



Visiting Practitioner “Suraj Varma”

August 1st - 31st 2017



Suraj is a leading holistic Ayurvedic practitioner in England and has introduced his unique skills in London clinics and spas. His career has developed around his deep knowledge of Ayurvedic traditions passed down from generation to generation in his family at India.

Kerala Karma

90 min/9,900THB

A traditional Kerala treatment based on Ayurvedic principles to achieve total relaxation and a renewed sense of energy. The journey begins with by Brahmanam a nourishing Ayurvedic massage, then a soothing facial massage with specialised movements to reduce wrinkles and create a radiant glow.

Ayurvedic Holistic Balancing

120 min/14,000THB

An intensive treatment that aims to completely de-stress the client, then correct imbalance between the tridoshas (Vatha, Pitha, Kapha) and is especially helpful for those suffering from poor memory, lack of energy, headaches, insomnia, and spondylitis. Starts with Indian head massage, then Abhyanga (warm oil massage) and an application of hot stones. The massage techniques used work on balancing the charkas in the body. The treatment concludes with Shirodhara, a deeply relaxing procedure that pours warm Ayurvedic oil suited to the client’s dosha on the ‘third eye’ area of the forehead.

Blissful Back & Head Massage

75 min/9,000THB

An ideal treatment for those who spend long hours at a desk, or on the computer, or those whose bodies may be stressed from workouts. This treatment is specifically designed to release tension in the back and neck to promote relaxation and better body posture. Dosha specific Ayurvedic oils are massaged into the key points along the spine, upper and lower back, neck and head.

Anti-Ageing Uplifting Facial

60 min/7,400THB

A rejuvenating and uplifting treatment which uses massage techniques, acupressure points and lymphatic drainage to de-stress the skin, release toxins and regain elasticity. Tensions are eased from muscles in the shoulders, neck and scalp, and then the delicate facial muscles are gently relaxed, smoothing out lines, and creating a lifting, firming effect.

Reflexology

60 min/7,400THB

A gentle therapy which stimulates the reflex points combined with chakra healing treatment to unblock energy flow throughout the body and hence helps to restore and maintain the body’s natural equilibrium.

Complementary 30 minutes consultation for all guests

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