Jara Wellness

Activities



RECONNECTING

flow and glow

Jara Wellness emphasises eco-conscious living, where true well-being begins with a connection to self, others, and nature. We invite you to participate in energizing outdoor activities and exercises led by certified trainers, designed to connect you with nature's healing power. Let the rhythm of the earth, the sky, and the water guide you as you restore both body and spirit. More than just a workout, movement becomes a mindful ritual, a pathway to emotional release, energetic flow, and soulful restoration.

Mat Pilates

60 minutes — *One on One THB 5,000*
60 minutes — *Couple THB 6,500*

Focused movement is the path toward a peaceful mind, inner and outer strength. It is an absolute body and mind connection, practicing concentration, breath and flow. Enjoy an open environment with wonderful views and get plenty of oxygen.

Private Yoga

One on One — *THB 5,000*
Couple — *THB 6,500*

Yoga can be as much or as little as you want it to be.

For some it is purely a physical pursuit, keeping, the body toned, strong and flexible. For others, yoga becomes more of a mindset and a way of living. Our yoga masters will adjust types and levels of yoga according to guests' preference and experience.

Meditation

One on One — *THB 5,000*
Couple — *THB 6,500*

Meditation is the practice of turning your attention to a single point of reference.

It involves focusing on the breath, on bodily sensations or on a word or phrase known as a mantra. When the mind becomes free from agitation, is calm and serene and at peace, meditation happens.

Price is subject to 17.7% tax and service charge.


TWINS
SPECIAL
SORO

Aqua Fitness

60 minutes *One on One THB 2,800*
60 minutes *Couple THB 3,800*

In the privacy of your own tranquil pool, water exercise can simulate many techniques we perform in a gym, while the absence of gravity allows you to make full use of your body without any type of joint injuries. This nonimpact cardiovascular workout directly improves all five aspects of physical fitness: strength, endurance, flexibility, cardio-respiratory endurance and body composition.

Tennis Lesson

60 minutes *One on One THB 3,000*
60 minutes *Couple THB 5,000*

Receive focused attention and tailored coaching from one of our experienced pros. Perfect for refining your technique, improving your strategy, and maximizing your potential.

Tennis with Hitting Partner

60 minutes *One on One THB 2,800*
60 minutes *Couple THB 3,800*

Sharpen your skills and get a great workout with a dedicated hitting partner. Ideal for practicing specific shots, improving your consistency, and getting valuable match play experience.

Personal Training

60 minutes *One on One THB 2,800*
60 minutes *Couple THB 3,800*

Often people shy away from starting exercise because they do not know specific exercises, or they are afraid of hurting themselves from injury. Engaging with a personal trainer will help make the most of your workout.

Thai Boxing

60 minutes *One on One THB 3,500*
60 minutes *Couple THB 5,500*

Unlock the power, precision, and fluidity of Muay Thai, the revered "Art of Eight Limbs." Focus on skills enhancement, combination techniques, and cardiovascular fitness, with personal attention to refine your technique and improve overall performance. Whether you're a beginner or an experienced practitioner, these sessions will elevate your Muay Thai journey.

Price is subject to 17.7% tax and service charge.



Beach Boot Camp

60 minutes *One on One THB 2,800*
60 minutes *Couple THB 3,800*

Fun and safe total body workout that allows you to change yourself. Exercises are conducted individually or with partner. Use the sand and the sun to take your workout to the next level.

Nature Gym

60 minutes *One on One THB 2,800*
60 minutes *Couple THB 3,800*

Designed for all fitness levels.

Fun and safe total body workout that allows you to change yourself. Exercise is conducted individually or with partners. Use the sand and the stones to take your workout to the next levels.

Fitness Assessment

30 minutes *THB 1,500*

A fitness assessment is a series of tests in which the trainer assesses your physical fitness level to identify strength, cardiovascular endurance and flexibility of the body and develops a personalized program to attain your fitness goals.

Super Stretching

60 minutes *THB 2,500*

Improve mobility, strength and flexibility and achieve comfortable muscle tone.

