Jara Wellness



FOUR PILLARS OF JARA WELLNESS

Jara, means journey, a mindful path toward a life that feels healthy, balanced, and deeply fulfilling. Our wellness philosophy is to encourage guests to focus on rejuvenating their body, mind, and spirit through lifestyle modifications, connecting with themselves and nature, restoring balance, and cultivating a renewed way of being.

JARA WELLNESS

A Journey of Renewal in Harmony with Nature

Whatever reason leads you to Jara Wellness, you are invited to listen to your heart, ground within yourself, awaken a new energy, and embark on a new lifestyle journey, all while transforming into a better version of yourself.



REBALANCING

grounding is the fundamental

In a holistic approach, the belief is that long-lasting health is not the absence of illness, but a dynamic balance between body, mind, spirit, and environment. Grounding or connecting to the earth is a fundamental force that creates a sense of safety, stillness, and stability. The serene landscape of Trisara is a sacred pause, a moment where you reconnect to who you truly are and open the path toward clarity, abundance, and a renewed sense of purpose. Our Wellness Specialist will guide you toward the most suitable treatments, exercises, diet, and stress management to tailor a program that restores your equilibrium.

Reiki & Crystal Healing

60 minutes — *THB 6,500*

A gentle energy healing ritual designed to restore harmony to body, mind, and spirit. Through the ancient Japanese practice of Reiki combined with the subtle vibrational power of healing crystals, this treatment helps release energetic blockages, encourage deep relaxation, and promote natural balance within the body's energy field.

Sound Therapy

60 minutes

THB 5,500 per person
THB 6,500 per couple
THB 1,500 additional person

A meditative vibrational healing experience using therapeutic sound frequencies and singing bowls to gently release tension and calm the mind. As soothing waves of resonance restore energetic balance, the body softens into deep relaxation—leaving you centred, clear, and profoundly renewed.

