



ANANTARA

RASANANDA
KOH PHANGAN • VILLAS



THE PATH TO WELLNESS WITH A MASTER PRACTITIONER

TREATMENTS BY DR. GOPAL

Naturopathic or Ayurvedic Consultation

40 mins

THB 1,800++

Naturopathy is a holistic medicine, which focuses on treating the whole person, not just a specific symptom. The processes of the human body are interrelated and interact with external environment; if there is imbalance inside the body or external environment, then disease may occur. The human body has an innate ability for self healing with the right support. This session will identify your health status, energy, level of body functions and overall vitality.

The Ayurvedic consultation is an analysis of your body's constitution according to the three 'Doshas' - Vata, Pitta and Kapha, in order to determine your current state of health. Learn to balance your Doshas and enhance your lifestyle through Ayurvedic diet, mind relaxation and Ayurvedic treatment programs.

Yogic Detox

120 mins

THB 5,800++

Cleanses the body and mind through an ancient yet effective practice which boosts the immune system, increases your energy levels, improves clarity of thought and the digestive system through sensible eating of whole food.

Ideal for Yoga aficionados and guests looking for less punishing detox program, Yogic Detox combines aspects of asana (Hatha yogic postures), pranayama, meditation and a balanced diet along with Satkriya to offer a profound experience. This program is complemented by a variety of detox and energy treatments. The Yogic Detox is the ultimate goal to detoxify the body and mind in a controlled and safe manner.

Royal Indian Ayurvedic Journey

60 / 90 mins

THB 3,800++ / 4,800++

Royal Ayurvedic Journey is a full body massage combining abhyanga and marma massage. The massage involves full body coverage with essential oil using smooth, gentle movements with long strokes to rub the oil deeply into your body and focusing on the vital points of the body. The main purpose with the Indian Balance massage is to keep the doshas balanced.

According to the principles of Ayurveda, everyone has a specific body type known as a 'Dosha'. There are three doshas: Pitta, Kapha and Vata, and everyone has a specific balance of doshas which must be addressed in Ayurvedic therapy. Other benefits of the massage provide you with increased stamina, pleasure and deeper sleep, enhances the complexion and the luster of the skin, promotes longevity and nourishes all parts of the body, increases circulation especially to the nerve endings, tones of the muscles and your whole physiology. and scalp and generally aiding in release of stress and tension.

Prices are in Thai Baht and subject to 10% service charge and applicable government tax.

Royal Indian Head Massage

60 / 90 mins

THB 3,500++ / 4,200++

Using medicated oil, the soothing Ayurvedic massage is applied to Marma Points on the head and neck to regulate the systems of mind and body. This massage coordinates and calms the mind, body and spirit, enhancing blood circulation to the brain, improving memory, nourishing the hair and scalp and generally aiding in release of stress and tension.

Breathe Easy (Sinus Care)

60 mins

THB 3,800++

It is an important Ayurvedic treatment in which medicated herbal preparations, decoctions, oils and ghee are applied through the nose. The area around the nose, chest, palms and foot are then vigorously massaged. This treatment removes mucous clogs, stimulates the brain cells, clears the nasal passage and sinus cavity, thus alleviating neck problems and migraine. It is also highly effective in treating sinusitis and chronic cold.

Back Pain Care

60 / 90 mins

THB 3,500++ / 4,500++

Kati Vasti is one of the therapies of panchakarma in which medicated herbal oil is used to carry out the process and is very useful in many health conditions. In this process, specially prepared warm medicated oil is kept over the lower back with herbal paste boundary followed with back massage.

Recommended for lower back ache and sciatica, this treatment also stimulates and nourishes nerves relieving pain and numbness. Kati Vasthi alleviates lower back conditions like lumber spondylosis and inter vertebral slip disc and is an ideal treatment for people who drive often, operate machinery or work regularly with computers.

Chaviti Thirumbu (Massage by feet)

60 / 90 mins

THB 4,000++ / 5,000++

Kalari marma massage is a traditional Ayurvedic massage for stimulating vital points. This is a traditional Kerala ayurvedic massage using herb infused ayurvedic oils, performed by the Ayurvedic guru using his feet, applying appropriate pressure to specific vital points/parts of the body. Marma abhyanga not only relieves back pain, stiffness and sports injuries but also stimulates various bodily organs and systems.

Shiro Dhara (3rd Eye Treatment)

60 mins

THB 4,000++

Shiro means head and dhara is a steady flow of warm ayurvedic oil which is specially selected by the Ayurvedic doctor. Dhara can also be done with other ingredients like medicated buttermilk and coconut water, but they are specifically chosen as per the condition. Shirodhara involves a continuous stream of oil that is gently poured on the forehead, which completely relaxes the nervous system and calms the mind. It is very beneficial in conditions like hypertension, anxiety, insomnia and psychiatric problems and also is effective for paralysis, senile dementia and other neurological disorders and improves the memory as well.

Prices are in Thai Baht and subject to 10% service charge and applicable government tax.

Reiki Healing with Magnets

45 mins

THB 2,700++

The practitioner will use magnets to balance your energy centers or chakras in your body. The treatment is a gentle non-invasive form of alternative healing that works holistically to harmonize the body, mind, emotions and spirit. Reiki is a deeply relaxing treatment where the body's natural healing ability can become more fully activated. The practitioner will bring you to a relaxed state by placing hands on key points of the body. The technique of moving energy into the body thoroughly rebalances all the body's energies. This treatment is highly recommended for those seeking relaxation and those who are sensitive to pain, emotions and their environment.

Chinese Acupuncture

60 mins

THB 4,300++

This session involves a consultation followed by the insertion of extremely thin needles through your skin at strategic points on your body to balance the energy flow or life force known as Qi or Chi, believed to flow through pathways in your body. It will benefit for a variety of health conditions such as back pain, migraine, arthritis and stress.

Chi Face Lift (Cosmetic) Acupuncture

60 mins

THB 4,000++

Facial Acupuncture brings out your beauty and radiance from within. It is more than a cosmetic procedure as it increases local blood and lymph circulation to the face. Any evident stress in the face will be reduced. Cosmetic Acupuncture may take 3 to 5 years off your face, helping to eliminate fine lines and softening deeper lines. Acupuncture helps to stimulate the body's natural processes of cell reproduction and growth. Throughout the treatment, you may notice other physical symptoms that you have will also improve. As it can improve hormonal balance, it may delay the greying of hair and hair loss associated with aging. You may notice you have a better quality of sleep and increased energy. It will improve your digestion and metabolism and strengthen your immune system.

Therapeutic Yoga

60 mins

THB 2,500++

This session allows me to focus on you and what will be the most beneficial elements for your health conditions. Whether your focus is on physical fitness, to ease back pain, improve your flexibility or reducing anxiety, I can tailor the practice in a way that will give you the best results for your specific needs. It becomes a yoga specially designed for you, your body, your mind and your health conditions.

Castor Oil Pack (Abdominal Detox Massage)

45mins

THB 2,500++

A castor oil pack is an external application of oil to the abdominal area with various motions followed with local steam application which helps to stimulate peristaltic movements to relieve chronic constipation and other abdominal discomfort.

Prices are in Thai Baht and subject to 10% service charge and applicable government tax.