

Integrative Wellness Services & Retreats

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

For retreats: These services are carefully coordinated to ensure specific outcomes that are relevant to the context of each retreat. Many of these services are included in our retreat packages, although the specific inclusions may vary depending on the type of retreat. To ensure that you fully understand the treatments and services that are included in your package, we recommend that you check the specific inclusions for each retreat.

Included in all retreats:

Ayurah Wellness Assessments:

These assessments offer a unique snapshot into the current status of your cardiovascular wellbeing, body composition, blood glucose, skin health, and your psychosocial and spiritual wellbeing.

Blood Pressure - using an electronic sphygmomanometer to measure cardiovascular health.

Body Composition Analysis - using the bioelectrical impedance [resistance] method, with an Accuniq-BC380 scanner, we can accurately measure your body percentage of water, muscle-tissue, body-fat and bone. The key to determining your lean body mass and assessing metabolic health.

Fasted Blood Glucose - measuring blood sugar, to determine blood glucose levels, and predisposition to insulin sensitivity and related problems, such as diabetes.

Skin Analysis - our beautician / skin therapist will assess your facial skin health and offer advice for treatments, further programs and facial care regime.

Traditional Thai Medicine Assessment - Our master therapist uses traditional Thai healing methodologies and analyses the four elements of nature: Pathavi dhatu (earth), Apo dhatu (water), Vayo dhatu (wind), and Techo dhatu (fire), to provide insights and guidelines for lifestyle improvements.

Chakra Analysis - A personalised and comprehensive analysis of your physical health, emotional balance, mental clarity, and spiritual condition through an interactive assessment, with an expert therapist trained in Traditional Thai Medicine and Ayurvedic principles. Develop deep insights and a to guide your personal health and well-being vision.

Integrative Health Menu

Ayurah Holistic Master Therapies - treatments offered by our master therapist:

Chakra Ka-vikasa Energy Alignment and Chakra Balancing: A synthesis of Eastern and Western energy therapies: Cranio-Sacral, Reiki, Qi Gong and Taoist healing. Helps treat stress, anxiety, fatigue, pain, head-aches, female pelvic issues and digestive disturbances.

Four-Elemental Ayurah Santulana Massage: Thai-styled movements, which combines stretching and deep-tissue massage with *Kahuna* bodywork. An individualised healing experience that leaves you feeling balanced and energised.

Integrative Deep Tissue Massage: Combining deep tissue, sports massage & trigger point therapy - geared towards restoring mobility to areas of pain or dysfunction.

Soul-Coaching and Healing - A personalised coaching session, that explore life's challenges and goals in a supportive environment. Using the deeper wisdom of Western & Eastern traditions to understand core issues, and develop practical approaches to heal the soul.

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

CBD Medication - Discover the power of our natural products, infused with Cannabidiol - a non-psychoactive compound derived from the Hemp plant, approved by the FDA. Extensive research shows that CBD offers numerous benefits, including pain management and relief from neuropsychiatric disorders such as anxiety and stress. Our products are also designed to promote restful sleep, facilitating deeper recovery and supporting overall wellness..

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

Chest Massage, by Osteopath - Using structural techniques to release the musculature of the diaphragm, chest, shoulders and neck. Reduces inflammation and tightness. Helps release stress, improves muscle function, and revives your calming breath.

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

Digestive Support Beverages - Drinking healthy fruit and vegetable juices, fermented beverages, and digestive supplements. These beverages support nutritional hydration, enables a healthy microbiota, and increases access to essential micronutrients (Vitamins & Minerals).

Fitness Programs:

Beach Training & TRX - Uses our specially designed beach-gym, with TRX suspension training, and exercise options with natural stones and on the sand.

Hiking [in the] National Parks - Hiking offers many benefits, including improved cardiovascular health, muscle building, better balance, and positive mental health effects. It also allows you to explore new environments in the nearby national parks surrounding Aleenta in Phang Nga and Khao Lak.

Muay Thai - The art of eight-limbs fighting and training with one of our pert instructors in our specialised Muay Thai gym, with you own Muay Thai shorts.

Personal Training - Exercise and movement training, which will be specific to your needs and aspirations. PR includes a range of fitness activities, including cardio, HIIT, flexibility, resistance training, aquatic programs and even training on the beach and under-water.

Yoga - A range of Yoga classes are available, from Vinyasa to Hathaway Yoga, and of course meditation Pranayama, Yoga Nidra. Yoga Therapy may be booked privately with the instructor.

Fitness Testing - Tests & Training Program by Exercise Physiologist, John Bennett:

- VO2 Max Test - endurance sports test
- Muscle Oxygen SMO2
- Lactate Threshold
- VLaMax
- Inspiratory Muscle Test
- Training Zones - HR / Pace / Power

Integrated assessment of your fitness across a number of perimeters, including cardiovascular (aerobic) performance, efficiency of oxygen delivery, anaerobic exercise capacity, maximum lactate production and breathing capacity. Scientifically measuring your perfect heart rate, pace and power during training and racing in your chosen sport - anything from triathlon to badminton; or ultra-marathons to free-diving.

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

**Available with colour therapy.*

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

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

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

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

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

Oxygen Therapy - Breathing pure oxygen for 30-minutes. Listening to your body, and being grateful for this state of healthy breathing. Find a sense of calm and a feeling of being fully oxygenated. Especially helpful to help reduce the effects of jet-lag, tiredness or anxiety.

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

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

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

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

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

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

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

Wellness Cooking Classes - Learn to cook healthy food with Thai flavours, and in the style of the local region and further afield. Fantastic plant-based menus, with unique insights into healthy cooking techniques; including - steaming, poaching, grilling, stir-fry and baking. Learn about 'the macros' and how best to balance your micronutrient intake.