

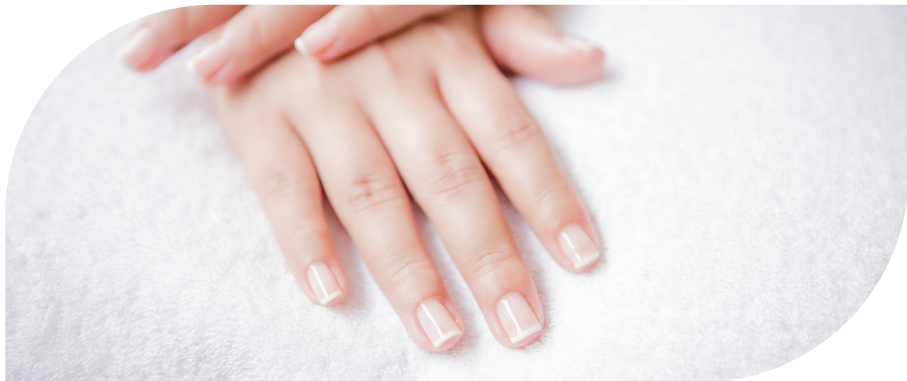


TRISARA

# WELLNESS ACTIVITIES



JARA WELLBEING



## Grooming

### HAIR TREATMENT (90 minutes) THB3,000++

Our reconstructive hair treatment, we begin by applying a serum to the scalp, then use massage and gentle wrapping to allow the treatments to work their magic on each hair type. Hair is then washed and blow-dried to finish.

#### Female

Manicure Lacquer	THB 1,200++
Pedicure Lacquer	THB 1,200++
Gel Manicure	THB 1,500++
Gel Pedicure	THB 1,500++
Nail Painting	THB 100++ per nail

#### Male

Manicure Lacquer	THB 850++
Pedicure Lacquer	THB 850++

#### Haircut & styling

Lady's hair cut	THB 2,500++
Men's hair cut	THB 2,000++
Men's shaving	THB 1,500++
Kid's hair cut	THB 1,500++
Shampoo and blow dry	THB 2,000++
Blow dry	THB 1,300++

#### Waxing

Under arm, Half Leg	THB 1,500++
Full arm, Full Leg, Back	THB 2,500++

Price are subject to 10% service charge and 7% government tax.

# RELAX AND UNWIND AT JARA SPA

After a long flight, active workout or an intense week, let our therapists pamper you with a Trisara signature treatment of your choice.  
Treat yourself to a moment of Bliss.



Cleansing Ritual

(Detox and destress to improve skin complexion)



Energy Flow

(Alleviate pain and improve flexibility)



Tension Release

(Remove muscle knots from office syndrome)



Thermal Therapy

(Improve circulation and relaxation)

Jara Treatment (90 minutes)	THB 6,000++ per person	
Signature Treatments	Royal Trisara 6 hands Massage (90 minutes)	Four hands Massage (90 minutes)
	THB 15,000++ per person	THB 11,000++ per person

**Terms & Conditions:**

- Prices are subject to 10% service charge and 7% government tax.

For reservation, please contact Jara Spa at 076 310 100  
Ext. 3 Operating hours: 08.00 am - 09.00 pm



## ACTIVE LIFESTYLE ACTIVITIES

Being active in a natural environment is associated with improved physical and mental health and also a key ingredient in longevity and vitality. Our personal trainers will provide you with active lifestyle experience and lead you to a state of holistic health.

### 60 minutes Private Activities THB 2,000++ per person

- SUP Lesson
- Boot Camp
- Abdominal Class
- TRX Lesson
- Super Stretching
- Tennis Partner or Lesson
- Aqua Exercise

<b>Muay Thai Lesson</b>	60 minutes THB 2,500++ per person or THB 4,000++ per couple
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### Terms & Conditions:

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## LEARN IN NATURE

### Classes by Trisara Kid's Club

#### Sports Star

Tennis Lesson	1 hour	THB 1,200++
Junior Thai Boxing	1 hour	THB 1,200++

#### Super Chef

Cooking Class	1 hour	THB 1,900++
• Pizza Making		
• Cookies Making		
• Cup Cake Decoration		
• Thai Cuisine	1 hour	THB 2,500++

#### Creative Crafting

Batik Painting	1 hour	THB 1,200++
Fan Painting	1 hour	THB 1,200++
Soap Making	1 hour	THB 1,500++
Coconut Leaf	1 hour	THB 1,500++
Folding / origami		



#### Remark:

1. Young guests 4 to 12 years old, are welcome to enjoy all outdoor activities under the supervision of a guardian.
2. Please dial 113 to speak to our recreation team.





### ME AND YOU SHOT:

During activity or sport equipment	15 minutes + 20 photos	2,000++
Around property	30 minutes + 30 photos	3,500++
Around property	60 minutes + 60 photos	5,500++

### HAPPY FAMILY SHOT:

During activity or sport equipment	15 minutes + 20 photos	2,500++
Around property	30 minutes + 30 photos	4,500++
Around property	60 minutes + 60 photos	6,000++
Around property Half day	4 hours +240 photos	18,000++
Around property Full day	8 hours +500 photos	30,000++

### EVENT / WEDDING / PRE-WEDDING:

1 hour	+ 60 photos	4,500++
3 hours per days	+180 photos	12,000++
4 hours per days (half day)	+240 photos	16,000++
All days	+500 photos	30,000++

### VIDEO:

1 hour (Shooting)	5,500++
3 hours (Shooting)	15,000++

### PHOTO BOOK:

(Excluded transportation)

Size A4	40 pages	10,000++
Size A5	30 pages	5,000++

#### Term and condition:

- All in house will receive 10minutes private shoot on the beach with compliment 2 jpg picture
- Photographer service included: basic retouch for photo color and lighting
- All pictures will be delivered in high resolution files format via email
- Advance reservation is advised
- Please reserve via Resort Host, Ext.2