



# amatara

WELLNESS RESORT

Amatara has the great pleasure of introducing  
the world's first Thai Hammam  
A peaceful haven of tranquility, wellness, and luxury spa pampering  
honoring the bathing traditions of Morocco and Turkey  
and adding the intelligent, sensitive touch  
of healing Thai spa therapy

## **Amatara's** Thai Hammam

*The Thai Hammam experience is a rejuvenating, hydrothermal therapeutic treatment, with detoxifying, energizing, circulatory stimulant and immune boosting benefits.*

Our ocean view spa treatment rooms are allocated as a priority for all guests wherever possible and are subject to availability. If you would like to ensure that your treatment is in an ocean view room, please talk to our reception team and we will do our best to meet your request.

All sessions (excluding beauty and Hammam treatments) include a footbath, herbal drink with refreshment and relaxation time

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Rates are valid until October 31<sup>st</sup>, 2018.

## The Complete Thai Hammam Experience

Feel yourself renewed with our unforgettable complete Thai Hammam journey. Comprising of several stages and utilizing contrasting temperatures, deep body exfoliation, massage, thermal mud therapy, and salt cave relaxation, this experience is sure to leave you in an unforgettable state of complete bliss. All products use are 100% natural.

Your treatment includes:

Traditional sauna  
Rainshower  
Aromatic Thai Herbal steam  
100% Natural Moroccan Black Soap massage and skin softening  
Deep skin exfoliation with authentic Hammam Kessa glove  
Therapeutic thermal mud treatment  
Himalayan salt cave therapy and relaxation  
Signature of Amatara massage  
Post-treatment Snacks and herbal tea

165 minutes 8,900 baht  
(Including 'Signature of Amatara' massage)

105 minutes 6,900 baht  
(Excluding massage)

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## Mud Therapy

Using pure healing mud or clay from the earth is a centuries old practice to support skin and musculoskeletal health. All over the world, muds of different mineral profiles and therapeutic have been used therapeutically in many traditions.

Relax on an internally heated stone bed while your therapist applies therapeutic mud to your whole body. Wrapped gently in Thai sarongs, the warmth of the stone bed allows the minerals and medicinal properties of the mud to be absorbed into the skin. The benefits of this treatment include skin detoxification, improve circulation, reducing inflammation in the body and reducing pain and muscle stiffness.

Follow with a shower, Himalayan salt cave therapy and relaxation time.

### Mud Therapy 60 minutes 3,200 baht

Choose from two kinds of therapeutic mud for your treatment:

#### Moor Mud (Hungary)

Moor mud is a highly prized type of mud made not from solely from clay (actual clay content is about 5%), but from the organic residue of herbs, flowers and grasses, transformed into a fine paste that contains a high concentration of humic acids, fulvic acids, minerals, trace elements, vitamins, and amino acids, in a form that our skin is able to absorb easily. It is highly detoxifying and nourishing for the skin and has anti-inflammatory, antiaging and stimulates circulation. Moor mud is ideal for sensitive skin.

#### Ghassoul Clay with 7 Plants Extract (Morocco)

This is a truly luxurious high silica and magnesium content clay (90% clay in composition) with 7 types of herbal extracts. It is naturally exfoliating, and helps to rebalance sebum production, detoxify the skin and reduce skin inflammation. It's beneficial skin healing properties are partly due to the high silica and magnesium content, which help to effectively draw toxins and impurities from the skin. Extracts of Rosemary extract, Lavender, Rose, Clove and other herbs adds additional skin and circulatory stimulant benefits. This clay is ideal for oily skin, absorbing excess oil and reducing congestion without drying the skin.

Both Moor Mud and Ghassoul clay are very gentle, 100% natural products.

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## How to Hammam



Our Hammam treatment is a very unique and memorable experience and it is our aim that you get the most out of it. Below you will find some guidelines to help you achieve this:

1. Amatara's Thai Hammam is a shared facility. This means that you will be sharing the space with other guests, separated by sex. The facility can be booked by up to six guests at one time.
2. While it is a shared facility, your individual spa therapist will guide you through the process for the entire time you are in the Hammam.
3. Please be respectful of other guests during your treatment, giving them personal space and respecting that the Hammam is a place of quiet relaxation. We ask that you speak softly at all times. Please note that for safety, children are not permitted in the Hammam area.
4. We run 4 'rounds' of treatment cycles per day. Male and female guests will be booked in each slot on a first come first served basis. Hammam sessions are open at the following times:

10.00am – 11.45am

12.30pm – 2.15pm

3.00pm – 4.45pm

5.15pm – 7.00pm

Please arrive 10 minutes early before your session starts.

5. If you specifically require a private Hammam session, a 30% surcharge will be applied to your treatment rate. This is also subject to availability.
6. Couples are welcome to book Hammam treatments together, as a private session for two. A surcharge of 10% will be added for this booking.

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7. Use care when walking from station to station in the Hammam area. Please be aware that it is a wet area, and the floor may be slippery at times. Take your time, and walk slowly.
8. During your Hammam treatment, we ask that you wear the disposable underwear at all times. Men should wear the underwear and sarong wrap, while women should wear the bikini set provided. Women may choose to wear only the bikini bottom, if desired. Guests are recommended to remove contact lenses, if worn.
9. If at any time you feel faint or uncomfortable during the Thai Hammam process, please inform your therapist immediately.
10. Before your Hammam experience: drink plenty of water, and continue to rehydrate during and after the session
11. Following your Thai Hammam, we recommend our Signature of Amatara massage. This is a perfect way to end your session, both for your ultimate relaxation and to optimally nourish your skin.

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## The Thai Hammam Treatment Process

Step 1: You will be escorted to the locker room, where you will find your Hammam outfit, slippers and robe. Please wear these and be sure to place all shoes, clothes, jewelry and watches in your locker securely. Women are asked to remove all makeup before entering the Hammam.

Step 2: You will be guided to enter the sauna for 5 minutes, to begin the Hammam treatment process. This is a traditional sauna, heated to 80 degrees Celsius.

Step 3: Rainshower cool off. The use of hot and cold water temperatures is to help stimulate blood circulation, the immune system and to enliven the skin and whole body. This is an important therapeutic aspect of the Hammam experience, and will also help to reduce fatigue.

Step 4: Thai floral steam, for 10 minutes. This is a traditional Thai herbal steam offering benefits for the respiratory system and skin.

Step 5: Rainshower cool off (Step 4 and step 5 may be repeated if you prefer the steam in 5 minute intervals)

Step 6: You will be guided into the main Hammam room, and to recline on the internally heated stone bed. Your therapist will gently rinse your body of sweat with cool water.

Step 7: Black soap massage – this is a completely natural, organic soap made from olive and argan oil, with either eucalyptus or neroli essential oil, with skin softening and nourishing benefits. This is applied to your whole body

Step 8: Thai floral steam, for 5 minutes. This allows the beneficial properties of the black soap to be further absorbed into the skin, and prepares the skin for deep exfoliation.

Step 9: You will be guided back to the hot stone bed, and after the therapist rinses the soap from your body, you will receive a full body exfoliation with your single-use Kessa glove. You will literally see layers of dead skin being gently removed from your body.

Step 10: Your body will be rinsed completely and hair shampooed and conditioned.

Step 11: Ice cool down – a bowl of shaved ice will be given to you, and your therapist will help you apply ice to your body and face to enliven your skin and provide welcome contrast to the heat of the steam and the hot stone bed. You will be invited to sit on a heated bench and enjoy the contrast of the ice on your skin by applying it to your body as you wish. Please feel free to refill your ice bowl as many times as you wish.

Step 12: Mud therapy time. You will be guided out of the main Hammam room and into the Mud bath room. Here, your selected clay will be applied to your whole body by your therapist. The leftover mud will be given to you to apply to your face if you wish. You can then relax on the warm stone bench in the mud room to allow the minerals and beneficial properties of the mud to be absorbed into your skin.

Step 13: A gentle steam will be infused into the mud room, moistening the mud and allowing for one last 'heat' step in your Hammam journey.

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Step 14: Cool shower – take a cool shower in the mud room to rinse all the mud from your body. You may remove your disposable underwear at this stage, your therapist will give you a towel to dry completely, and offer you a bathrobe.

Step 15: Salt cave therapy and relaxation time – 15 minutes. Relax in the comfortable chairs of our salt cave while a very fine mist of pure salt is infused into the room. This helps to support the respiratory system and is thought to be especially beneficial for those with asthma or allergies.

Step 16: End your session with a small healthy snack and herbal tea or continue with a massage.

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A holistic approach to wellness,  
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organic ingredients designed to nurture body, mind and spirit  
into a sense of calm and tranquility.