Chi Nei Tsang

60 minutes — *THB 6,500*

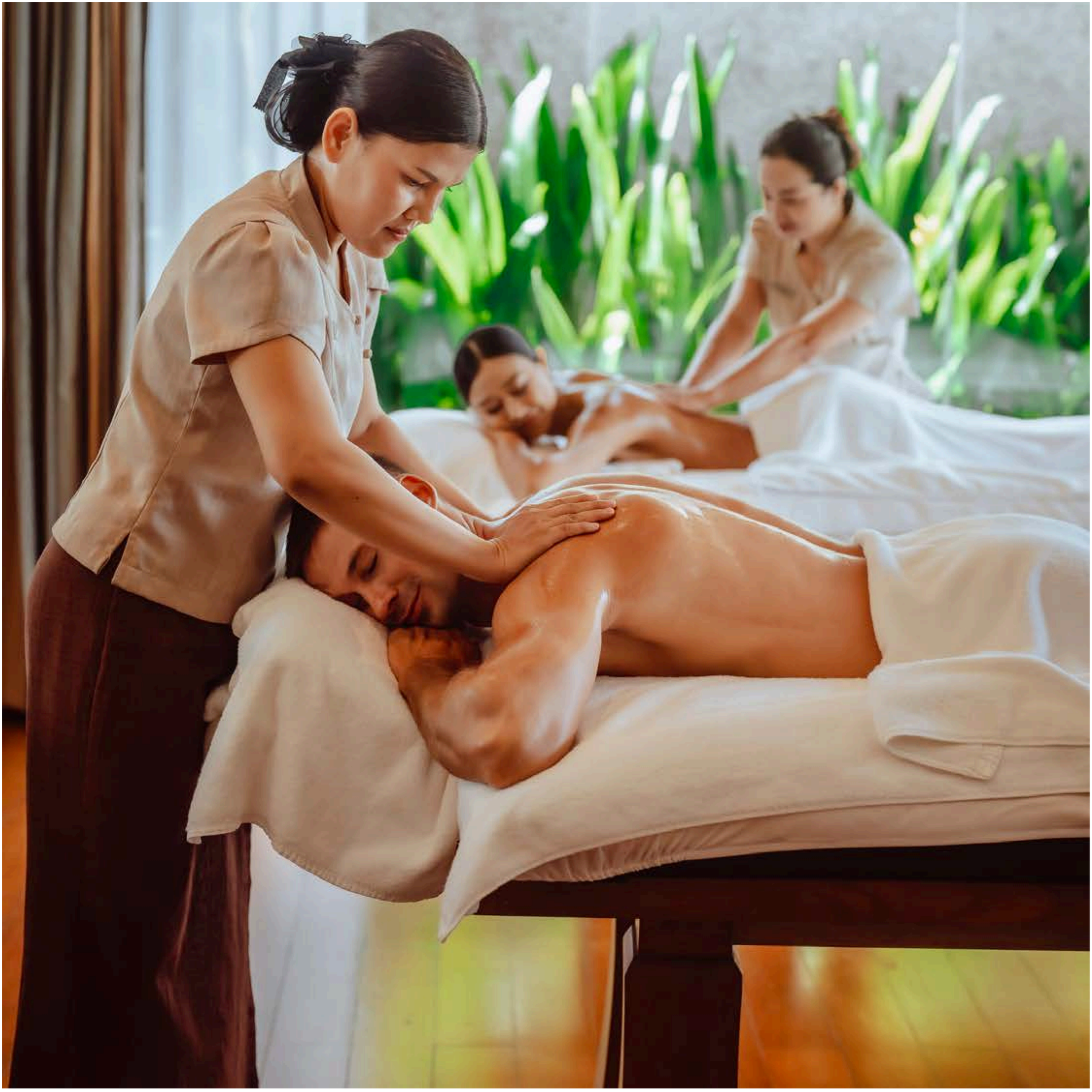
Chi Nei Tsang is a traditional Taoist abdominal therapy that works gently yet deeply on the body's core to support natural detoxification, enhance organ function, and restore the free flow of energy. Through mindful abdominal massage, this treatment helps release physical tension and emotional blockages stored within the abdomen, calming the nervous system while promoting balance and vitality. Ideal for those seeking digestive support, stress relief, and overall harmony, Chi Nei Tsang leaves the body feeling lighter, relaxed, and energetically renewed.

Japanese-style acupuncture

60 minutes — *THB 7,500*

Using gentle techniques and ultra fine-needles, Japanese style acupuncture is a painless and relaxing way to treat pain, stress, and overall wellbeing through the traditional and ancient art of acupuncture.

Price is subject to 17.7% tax and service charge.



REGENERATING

Live grace and inspired by nature

Jara 's approach to health and well-being combines the ancient wisdom of oriental sciences with a range of modern spa rituals. Rediscover the beauty within you through a variety of special treatments inspired by green living. Jara Wellness uses natural products that allow you to rest, restore, and renew.

– Signature Journey –

Romantic Journey

150 minutes *THB 20,500 per couple*

- Coconut Body Scrub and Wrap
- Jara Signature Massage
- Relaxing in your spa suite with refreshments

A graceful celebration of connection and shared serenity, Romantic Journey invites couples into the privacy of their own spa sanctuary, softly illuminated and delicately scented with aromatherapy.

The experience begins with a nourishing coconut body polish and warm cocoon wrap to gently refine the skin, leaving it luminous and silk-smooth. This is followed by our signature JARA aromatherapy massage, intuitively tailored to release tension, restore harmony, and deepen relaxation side by side.

Your journey concludes with light refreshments and unhurried moments of stillness—an opportunity to simply be together and savor the beauty of your shared presence.

