



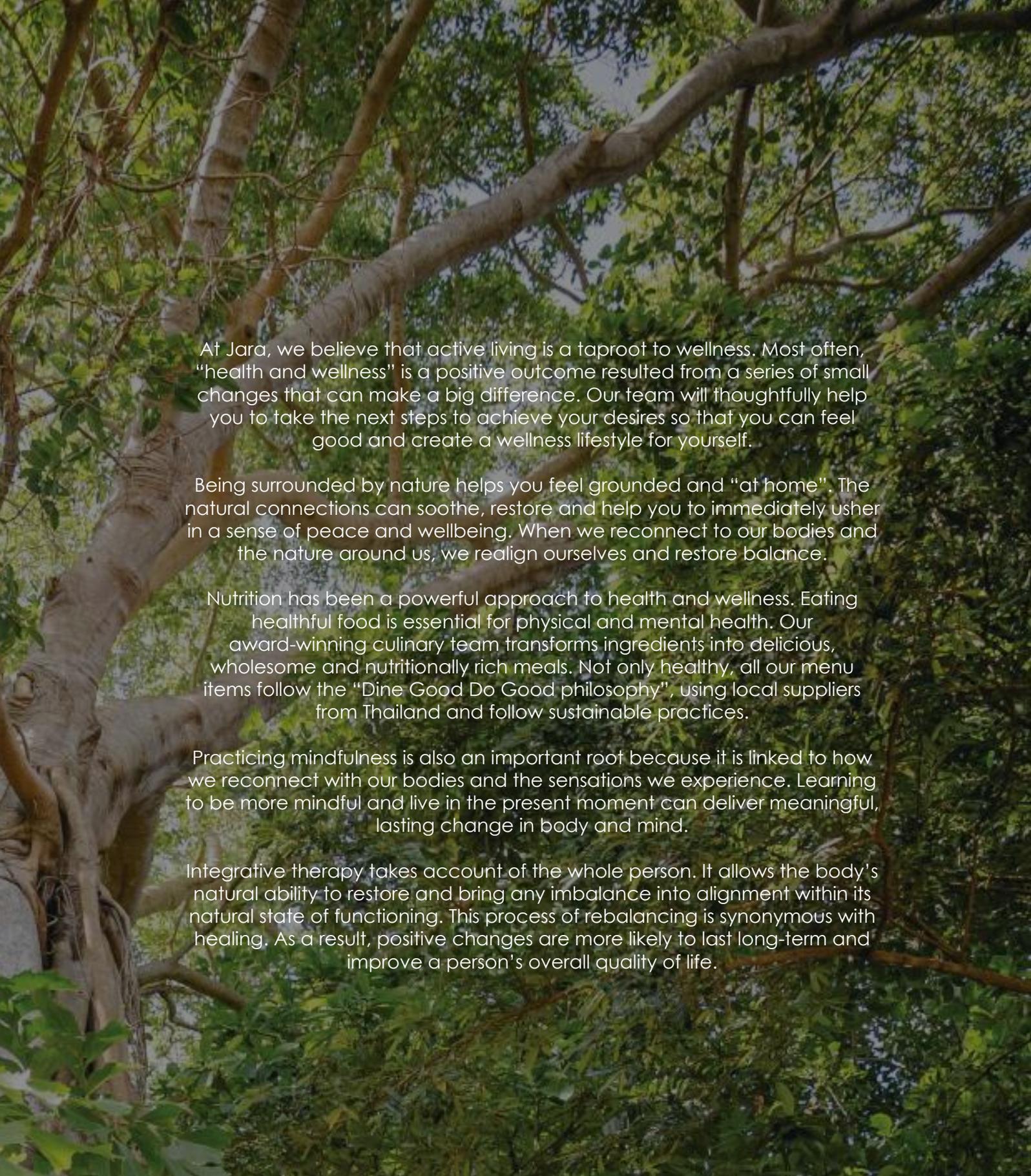
JARA WELLNESS





ROOTS TO WELLNESS

A tree that develops a deep, strong root structure can withstand heavy winds without toppling to the ground. Nourish the roots, engage with the earth, provide strength to the core, be peaceful, take care of the inner self and outward beauty will blossom. The same principles can be applied to human beings and thus optimal wellbeing is achieved through the relationship of five roots to wellness which has become the philosophy of Jara Wellness experience.