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## Essence of Amatara Massage Therapy



### The Signature of Amatara Massage

The magic of the Phuket Sea is captured and embraced in this session, where consistent pressure along the energy lines and gentle stretching eases muscle tension. As the Thai sun warms the soul, this massage will warm and melt any tension held in muscles.

Signature of Amatara 60 minutes 3,100 baht  
Signature of Amatara 75 minutes 3,600 baht  
Signature of Amatara 90 minutes 3,900 baht

### Reaching into the Deep Muscles Massage

The expert therapist's skilled hands work in slow movements, complementing your breath and pressing deeply into the muscle tissue. Perfect for guests who enjoy deeper muscle pressure.

Deep Muscles Massage 60 minutes 3,100 baht  
Deep Muscles Massage 75 minutes 3,600 baht  
Deep Muscles Massage 90 minutes 3,900 baht

### Individually Focused & Intuitive Massage

Advanced training and experience opens the practitioner's intuition, selecting techniques specific to your needs. Especially good for those feeling jet-lagged.

Intuitive Massage 60 minutes 3,100 baht  
Intuitive Massage 75 minutes 3,600 baht  
Intuitive Massage 90 minutes 3,900 baht

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### Relaxing Lavender Therapy Massage

A deeply relaxing oil massage utilizing the healing, calming, and sleep-promoting properties of pure Lavender aromatherapy. Allow your therapist to skillfully ease muscle tension throughout the body, head, neck and shoulders, encouraging healthy, deep, rejuvenating sleep.

Relaxing Lavender Therapy Massage 90 minutes 3,900

### Learn to Massage Another

This is a very special session designed to create a deeper, heart felt connection between a pair of people. Learn to massage your partner, friend, parent, daughter or son with the expert guidance of our experienced therapist. You will be taught the basics of Thai massage techniques.

Learn to Massage Another (2 people) 90 minutes 3,500 baht

### Short on time?

We can offer a 30 minute oil massage focusing on a particular area according to your preference or need.

Massage on the spot 30 minutes 1,600 baht

### Pregnancy Massage

Especially designed for mothers to be, our nurturing, relaxing, gentle pregnancy massage is an ideal way to pamper expectant mothers and provide a memorable highlight to your luxury holiday at Amatara. Our expert therapists support our pregnant guests with cushions and modified positioning for massage, and use pure sweet almond oil, a safe choice for both mother and baby.

Pregnancy massage 60 minutes 3,200 baht

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## Detoxifying and draining slimming treatment

A dynamic, luxury slimming body treatment focusing on an area of concern. Choose to concentrate on upper thigh, hips or stomach. This treatment is specially developed to activate metabolism and the draining of impurities from the body via the lymphatic system and skin. The addition of a far-infrared heat blanket adds to the detoxifying and metabolism-boosting effect of the treatment.

The session includes luxury spa products from Guinot, made in Paris.

It includes a full body green tea body scrub, stimulating anti-cellulite massage, anti-cellulite detoxifying massage oil, and a sauna mask with clay and green tea to your chosen area of concern. This is followed with a full body application of concentrated body slimming cream. The results are immediate, including a feeling of lightness, firmness and tone throughout the body.

Detoxifying and draining slimming treatment 90 minutes 4,800 baht

## Ultimate detoxifying slimming treatment

A total draining and detoxifying luxury body treatment using luxury spa products from Guinot, made in Paris.

The treatment is designed to promote slimming, improve metabolism, eliminate toxins and excess fluid in the body. The addition of a far-infrared heat blanket adds to the detoxifying and metabolism-boosting effects. The session includes a full body green tea body scrub, stimulating anti-cellulite massage, anti-cellulite detoxifying massage oil, and a sauna mask with clay and green tea to areas of concern. This is followed with a full body application of concentrated body slimming cream. The results are immediate, including a feeling of lightness, firmness and tone throughout the body. This treatment is ideal for anyone experiencing fluid retention and well as those wishing to address cellulite, and to slim and tone the body.

Ultimate detoxifying slimming treatment 120 minutes 5,900 baht

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## Traditional Thai massage

Thai massage is a deeply healing therapy that stems from ancient tradition. It utilizes 'sen' lines, or lines of energy and a point system similar to those used in Chinese medicine. These points and sen lines are given close attention in Thai massage, in order to improve energy flow, increase blood circulation and relieve tension in muscles and tendons. When energy and blood flow unobstructed, the tissues and organs are better nourished, improving health.

Traditional Thai massage helps to improve in overall health and wellbeing, and significantly reduce stress and tension.

Thai Massage 60 minutes 3,100 baht  
Thai Massage 90 minutes 4,500 baht  
Thai Massage 120 minutes 5,500 baht

Traditional Thai massage with herbal compress  
Warm compresses stimulate and support body systems,  
to soothe and create internal balance, along with the healing benefits of traditional Thai massage.

Herbal Compress and Traditional Thai Massage 120 minutes 5,700 baht  
Herbal Compress and Signature of Amatara Massage 120 minutes 5,500 baht

## Thai Yoga Massage

A more recent innovative progression of from traditional Thai massage, Thai Yoga Massage still draws on the timeless wisdom of its origins while incorporating stretching inspired by the equally ancient and artful practice of Yoga.

Thai Yoga Massage 90 minutes 3,900 baht

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### Thai Thermal Therapy

This is a deeply relaxing massage therapy that is internally warming, detoxifying and energizing. It is inspired by a traditional Thai therapy often used for women post childbirth or for people to tend to feel cold easily, or who have poor circulation.

Thai thermal therapy makes use of Himalayan salt packed in a Thai style a clay pot, which as warmed is able to disperse heat gently and deeply into the body. This is combined with the power of aromatherapy, using certified organic essential oil-infused massage oil. The treatment is concentrated on the back and abdominal area. It promotes better blood circulation, lymphatic drainage, and has a detoxifying, energizing and relaxing effect.

It is wonderful for anyone who tends to feel cold easily, either in the extremities (such as cold hand or feet) or generally throughout the body.

Thai Thermal Therapy 90 minutes 4,200 baht  
Thai Thermal Therapy 120 minutes 4,800 baht

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## Traditional Thai Healing

The traditional Thai healing system is a centuries-old system that is a blend of Ayurvedic (Indian) medicine and the work of traditional shamans, midwives and local healers of Thailand. It is a deeply spiritual system that uses the four elements; wind, earth, fire and water, and sees these elements as needing to be in balance within a person to achieve mind and body harmony.

Using specific bodywork, massage, meditation technique, and nutrition and lifestyle advice, the treatment is individually tailored and can treat the following types of conditions:

- Neck and shoulder treatment – pain, stiffness, poor range of motion
- Frozen shoulder
- Poor circulation and numbness
- Office syndrome
- Female reproductive health issues, irregular ovulation, menstrual pain, irregular or heavy menstrual bleeding
- Digestive complaints
- Migraine and headache
- Shortness of breath
- Lower back pain
- Sciatic nerve pain
- Men’s sexual and prostate health
- Issues relating to urination
- Age related ankle, knee and hip issues
- Many other conditions

We offer these healing treatments after a short consultation with our Traditional Thai Healer therapist, who then designs the treatment according to the guests’ condition. Ideally, a sequence of 3 sessions is recommended as a complete treatment course. After the treatment, lifestyle or dietary advice may be given.

Thai traditional healing 120 minutes 5,500++

Package of three sessions 13,200++

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## Ayurvedic Massage Therapy

‘Ayurveda’ literally means ‘the science of life’ and is an ancient system of traditional healing that is still widely practiced today, both throughout India and in many other locations around the world. The practice of Ayurveda includes many beneficial massage and body therapies, to support the vitality of the body, for detoxification, and to stimulate natural healing and balance.

We have included a selection of these deeply relaxing, therapeutic treatments in order that our guests can experience the benefits and bliss of authentic Ayurvedic therapies.

### Shirodhara

Shirodhara deeply calming treatment and a classic from Ayurveda. It is traditionally used to nourish the nervous system, and is thought to help relieve symptoms of anxiety, stress, insomnia, fatigue and hypertension. It relieves tension, worry, fear and headache as well as depression. It regulates mood and gives feelings of pleasure and relaxation.

The treatment is performed by the pouring of warmed sesame oil in a slow and steady stream onto the ‘third eye’ point on the forehead, which then flows back through the hair. Sesame oil is rich in linoleic acid, and has anti-bacterial, anti-inflammatory and antioxidant properties. It is very nourishing, and prevents the skin from getting excessively dry.

Shirodhara 60 minutes 5,900++ baht

### Indian Head Massage

Focusing primarily on releasing tension in the tissues of the head, neck and shoulders, this massage is ideal for anyone seeking to de-clutter the mind, release mental strain or stress, improve sleep quality, and experience a blissful feeling of freedom, lightness and peace of mind.

