



SATI

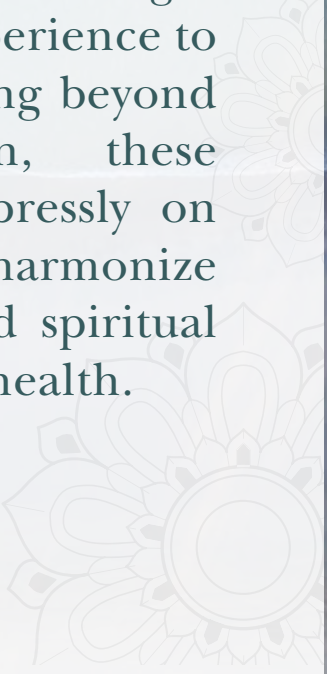
SATI WELLNESS MENU





SATI SPA WELLNESS JOURNEY

Beyond Health & Well-Being: The concept of wellness Sati Spa encourages our guests to take their spa experience to completely new realms. Moving beyond pampering and relaxation, these treatment journeys focus expressly on wellbeing, as we help them to harmonize many lifestyles, emotional and spiritual elements that can affect their health.



WELLNESS THERAPIES

DETOX MASSAGE

90 MINUTES

THB 1,950++

A special blend of herbal oils aids in detoxifying the skin by stimulating and improving circulation and lymph flow while reducing the appearance of cellulite.

PRENATAL MASSAGE

90 MINUTES

THB 1,950++

A nurturing yet therapeutic experience for moms-to-be, this special treatment is designed to increase circulation and reduce water retention while easing lower back and hip discomfort.

ABHYANGA MASSAGE

90 MINUTES

THB 2,000++

Known as one of the famous ancient massages utilizing warm and herbal oil to impact your health. This Ayurvedic body massage focuses on the Marma, which are significant Ayurvedic sites on the body that promote healing, releasing physical and emotional blockages, helping to eliminate toxins from the system, and inducing sleep in order to achieve overall health and balance.

INDIAN HEAD MASSAGE

60 MINUTES

THB 1,250++

This nurturing treatment is based on deep-rooted Ayurvedic techniques and focuses on the upper back, shoulders, neck, scalp, and face, helping to reduce stress, sinus pressure, fatigue, and eyestrain, while increasing circulation and mental clarity and nourishing the hair and scalp. Both relaxing and rejuvenating, the treatment can be performed either with or without oil as you prefer.

WELLNESS JOURNEYS

Energise your body, mind, and spirit with our extended healing treatment journeys. Individually tailored to your specific needs by our expert therapists, you will emerge with a renewed sense of spiritual health, improved fitness, and a whole new set of skills for your continued wellness journey at home.

HALF DAY

DETOX AND RECHARGE

180 MINUTES

THB 3,900++

Calm your mind and become one with your peaceful surroundings. Begin in the steam room to expand the pores and get the skin ready for the treatments to come, then choose a 30-minute body scrub or body wrap, followed by a 60-minute Detox Massage, and finally a facial treatment. In all, this half day journey will you feeling completely recharged.

| | |
|--|------------|
| Detox Bath | 30 Minutes |
| Tropical Wood Detoxifying Body Exfoliation | 30 Minutes |
| Detoxifying Body Mask | 30 Minutes |
| Detox Massage | 60 Minutes |
| Express Heritage Clarifying Facial | 30 Minutes |

STRESS RELEASE

180 MINUTES

THB 4,200++

For a wholesome spa experience, begin with a detoxifying body mask to eliminate excess fluid and toxin from body, followed by a deep tissue body massage to melt the tension and fatigue away. A relaxing foot massage follows, finishing with a soothing herbal bath. Your body and mind will be enriched, relaxed, and stress-free.

| | |
|--------------------------|------------|
| Detoxifying Body Mask | 30 Minutes |
| Deep Tissue Massage | 90 Minutes |
| Foot Massage | 30 Minutes |
| Natural Balancing Facial | 30 Minutes |



