Jara Spa is situated within the lush jungle and pure air of the Garden in the Third Heaven. The century old spiritual Ficus tree envelops our spa and provides the inspiration for the journey of balanced wellbeing.
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 true wellbeing is achieved through the relationship of five pillars which has become the philosophy of our spa experience.

The Five Pillars
**Root**

Rejuvenation through nutrition and balance of energy represented by the roots of the tree as they provide the rest of the tree with stability, nourishment and grounding.

**Trunk**

Fitness and physical renewal represented by the trunk of the tree as a healthy core provides strength and balance.

**Branch**

Eternal youth through anti-aging practices represented by the branches of the tree that continue to grow and produce flowers as long as the branches are healthy.

**Blossom**

Spa, beauty and the simple power of pleasure, represented by the healthy leaves and fruit bared when the rest of the tree is taken care of.

**Spirituality**

Mind & body represented by the spirituality of the tree. The tree has long been the chosen home of our spirit house, a shrine to the protective spirit of the Trisara land.
exercises or they are afraid of hurting themselves from an injury.

Facial Massage. The luxurious Sodashi Plant Essence Synergies will leave your skin sterilizing the body's self healing capacity and can be helpful for a wide range of illness, eliminating excess stagnation and stimulates circulation.

Stress Relief Massage (30/60 minutes)  2,000/4,000

Thermal Treatment (90/120 minutes)  6,500/9,000

Meditation is the practice of turning your attention to a single point of reference. This gentle, energy healing technique works by helping to clear the negative energies that are trapped in your body. Reiki means “spiritually guided life force energy.”

Hair and Scalp Treatment is achieved through the relationship of human beings and thus true wellbeing can be maximized. The same principles can be applied to all hair and scalp conditions.

Nourish the roots, engage with the scalp and condition the total body.

Jara Pampering

Men’s haircut, Ladies’ haircut, Shampoo and Styling

Men’s haircut, Ladies’ haircut, Shampoo and Styling

O.P.I Gel colour removal 500

Aloe Vera Sunburn Soother (60 minutes) 3,500

We recommend that you leave all jewelry in your villa before coming to the spa. Please give 4 hours cancellation notice on individual treatments and twenty-four hours for the whole treatments.

We will apply a 15% surcharge for in villa treatments.

Grounding.

When energy flows and is in balance, health is maintained, youthfulness is preserved, self-worth is increased and relationships improve. When energy is restricted or becomes obstructed, these areas are affected and manifest in various pains, increases vitality and is a gentle exercise that is suitable for everyone.

Stimulates hair growth and improves circulation.

This is more than just a facial; it is Nature's facelift. This anti-inflammatory, local analgesic and muscle relaxant warm infusing mask will maximize penetration of these essential vitamins and minerals to energy points with breathing techniques and meditation to develop eternal youth and produce flowers as dawn.

Anti-inflammatory, local analgesic and muscle relaxant warm infusing mask will maximize penetration of these essential vitamins and minerals to energy points with breathing techniques and meditation to develop eternal youth and produce flowers as dawn.

We will apply a 15% surcharge for in villa treatments.

Eternal youth

Spa, beauty and our spirit house, a shrine to the
Our objective is to create a haven for those seeking a journey back to balance, rejuvenation and a healthy lifestyle far removed from today’s health fads and gimmicks.

We highly recommend our Jara Spa Discoveries that will address some or all of the five pillars whilst also responding to today’s hectic way of life. Aiming to create a trusting connection, our skilled team of therapists, trainers and consultants will gently guide you through a highly personalized program and provide you with useful life tools and tips to return home with.

The ‘Well-being’ and ‘Local’ experiences will take you on a journey of discovery using practices and techniques from traditional oriental philosophy that remove us from the usual reliance on Western medicine. The ‘Pamper’ experience is for spa junkies who simply want to indulge and remove themselves from the stresses of daily life. Our consultants can also create your own personal discovery tailored to your mind and body needs.

All of these can be completed in one day or enjoyed throughout your stay, spread over numerous days.

All products used in the spa are chemical free. We use AKA Organic massage and essential oils and Sodashi face care products.
TENNIS in the prevention of injury before doing any exercise.

FULL BODY STRETCHING (60 minutes)  One on One 1,900

Often people shy away from starting exercising because they do not know specific accurate information about your current issues and what is needed to help restore your health.

HOLISTIC KINESIOLOGY

Facial Massage. The luxurious Sodashi Plant Essence Synergies will leave your skin calms, balances or rejuvenates.

SODASHI PURE RADIANCE FACIAL (60 minutes) 4,500

allowing for the rebalancing of the brain, spinal cord, nervous system and fascia, thereby allowing for the rebalancing of the brain, spinal cord, nervous system and fascia, thereby

CRANIOSACRAL THERAPY

A stimulating massage that helps eliminate toxins from the body as well as excess fluid eliminating excess stagnation and stimulates circulation.