Indian Head Massage 60 minutes 3,500 baht

### Abhyanga

Using pure organic, cold pressed sesame oil warmed to a gentle, comfortable temperature, this full body oil massage is prized in Ayurvedic tradition for its rejuvenating and detoxifying benefits. We tailor the treatment to suit your body type defined by Ayurvedic medicine, either Kapha, Pitta, or Vata, by using a blend of aromatherapy in your massage oil specific to creating harmony in your particular body type.

Cleansing of the skin, our largest organ, is one of the main areas of focus on this treatment. This treatment is also traditionally used to calm nervous system, increase alertness of mind and improve stamina. Ideally, Abhyanga is followed by a steam to complete the session and allow the beneficial properties of the sesame and essential oils to be effectively absorbed into the skin.

Abhyanga full treatment including steam 120 minutes 4,800 baht

Abhyanga 90 minutes 4,200 Baht

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## Kati Vasti

This is a unique treatment ideal for lower back pain, exhaustion, and sciatica. Focusing primarily on the lower back, the treatment is performed by an oval-shaped dam being created on this area, into which specially prepared, gently warmed herbal oil is poured. This is thought to rejuvenate the adrenal glands, located on top of the kidneys deep to the lower back, and nourish the surrounding nerves and muscular tissue. Local 'marma' points are gently pressed to stimulate the free flow of blood and energy in and around the lower back and legs.

Kati Vasti 60 minutes 3,800 baht

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# Holistic Treatments for healing and detoxification

## Chi Nei Tsang



Originating in Thailand and based on the principles of Traditional Chinese Medicine, Chi Nei Tsang is a healing massage therapy focused primarily on the abdomen, and is sometimes called 'inner organ massage'. The digestive system is known as the 'second brain', owing to the vast number of nerve cells and neurotransmitters found within it. It has been recognized that many of us, often unknowingly, hold physical and emotional tension within the abdomen, and this can often result in uncomfortable digestive symptoms and the accumulation of toxins. Chi Nei Tsang thus works to release tension, stress, and toxins held within the abdomen. It is ideal as a re-colonic massage or as a treatment on its own.

Chi Nei Tsang 60 minutes 4,000 baht  
Chi Nei Tsang 3 x 60 minutes 9,600 baht

## Colon Hydrotherapy

Due to the pace of modern living, stress, and the increased consumption of refined foods, most of us accumulate excess waste in the intestines over time.

Some of us may experience symptoms such as constipation, bloating, poor digestion, or fatigue, while others may be unaware of such accumulation. Colon hydrotherapy is a key treatment for supporting the elimination of excess wastes from the large intestine. This treatment, performed by a qualified nurse, involves the gentle irrigation of the colon with warm water, followed by the release of water and wastes into a clean, discreet system.

For complete cleansing, a minimum of 3 sessions is recommended, but a single session is also highly beneficial.

Colon Hydrotherapy 60 minutes 4,800 baht  
Colon Hydrotherapy 3 x 60 minutes 11,500 baht

## Coffee or Chlorophyll enema

After a two colonic sessions, a third colonic can be taken that includes an organic coffee or chlorophyll enema. *This must be preceded by two colonic sessions to ensure the bowel is clear.*

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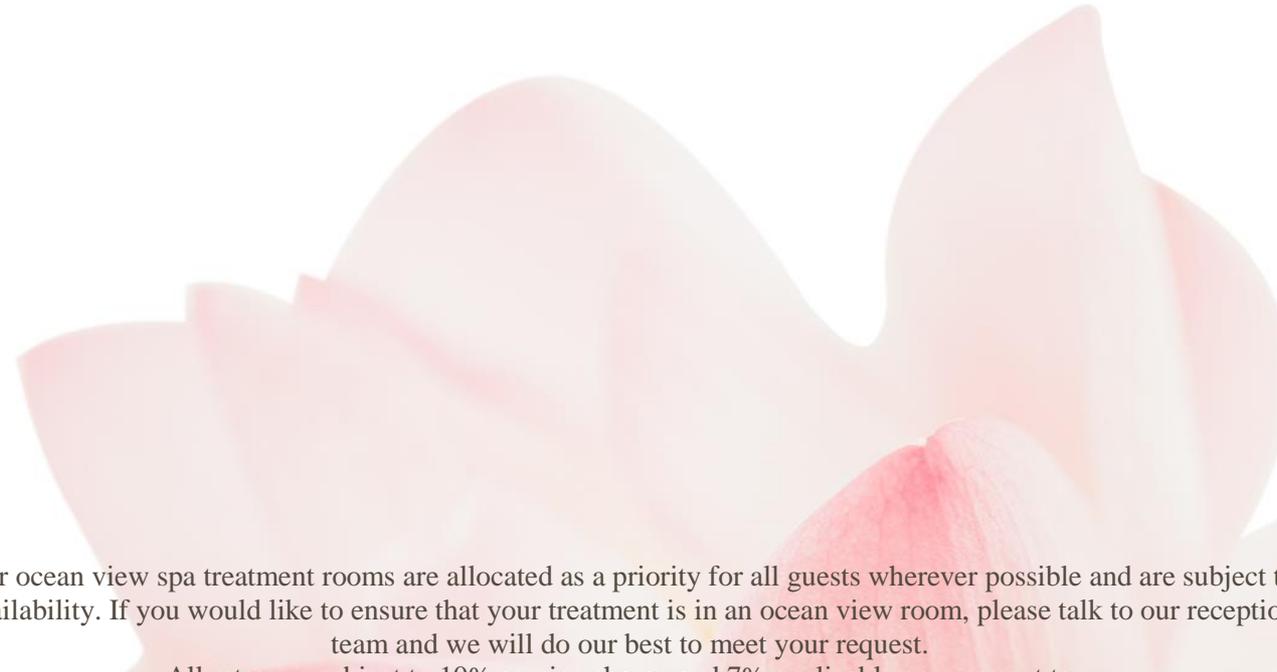
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Coffee enemas help to increase the elimination of toxins from the liver by increasing bile output.

Chlorophyll helps to destroy harmful bacteria in the digestive tract, and has many other health benefits, including promoting the health of the circulatory, digestive, immune, and detoxification systems.

Colon Hydrotherapy 2 x 60 minutes + 1 x colonic with coffee enema 12,300 baht



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## Manual Lymphatic Drainage



The lymphatic system is an extremely important part of the body's circulatory system, also playing a vital role in immune function. Manual Lymphatic Drainage is a therapy designed to support the healthy functioning of the lymph system, including detoxification of fluid wastes and eliminating excess fluid. This helps to clear the body of toxins and stimulate the immune system.

Manual Lymphatic Drainage 90 minutes 4,500 baht

## Energy Healing (Reiki)

This is an ancient, hands-on healing technique that draws on the concept that everything is energy, from subtle to physical matter. All healing practices ultimately involve the re-aligning of energy within the body, as well as the physical, emotional and mental layers of our being. Energetic healing works purely on the energetic level, which ultimately influences the harmony and balance of the physical body. When we are seeking to heal and balance the body, we certainly need to focus on the physical, mental or emotional levels with specific treatments. Energy healing supports all other therapies, as it works on the energy of which the body, mind and emotions are composed.

Energy Healing 60 minutes 3,600 baht

## Chakra Balancing

There are seven major Chakra (energy centers), which correspond to major endocrine glands in the physical body. Each chakra also relates to specific emotional states, aspects of our personal expression, and spirituality. Chakras can become blocked through an emotional upset, such as conflict, stress, loss, or accident. When this occurs, a disruption in the flow of energy through the chakras results and we may feel unease physically or emotionally. Our chakra balancing session is an energetic treatment, using kinesiology (muscle testing), sounds healing tuning forks and flower remedies to bring the charkas and energy in the body back to balance. Each of the 7 charkas is treated in succession.

Chakra Balancing 60 minutes 4,000 Baht

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## Australian Bush Flower Essences Session

Australian Bush Flower Essences are vibrational medicine created from the wildflowers of Australia. They are prepared homeopathically and are taken as drops. They total 69 different kinds of flowers, each essence relates to a different emotional or spiritual healing quality. For this session, holistic counselling is used along with kinesiology (muscle testing) to determine which flower or flowers are most appropriate for you in your current life situation.

These are then combined as a personal blend for you to take over a period of two weeks.

During this time you are encouraged to journal both your process and your dreams, to allow the healing process to occur. The result of the session and taking the essences is truly transformational.

Flower Essences Session 60 minutes 4,500 baht

## Nutrition Consultation

Food and nutrition, and the way we eat every day is one of the most powerful influences we have on our health on a daily basis. This session is an opportunity to look deeply into your food habits and health goals and to work with our expert Nutrition consultant to tailor a plan that helps you achieve them. Gain the knowledge and insight needed to achieve a healthy body weight, improve energy, improve digestion and immune function, and to live a longer, healthier life through better nutrition.