WELLNESS JOURNEYS

1-DAY WELLNESS JOURNEY

RE-ENERGIES AND RECHARGE

210 MINUTES

THB 4,500++

Living an active life is one of the foundations of health, vitality, and longevity. This journey offers a holistic approach to re-energising and recharging your body and mind.

| | | |
|---------------------|--------------------------|------------|
| 9:00 am - 10:00 am | Selected Fitness Session | 60 Minutes |
| 10:00 am - 10:30 am | Super Stretching | 30 Minutes |
| 11:30 am - 12:00 pm | Healthy Lunch | |
| Break | | |
| 1:00 pm - 1:30 pm | Herbal Bath | 30 Minutes |
| 1:30 pm - 3:00 pm | Deep Tissue Massage | 90 Minutes |
| 6:30 pm - 7:30 pm | Healthy Dinner | |

REVITALIZING HEAVEN TOUCH

270 MINUTES

THB 5,700++

A revitalising wellness package that combines spa treatments and bespoke healthy meal to blissfully transform your body and spirit, as stress becomes a distant memory.

| | | |
|---------------------|---|------------|
| 9:00 am - 10:30 am | Meditation and yoga | 90 Minutes |
| 11:30 am - 12:30 pm | Healthy Lunch | |
| Break | | |
| 1:30 pm - 2:00 pm | Detoxifying Body Scrub | 30 Minutes |
| 2:00 pm - 3:30 pm | Oriental Thai Massage or Aromatherapy Massage | 90 Minutes |
| 3:30 pm - 4:00 pm | Express Clarifying Facial | 30 Minutes |
| 4:00 pm - 4:30 pm | Milky Bath | 30 Minutes |
| 6:30 pm - 7:30 pm | Healthy Dinner | |

REBALANCING

270 MINUTES

THB 5,900++

A wellness journey that combines spa treatments and bespoke healthy meal designed to balance your body, mind and spirit.

| | | |
|--------------------|--|------------|
| 9:00 am - 10:30 am | Hatha Yoga or Tai Chi on Beach front | 90 Minutes |
| Break | | |
| 1:30 pm - 2:00 pm | Soothing Bath | 30 Minutes |
| 2:00 pm - 2:30 pm | Oriental Deep Cleansing Body Exfoliation | 30 Minutes |
| 2:30 pm - 4:00 pm | Indian Head Massage | 30 Minutes |
| 4:00 pm - 4:30 pm | Abyanga Massage | 90 Minutes |
| 6:30 pm - 7:30 pm | Healthy Dinner | |



WELLNESS JOURNEYS

3-DAY WELLNESS JOURNEY

THB 15,000++

1. WHAT IS IT?

Release all your tension and restore you to a state of calm and mindful health. Prepare to begin your journey with releasing stress and introducing inner purity. Followed by relieving and re-balancing through holistic treatments, healthy cuisines and exercise classes which have been especially created to inspire all the five senses.

2. WHO IS IT FOR?

- People who have short time of stay and first are time users.
- Experienced people who would like to continue their wellness journey.
- Looking to add or increase best practices of dietary choices, physical movements and meal preparations for optimal nutrient utilization.

3. WHAT ARE THE BENEFITS?

- Rejuvenates body and mind.
- Improves digestive ability.
- Calms mind and improves concentration.
- Improves blood circulation and makes you more flexible.
- Increases self-confidence by improving your overall health.
- Changes lifestyle to be healthy
- Local culture experience
- Eliminate toxins and toxic build-up in your body

DAY 1 RELEASE

| | | |
|---------------------|---|-------------|
| 7:00 am - 8:00 am | Breathing Exercise, Meditation and Morning Yoga | 60 Minutes |
| 8:30 am - 9:30 am | Healthy Breakfast | |
| 10:00 am - 12:30 pm | Detoxifying Body Scrub | 150 Minutes |
| | Detoxifying Body Mask Detox Tea | |
| 1:30 pm - 2:30 pm | Healthy Lunch | |
| | Leisure | |
| 4:00 pm - 6:00 pm | Beach Power Walk | 60 Minutes |
| 7:00 pm - 9:00 pm | Healthy Dinner | |

