep tissue massage. This massage is traditionally given to stimulate the circulatory system, soften and relax the muscles, release toxins, relieve pains and muscle spasms, and induce a state of deep relaxation. The warmth of the hot stones in Shila Abhyanga helps to still the over-active mind and the Vata element, inducing a tranquil, quiet state of mind.

Benefits: Increases circulation, releases toxins, tensions, and knots in the muscles, balances the chakra system

**Naadi Sweda Abhyangam****55 minutes****3.200 Baht**

A traditional synchronized Ayurveda massage indulged with the essence of the herbal steam all happening while you are relaxing on the massage table. This two in one has the benefits of the herbal steam helping the muscles to relax while the dosha specific oils are used in the traditional Ayurveda massage leaving you in the ultimate state of painlessness and relaxation.

Benefits: Recommended for a sports injury or fibromyalgia or generalized muscular pain.

Naadi Marma Shiroabhyangam**55 minutes****3.000 Baht**

Naadi is the traditional meridian of the martial art "Kalari" and Marma are the Vital points of energy essential for the body and mind functioning. This traditional Indian head massage using Ayurveda oils helps in relieving the hidden blockages in the 27 Marma points in the head neck and shoulder areas.

Benefits: Recommended for headaches, cervical spondylitis, disturbed and light sleep, for good circulation.

Navara Theppu**55 minutes****3.200 Baht**

Medicated Navra rice paste cooked in milk and suitable herbal decoction is rubbed for a gentle full body massage and the face massage with beauty enhancing skin protective oil is a natural skin whitening procedure and smooth texture of the skin.

Benefits: Helpful in dry, hyper allergic sensitive skin, muscular atrophy, and stiffness of joints - strengthening the tissues, paralyzed/hemiplegia conditions.

Shaali Herbal Compress**55 minutes****3.200 Baht**

Shaali or the Rice is known for ages for its brahmana or nourishing effects, which is the very reason it's been a staple food source for wholesome nourishment. Mixed with other herbs it has many medicinal effects and helps increase Ojas (Vitality). Used in many Vata and pitta diseases, this Shaali herbal compress with rice soaked in herbal decoction overnight and applied over the body in a tight bag dipped in warm oil leaving a soothing effect to the muscles and the skin.

Benefits: Sports injury, arthritis, hot joint swellings, sore knee, fibromyalgia.

Jambeera Pinda Sweda**55 minutes****3.200 Baht**

A bag filled with Jambeera (Lemon) mixed with herbal powders are warmed with the help of medicated oils or without the oils based on the guest needs are applied to the muscles and joints helps relieve pain and inflammation and relieves tensions and flexibility. As Lemon is rich in Vitamin C (64%), along with minimal percentages of Vitamin B complex, Choline, calcium, magnesium, phosphorus, Manganese, potassium, and Zinc which are having good nutritional values.

Benefits: Stiffness in the joints, Joint Swelling, Muscle stiffness, Muscle cramps, Pain in the joints, Rheumatoid Arthritis, Muscular spasm, Cervical spondylitis, Lumbar spondylitis.



Shirodhara Classical

115 minutes

6.000 Baht

This classical ayurvedic rejuvenating therapy combines Abhyangam in traditional style with the one therapist slowly gliding into the muscles for the PRANA FLOW and followed by a THIRD EYE therapy - Shirodhara to stimulate circulation, improve clarity of mind, and boost energy levels by a stream of warm herb infused oil is dripped in a constant gentle stream over the forehead, continuous along the crown of head, saturating the hair and scalp to provide a complete relaxation. The therapy certainly offers deep mental relaxation and eliminates strain and insomnia.

Benefits: Anxiety, depression, hypertension, nervousness, migraine, headaches, and sleep disorders.

Royal Shirodhara

85 minutes

5.000 Baht

A complete state of Mindfulness and bliss with these 90 minutes of gentle flow of medicaments over the Third eye Chakra helps reduce stress and enhance cellular intelligence and immunity. This is the continuous pouring of oils, milk, buttermilk or ghee over the forehead and scalp. Oils stroking the 'third eye' has a balancing effect on the deepest recesses of the brain.