Nutrition consultation 60 minutes 4,500 baht

## Naturopathy Consultation

Naturopathy is a holistic system of naturally treating the body, and shares its origins with modern medicine. It is ideal for those looking for natural, sustainable, non-harmful solutions to virtually any health dilemma. In this session your experienced Naturopath will look at all aspects that influence your health picture – diet, lifestyle, living environment, stress, emotions and physical symptoms. Our Naturopath also incorporates Kinesiology – a gentle touch therapy that give a deeper insight into the internal balance of the body.

The conclusion of your session will comprise a treatment plan and recommendations for the improvement of your individual health picture, from a holistic, natural perspective, utilising herbal medicine, nutrition, and lifestyle changes.

Naturopathy consultation 60 minutes 4,500 baht

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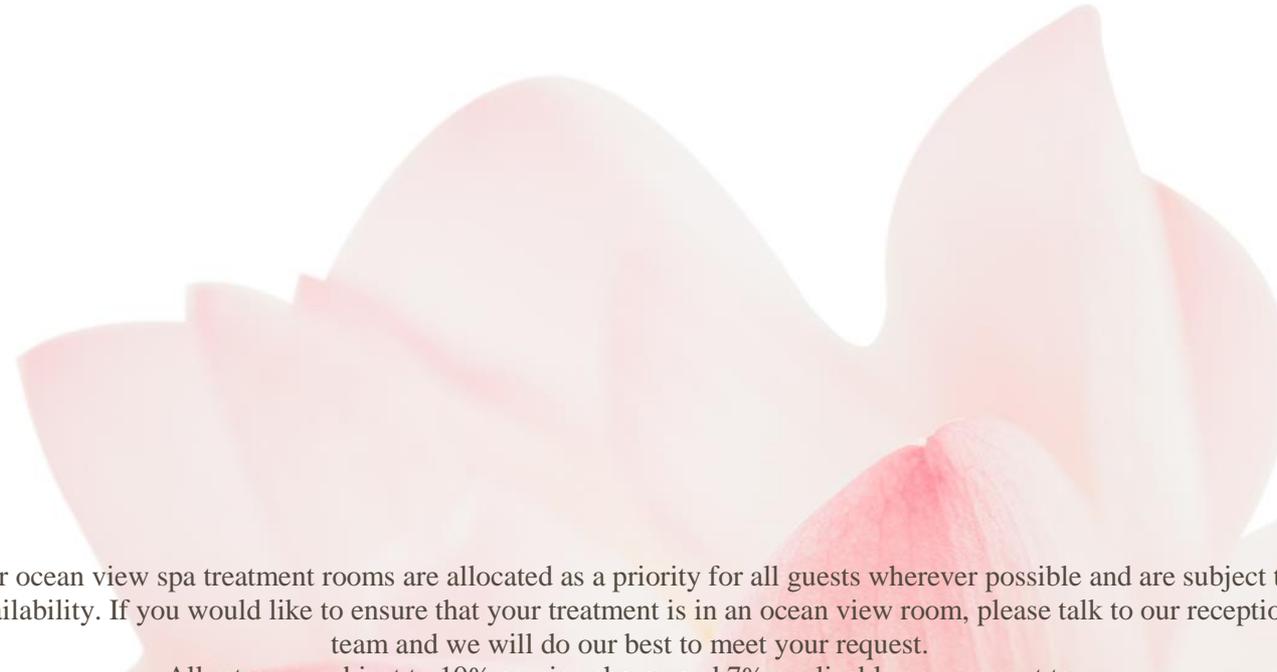
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## Foot Reflexology

Foot massage dates back to both ancient Egypt and China as a technique to improve the health of the whole person; body, mind and energy system. Also called 'zone therapy', this mixture of healing art and science is thought to work with points on the feet that are considered 'reflex' points to all parts of the body. Reflexology helps to release tension in these related areas and improves the flow of vital energy to any areas of congestion or dis-ease.

Foot Reflexology 60 minutes 4,000 Baht



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## Yogic practices for health and wellbeing

Beyond the physical yoga asana practices there are a number of yogic techniques for improving the health of body and mind. We have selected some key therapies that can be easily learnt and continued regularly. These can be a wonderful support for finding balance and wellness in daily life.

### Pranayama – The art of yoga breathing

‘Prana’ is the Sanskrit term for ‘life force’. The aim of pranayama is to not only improve breathing patterns and oxygenation of blood, but to improve the flow of life force energy throughout the body, resulting in increased vitality, and both physical and emotional strength. Pranayama is also an excellent means to prepare for meditation. Our expert instructor will guide you through a series of yogic breathing techniques, tailored to your ability and needs.

Pranayama 60 minutes 2,800 baht

### Jala Neti Shatkriya

A Shatkriya is a yogic practice for purification of the body. Jala Neti is one specific for cleansing the nasal passages. It is performed by using a specifically designed ‘Neti Pot’, filled with warm salty water, to irrigate the sinuses. This is widely practiced daily as a means of improving the health of the sinuses and reducing allergies and congestion. Additionally, Jala Neti helps to improve breathing, making it freer and fuller. This helps to calm the mind. When we breathe evenly on both sides of the nose, we are able to better balance the feminine and masculine energies of the body, known as Ida and Pingala.

Your Jala Neti session includes a ceramic Neti Pot and Himalayan salt to take home and continue your practice.

Jala Neti 45 minutes 2,600 baht

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## Meditation and Mindfulness

Meditation can be described simply as a practice of mindfulness. In your session, your expert instructor will guide you through simple yet powerful techniques, tailored to your needs. This is an opportunity to gain the tools you need to manage stress, focus your mind, and create a greater sense of inner peace, both now and, with continued practice, in the long term. We have a range of meditation techniques that can be taught, depending on your needs and on your personality. After speaking to our experienced teachers, we can help to determine which type of session will suit you best.

### Mindfulness meditation

Mindfulness meditation is a powerful awareness practice and stress management tool, in which the breath is the main focal point, allowing you to bring your attention to the internal and external experience of the present moment. This form of meditation is perfect for beginners, and once taught, is easily practiced at home. It is a viable and life-enhancing means of reducing stress, improving energy and wellbeing of mind and body, and of gaining a deeper understanding of ourselves.

Mindfulness meditation 60 minutes 2,800 baht

### Yoga Nidra

Yoga Nidra literally means ‘the yoga of sleep’. The state of yoga nidra is actually a one of relaxed consciousness, between sleeping and waking. The Yoga Nidra practice is a taught in a specific, systematic way that has been found to promote deep relaxation and feelings of positive wellbeing. This is achieved through a series of instructions from your teacher, as you lie comfortably. It is a wonderful means of gently releasing stress, calming the mind, creating feelings of positivity and improving sleep.

Yoga Nidra 60 minutes 2,800 baht

### Yoga Therapy

Yoga therapy is a holistic therapy that offers specific yogic exercises to address issues unique to the individual. It combines physical yoga exercises (asanas), pranayama, and meditation techniques, tailored to treat a physical health issue, such as an injury, pain, stress, insomnia, digestive complaint, or fatigue. Each session is customised, offering a truly individualised, holistic approach.

Yoga Therapy 90 minutes 3,600 Baht

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## Body Treatments

### Deep Cleansing Back Treatment

This is a wonderful treatment for deeply cleansing the back of impurities and dead skin. The treatment includes back scrub, gentle steam and extraction of impurities, followed by a detoxifying mud pack. The result is beautiful, smoother, clearer skin on the back area.

Deep cleansing back treatment 45 minutes 2,500 Baht

### Body Scrubs

A selection of Amatara signature natural body scrubs and body wraps to pamper the skin with your preferred choice.

Gentle softening and brightening floral body scrub

**Gentle flower essences in a soft gommage crème**

Phuket sun kiss coconut body scrub

**A gentle, coconutty, soft exfoliation, ideal sensitive or sunburnt skin**

Andaman dream jasmine rice body scrub

**Cream scrub with ground jasmine rice**

Green tea body scrub

**A stimulating, firming and energizing body scrub combining rosemary, green tea and peppermint**

Body scrub 30 minutes 1,800 baht

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## Body Wraps

We use eco-friendly, freshly-cut banana leaf for all of our body wraps. Banana leaf naturally retains moisture and allows the body wrap product to absorb deeply into the skin. This provides optimal skin-softening benefits.

### Cooling Aloe Wrap

This refreshing wrap rehydrates and heals sun-kissed skin.

Rich Aloe is generously applied with cooling volcanic stones to soothe skin before banana leaves are layered to seal in the moisture for maximum hydration.

### Andaman dream Jasmine rice wrap

Rice is a rich source of anti-oxidants. Its anti-wrinkle properties give total elasticity to the skin as well as brightening benefits for evenly smooth skin tone. Rice bran oil, the great source of vitamin E, is added for moisturizing benefits plus Shea butter for velvety softness.