WELLNESS JOURNEYS

3-DAY WELLNESS JOURNEY (Con't)

DAY 2 RELIEF

| | | |
|---------------------|--|-------------|
| 7:00 am - 8:00 am | Breathing Exercise, Meditation and Morning Yoga | 60 Minutes |
| 8:30 am - 9:30 am | Healthy Breakfast | |
| 10:00 am - 12:00 pm | Herbal Steam | 120 Minutes |
| | Detox Massage Detox Tea | |
| 1:00 pm - 2:00 pm | Healthy Lunch | |
| | Leisure | |
| 4:00 pm - 6:00 pm | Bike Tour | 120 Minutes |
| 7:00 pm - 9:00 pm | Healthy Dinner | |

DAY 3 RE-BALANCE

| | | |
|---------------------|---|-------------|
| 7:00 am - 8:00 am | Breathing Exercise, Meditation and Morning Yoga | 60 Minutes |
| 8:30 am - 9:30 am | Healthy Breakfast | |
| 10:00 am - 12:30 pm | Aromatic Bath | 150 Minutes |
| | Warm Stone Massage Natural Balancing Facial Detox Tea | |
| 1:30 pm - 2:30 pm | Healthy Lunch | |
| | Leisure | |
| 4:00 pm - 6:00 pm | Choice of Activities | 60 Minutes |
| 7:00 pm - 9:00 pm | Healthy Dinner | |



WELLNESS JOURNEYS

5-DAY WELLNESS JOURNEY

THB 26,000++

1. WHAT IS IT?

Reenergize your body, mind and spirit in five enjoyable holistic days. Purify with elixirs, along with healthy beverages and cuisines, sourced for their ingredients' detoxifying effects. Sooth with nature's healing touch. Allow yourself to discover the fine tuning process, while pampering treatments indulge the senses.

2. WHO IS IT FOR?

- People with a desire for a healthier relationship with food.
- Those who are looking for wellness journey coupled with time to enjoy the local culture.
- Individuals who are looking to continue their healthy life style with the nutrition packed local cuisine.

3 WHAT ARE THE BENEFITS?

- Rejuvenates body and mind.
- Improves digestive ability.
- Calms mind and improves concentration.
- Improves blood circulation and makes you more flexible.
- Increases self-confidence by improving your overall health.
- Continue healthy lifestyle at new environment (beach areas)
- Better sleep
- Prevents illnesses by daily exercises
- Eliminate toxins and toxic build-up in your body

DAY 1 RELEASE

| | | |
|---------------------|---|-------------|
| 7:00 am - 8:00 am | Breathing Exercise, Meditation and Morning Yoga | 60 Minutes |
| 8:30 am - 9:30 am | Healthy Breakfast | |
| 10:00 am - 12:30 pm | Detoxifying Body Scrub | 150 Minutes |
| | Detoxifying Body Mask Detox Tea | |
| 1:30 pm - 2:30 pm | Healthy Lunch | |
| | Leisure | |
| 4:00 pm - 6:00 pm | Beach Power Walk | 60 Minutes |
| 7:00 pm - 9:00 pm | Healthy Dinner | |

WELLNESS JOURNEYS

5-DAY WELLNESS JOURNEY (Con't)

DAY 2 RELIEF

| | | |
|---------------------|--|-------------|
| 7:00 am - 8:00 am | Breathing Exercise, Meditation and Morning Yoga | 60 Minutes |
| 8:30 am - 9:30 am | Healthy Breakfast | |
| 10:00 am - 12:00 pm | Herbal Steam | 120 Minutes |
| | Detox Massage Detox Tea | |
| 1:00 pm - 2:00 pm | Healthy Lunch | |
| | Leisure | |
| 4:00 pm - 6:00 pm | Bike Tour | 120 Minutes |
| 7:00 pm - 9:00 pm | Healthy Dinner | |