Starting with working on 37 acupressure points around the abdominal area, followed by

Improves brain health and circulation through your gut.

MAYA ABDOMINAL MASSAGE (60 minutes) 5,500

nourish tissues in the head. An excellent treatment for relieving tension and stress.

stimulates hair growth and improves circulation.

This head, neck and shoulder massage applies a unique technique for anyone who needs

Relieves stress and tension.

thumbs, knuckles and elbows. This aroma – therapeutic massage soothes body tissues and

Relaxing and therapeutic.

/five pillars which has become the

outward beauty will blossom. The

Nourish the roots, engage with the

grounding.

All products used in the spa are chemical free. We use AKA Organic massage and essential

herbs hold the heat from the steam to deeply penetrate and relax the muscles and tendons.

Employed in traditional Thai Medicine, this herbal compress stimulates the Sen Sib lines

Himalayan Salt packed in a Thai style clay pot disperses heat gently and deeply into the body.

Combination of Indian Ayurvedic and Hawaiian Lomi Lomi massage.

The new benchmark for massage therapy using three uniquely skilled therapists, with six

applied by three therapists.

WAXING

This facial uses a sequence of timeless, anti – aging techniques rooted in Ayurvedic healing

This is more than just a facial; it is Nature's facelift.

O.P .I Gel colour removal 500

SAMUNPAI SCRUB (60 minutes) 3,500

TRADITIONAL THAI HERBAL WRAP (90 minutes) 5,500

The art of Thai massage involves deep long strokes, thumb pressure and stretching-

and calm the mind with an unusual walking meditation practiced by Buddhist monks.

Not only does exercise keep the body young, but it also keeps the mind vital and

our negatives and pampering keeps us valuing ourselves and activates the body's own energy sources to

reliance on Western medicine. The 'Pamper' experience is for spa junkies who simply want

FOUR HANDS MASSAGE (90/120 minutes) 11,000/14,500

The golden rule for delaying the effects of ageing are to add moisture

and calm the mind with an unusual walking meditation practiced by Buddhist monks.

Our negatives and pampering keeps us valuing ourselves and activates the body's own energy sources to

healthy.

We will apply a 15% surcharge for in villa treatments.

Not only does exercise keep the body young, but it also keeps the mind vital and

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the healthy

the healthy

the T risara land. The

Mind & body

long been the

represented by the

the healthy
**Jara Well-Being**

(6 hours) 18,500 per person / 35,000 per couple

*Can be enjoyed in one day or spread over your stay*

A complete holistic journey, this Discovery is ideal for those experiencing high levels of stress as it provides a renewed sense of wellbeing and calm. Work up a sweat and breathe in the pure Andaman air, induce deep relaxation, clear the mind and improve mental alertness. Let us massage the tension away and then pamper your skin.

- Thai Luk Pra Kob Massage
  - Physical Assessment
  - Personal Training
- Pure Radiance Facial
  - Aroma Foot Soak
- Private Meditation
  - Private Yoga

*All prices are subject to 17.7% service charge and government tax*
Jara Pampering

(6 hours) 25,000 per person / 48,000 per couple

Can be enjoyed in one day or spread over your stay

Treat yourself to the ultimate whole body experience. Indulge in our best-selling signature beauty treatments to leave you feeling groomed and refreshed from head to toe.

- Sodashi Body Scrub and Wrap
- Samadara Facial
- Aroma Foot Soak
- Four Hand Massage
- Manicure/Pedicure
- Aromatherapy Bubble Bath with Champagne & Chocolate Platter in your Villa.

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

(5 hours) 15,500 per person / 30,000 per couple

Can be enjoyed in one day or spread over your stay

Thai people have traditionally used nature as inspiration for healing. Rejuvenate from the inside out using techniques and practices from traditional Thai medicine and calm the mind with an unusual walking meditation practiced by Buddhist monks.

- Samunpai Scrub and Wrap
- Thai Thermal Massage
- Thai Massage Lesson

Rue Sri Dat Ton (Thai Stretching)

Walking Meditation

All prices are subject to 17.7% service charge and government tax
TENNIS
FULL BODY STRETCHING (60 minutes) One on One 1,900
Engaging with a personal trainer will help make the most of your workout. Tai chi can be helpful in achieving a state of physical and mental balance. The goal of each session is to clear blockages and stress, bringing you back to a natural state.

IMPROVING THE LOOKS

SODASHI GENTLEMAN'S FACIAL (60 minutes) 4,500
A treatment specially developed for the needs of a man's skin. Reduces muscle tension and relaxes the mind. This ancient Indian Ayurvedic massage aims to rebalance your energy, improve blood circulation and relieve pain associated with tension and stress.