Stretching is essential in the prevention of injury before doing any exercise.

Tennis Kids Lessons

60 minutes *One on One THB 2,500*
60 minutes *Couple THB 4,000*

Is your child ready to become the next tennis pro?

Our Tennis Kids Lessons provide expert instruction in a fun and engaging way. Our experienced coaches will teach fundamental techniques, develop hand-eye coordination, and foster a love for the game.

Muay Thai for Kids

60 minutes *One on One THB 2,200*
60 minutes *Couple THB 3,500*

Often people shy away from starting exercise because they do not know specific exercises, or they are afraid of hurting themselves from injury. Engaging with a personal trainer will help make the most of your workout.

Price is subject to 17.7% tax and service charge.



MUAY THAI CAMP

Experience the Art of Eight Limbs
– Muay Thai Retreat –

Unlock the power, precision, and fluidity of Muay Thai, the revered *"Art of Eight Limbs"*
Focus on skills enhancement, combination techniques, and cardiovascular fitness,
with personal attention to refine your technique and improve overall performance.
Whether you're a beginner or an experienced practitioner,
these sessions will elevate your Muay Thai journey.

Package	**Private Muay Thai Sessions** 60 mins per day with an experienced coach	**Full Body Massage** 60 mins per person at JARA Wellness	**Price (THB)**	
			Per person	Per Couple
3 Days	3 Sessions	**1 Time**	12,000++	21,000++
5 Days	5 Sessions	**2 Times**	18,000++	32,000++

Every package includes complementary Trisara Muay Thai T-shirt

Muay Thai Boxing Class

– 60 minutes –

Package	**Price (THB)**	
	Per person	Per Couple
Class Session	3,500++	5,500++

Price is subject to 17.7% tax and service charge.

Spa Etiquette

- OPERATING HOURS
  - Spa
    - Daily from 09:00 to 21:00 (last treatment 20:00)
  - Fitness Centre
    - Daily 24 hours
- Recreation Staff operation hours from 6 am -7pm, Please dial at extension 2 after operation.
- Advance booking is recommended to ensure availability of time and services. Please dial at extension 3 for Spa and wellness reservation.
- Please arrive 15 minute prior to your treatment in order to complete your lifestyle consultation form to assist us with your treatment recommendation.
- Please note that the Spa is a tranquil environment and therefore smoking or use of cell phones is not permitted.
- Children are welcome when accompanied by a parent. The minimum age for spa treatments or use of the gym is 16. Guests under the age of 16 are required to have parental consent prior to their booking being accepted.
- We recommend that you leave your jewelry in your villa before coming to spa.
- Please give 4 hours cancellation notice on individual spa treatment and 24 hours notice on wellness package or visiting specialist, otherwise 50% of the price will be charged to your account.
- For men please shave prior to all facial Treatment to ensure that maximum results are achieved.
- Arriving late will decrease the time of your treatment.
- Lifestyle consultation must be completed and signed to ascertain any allergies or previous injuries and avoid any discomfort during the treatment. Guest with high blood pressure, heart condition, allergies or other medical complications, and those who are pregnant, are advise to contact the spa. Many treatment can be adjusted to suit your needs.
- All treatment will be charge to your villa and will appear on your account at the time of check out.
- All prices are subject to local tax and service charge. Spa reservations after operation hours are subject to an additional 30% surcharge
- We will apply a 15% surcharge for in villa treatments.



A. Arrival Lounge
B. JARA Wellness
C. Synergist Lounge
D. 7.8˚N
E. The Living Room & Boutique
F. Kids Club
G. Thai House
H. The Wine Cellar
I. Cielo & Spice
J. Thai Library
K. La Crique
L. La Crique on The Beach
M. Main Pool
N. Water Sport Center
O. Cabana
P. Yoga Sala
Q. Thai Boxing Ring
R. Tennis Court
S. PRU Restaurant
T. Pontoon (Dec-Apr)
U. Koh Waew

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