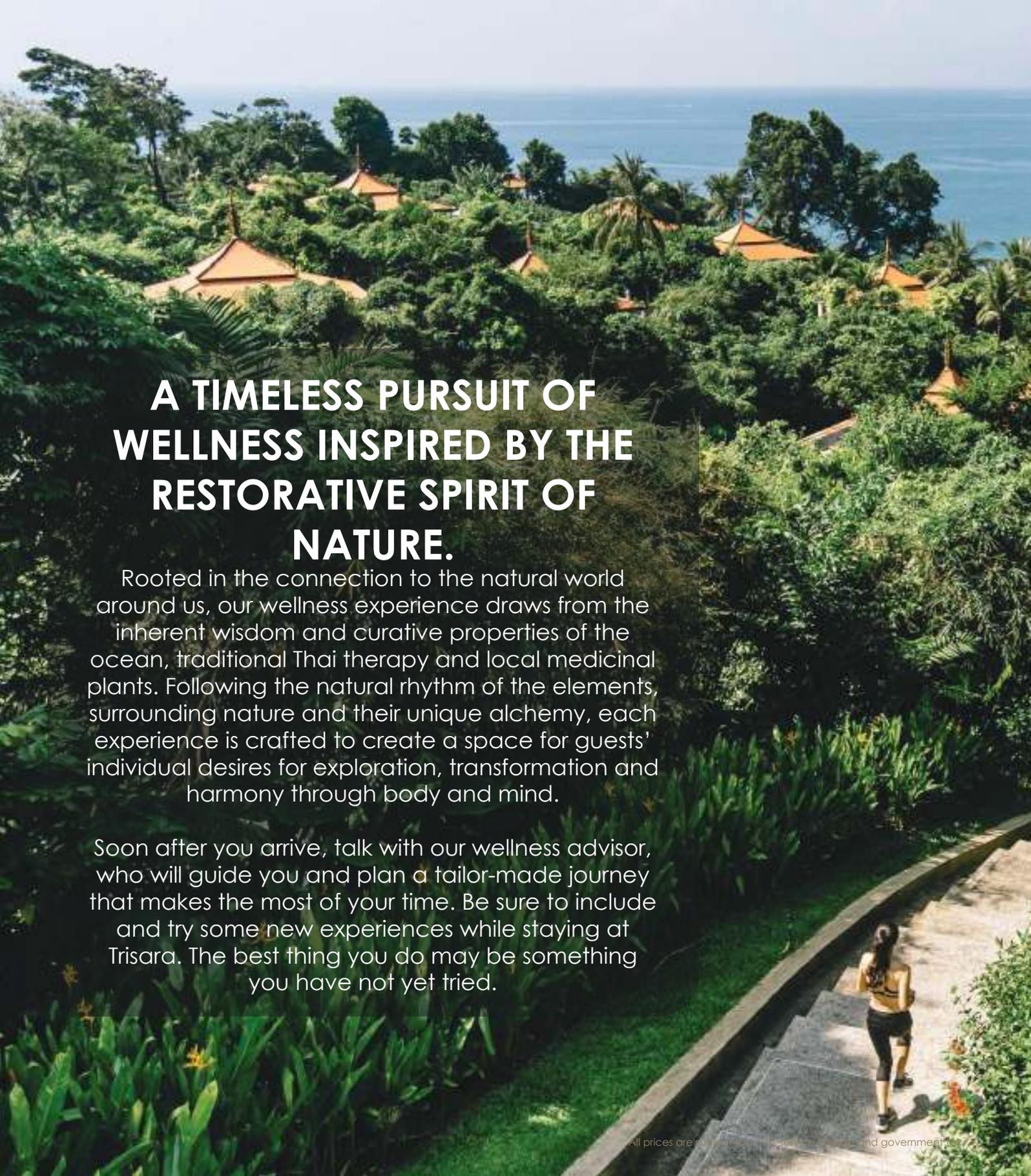
At Jara, we believe that active living is a taproot to wellness. Most often, “health and wellness” is a positive outcome resulted from a series of small changes that can make a big difference. Our team will thoughtfully help you to take the next steps to achieve your desires so that you can feel good and create a wellness lifestyle for yourself.

Being surrounded by nature helps you feel grounded and “at home”. The natural connections can soothe, restore and help you to immediately usher in a sense of peace and wellbeing. When we reconnect to our bodies and the nature around us, we realign ourselves and restore balance.