INDIAN HEAD MASSAGE (30/60 minutes) 2,000/4,000
This aroma-therapeutic massage soothes body tissues and provides a deep sense of relaxation.

HOT STONE THERAPY (90/120 minutes) 6,500/9,000
The golden rule for delaying the effects of ageing are to add moisture and antioxidants to prevent cell damage and maintain the skin's youthful appearance. A Himalayan Salt packed in a Thai style clay pot disperses heat gently and deeply into the body. This ancient treatment helps in the removal of toxins, reduces stress, and soothes the skin.

THAI LUK PRA KOB MASSAGE (90/120 minutes) 6,500/9,000
This treatment helps in the removal of toxins, reduces stress, and soothes the skin. A six-branch herb formula is applied by three therapists.

MEDITATION (60/90 minutes) 5,500/7,500
It involves focusing on the breath, on bodily sensations or on a word or phrase known as a mantra or a prayer. Meditation helps to achieve psychological balance whilst reducing tiredness and stress.

ENERGY HEALING (REIKI) (60/90 minutes) 5,500/7,500
Reiki treatment stimulates the body to heal itself. It relaxes the body and mind to a deep level. This treatment is deeply healing and balancing. Energy flows and is in balance, health is maintained, youthfulness is preserved, self-esteem is heightened and a general sense of well-being is achieved.

IN COUNTRY TREATMENTS

HOT AROMATHERAPY (30/60 minutes) 3,500/5,500
Aromatherapy is a traditional healing treatment that uses natural essential oils to promote deep relaxation and stress relief. This treatment is deeply relaxing and restorative. It relieves tension, aches and pains, and can help to boost the immune system.

SPLASHING THE LEAF (45 minutes) 2,000
A deeply cleansing and purifying treatment that improves blood circulation and helps to remove dead skin cells, leaving the skin feeling fresh and radiant. A relaxing facial massage will tone and nourish the skin.

MEN'S MANICURE 1,900
A manicure specifically designed for men. It includes nail trimming, cutting, filing, and shaping, as well as a hand massage. This treatment is designed to provide strength and balance of the body.

PERSONAL TRAINING

PERSONAL TRAINING (45/60 minutes) 1,300/2,500
This one-on-one personal training session is designed to help you achieve your fitness goals. It includes a warm-up, stretching exercises, and personalized workout instructions.

NOURISH THE ROOTS, ENGAGE WITH THE BODY, CREATE YOUR OWN PERSONAL DISCOVERY TAILORED TO YOUR MIND AND BODY NEEDS.

PRESIDENT'S DISCOVERY (5 hours) 15,500 per person / 30,000 per couple
This package includes a full body stretch, a personalized fitness and nutrition consultation, and a spa treatment.

Please arrive 15 minutes prior to your treatment in order to complete your lifestyle consultation form to assist us with your treatment recommendation. We recommend that you do not sunbathe after an aromatherapy treatment.

We highly recommend our Jara Spa Discoveries that will address some or all of the five pillars of well-being: physical, emotional, mental, spiritual, and social.

All treatments will be charged to your villa and will appear on your account at the end of your stay. We will apply a 15% surcharge for in villa treatments. Please notify the spa consultants of any existing medical conditions. We will do our best to accommodate your needs.

We will provide you with more information and answer any questions you may have. We look forward to providing you with an unforgettable spa experience.

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We will provide you with more information and answer any questions you may have. We look forward to providing you with an unforgettable spa experience.
Rejuvenation

Nourish your body from the inside to promote radiance on the outside.

THAI THERMAL MASSAGE (90/120 minutes) 6,500/9,000

*Re-energise the body, calm the mind, stimulate circulation, promote draining and detoxification.*

Inspired by ancient Thai post-natal remedy, aromatherapy massage combined with heated Himalayan Salt packed in a Thai style clay pot disperses heat gently and deeply into the body. The treatment focuses on the abdominal and back area resulting in body detoxification and total relaxation.

THAI LUK PRA KOB MASSAGE (90/120 minutes) 6,500/9,000

*Anti-inflammatory, local analgesic and muscle relaxant which improves the range of motion and circulation.*

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.

HOT STONE THERAPY (90/120 minutes) 6,500/9,000

*Reduces muscle tension and relaxes the mind.*

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.

*All prices are subject to 17.7% service charge and government tax*
**INDIAN HEAD MASSAGE (30/60 minutes)**  
2,000/4,000

Incredibly relaxing and restorative therapy relieves tension, stimulates hair growth and improves circulation.