DAY 3 RELAX

| | | |
|---------------------|--|-------------|
| 7:00 am - 8:00 am | Breathing Exercise, Meditation and Morning Yoga | 60 Minutes |
| 8:30 am - 9:30 am | Healthy Breakfast | |
| 10:00 am - 12:30 pm | Aromatic Bath | 150 Minutes |
| | Warm Stone Massage Detox Tea | |
| 1:30 pm - 2:30 pm | Healthy Lunch | |
| | Leisure | |
| 4:00 pm - 6:00 pm | Fit Ball | 60 Minutes |
| 7:00 pm - 9:00 pm | Healthy Dinner | |

DAY 4 RE-BALANCE

| | | |
|---------------------|--|-------------|
| 7:00 am - 8:00 am | Breathing Exercise, Meditation and Morning Yoga | 60 Minutes |
| 8:30 am - 9:30 am | Healthy Breakfast | |
| 10:00 am - 12:00 pm | Firming Body Mask | 120 Minutes |
| | Foot Massage Herbal Tea | |
| 1:00 pm - 2:00 pm | Healthy Lunch | |
| | Leisure | |
| 4:00 pm - 6:00 pm | Mat Pilates | 120 Minutes |
| 7:00 pm - 9:00 pm | Healthy Dinner | |

WELLNESS JOURNEYS

5-DAY WELLNESS JOURNEY (Con't)

DAY 5 REJUVENATE

| | | |
|---------------------|--|-------------|
| 7:00 am - 8:00 am | Breathing Exercise, Meditation and Morning Yoga | 60 Minutes |
| 8:30 am - 9:30 am | Healthy Breakfast | |
| 10:00 am - 12:00 pm | Natural Balancing Facial | 150 Minutes |
| | Indian Head Massage Herbal Tea | |
| 1:30 pm - 2:30 pm | Healthy Lunch | |
| | Leisure | |
| 4:00 pm - 6:00 pm | Batik Painting | 60 Minutes |
| 7:00 pm - 9:00 pm | Healthy Dinner | |



WELLNESS JOURNEYS

7-DAY WELLNESS JOURNEY

THB 34,000++

1. WHAT IS IT?

On a Journey to your healthy revival, allow us to guide you step by step to transform your state of mind, boost your natural energy and harmonize the flow of your body's systems. Your very essence will be renewed with this 7 days program through health conscious, scrumptious cuisine to spirit enhancing enjoyable activities and therapies designed to unwind and inspire.

2. WHO IS IT FOR?

- People who are looking to continue their healthy lifestyle to balance their physical and mental health.
- Individuals who have a busy lifestyle, less time to rest and exercise
- Those who want to indulge in a program for detoxification to improve and mental and physical.

3. WHAT ARE THE BENEFITS?

- Rejuvenates body and mind
- Improves digestive ability.
- Calms mind and improves concentration.
- Improves blood circulation and makes you more flexible.
- Increase self-confidence by improving overall healthy
- Continue healthy lifestyle at new environment (beach areas)
- Better Sleep
- Prevents illness by daily exercises
- Eliminate toxins and toxic build-up in your body
- Reset the busy lifestyle to be healthier and regain vitality and energy in lives again.

DAY 1 RELEASE

| | | |
|---------------------|---|-------------|
| 7:00 am - 8:00 am | Breathing Exercise, Meditation and Morning Yoga | 60 Minutes |
| 8:30 am - 9:30 am | Healthy Breakfast | |
| 10:00 am - 12:30 am | Detoxifying Body Scrub | 150 Minutes |
| | Detoxifying Body Mask | |
| | Detox Tea | |
| 1:30 pm - 2:30 pm | Healthy Lunch | |
| | Leisure | |
| 4:00 pm - 6:00 pm | Beach Power Walk | 60 Minutes |
| 7:00 pm - 9:00 pm | Healthy Dinner | |