Nutrition has been a powerful approach to health and wellness. Eating healthful food is essential for physical and mental health. Our award-winning culinary team transforms ingredients into delicious, wholesome and nutritionally rich meals. Not only healthy, all our menu items follow the “Dine Good Do Good philosophy”, using local suppliers from Thailand and follow sustainable practices.

Practicing mindfulness is also an important root because it is linked to how we reconnect with our bodies and the sensations we experience. Learning to be more mindful and live in the present moment can deliver meaningful, lasting change in body and mind.

Integrative therapy takes account of the whole person. It allows the body’s natural ability to restore and bring any imbalance into alignment within its natural state of functioning. This process of rebalancing is synonymous with healing. As a result, positive changes are more likely to last long-term and improve a person’s overall quality of life.



A TIMELESS PURSUIT OF WELLNESS INSPIRED BY THE RESTORATIVE SPIRIT OF NATURE.

Rooted in the connection to the natural world around us, our wellness experience draws from the inherent wisdom and curative properties of the ocean, traditional Thai therapy and local medicinal plants. Following the natural rhythm of the elements, surrounding nature and their unique alchemy, each experience is crafted to create a space for guests' individual desires for exploration, transformation and harmony through body and mind.

Soon after you arrive, talk with our wellness advisor, who will guide you and plan a tailor-made journey that makes the most of your time. Be sure to include and try some new experiences while staying at Trisara. The best thing you do may be something you have not yet tried.



All prices are subject to 17.5% service charge and government tax.



ACTIVE LIVING

Physical activity in natural settings

Exposure to green (land) and blue (ocean) spaces is associated with improved physical and mental health and also a key ingredient in longevity and vitality. Our qualified trainers will provide you with active lifestyle experience and lead you to a state of holistic health.



Functional training

60 minutes

- Power walk
- Private TRX
- Personal training
- Private core exercise
- Private full body stretching

From

THB2,200



Muay Thai

60 minutes

- Muay Thai lesson
- Muay Thai camp (3 hours)
- Muay Thai camp (5 days)

From

THB3,000



Tennis

60 minutes

- Tennis lesson
- Tennis with hitting partner

From

THB2,200



Watersports

Subject to weather conditions

- SUP lesson
- Swimming lesson
- Snorkelling lesson
- Snorkelling tour

From

THB2,200



Tennis vacation

Mastering the physical and mental game of tennis with 3-day Tennis vacation.

- Daily tennis drills
- Daily coaching session
- Daily post-workout recovery treatments
- One-time post camp match
- Twice strength workouts

THB15,650



NATURAL CONNECTIONS

Get outside and expose to nature

When we are present with nature, we find that the scents, the sights, the sounds, the tastes and the sensations invite us to come alive as they restore us from the inside out. Come discover what your body and mind can do when you experience life outdoors.



Nature gym

60 minutes

Strong joints | Cardio

Designed for all fitness levels. This is a fun, safe total body workout that allows you to challenge yourself. Exercises are conducted individually or with partners. Use the sand and the stones to take your workout to the next level.

THB2,500



Beach pilates

60 minutes

Core strength | Concentration

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.

THB2,500



Walking in nature

90 minutes

Mental fitness | Reduce stress

"Nature deficit disorder" is a modern affliction. Channel your inner sense of adventure that leads you back to mother nature. Open up to the sounds of forest, the scent of trees, the sunlight playing through leaves and the fresh, clean air.

THB5,000



Sunset kayaking

90 minutes

Stamina | Peace

There is always something to make you gasp on this trip, the sounds of birds, the sunset, the rising moon, the floral scents on the breeze and the peace and serenity at dusk. This is a trip which feeds body and soul.

THB5,000



MINDFULNESS

Activate your mind and your muscles

Mindfulness is the energy of being aware and awake to the present moment. Shifting you from feeling busy and distracted to feeling strong and capable. Infuse mindfulness into your day and experience first hand the transformative power of mindful living.



**Sunrise
yoga**
60 minutes

Vitality | Immunity

Yoga can be as much or as little as you want it to be. Our yoga masters will adjust types and levels of yoga according to guests' preference, experience and purpose whether a physical pursuit, a mindset or a way of living.

THB3,500



**Sunset
breathing**
60 minutes

Concentration | Better sleep

"I breathe in light and kindness, I breathe out love and grace. I breathe in courage and joy, I breathe out acceptance and peace." Learning to breathe consciously with awareness can restore balance in the mind and body.