This ancient Indian Ayurvedic massage aims to rebalance your energy, improve blood flow to the head and neck while increasing distribution of oxygen and nutrients to nourish tissues in the head. An excellent treatment for relieving tension and stress.

**FOOT REFLEXOLOGY (60 minutes)**  
4,000

Stimulate your nervous system and vital organs through pressure points in your feet.

**MAYA ABDOMINAL MASSAGE (60 minutes)**  
5,500

Improves brain health and circulation through your gut.

Starting with working on 37 acupressure points around the abdominal area, followed by abdominal massage with herbal balm and herbal compress. This treatment helps in eliminating excess stagnation and stimulates circulation.

**ANTI - CELLULITE MASSAGE (90 minutes)**  
6,500

Naturally enhances toxin secretion.

A stimulating massage that helps eliminate toxins from the body as well as excess fluid retention from the tissue with various massage techniques.

*All prices are subject to 17.7% service charge and government tax*
SU KHOTHAI MASSAGE (90/120 minutes) 5,500/7,500

*Increases energy and improves flexibility.*

The art of Thai massage involves deep long strokes, thumb pressure and stretching—without the use of oil—along energy lines to clear blocked energy channels, resulting in increased flexibility, mobility for the body and clarity for the mind.

LOOFA SCRUB (60 minutes) 3,500

*Removes excess oil from deep in the pores - For normal to oily skin*

Treat your skin with this refreshing scrub in which a loofa, orange oil, kaffir lime, and other ingredients are used to lift dead skin cells while rehydrating your skin.

SAMUNPAI SCRUB (60 minutes) 3,500

*Improves blood circulation and promotes detoxification.*

This aromatic blend of Thai flowers and herbs including jasmine, cananga, turmeric and plai is excellent in removing dead skin cells, improving blood circulation and helps with skin-healing due to its detoxifying properties.

TRADITIONAL THAI HERBAL WRAP (90 minutes) 5,500

*Exfoliating and moisturizing, this wrap nourishes skin and tightens pores.*

A popular wrap using fresh local products that combines mineral rich Thai white mud, fresh Thai herbs and yoghurt. While gently cleansing, this treatment tightens your skin, and helps to lighten blemishes.

*All prices are subject to 17.7% service charge and government tax*
FULL BODY STRETCHING (60 minutes)  One on One 1,900

Yoga can be as much or as little as you want it to be. For some it is purely a physical revitalized and fresh.

SODASHI GENTLEMAN'S FACIAL (60 minutes) 4,500

allowing for the rebalancing of the brain, spinal cord, nervous system and fascia, thereby

CRANIOSACRAL THERAPY

help restore severely damaged hair to a beautiful soft healthy condition. We begin by

A stimulating massage that helps eliminate toxins from the body as well as excess /fluid

MAYA ABDOMINAL MASSAGE (60 minutes) 5,500

nourish tissues in the head.  An excellent treatment for relieving tension and stress.

/low to the head and neck while increasing distribution of oxygen and nutrients to

Relaxing and therapeutic.

beauty treatments to leave you feeling groomed and refreshed from head to toe.

Nourish the roots, engage with the

/T_he Five Pillars through nutrition grounding.

oils and Sodashi face care products.

Pilates is a system of controlled exercises that engage the mind and condition the total body.

and then apply fresh blended aloe vera with cool cucumber and essential oils to sooth and

HOT STONE THERAPY (90/120 minutes) 6,500/9,000

Reduces muscle tension and relaxes the mind. /uni00A0Deep relaxation relieves stress, improving overall health and well-being.

herbs hold the heat from the steam to deeply penetrate and relax the muscles and tendons. /uni00A0

(T_hai energy lines, similar to Chinese Meridian lines and Indian Prana Nadi lines). /T_he

Anti-in/flammatory, local analgesic and muscle relaxant

Himalayan Salt packed in a /T_hai style clay pot disperses heat gently and deeply into the body.

.......................................................................................................................... ... ..........................................................................................................................

OUR SIGNATURE TREATMENT , UNIQUE TO TRISARA

elasticity and radiance with long lasting results.

PHYSIOTHERAPY (60/90 minutes) 5,500/7,500

Physiotherapists manage and prevent many physical problems caused by illness, disease,

are blocking the /flow of vital life force energy. /T_he energy that is channeled from the

This gentle, energy healing technique works by helping to clear the negative energies that

TRADITIONAL THAI HERBAL WRAP (90 minutes) 5,500

This aromatic blend of /T_hai /flowers and herbs including jasmine, cananga, turmeric and

SAMUNPAI SCRUB (60 minutes) 3,500

This massage begins with warmed organic sesame oil poured on the body along with long

MUAY THAI BOXING LESSON

practices and techniques from traditional oriental philosophy that remove us from the usual

our skilled team of therapists, trainers and consultants will gently guide you through a highly

GUESTS WITH HIGH BLOOD PRESSURE, HEART CONDITIONS, ALLERGIES OR OTHER MEDICAL

We recommend that you do not sunbathe after an aromatherapy treatment.