Infusion aroma of jasmine gently blended with rosemary, peppermint and frankincense sends you to a heaven of absolute relaxation.

### Brightening floral white clay wrap

A blend of floral extracts including lotus, hibiscus, frangipani and a slight twist of citrus give this product a distinctive floral character. These extracts are rich in alpha hydroxyl acids AHA (citric acid, malic acid, tartaric acid) which are natural exfoliators to remove dead skin cells resulting in softer and smoother skin tone and texture. Thai white mud is known for its high mineral and firming properties so it is used as a key ingredient for this wrap.

Body Wrap 30 minutes 1,800 baht

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## Facial Treatments



### Amatara Signature Organic Facials

Made using the purest, 100% natural, organic products, these facials are a rich, nourishing and beautifying treat for your skin. Our products are hand-picked for their healing, anti-inflammatory, anti-aging and skin nourishing properties. As these products are completely natural and hypo-allergenic, our organic facial treatments are suitable for all skin types, including very sensitive skin. We have combined these high quality products with our unique, secret facial massage techniques to give your face a fresh healthy, enviable glow.

#### Amatara Anti-aging Facial

*A deeply nourishing anti-oxidant facial*

This facial draws from the anti-aging, anti-oxidant properties of Argan, Patchouli, Rosehip, Moringa and Buriti oil and combines this with specialized herbal compress massage techniques to help protect the skin from signs of aging. Ideal for those wishing to address fine lines, pigmentation, and other signs of stress or aging, while deeply nourishing and revitalizing the skin. Using a quartz crystal roller to smooth fine lines and provide a natural lift to the face, this facial will leave your face beautifully refreshed, cleansed, radiant, and youthful.

#### Amatara Lifting and Firming Facial

*A facial to lift and refresh the face*

Harnessing powerful ingredients from the Thai herbal pharmacy and your body's innate capacity to heal and revive, this facial applies ancient Chinese facial massage techniques with a jade roller to visibly lift and firm the face, revealing a more youthful and radiant you. Our pure kaolin mask additionally supports in firming and clarifying the skin. This treatment is ideal for those looking to refresh their facial appearance and receive a deeply cleansing and nourishing treat for the skin.

#### Amatara Purifying Facial

*A deep cleansing facial*

Our purifying facial is ideal for those troubled by blemishes or clogged pores, or who simply wish to deeply cleanse the skin. We combine the best of nature's anti-inflammatory, antibacterial and hypoallergenic ingredients, including pore-minimizing Witch Hazel, soothing and cleansing Tea Tree, as well as Moringa, Argan and Tamanu, all of which have been used for centuries for their

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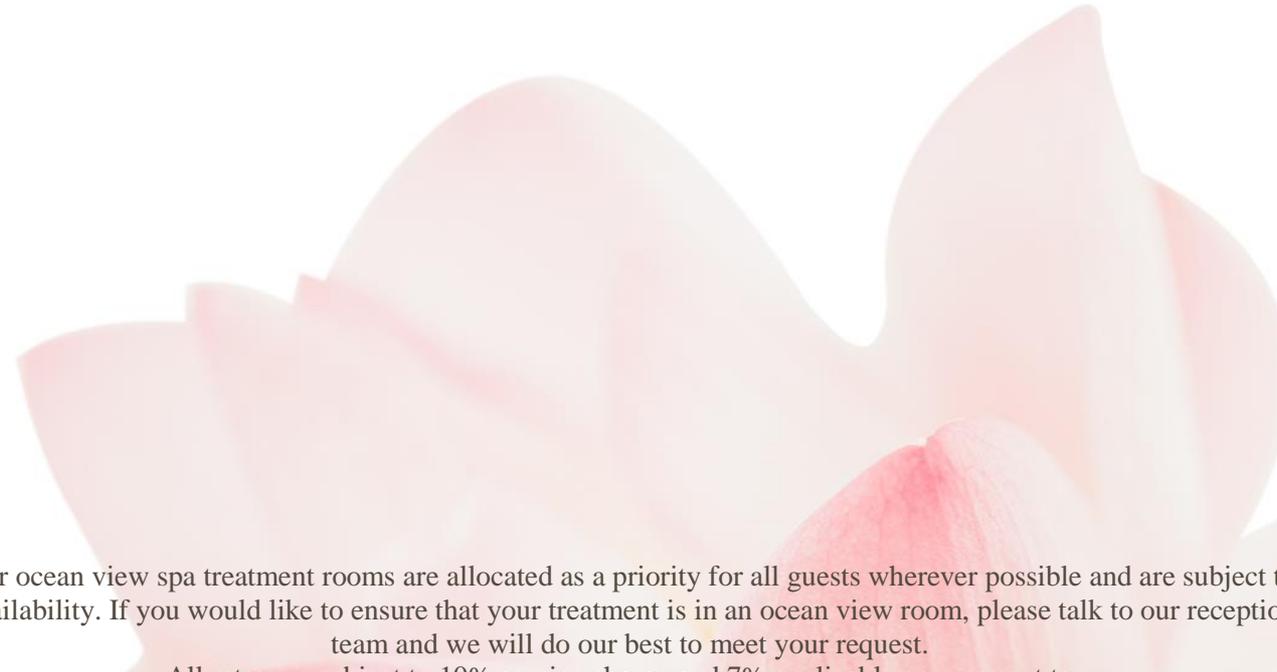
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healing and restorative powers. These oils not only contain valuable nutrients and antioxidants but also boast a high content of Vitamins E and C and essential fatty acids, ideal for soothing and repairing the skin. Your purifying facial includes a powerfully cleansing Hungarian Moor mud mask, rich in minerals and skin softening, anti-inflammatory effects.

Amatara Brightening and Revitalizing Facial  
*Revitalize your complexion*

This facial draws from the anti-aging, anti-oxidant properties of Argan, Patchouli, Rosehip, Moringa and Buriti oil, and combines this with a herbal double-mask process to deeply cleanse and then brighten and clarify the skin by naturally stimulating circulation and blood supply to its deepest layers. Ideal for those feeling that their complexion has become a less vibrant due to a variety of lifestyle factors such as late nights, caffeine intake, frequent travel or stress. This facial will leave your face beautifully refreshed, cleansed, and brightened.

Amatara Signature Organic Facial 60 minutes 4,600 baht



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### Facial Reflexology

Similar to the feet, the face contains many points comprising a 'map' of the body. These points are recognized by many Asian traditional healing systems, most notably Traditional Chinese Medicine.

The points on the face 'reflex' to corresponding areas of the body. When facial reflexology is applied, we are able to enhance the beauty and balance of the face while also promoting the health and vitality of the body. The treatment produces noticeable lifting and firming effects and stimulates blood circulation and lymphatic drainage of the face, giving you a natural, healthy glow.

Facial reflexology 60 minutes 4,000baht

Oriental anti-aging facial massage therapy (facial gua sha)

This is a facial therapy providing naturally lifting, firming, anti-aging and detoxifying benefits to the face. Based on a traditional Chinese technique, this relaxing facial treatment utilizes a smooth stone, cooled with ice, in sweeping movements of medium to strong pressure along the natural contours of the face and neck. This is alternated with special facial massage techniques to promote warmth, thereby providing contrasting temperatures that powerfully simulate microcirculation in the face and neck. This helps to promote lymphatic drainage and a noticeable improvement in facial colour, fine lines, and firmness. Unlike gua sha performed on the body, this treatment does not produce any reddening of the skin.

Oriental anti-aging facial massage therapy 60 minutes 4,500baht

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## Facial Treatments – Serum application

These decadent serum applications are performed using Intraceuticals products from Australia

### Intense Hydration with Oxygen Osmosis

A relaxing, chemical free, instant result-oriented session, using an intense infusion with 95% oxygen concentration directly applied to the skin, letting the osmosis process work magic for rehydrated, smooth and glowing skin.

### Rehydration Serum Application

This skin quenching treatment provides the ultimate in intense hydration.

Perfect for all skin types, the Rejuvenate Serum contains vitamins and antioxidants that dramatically lift, tone and hydrate the skin. Results are not only instant but continue to improve in the following days.

Skin Type: all

key words: deeply hydrates, enhances volume and facial contour, comforts, calms, freshens, reduces the appearance of fine lines and wrinkles

60 minutes 5,800 baht

### Opulence Brightening and Whitening Session

Reveal a more radiant you! The opulence treatment combines botanical brighteners and super concentrated vitamin C to brighten and balance dull, uneven skin tone. Pigmentation is minimized, leaving your skin luminous, toned and more radiant. Results are not only instant but continue to improve in the following days.