Reawakening Journey

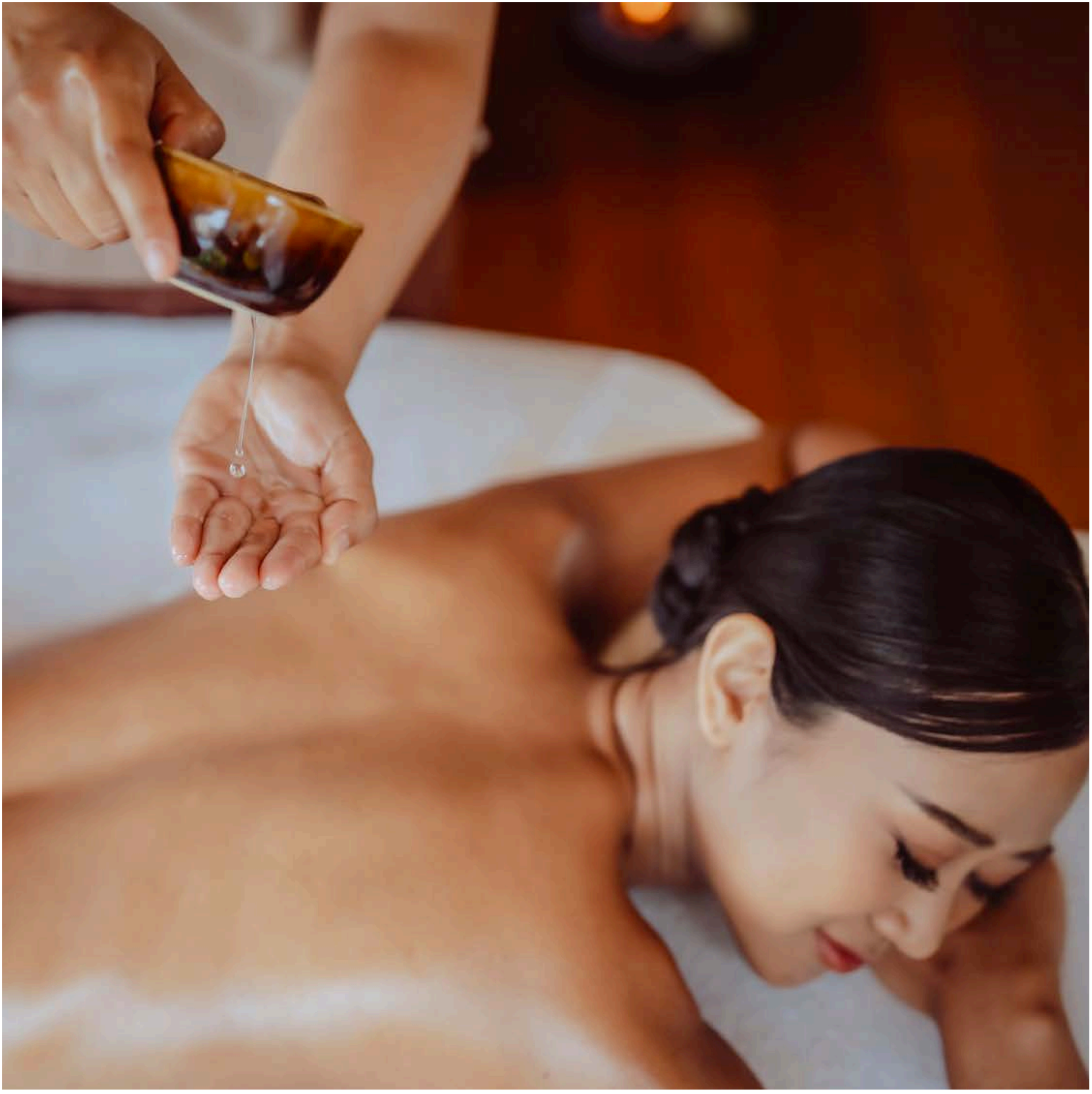
150 minutes *THB 11,500*

- Herbal Steam
- Herbal scrub
- Deep Tissue Massage
- Facial

This is a curated treatment designed to soothe travel fatigue, reset your natural rhythm, and bring you gently back into presence.

It's begin with a grounding herbal steam and herbal scrub, followed by a massage techniques to reduce fluid retention, muscle tightness, and nervous system overload. The experience ends with express facial treatment and special sound therapy technique, allowing you to feel refreshed, balanced, and fully arrived in your body and in your destination.