We will apply a 15% surcharge for in villa treatments.

Please note that the Spa is a tranquil environment and therefore smoking or use of

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Guests with high blood pressure, heart conditions, allergies or other medical

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Arriving late will decrease the time of your treatment.
Physical Renewal

Not only does exercise keep the body young, but it also keeps the mind vital and promotes emotional wellbeing.

MAT PILATES
(60 minutes) One on One 3,500 and 1,500 for additional person

*Pilates is a system of controlled exercises that engage the mind and condition the total body.*

The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles without bulking up. Pilates takes a balanced approach so that no muscle group is overworked and the body moves as an efficient, holistic system in sport and daily activity.

MUAY THAI BOXING LESSON
(60 minutes) One on One 2,500 and 1,500 for additional person

*Improves cardiovascular conditioning and core strength.*

Muay Thai boxing is not just about punches and kicks, with its emphasis on both offense and defense as well as on stamina, it is a martial art anyone can learn.

All prices are subject to 17.7% service charge and government tax
PERSONAL TRAINING (60 minutes) One on One 1,900

Often people shy away from starting exercising because they do not know specific exercises or they are afraid of hurting themselves from an injury.

Engaging with a personal trainer will help make the most of your workout.

FULL BODY STRETCHING (60 minutes) One on One 1,900

Improving mobility, strength and flexibility, stretching is essential in the prevention of injury before doing any exercise.

TENNIS

Tennis Lesson (60 minutes) 2,000
Tennis with hitting partner (60 minutes) 1,900

We can arrange a lesson or a hitting partner with one of our pro’s.

All prices are subject to 17.7% service charge and government tax
RUE SRI DAT TON (THAI STRETCHING)  One on One 1,900 and 1,000 for additional person

*A traditional Thai exercise that combines stretching and application of pressure to energy points with breathing techniques and meditation to develop the flow of energy throughout the body.*

When energy flows and is in balance, health is maintained, youthfulness is preserved, self-healing is promoted and well-being is restored. This also helps to relieve muscle aches and pains, increases vitality and is a gentle exercise that is suitable for everyone.

PHYSIOTHERAPY (60/90 minutes)  5,500/7,500

Physiotherapists manage and prevent many physical problems caused by illness, disease, sport and work related injury, aging, and long periods of inactivity. Physiotherapy benefits include decreasing pain, improving joint mobility, increasing strength and coordination and restoring proper functions to the body.

*All prices are subject to 17.7% service charge and government tax*
Tennis Lesson (60 minutes) 2,000

Students often avoid regular practice because they don’t enjoy the challenges or they are afraid of hurting themselves from an injury.

The goal of each session is to clear blockages and stress, bringing you back to a state of internal equilibrium.

A treatment specially developed for the needs of a man’s skin.

Our therapist will recommend the blend according to your skin type.

SODASHI PURE RADIANCE FACIAL (60 minutes) 4,500

Using a very gentle touch this advanced healing modality works at the core of the body and then apply fresh blended aloe vera with cool cucumber and essential oils to soothe and promote draining and detoxification.

Naturally enhances toxin secretion.

MAYA ABDOMINAL MASSAGE (60 minutes) 5,500

This ancient Indian Ayurvedic massage aims to rebalance your energy, improve blood flow and relieve sore muscles.

This head, neck and shoulder massage applies a unique technique for anyone who needs to energy points with breathing techniques and meditation to develop a new way of being.

Relieves stress and tension.

Treat yourself to the ultimate whole body experience. Indulge in our best-selling signature

Jana Pampering

Nourish the roots, engage with the same principles can be applied to

Jana Well-Being

by the roots of the

branches of the

aging practices
to grow and

long as the

shrine to the

our negatives and pampering keeps us valuing ourselves and activates the body's own energy sources to

Please note that the Spa is a tranquil environment and therefore smoking or use of

MANICURE/PEDICURE

our skilled team of therapists, trainers and consultants will gently guide you through a highly

MANICURE/PEDICURE

Suited for alleviating arthritic aches and pains, or overworked muscles and minds.

Employed in traditional Thai Medicine, this herbal compress stimulates the Sen Sib lines

Himalayan Salt packed in a Thai style clay pot disperses heat gently and deeply into the body.

Inspired by ancient Thai post-natal remedy, aromatherapy massage combined with heated

promote draining and detoxification.

OUR SIGNATURE TREATMENT, UNIQUE TO TRISARA

sensation of gentle fluttering applied by four hands all over the back is a delight.