Skin Type : uneven and dull skin

key words : deeply hydrates, helps balance uneven skin tone, reveals brighter skin, increases luminosity and radiance

60 minutes 6,400 baht

### Wrinkle Release Serum Application

This targeted treatment is the perfect, non-surgical alternative to more invasive procedures. An add-on to the Rejuvenate or Opulence Treatments, the Atoxylene Treatment natural amino acids instantly firm, lift and plump your skin for a dramatically reduced appearance of fine lines and wrinkles.

Skin Type: All

Key words : treat fine lines and wrinkles, expression lines, prematurely aging skin.

30 minutes 4,700 baht

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Rehydration Serum and Wrinkle Release Serum

Get the best of both worlds! For even more remarkable results, allow the powers of the Rejuvenate and Atoxylene Treatment to combine and instantly reduce the appearance of fine lines and wrinkles while tightening and firming for more defined facial contour.

Skin Type: All

75 minutes 8,200 baht

Opulence Brightening and Whitening with Wrinkle Release

All the beauty of the Rejuvenate anti-aging treatment with the addition of a radiance revealing combination of botanical skin brighteners and super concentrated vitamin C. The 'Opulence Brightening and Whitening with Wrinkle Release' dramatically brightens the skin's appearance for a luminous skin clarifying effect. This treatment also targets the delicate neck and décolleté and includes a special treatment for the hands. You will emerge radiant with renewed luminosity.

Skin Type: All

75 minutes 8,700 baht

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Amatara Half Day program package  
Amatara Pampering Package



A half day at the Spa to melt your stress and tension away

Thai herbal steam	15 minutes
Selection of Body Scrub	45 minutes
<ul style="list-style-type: none"><li>• Gentle softening and brightening floral body scrub</li><li>• Phuket sun kiss coconut body scrub</li><li>• Rejuvenative Salt Scrub</li><li>• Green tea Scrub</li></ul>	
Selection of Body Wrap	45 minutes
<ul style="list-style-type: none"><li>• Cooling aloe wrap</li><li>• Andaman dream jasmine rice wrap</li><li>• Brightening floral white clay wrap</li></ul>	
Selection of Body Massage	90 minutes
<ul style="list-style-type: none"><li>• Signature of Amatara massage</li><li>• Deep muscle massage</li><li>• Intuitive massage</li></ul>	

195 minutes 6,800 baht

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## Amatara Delight package



### Selection of Body Massage

75 minutes

- Signature of Amatara Massage
- Deep Muscles Massage
- Intuitive Massage

### Selection of Amatara Organic Facial treatment

60 minutes

- Amatara anti-aging facial
- Amatara lifting and firming facial
- Amatara purifying facial
- Amatara brightening and revitalizing facial

135 minutes 6,500 baht

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## Beauty Treatments

### Manicure & Pedicure

Manicure	45 minutes	1,000 baht
Manicure & Polish	60 minutes	1,200 baht
Manicure & French Polish	90 minutes	1,300 baht
Pedicure	60 minutes	1,200 baht
Pedicure & Polish	75 minutes	1,400 baht
Pedicure & French Polish	90 minutes	1,500 baht
Polish only	15 minutes	600 baht

### Salon

Shampoo & Blow Dry – Short Hair	60 minutes	1,100 Baht
Shampoo & Blow Dry – Long Hair	60 minutes	1,300 Baht
Shampoo & Blow Dry with Hair Trim	90 minutes	1,600 Baht
Event Style- <i>Does not include Shampoo &amp; Blow Dry</i>	90 minutes	3,000 Baht

Bridal Hair Styling and Services available by reservation

\*Hair longer than shoulder length is considered long hair

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## Waxing

Upper Lip	15 minutes	650 Baht
Eye brow	20 minutes	650 Baht
Under arm	20 minutes	900 Baht
Full arm and under arm	45 minutes	1,200 Baht
Half leg wax	30 minutes	1,400 Baht
Full leg wax	45 minutes	1,700 Baht
Bikini wax	45 minutes	1,500 Baht
Brazillian wax	90 minutes	1,800 Baht

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Other Facilities

**Kids' Times!**



Massage for Parent & Child

Introduce your child to the pleasures of massage

Massage for child 45 minutes 3,000 baht

followed by a bubble bath, supervised by their therapist

*Please note: children's massage must be booked together with a parent's 75 minute Signature of Amatara massage. Parents can enjoy their massage session, but are to remain with the child for the length of the session.*

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## Blood testing



Our testing menu contains a selection of blood tests we felt were most beneficial for anti-aging, promoting wellness, health, vitality and longevity.

If you are unsure of which test best suits your needs, you are invited to speak to our naturopath, nurse or wellness consultant. A full naturopathic or nutrition consultation is recommended to determine the most appropriate tests for your particular needs.

All blood and other diagnostic testing prices include complementary consultation and interpretation with our naturopath or wellness consultant. Medical doctor consultation can be arranged on request. In the event that your results arrive after you have left the resort, your results will be emailed and posted to you and your consultation will be arranged via skype.

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## Conventional Blood testing

We offer a wide range of conventional blood tests, covering essential markers for health, such as;

- Basic yearly screening; complete blood count, liver function, cholesterol, kidney function, stool and urine testing
- Screening for anemia (Iron, B12 or folate deficiency)
- Electrolytes
- 'Syndrome X' and diabetes risk factors
- Cardiovascular panel; Lipid profile, triglycerides, homocystiene
- Male, female and adrenal hormones
- Vitamin D
- And many others

Blood is drawn between 8-10am at our clinic room, by our registered nurse. You will be advised by our nurse or wellness consultants on how to prepare for your selected tests.

Prices for tests vary on the type and number of tests selected.

## Anti-aging essentials

This is a package of parameters considered essential markers in preventative medicine blood screening. It includes markers that are important in recognizing potential lifestyle disease risk, such as cardiovascular disease, diabetes and cancer. Assessing these provides the opportunity to guide you towards positive changes through diet, lifestyle and supplementation, in a specific and targeted way.

This includes: cardiovascular risk factors, diabetes risk factors, essential hormones for men and women, adrenal hormones and vitamin D3

Anti-aging essentials blood testing 8,400 baht

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## 220+ Food Intolerance testing

*One man's food is another man's poison*

IgG reactions to foods, also called food intolerance, are different to allergies because they are more subtle and take longer to show their effects. Symptoms of IgG reactions are not as severe as some allergies can be, but they are still enough to affect a person's wellbeing and quality of life. These may include headache, nausea, or fatigue, bloating, mood changes, skin conditions like acne and rashes, or dark circles under the eyes. As these reactions cause inflammation in the body, they can worsen conditions like arthritis and other types of pain. IgG testing helps you to understand what the right foods are for your body.

Your test results come as a large, colourful and easy to read booklet, indicating very intolerant, moderately intolerant, or beneficial foods. Your wellness consultant will help you to interpret the results and understand how to implement them into your daily diet. More than 220 food are tested.

220+ Food intolerance test 19,500 baht

## Genetic testing

At Amatara we are pleased to offer a genetic testing to help determine the best dietary and lifestyle choices for longevity and disease prevention. Our DNA tells us the full story of what we are susceptible to and our specific nutritional needs.

These very affordable genetic tests involve the testing of major polymorphisms (changes in our DNA) that have been researched as highly influential in an individual's health pathway in life.

If positive, specific polymorphisms may mean a person is in need of increased amounts of certain nutrients or needs to reduce certain food groups or nutrients in order to avoid developing lifestyle diseases that they would otherwise be more vulnerable to due to their particular genetic polymorphisms.

The method of addressing the results is provided in the form of a comprehensive, detailed report and dietary guide.

We offer three types of tests, which can be taken alone or in combination:

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## Nutriology

Ideal for people who are overweight or seeking to maintain a healthy body weight, the results can provide information on individuals' greater or lesser risk (relative to the mean of the population) in relation to their individual response in different areas such as:

- Intolerance to lactose and gluten (celiac disease).
- Risk of overweight / obesity.
- Metabolism of carbohydrates and fats.
- Needs / benefits of vitamins, minerals and antioxidants.
- Metabolism of caffeine and alcohol.
- Control of appetite and satiety.
- Response to physical exercise.

## Dermatology

Ideal for people with skin conditions such as eczema, psoriasis, sensitive, allergic skin and also for anyone interested in skin health in relation to anti-aging. This allows you to:

- To know the state of your skin and how to care for its needs.
- To understand how your skin behaves when exposed to external factors (solar radiation, heat, cold, dryness, humidity, etc.).
- To become aware of your risk of suffering certain skin related diseases.
- To achieve a healthy, youthful looking skin.
- To improve your quality of life and general health.