THB3,500



Mindful Tai Chi
60 minutes

Mindful | Balance

An art embracing the mind, body and spirit. This is an exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind, while also strengthening the cardiovascular and immune system.

THB3,500



Meditation
60 minutes

Memory | Rejuvenation

Meditation is the practice of turning your attention to a single point of reference. When the mind becomes free from agitation, is calm, serene and at peace, meditation happens. When we meditate, we inject long-lasting benefits into our lives

THB5,500



INTEGRATIVE THERAPY

What fuels your spirit fuels your body

Exploring deeply healing signature therapies to promote a sense of well-being. Besides the pleasant time, the most important goal is to enhance the body's ability to improve total wellbeing and state of peace. Focused on people with a high rhythm of life.



Energy flow

90 minutes

Alleviate pain | Flexibility

- Tok Sen
- Thai massage
- Assisted stretching

THB6,500



Tension release

90 minutes

Remove muscle knots | Energized

- Neck and shoulder relief
- Foot reflexology
- Trigger point therapy

THB6,500



Thermal therapy

90 minutes

Better circulation | Relaxation

- Acupressure points
- Hot stone compress
- Hot oil head massage

THB6,500



Cleansing ritual

90 minutes

Detoxification | De-stress

- Dry brushing
- Lymphatic drainage
- Himalayan salt compress

THB6,500



Focused massage

60 minutes

Customized | Tension relief

- Head and neck massage
- Shoulder and back massage
- Leg and foot massage

THB4,500



BEAUTY & PAMPERING

Beauty from the outside and in

Jara wellness's approach to skincare and beauty philosophy aligns with the concept of holistic health and wellness. Our beauty salon is dedicated to the pursuit of offering holistic beauty experience which is a proactive approach to beautify yourself from head to toe.



Hair treatment

90 minutes

For damaged and dry hair
Our reconstructive hair treatment, Senscience C.P.R from Shiseido Laboratories, USA, can help restore severely damaged hair to a beautiful soft healthy condition.

THB5,000



Manicure/ Pedicure

- O.P.I Lacquer colour
- O.P.I Gel colour
- Men's manicure/pedicure
- O.P.I Gel colour removal

From
THB1,900



Waxing

The finest organic waxes and professional techniques are used to remove unwanted hair.

- Eyebrows, upper lip
- Under arm, Bikini line, half leg
- Full arm, full leg, back, Brazilian

From
THB450



Haircut & styling

- Lady's hair cut
- Blow dry only
- Shampoo and styling
- Men's haircut

From
THB1,200



WELLBEING LIFESTYLES

Unparalleled experience to a new balance

JARA wellness offers you a newfound sense of enthusiasm and inspiration through an interactive and curated half day or one day experience. One that is carefully crafted to immerse you in all the senses and bring your mind, body and soul to a new balance.



Immunity

HALF DAY WELLBEING

Strong immunity starts with a healthy foundation.

- Morning wellness juice
- Beach boot camp
- Thai herbal steam
- Thermal therapy
- Healthy lunch
- Jara herbal tea blends

THB10,000



Balance

HALF DAY WELLBEING

Restore natural, long-lasting body's ability to heal itself.

- Morning cleansing shot
- Assisted stretching
- Thai herbal steam
- Cleansing ritual
- Healthy lunch
- Jara herbal tea blends

THB10,000



Nature exposure

FULL DAY WELLBEING

Stay connected to nature is a path to greater wellness.

- Healthy breakfast
- Choice of nature connections
- Healthy lunch
- Thai herbal steam
- Energy flow
- Afternoon tea
- Sunset beach exercise
- Healthy dinner

THB12,000



Stay active

FULL DAY WELLBEING

From Red Mind to Blue Mind, the state of water-associated peace

- Healthy breakfast
- Thai boxing
- Targeted stretching
- Healthy lunch
- Choice of active living
- Sunset mat pilates
- After sun treatment
- Healthy dinner

THB12,000



THE GALLIVANTER'S
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BEST RESORT SOUTH EAST ASIA

Traveler^{Condé Nast}
GOLD
IST
2018

BAZAR
spa
2019
REVIEW

Naithon Beach, Phuket
+66 76 310 100
trisara.com

TRISARA

All prices are subject to 17.7% service charge and government tax.