Price is subject to 17.7% tax and service charge.



– Signature Massage –

Jara Foot Reflexology

30 minutes *THB 3,000*
60 minutes *THB 4,500*

There is a definite link between your feet and your bodily organs. Our skilled therapist Stimulate your nervous system and vital organs through pressure points in your feet.

Jara Deep Tissue Massage

60 minutes *THB 5,500*
90 minutes *THB 6,500*

A deep massage of muscular tissue designed to release deep, chronic tensions that are often cause body pain and discomfort. It helps unlocking knot and promote oxygenation.

Jara Oil Massage

60 minutes *THB 5,500*
90 minutes *THB 6,500*
120 minutes *THB 9,000*

Relaxing and therapeutic. An Aromatherapy massage, using only organic massage oils and techniques using palms, thumbs, knuckles and elbows. This aroma – therapeutic massage soothes body tissues and relieves sore muscles.

Jara Indian Head Massage

30 minutes *THB 3,000*
60 minutes *THB 4,500*

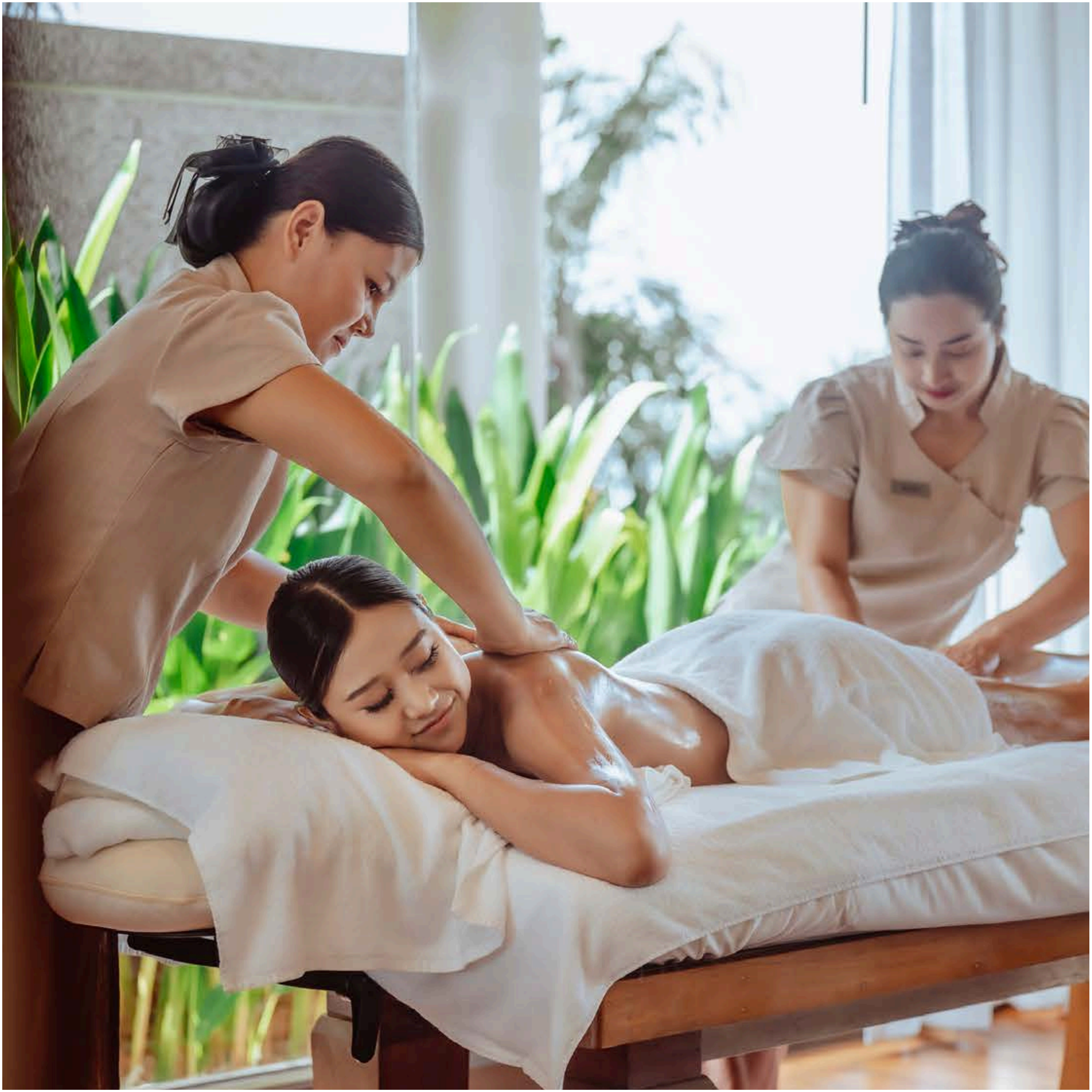
A soothing blend of gentle head massage and therapeutic sound vibrations designed to calm the mind, release tension on the head, neck and shoulder, and restore inner balance. This relaxing experience is supporting stress, mental fatigue, insomnia, respiratory difficulties, headache, low energy, head and neck tension.