This oil based soft to medium pressure massage is the ultimate pampering experience, with

HAIRCUT AND STYLING

A popular wrap using fresh local products that combines mineral rich Thai white mud,

plai is excellent in removing dead skin cells, improving blood circulation and helps with

PHYSIOTHERAPY (60/90 minutes) 5,500/7,500

include decreasing pain, improving joint mobility, increasing strength and coordination

RUE SRI DAT TON (THAI STRETCHING) One on One 1,900

A traditional Thai exercise that combines stretching and application of pressure

RUE SRI DAT TON (THAI STRETCHING) One on One 1,900

MANICURE/PEDICURE

RUE SRI DAT TON (THAI STRETCHING) One on One 1,900

PHYSIOTHERAPY (60/90 minutes) 5,500/7,500

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RUE SRI DAT TON (THAI STRETCHING) One on One 1,900

PHYSIOTHERAPY (60/90 minutes) 5,500/7,500

include decreasing pain, improving joint mobility, increasing strength and coordination
Anti Ageing

The golden rule for delaying the effects of ageing are to add moisture and luminosity to the skin.

SODASHI ULTIMATE AGE – DEFYING FACIAL (105 minutes) 6,500

Anti – ageing facial treatment designed to reawaken the skin’s natural healing energies.

This facial uses a sequence of timeless, anti – aging techniques rooted in Ayurvedic healing traditions. A Rose Quartz Crystal facial massage enables the powerful Samadara™ Ultimate Age – Defying Crème to penetrate deeply into the skin for maximum benefit.

SODASHI THERMAL FACIAL REJUVENATION (90 minutes) 5,500

This is more than just a facial; it is Nature's facelift.

This facial treatment is an intensive boost of all nature’s vitamins and minerals. Sodashi’s warm infusing mask will maximize penetration of these essential vitamins and minerals into the deeper layers of the skin. This ultimate facial indulgence will restore forgotten elasticity and radiance with long lasting results.

All prices are subject to 17.7% service charge and government tax
SODASHI PURE RADIANCE FACIAL (60 minutes) 4,500

Our therapist will recommend the blend according to your skin type. Calms, balances or rejuvenates.

This facial experience is tailored to your skin’s needs and is enhanced with the Sodashi Facial Massage. The luxurious Sodashi Plant Essence Synergies will leave your skin revitalized and fresh.

SODASHI GENTLEMAN’S FACIAL (60 minutes) 4,500

A treatment specially developed for the needs of a man’s skin.

This facial begins with a deep cleansing and exfoliating facial that balances the skin’s natural oils and assists in preventing ingrown hairs. A relaxing facial massage will tone and firm the muscles leaving you looking fresh and revitalized.

All prices are subject to 17.7% service charge and government tax.
ALOE VERA SUNBURN SOOTHER (60 minutes) 3,500

_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 soothe and nourish skin.

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

_All prices are subject to 17.7% service charge and government tax._
Improving mobility, strength and flexibility, stretching is essential.

Tai chi is a Chinese exercise system that uses slow, smooth body movements to achieve accurate information about your current issues and what is needed to help restore your (60/90 minutes) 5,500/7,500

HOLISTIC KINESIOLOGY

This facial begins with a deep cleansing and exfoliating facial that balances the skin's revitalized and fresh.

Our therapist will recommend the blend according to your skin type.

eliminating excess stagnation and stimulates circulation.

Nourish the roots, engage with the oils and Sodashi face care products.

numerous days. All of these can be completed in one day or enjoyed throughout your stay, spread over personalized program and provide you with useful life tools and tips to return home with.

Rejuvenation

This therapeutic massage utilizes heated and oiled stones to ease away muscle tension and stress. (the Thai energy lines, similar to Chinese Meridian lines and Indian Prana Nadi lines). The Himalayan Salt packed in a Thai style clay pot disperses heat gently and deeply into the body.

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

Age - Defying Crème to penetrate deeply into the skin for maximum benefit.

Pleasure

A unique combination of Swedish massage, acupressure and herbal compress (the Thai energy lines, similar to Chinese Meridian lines and Indian Prana Nadi lines). The new benchmark for massage therapy using three uniquely skilled therapists, with six

sensation of gentle fluttering applied by four hands all over the back is a delight.

Please give 4 hours cancellation notice on individual treatments and twenty-four hours notice on packages, otherwise 50% of the price will be charged to your account.
Pleasure

Through pampering, we care for ourselves and keep our self-image positive. Stress can make us centre on our negatives and pampering keeps us valuing ourselves and activates the body’s own energy sources to achieve psychological balance whilst reducing tiredness and stress.

ROYAL TRISARA 6 HANDS MASSAGE (90 minutes) 14,900
OUR SIGNATURE TREATMENT, UNIQUE TO TRISARA

A unique combination of Swedish massage, acupressure and herbal compress applied by three therapists.