Benefits: Anxiety, hypertension, relaxes the nervous system, and treats neurological disorders.

Traditional Shirodhara

55 minutes

4.000 Baht

This is the continuous pouring of oils, milk, buttermilk or ghee over the forehead and scalp. Oils stroking the 'third eye' has a balancing effect on the deepest recesses of the brain.

Benefits: Anxiety, depression, hypertension, nervousness, migraine, headaches, and sleep disorders.

Chakra Dhara

55 minutes

5.800 Baht

A Royal treatment of slow stream of herbal Ayurveda oil poured over the Anjna or the third eye chakra awakening the energy with herbal Ayurveda milk poured over the Anahata (Heart chakra) or the Swadishtana (Solar plexus). This awakening and healing of the chakra all at the same time will lead to the ultimate experience of blissfulness.

Benefits: Recommended in anxiety and depression, insomnia, emotional challenges, and for the deep meditative state of SAMADHI.

Thalapothichil

55 minutes

2.800 Baht

A cooling treatment for the Pitta Dosha in the Head (THALA) to which a Pothichil (CAP) prepared from sandalwood, Vetiver root powder and other cooling herbs mixed in buttermilk in a Banana leaf and placed over the scalp with herbal oil poured at the top groove and allowed the scalp to soak the herbal benefits.

Benefits: Correction of Pitta Dosha, relaxed mind, relives stress and aches, reduces scalp irritations.

**Nasya Shodhana****40 minutes****3.000 Baht**

One among the PANCHAKARMA cleansing process of Ayurveda to release the imbalances and toxins in the head and neck region this therapy of Instillation of herbal medicines through the nostrils helps to clear blocked sinuses and head channels, stimulating the brain cells and central nervous system. Followed by an inhalation of herbal smoke with turmeric and pepper helps in clarity of the nasal canal and increased immunity.

Benefits: Clears sinus, anti-inflammatory, prevents flu conditions, improves immunity, helps prevent seasonal and contact allergies

Kaya Lepa - CHOORNA**55 minutes****3.200 Baht**

A full body traditional wrap with warm Ayurveda herbal mix covered over the body using the very natural banana leaves to sweat and detox the toxins for the body helps increase the immune system and to liquefy the fat molecules in obesity.

Benefits: Bodily inflammation, arthritis, skin disorders, obesity, cellulite.

Kaya Lepa - ELA**55 minutes****3.200 Baht**

Freshly collected leaves of Moringa, Castor, Jackfruit, and tamarind all with unique healing properties with the anti-inflammatory and anti-arthritic effects are used as a coarse paste under the warm wrap of the banana leaf.

Benefits: This healing wrap is the best remedy for joint inflammations, fibromyalgia, arthritis, sports injury, accidental sprains, muscle, or facial tear injury and post-surgical or fracture healing.

Karna Poorna**25 minutes****1.800 Baht**

A unique method of regular practice mentioned in the Dinacharya (daily regimes) of Ayurveda health practices has a significant effect on the functioning of the hearing senses.

Instilling herbal oil preparations in the ear canal after a gentle massage with lukewarm medicated oil around the ear and pinna helps oil get absorbed by skin lining external auditory meatus and tympanic membrane and reaches systemic blood flow.

Benefits: Maintains ear health, relieves earaches, and by the counter effect of heat, it also relieves the pain of nearby structures like the mandible or other related areas in the neck.

Akshi Dhara**25 minutes****1.800 Baht**

Akshi Dhara or Netra Dhara as it is well known is the flow of medicaments that are soothing to the eye are slowly streamed into the eye.

Elaneer Kuzhambu the elixir for the eye is dropped in the eye for healing followed by the coconut water wash for that ultimate cleanse leaving back the feel of freshness and clarity of the vision and the sclera of the eye.

Benefits: the strained eye, or if you are working in front of the computer or other self-illuminating screen for long hours or if you have just gone through an eye infection, helps prevent seasonal eye allergies.

Achievements and Certificates



DR. NEZEEM K.U.
AYURVEDA DEGREE



MRS. ROSE VON KELLER
SPA MANAGER



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