Jara Oil Luk Pro Kob Massage

90 minutes *THB 7,000*
120 minutes *THB 9,000*

A deeply restorative treatment that combine warm aromatic oil massage with the Thai herbal compresses along the body to ease muscles tension, improve blood circulation, deeply relieves stress and leaves the body feeling balanced.

Price is subject to 17.7% tax and service charge.



– Signature Massage –

Jara Four Hand Massage

90 minutes *THB 11,000*

This oil based soft to medium pressure massage is the ultimate pampering experience, with 4 hands synchronized and perfectly orchestrated by our skilled therapists. The wonderful sensation of gentle fluttering applied by four hands all over the back is a delight.

Jara Thai Massage

90 minutes *THB 5,500*
120 minutes *THB 7,500*

This is dry massage without oil involves deep long strokes, thumb pressure and stretching, along energy lines to clear blocked energy channels, resulting in increased flexibility, mobility for the body and clarity for the mind.

Manual Lymphatic Drainage

90 minutes *THB 6,500*

This is a very gentle but very powerful hand-on treatment to remove superficial lymph nodes along the lymphatic pathway. This treatment helps to improve the metabolism, eliminates toxins, fluid retention, unblocks the energy channels and restores the vital energy.

Jara Thai Luk Pro Kob Massage

90 minutes *THB 6,500*
120 minutes *THB 9,000*

Employed in traditional Thai Medicine, this herbal compress stimulates the Sen Sib lines (the Thai energy lines, similar to Chinese Meridian lines and Indian Prana Nadi lines).

The herbs hold the heat from the steam to deeply penetrate and relax the muscles and tendons. This aids in stretching contracted or shortened muscles to alleviate pain and tension in the body. Deep relaxation relieves stress, improving overall health and well-being.

Jara Hot Stone Therapy

90 minutes *THB 7,000*

This therapeutic massage utilizes heated and oiled stones to ease away muscle tension and stress. Suited for alleviating arthritic aches and pains, or overworked muscles and minds.

Price is subject to 17.7% tax and service charge.



– Body Care –

Samunpai Scrub

60 minutes *THB 4,500*

Improves blood circulation and promotes detoxification.

This aromatic blend of herbs is excellent to removing dead skin cells, improving blood circulation, and helps with skin-healing due to its detoxifying properties.

Tropical Fruit Body Scrub

60 minutes *THB 4,500*

A vibrant exfoliation enriched with papaya, pineapple, mango, and mandarin extracts, naturally rich in fruit acids to refine and revitalise the skin. Gentle charcoal polishes without stripping moisture, while grapefruit and citrus essential oils uplift the senses. Skin is left smooth, radiant, and refreshed.