The new benchmark for massage therapy using three uniquely skilled therapists, with six hands moving together as if driven by one heart.

FOUR HANDS MASSAGE (90/120 minutes) 11,000/14,500

A luxurious blend of long, firm strokes applied by two therapists.

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.

All prices are subject to 17.7% service charge and government tax.
<table>
<thead>
<tr>
<th>Service</th>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>JARA OIL MASSAGE (90/120 minutes)</td>
<td></td>
<td>6,500/9,000</td>
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<tr>
<td><strong>Relaxing and therapeutic.</strong></td>
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<tr>
<td>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.</td>
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<tr>
<td>STRESS RELIEF MASSAGE (30/60 minutes)</td>
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<td>2,000/4,000</td>
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<tr>
<td><strong>Relieves stress and tension.</strong></td>
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<tr>
<td>This head, neck and shoulder massage applies a unique technique for anyone who needs to instantly relax tight muscles as well as release stress and tension.</td>
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<tr>
<td>HAIR TREATMENT (90 minutes)</td>
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<td>5,000</td>
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<tr>
<td><strong>For damaged and dry hair.</strong></td>
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<tr>
<td>Our reconstructive hair treatment, Senscience C.P.R. from Shiseido Laboratories, USA, can help restore severely damaged hair to a beautiful soft healthy condition. 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.</td>
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</tbody>
</table>

All prices are subject to 17.7% service charge and government tax.
FULL BODY STRETCHING (60 minutes)  One on One  1,900

PERSONAL TRAINING (60 minutes)  One on One  1,900

Tai chi is a Chinese exercise system that uses slow, smooth body movements to achieve mindset and a way of living. Our yoga masters will adjust types and levels of yoga to suit your state of internal equilibrium.

A treatment specially developed for the needs of a man’s skin. This facial experience is tailored to your skin’s needs and is enhanced with the Sodashi to work their magic on each hair type. Hair is then washed and blow-dried to finish.

ANTI-CELLULITE MASSAGE (90 minutes)  6,500

An excellent treatment for relieving tension and stress. Low to the head and neck while increasing distribution of oxygen and nutrients to the brain and mental clarity.

STRESS RELIEF MASSAGE (30/60 minutes)  2,000/4,000

JARA OIL MASSAGE (90/120 minutes)  6,500/9,000

Treat yourself to the ultimate whole body experience. Indulge in our best-selling signature by the roots of the tree as they provide a renewed sense of wellbeing and calm. Work up a sweat and breathe in the pure Andaman air, induce deep relaxation, clear the mind and improve mental alertness. Let us massage the tension away and then pamper your skin.

MANICURE/ PEDICURE

O.P.I Lacquer colour  2,200
O.P.I Gel colour  2,800
Men’s Manicure  1,900
Men’s Pedicure  1,900
O.P.I Gel colour removal  500

WAXING

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

Eyebrows, Upper lip, under arm, Full arm, Back, Bikini line/Brazilian, Half leg/Full leg

HAIRCUT AND STYLING

Men’s haircut, Ladies’ haircut, Shampoo and Styling

All prices are subject to 17.7% service charge and government tax
We can arrange a lesson or a hitting partner with one of our pros.

**Tennis Lesson (60 minutes) 2,000**

Often people shy away from starting exercising because they do not know specific mental relaxation while also strengthening the cardiovascular and immune systems. To improve and maintain health, Tai chi can be helpful in achieving a state of physical and mental relaxation of both body and mind. As a system of physical exercise used to improve flexibility, strength, balance and stamina, Tai Chi is a gentle form of exercise that is suitable for anyone.

**Utilizing muscle monitoring techniques to access the subconscious mind and gain control over the body,** Holistic Kinesiology is a tool to help release physical pain and emotional blockages.

**SODASHI PURE RADIANCE FACIAL (60 minutes) 4,500**

Treat yourself to the ultimate whole body experience. Indulge in our best-selling signature philosophy of our spa experience.

**Jara Well-Being (6 hours) 25,000 per person / 48,000 per couple**

Inspired by ancient Thai post-natal remedy, aromatherapy massage combined with heated Himalayan Salt packed in a Thai style clay pot disperses heat gently and deeply into the body. The treatment focuses on the abdominal and back area resulting in body detoxification and promote draining and detoxification.

**AYURLOMI MASSAGE (90/120 minutes) 6,500/9,000**

Not only does exercise keep the body young, but it also keeps the mind vital and active. We highly recommend our Jara Spa Discoveries that will address some or all of the five pillars of wellbeing represented by the tree. The tree has roots, branches, leaves, flowers and then apply fresh blended aloe vera with cool cucumber and essential oils to soothe and nourish skin.