## Nutriology and Lifestyle disease risk

This test covers all parameters in the Nutriology test with additional risk factors for other diseases. The results obtained can give you information about how high or low your risk of developing these diseases is compared to other people. Results depend on your individual answer to questions related to the following areas:

- Risk of suffering from overweight or obesity
- Lack of appetite, satiety and nutritional behavior
- Risk of suffering from diabetes.
- Cardiovascular risk (high blood pressure, heart attack, stroke)
- Risk of suffering other pathologies (Alzheimer's disease, oxidative stress (cancer risk))
- Response to physical exercise.
- Assimilation of food groups: nutrigenetics.

The tests samples are not blood but cells, so it involves a simple swab of the inner cheek.

It is important to point out that this genetic analysis is not intended to diagnose, treat or prevent any disease. The aim of this report is of a purely informative nature and should not be used to make medical decisions without consultation with a healthcare professional.

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## Pricing for genetic testing

Nutriology test	18,000 baht
Dermatology test	20,100 baht
Nutriology and Lifestyle disease risk	25,500 baht
Dermatology+Nutriology	33,450 baht
Dermatology, Nutriology and Lifestyle disease risk	40,950 baht

## Antioxidant 8 Test

Antioxidants are vital nutrients for health and longevity. They help to protect all the cells in the body from what is known as free radical damage. These are a type of molecule that are created during normal metabolic processes in the body. When their numbers are too high and our antioxidant levels are too low, we can develop oxidative stress, which is considered to be one of the primary causes of aging and degenerative diseases.

This test looks for levels of 8 important water and fat-soluble antioxidants:

- Vitamin A
- Vitamin E (alpha-Tocopherol)
- Gamma-Tocopherol
- Lycopene
- Beta-Carotene
- Alpha-Carotene
- Coenzyme Q10
- Vitamin C

Should some of these be deficient, we can support you to improve your health and promote longevity by adjusting your diet or recommending appropriate supplements. It is highly recommended that this test is taken with a nutrition consultation.

Antioxidant 8 test 5,470 baht

## Oxidative Stress Test (dRoms-PAT test)

This is a test that assesses the level of free radical damage in the body, also known as *oxidative stress*. Oxidative stress occurs when the amount of free radicals, (the name given to a variety of natural metabolites produced by the body) is too great in relation to the amount of antioxidants in the body. Antioxidants work to 'clean up' free radicals and thus minimise the amount of damage they do to our cells. This is an important test as oxidative stress is considered to be one of the primary causes of aging and degenerative diseases. If we understand through testing that our oxidative stress levels are high, we can take steps to reduce this by increasing our antioxidant levels, either through diet or supplements, or both.

Oxidative stress test 2,280 baht

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## Trace elements

Although required in very small amounts, trace elements are vital for maintaining health. Also referred to as microminerals, these trace elements are part of enzymes, hormones and cells in the body. Insufficient intake of trace minerals can cause symptoms of nutritional deficiency and accelerate aging. Our trace elements test measures levels of the following microminerals:

- Calcium
- Magnesium
- Chromium
- Copper
- Zinc
- Selenium

Trace minerals test 3,150 baht

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# amatara

WELLNESS RESORT

Embracing physical movement,  
tailored to the individual as an essential part of a wellness lifestyle,  
where we can live a long, active life,  
truly living in the body,  
and reaching our potential in every way

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## Yoga



The physical practice of Yoga is one of the 8 parts, or ‘limbs’ of an the ancient system designed to promote a high level of wellbeing, in mind, body and spirit. This physical aspect of yoga practice includes a series of asanas, or poses, and free flowing movements, often linked with the breath.

The benefits of yoga are many, and include (but are by no means limited to) increased strength, flexibility, balance, focus, and concentration, better physical fitness, increased energy and after your session, a profound sense of relaxation. This session is tailored to all levels of yoga experience, from beginners to advanced practitioners.

All yoga sessions 50 minutes 2,200 baht

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We offer yoga sessions in the following styles:

#### Hatha Yoga

Hatha yoga is a gentle form of yoga that is considered to be the original style of physical asana practice. Its intention is to support wellbeing and health on the physical and emotional levels. One of the original primary aims of Hatha yoga was to maintain a healthy body in order that the practitioner was able to sit in seated meditation comfortably for long periods of time. Thus, hatha yoga supports the health of the spine, good posture and proper breathing. It is both relaxing and rejuvenating, and suitable for all levels, including absolute beginners and those with injuries.

#### Vinyasa Yoga

This is a popular style of flowing yoga that connects breath and asana postures with flowing movements. It is more physically challenging, and ideal for increasing physical strength, flexibility, and deepening the breath. It can be called a type of moving meditation. It is suitable for beginners, however being physically fit is preferable. It is not a suitable practice for those who do little physical exercise, suffer from fatigue, or who have injuries. The effect of this practice is very calming and it is great for anyone who has a lot of mental stress. It helps to calm the mind and create a better connection with the body.

#### Yin yoga

Yin yoga is a slow-paced style of yoga with postures, held for longer periods of time, from 3 to 5 minutes. This technique brings the elements of meditation, breath awareness and deepening flexibility together. Yin yoga is ideal for focusing on flexibility, for those practicing other kinds of fitness, and for those who are seeking a more inward-focused and restorative type of yoga practice.

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## Amatara Active Life Sessions

These high-quality, personally tailored fitness sessions are delivered to you by our professional team, who truly embrace an active lifestyle, and who can adapt your session according to your current fitness level and fitness goals.

### Muay Thai

Muay Thai is also known as the legendary 'The Art of Eight Limbs'. A highly developed art, Muay Thai is one of the true all-round workouts which targets and strengthens numerous muscle groups.

It works the core muscles in the trunk of the body by requiring both strength and balance, and improves agility while being a fun, challenging exercise session. Ideal for those looking to increase cardiovascular fitness, strength and burn fat.

Muay Thai 50 minutes 2,200 baht

### Pilates on the Mat

A body conditioning routine that seeks to build flexibility, strength, endurance, and coordination without adding muscle bulk. It improves mental and physical well-being, increases flexibility, and strengthens muscles through controlled movements done as mat exercises or with equipment to tone and strengthen the body. Pilates focuses on core strength and is often utilised to improve posture and prevent back pain.

Pilates on the Mat 50 minutes 2,200 baht

### Pilates Reformer

The Pilates reformer was developed by Joseph Pilates in order to support and enhance the effectiveness of the Pilates exercise method, and to allow a precise, intense workout. Like the Pilates mat workout, reformer sessions focus on core strength, posture, and flexibility, and help to tone the entire body.

Pilates Machine (Reformer) 50 minutes 2,200 baht

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## TRX

Total Body Resistance Exercise (TRX), was invented by a navy seal to keep his fellow troops fit in remote parts of the world. It involves the use of hanging bands to engage muscles using just your own body weight. By changing the way you angle your body, every muscle can be engaged in a pull or push motion. Perfect for whole body toning, increasing fitness level and fat burning.

TRX 50 minutes 2,200 baht

## Personal Training

A personalised session designed to meet your specific goals, whether they be cardiovascular training, increasing muscle tone, reducing fat mass, strength development, improving body posture or better sports performance.

Fitness consultation and individual feedback are provided to help guide your progress.

Personal Training 50 minutes 2,200 baht

(initial session 90 minutes, including complimentary fitness consultation)

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### Assisted Stretch

This is a wonderful session in which your fitness trainer supports you in a full body stretching session. Covering a complete protocol that stretches all the major muscle groups, your trainer will use PNF and passive stretching to help release muscle stiffness and help to improve your flexibility. This is an ideal session after any intense fitness exercise or simply as a means of working on your flexibility.

Assisted Stretch 50 minutes 2,200 baht

### Core Bag and Kettle Bell training

Kettlebells are an increasingly popular form of strength training equipment that allow more complex muscular engagement, and thus increasing the amount of calories burned in a session when compared to traditional weights. Core bags are designed, as the name suggests, to offer an ideal tool for core-strengthening. Having a strong, stable core is an ideal goal for all of us, as it supports great posture, reduces back problems and makes other forms of exercise safer and easier. Our fitness team has combined the use of these highly useful methods to create the ultimate core-strengthening and toning workout. All sessions are tailored to the individual level of fitness and strength.

Core Bag and Kettle Bell Training 50 minutes 2,200 baht

### Swimming Lesson for Adults

If you lack confidence in the water, your stay at Amatara may be the perfect opportunity to gain more. In a 130cm-depth pool, our fitness trainers will guide you through a swimming lesson created especially for adults who are beginner swimmers. More confidence in the water will increase safety and is a bit like riding a bicycle – once you learn you will never forget how!

Swimming lesson 50 minutes 2,200 baht

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# amatara

WELLNESS RESORT

## Amatara Physiotherapy

Our holistic physiotherapy offering at Amatara focuses on finding the root cause of physical signs and symptoms. Our professional physiotherapist utilizes a variety of manual and assisted techniques, to support the healing and balance of the musculoskeletal system.