WELLNESS JOURNEYS

7-DAY WELLNESS JOURNEY

DAY 2 RELIEF

| | | |
|---------------------|---|-------------|
| 7:00 am - 8:00 am | Breathing Exercise, Meditation and Morning Yoga | 60 Minutes |
| 8:30 am - 9:30 am | Healthy Breakfast | |
| 10:00 am - 12:00 am | Herbal Bath | 120 Minutes |
| | Detox Massage | |
| | Detox Tea | |
| 1:00 pm - 2:00 pm | Healthy Lunch | |
| | Leisure | |
| 4:00 pm - 6:00 pm | Bike Tour | 120 Minutes |
| 7:00 pm - 9:00 pm | Healthy Dinner | |

DAY 3 RELAX

| | | |
|---------------------|---|-------------|
| 7:00 am - 8:00 am | Breathing Exercise, Meditation and Morning Yoga | 60 Minutes |
| 8:30 am - 9:30 am | Healthy Breakfast | |
| 10:00 am - 12:30 pm | Indian Head Massage | 150 Minutes |
| | Abhyanga Massage | |
| | Detox Tea | |
| 1:30 pm - 2:30 pm | Healthy Lunch | |
| | Leisure | |
| 4:00 pm - 6:00 pm | Fit Ball | 60 Minutes |
| 7:00 pm - 9:00 pm | Healthy Dinner | |

DAY 4 RE-BALANCE

| | | |
|---------------------|---|-------------|
| 7:00 am - 8:00 am | Breathing Exercise, Meditation and Morning Yoga | 60 Minutes |
| 8:30 am - 9:30 am | Healthy Breakfast | |
| 10:00 am - 12:30 pm | Aromatic Bath | 150 Minutes |
| | Warm Stone Massage | |
| | Detox Tea | |
| 1:30 pm - 2:30 pm | Healthy Lunch | |
| | Leisure | |
| 4:00 pm - 6:00 pm | Fit Ball | 60 Minutes |
| 7:00 pm - 9:00 pm | Healthy Dinner | |

WELLNESS JOURNEYS

7-DAY WELLNESS JOURNEY (Con't)

DAY 5 RESTORE

| | | |
|---------------------|---|-------------|
| 7:00 am - 8:00 am | Breathing Exercise, Meditation and Morning Yoga | 60 Minutes |
| 8:30 am - 9:30 am | Healthy Breakfast | |
| 10:00 am - 12:00 pm | Traditional Thai Massage | 120 Minutes |
| Herbal Tea | | |
| 1:00 pm - 2:00 pm | Healthy Lunch | |
| Leisure | | |
| 4:00 pm - 6:00 pm | Healthy Drink Making | 120 Minutes |
| 7:00 pm - 9:00 pm | Healthy Dinner | |

DAY 6 REJUVENATE

| | | |
|---------------------|---|-------------|
| 7:00 am - 8:00 am | Breathing Exercise, Meditation and Morning Yoga | 60 Minutes |
| 8:30 am - 9:30 am | Healthy Breakfast | |
| 10:00 am - 12:30 pm | Natural Balancing Facial | 150 Minutes |
| Foot Massage | | |
| Herbal Tea | | |
| 1:30 pm - 2:30 pm | Healthy Lunch | |
| Leisure | | |
| 4:00 pm - 6:00 pm | Batik Painting | 60 Minutes |
| 7:00 pm - 9:00 pm | Healthy Dinner | |

DAY 7 REJOICE

| | | |
|---------------------|---|-------------|
| 7:00 am - 8:00 am | Breathing Exercise, Meditation and Morning Yoga | 60 Minutes |
| 8:30 am - 9:30 am | Healthy Breakfast | |
| 10:00 am - 12:30 pm | Natural Balancing Facial | 150 Minutes |
| Foot Massage | | |
| Herbal Tea | | |
| 1:30 pm - 2:30 pm | Healthy Lunch | |
| Leisure | | |
| 4:00 pm - 6:00 pm | Batik Painting | 60 Minutes |
| 7:00 pm - 9:00 pm | Healthy Dinner | |