**RUE SRI DAT TON (THAI STRETCHING) One on One 1,900**

**Plai Massage (60 minutes) 1,800**

**Dry Body Scrub (30 minutes) 2,500**

**Spa Bangkok (90/120 minutes) 20,000/25,000**

**MANICURE/PEDICURE**

**Aroma Therapy Massage, Ayurveda Massage, Ayurvedic Herbs, Ayurvedic Oils and Sodashi face care products.**

**Anti-inflammatory, local analgesic and muscle relaxant**

**Not only does exercise keep the body young, but it also keeps the mind vital and active. We highly recommend our Jara Spa Discoveries that will address some or all of the five pillars of wellbeing represented by the tree. The tree has roots, branches, leaves, flowers**

Nourish your body from the inside to promote radiance on the outside.

**Consultation form to assist us with your treatment recommendation.**

We will apply a 15% surcharge for in villa treatments.

**Jara Spa Discoveries**

**Aroma Therapy Massage, Ayurveda Massage, Ayurvedic Herbs, Ayurvedic Oils and Sodashi face care products.**

**Anti-inflammatory, local analgesic and muscle relaxant**

**Not only does exercise keep the body young, but it also keeps the mind vital and active. We highly recommend our Jara Spa Discoveries that will address some or all of the five pillars of wellbeing represented by the tree. The tree has roots, branches, leaves, flowers**

Nourish your body from the inside to promote radiance on the outside.

**Consultation form to assist us with your treatment recommendation.**

We will apply a 15% surcharge for in villa treatments.
Mind & Body

Since the body and mind are inextricably connected, every time we have a thought, we set off a cascade of cellular reactions in our nervous system that influence all the molecules in our body.

AYURLOMI MASSAGE (90/120 minutes) 6,500/9,000

Combination of Indian Ayurvedic and Hawaiian Lomi Lomi massage.

This massage begins with warmed organic sesame oil poured on the body along with long rhythmic massage strokes. This divine treatment culminates in heated coconut oil delicately dripped at the centre point of the forehead, known as the third eye, which has a balancing effect on the deepest recesses of the brain, improving blood circulation to the brain and mental clarity.

ENERGY HEALING (REIKI) (60/90 minutes) 5,500/7,500

Reiki means “spiritually guided life force energy.”

This gentle, energy healing technique works by helping to clear the negative energies that are blocking the flow of vital life force energy. The energy that is channeled from the hands of a Reiki practitioner is said to “break up and wash away” negative thoughts and feelings which results in improved mental and physical health.

MEDITATION (60/90 minutes) 5,500/7,500

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.

All prices are subject to 17.7% service charge and government tax
CRANIOSACRAL THERAPY
(60/90 minutes) 5,500/7,500

Using a very gentle touch this advanced healing modality works at the core of the body allowing for the rebalancing of the brain, spinal cord, nervous system and fascia, thereby strengthening the body’s self healing capacity and can be helpful for a wide range of illness, pain and dysfunction such as headaches, neck and back pain, stress, emotional difficulties, sleep issues, digestive disorders etc.

HOLISTIC KINESIOLOGY
(60/90 minutes) 5,500/7,500

Utilizing muscle monitoring techniques to access the subconscious mind and gain accurate information about your current issues and what is needed to help restore your balance. The goal of each session is to clear blockages and stress, bringing you back to a state of internal equilibrium.

YOGA (60 minutes) One on One 3,500 and 1,500 for additional person

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.

TAI CHI (60 minutes) One on One 3,500 and 1,500 for additional person

Tai chi is a Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind. As a system of physical exercise used to improve and maintain health, Tai chi can be helpful in achieving a state of physical and mental relaxation while also strengthening the cardiovascular and immune systems.

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

Please arrive 15 minutes prior to your treatment in order to complete your life style consultation form to assist us with your treatment recommendation.

Please note that the Spa is a tranquil environment and therefore smoking or use of mobile phones is not permitted. Children are welcome when accompanied by a parent.

We recommend that you leave all jewelry in your villa before coming to the spa.

All treatments will be charged to your villa and will appear on your account at the time of check out.

Please give 4 hours cancellation notice on individual treatments and twenty-four hours notice on packages, otherwise 50% of the price will be charged to your account.

We recommend that you do not sunbathe after an aromatherapy treatment.

For men - please shave prior to all facial treatments to ensure that maximum results are achieved.

Arriving late will decrease the time of your treatment.

Guests with high blood pressure, heart conditions, allergies or other medical complications, and those who are pregnant, are advised to consult a doctor before undergoing any treatments.

Please notify the spa consultants of any existing medical conditions.

We will apply a 15% surcharge for in villa treatments.