Tamarind Body Scrub

60 minutes *THB 4,500*

A revitalising botanical polish enriched with tamarind and licorice extracts, naturally rich in fruit acids and vitamins. This gentle exfoliating treatment deeply cleanses, refines skin texture, and restores a luminous, even-toned glow. Finished with a refreshing oriental aroma to uplift both body and mind.

Coconut Body Scrub & Wrap

60 minutes THB 4,500

A purifying and nourishing body ritual featuring charcoal and finely milled coconut shell to gently exfoliate and refine the skin. Enriched with soothing cucumber, kaolin white clay, and coconut oil, this comforting wrap restores softness and radiance, leaving the body smooth, balanced, and delicately scented with a tropical essence.

Price is subject to 17.7% tax and service charge.



– Body Care –

Balancing Body Wrap

60 minutes — THB 4,500

An advanced hydrating body wrap formulated with red clay and fermented corn sugar to purify and restore skin vitality.

Enhanced with lotus and blue water lily waters, together with our exclusive 8-Hyaluron complex, it helps replenish moisture and support the skin's protective barrier.

Centella asiatica, chamomile, and chia seed oil deeply nourish and calm fatigued skin, while a refreshing blend of bergamot, citrus, clary sage, and phlai creates a cooling, uplifting sensory experience. Skin feels balanced, supple, and beautifully revitalised.

Asian White Body Wrap

60 minutes — *THB 4,500*

A purifying body wrap featuring phlai and mineral-rich white mud to detoxify and promote a brighter, more even-toned complexion. Enriched with jojoba, sweet almond, and safflower oils to restore moisture, while ylang ylang and lavender create a calming sensory experience. Skin is left smooth, balanced, and naturally radiant.

Aloe Vera Sunburn Soother

60 minutes — *THB 4,500*

Cooling recovery for skin after the sun.

Perfect for sunburnt skin, we start with a cool compress to remove the heat from the skin and then apply fresh blended aloe vera with cool cucumber and essential oils to sooth and nourish skin.

We require bookings two hours in advance to allow us to freshly blend the products.

Price is subject to 17.7% tax and service charge.



– Facial Care –

Rose Crystal Lymphatic

90 minutes *THB 6,500*

This luxurious facial offers deep cleansing, hydration, lymphatic drainage, rejuvenation, firming, and plumping effects.

Enjoy a comprehensive treatment including cleansing, exfoliation, extraction, and three masks (seaweed, honey & jasmine, and collagen), along with massages relaxing massage and scalp with nourishing hair serum. Our acupressure massage restores the lymphatic system, leaving your skin glowing and renewed.

Cryo Lifting

60 minutes *THB 5,500*

Experience heightened circulation, inflammation reduction, and facial tissue lifting, all while enjoying a tranquil escape from daily stresses.

Achieve visibly smoother, tighter, and radiant skin, leaving you refreshed and renewed.

Men's Facial

60 minutes *THB 4,500*

This expert treatment begins with a meticulous cleanse, followed by pore exfoliation to unveil your skin's natural radiance.

Commence with a comprehensive cleanse, exfoliation, and targeted discoloration reduction for a luminous, revitalized complexion.

Vitamin C & Papaya Enzyme Peel Facial

60 minutes *THB 5,500*

Elevate your skincare regimen with our meticulously curated facial treatment.

Feel refresh and radiant with our tailored approach to skincare.

Note: *Please shave before treatments for maximum effectiveness*

– Beauty Salon –

Manicure / Pedicure

Female

•Manicure Lacquer	THB	2,000
•Pedicure Lacquer	THB	2,000
•Gel Manicure	THB	2,200
•Gel Pedicure	THB	2,200
•Nail Painting (per nail)	THB	200

Male

•Men's Manicure	THB	1,500
•Men's Pedicure	THB	1,500

Hair Cut and Styling

• Men's haircut	THB	2,500
• Ladies' haircut	THB	3,000
• Kid's haircut	THB	1,500
• Men's shaving	THB	1,500
• Shampoo and blow dry	THB	2,500
• Blow dry only	THB	1,500

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.



Jara Wellness

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