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Our physical therapy program offers treatment for:

- Δ Pain relief; knee pain, shoulder pain, ankle pain or back pain
  - Δ Myofascial Pain Syndrome
  - Δ Sensation problems as numbness and tingling
    - Δ Postural Syndrome
- Δ A range of motion problems, locked or stiff joints, such as shoulder stiffness or other complex joints.
  - Δ Office syndrome

#### Physical analysis

Physical Analysis is an essential session to determine exercise suitability and to raise any potential red flags for injury or discomfort due to poor posture or alignment. A proper physical analysis allows us to see clearly how you as an individual use your musculoskeletal system, and how any postural imbalance may contribute to pain or injury, or result in symptoms during exercise.

Physical Analysis 30 minutes: complimentary for all guests

#### Essential Physiotherapy

Essential Physiotherapy provides foundational physiotherapy treatment technique to treat symptoms, relieve pain and promote good musculoskeletal health. A variety of treatment methods are used, such as trigger point therapy, and remedial massage technique, ultrasound, the use of hot or cold packs, or electrical stimulation, as deemed suitable for each individual case.

Essential Physiotherapy 60 minutes 3,200 baht

Essential Physiotherapy Package (3 x 60 minutes sessions) 7,680 baht

#### Tension Release

Each day, posture assumed in daily work or daily activities such as standing, sitting, and sleeping can increase tension and imbalance of the musculoskeletal system. This can lead to injury or pain in the long term if left unaddressed. It can also be the origin of chronic pain or other referred pain, and contribute to more complex issues. The tension release treatment utilizes thermal techniques and/or gentle stretching exercises, and teaches healthy measures for continued self-care in long term daily life.

Tension Release 30 minutes 1,800 baht

Tension Release 60 minutes 3,200 baht

Tension Release Package (3 x 60 minutes sessions) 7,680 Baht

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### Mobility Program

Our Mobility Program focuses on improving functional movement and range of motion. The treatment approach is to retrain any problematic habits to prevent future recurrence or exacerbation of existing pain or poor range of movement. Your physiotherapist will also be seeking to apply techniques to release stiffness within multi-joint movement.

Mobility Program 60 minutes 3,200 Baht

### Modality Program

Modality Therapy is suitable for disorders of the musculoskeletal system, focusing on improving functional ability and pain relief, with the use of equipment such as ultrasound, electrical stimulation, and hot or cold application.

Modality Program 30 minutes 1,800 baht

Modality Program 60 minutes 3,200 baht

Modality Program Package (3 x 60 minutes sessions) 7,680 baht

### Intensive Physiotherapy Program

Our Intensive physiotherapy treatment program is well suited for anyone experiencing complex musculoskeletal problems such as chronic pain, stiffness or similar physical discomfort. Complex musculoskeletal problems can develop over time, either months or years, often due to a number of factors. Intensive physiotherapy seeks to find the root cause or causes of the problem and design a bespoke treatment to start to address the issue. Often, a number of sessions may be required to make progress if a particular issue is long-standing.

Intensive Physiotherapy Program 75 minutes 4,300 baht

### Physiotherapy for Women

This is a specific session that addresses both core and pelvic floor muscles, and is designed to address the needs of women experiencing symptoms of pelvic floor weakness, such as:

- pelvic floor muscle weakness
- lack of tone in the lower abdomen
- bladder weakness while jumping, running, and sneezing
- prolapse of bladder or uterus
- general recovery from natural or caesarian birth (even if many years prior)

Many women can experience these issues after giving birth, and they can persist for many years if left unaddressed. It is never too late to work in strengthening pelvic floor and core muscles and improve symptoms. Women who have not given birth can also benefit from this session.

Pelvic floor exercise program focuses both of core muscle and pelvic floor muscle.

This program can increase muscle strength and firm the pelvic floor and lower abdomen, and when continued consistently at home, help to dramatically improve symptoms and quality of life.

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Each person is assessed individually and an effective, tailored program will be created.

Physiotherapy for Women 60 minutes 3,200 Baht

Physiotherapy for Women Package (3 x 60 minutes sessions) 7,680 baht

#### Kinesio Taping treatment

This is a recent development in sports physiotherapy that involved using 'Kinesio tape', applied on the skin of the target area, in order to facilitate the body's natural healing process while providing support and stability to muscle and joints.

The application of Kinesio tape also facilitates lymphatic drainage by microscopically lifting the skin. This lifting effect forms convolutions in the skin thus increasing space and allowing for a decrease in inflammation, reducing pressure, improving flow of blood and lymphatic fluid in and out of the target area. This treatment is suitable for muscular tension, pain, sports injuries, inflammation, posture correction and other musculoskeletal conditions.

Taping Treatment 30 minutes 1,800++

Additional charge for Kinesio tape:

for small area 400++ baht (50-100cm of tape)

for large area 800++ baht (>100cm of tape)

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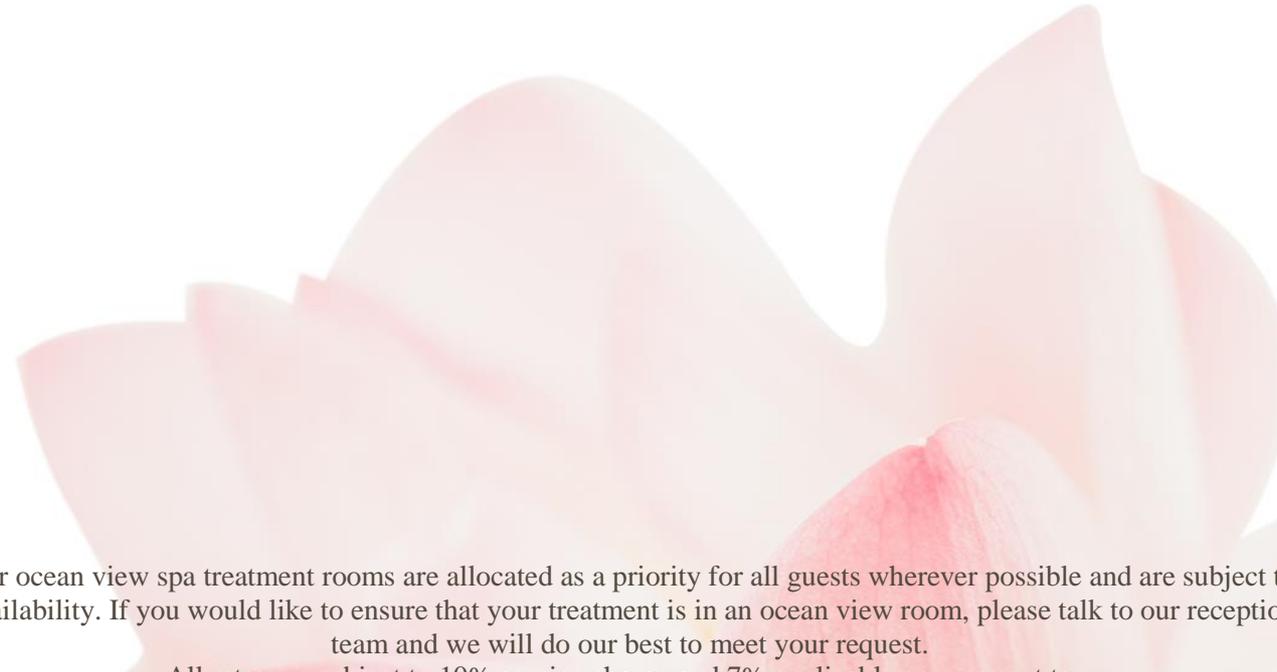
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## Physiotherapy Consultation

The Physiotherapy Consultation is a complimentary session provided to all guests receiving three or more treatments with our physiotherapist during their stay. It is an opportunity for our physiotherapist to provide you with detail of his or her findings, and of your progress throughout your treatment sessions, as well as important recommendations for continued self-care at home.

Physiotherapy Consultation 30 minutes Complimentary\*

\*conditions apply



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## Treatment FAQs

Should I make advance reservation?

Advance reservation is recommended for your preferred time and date.  
Our operation hours are 10.00 – 20.00.

When should I arrive for the treatment?

We would recommend arriving at the Spa at least 15 minutes prior your appointment

What kind of treatment should I have?

Our professional staff will suggest the best suitable treatment with your requirements.

What should I wear?

Something comfortable. You will also be provided bathrobes and slippers in the treatment room.

Can I bring my children to Spa?

Spa treatments are available to little princes and princesses over the age of 5. The Kids' Club also has a plethora of activities to keep them busy while you relax.

Can I cancel my treatment?

If you wish to cancel your treatment, we kindly request you to contact us at least four hours prior to the treatment time. If not, a 50% cancellation fee will be charged to the guest account.

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