



JARA  
SPA





*Jara Spa is situated within the lush jungle and pure air  
of the Garden in the Third Heaven. The century old  
spiritual Ficus tree envelopes our spa and provides the  
inspiration for the journey of balanced wellbeing.*

# The Five Pillars

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.



## 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.



*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.

# 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



- Private Meditation
- Private Yoga



Pure Radiance Facial



Aroma Foot Soak

*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



- Aroma Foot Soak
- Four Hand Massage
- Manicure/Pedicure
- Aromatherapy Bubble Bath with Champagne & Chocolate Platter in your Villa.



## Samadara Facial

*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*



# Transformative

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

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ROYAL TRISARA 6 HANDS MASSAGE (90 minutes) <i>OUR SIGNATURE TREATMENT, UNIQUE TO TRISARA</i>	14,900
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*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.

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

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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.

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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.

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SUKHOTHAI 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.

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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.

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

*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.

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TRISARA JET LAG MASSAGE (90/120 minutes) 6,500/9,000

*Perfect after the long-haul journey*

Ideal for invigorating as well as relaxing the entire body, the pleasantly long firm stroke movement with aromatherapy oil and warm stone to soothes body tissues and bring back energize for totally relaxing.

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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 center 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.

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FOOT REFLEXOLOGY (60 minutes) 4,000

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

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

Relieves stress and tension.

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.

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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.

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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.

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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.

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# Anti Ageing

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

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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<sup>TM</sup> Ultimate Age – Defying Crème to penetrate deeply into the skin for maximum benefit.

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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.

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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.

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SODASHI GENTLEMAN'S FACIAL (60minutes) 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.

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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.

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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.

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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.

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# Physical Renewal

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

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YOGA (60 minutes)

One on One 3,500 (Max. 3 person)  
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.

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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.

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MUAY THAI BOXING LESSON (60 minutes)

One on One 3,000

*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.

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PERSONAL TRAINING (60 minutes) One on One 2,500

*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.

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FULL BODY STRETCHING (60 minutes) One on One 2,200

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

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RUE SRI DAT TON (THAI STRETCHING) One on One 2,200  
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.

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## TENNIS

Tennis Lesson (60 minutes)	2,500
Tennis with hitting partner (60 minutes)	2,200

*We can arrange a lesson or a hitting partner with one of our pros.*

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# Beauty

HAIR TREATMENT (90 minutes)	5,000
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*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. 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.

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## MANICURE/ PEDICURE

O.P.I Lacquer colour	2,200
O.P.I Gel colour	2,800
Men's Manicure or 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	450
Under arm, Bikini line, Half leg	1,500
Full arm, Full leg, Back, Brazilian	2,000

## HAIRCUT AND STYLING

Men's haircut, Shampoo and Styling	2,000
Ladies' haircut	2,500
Blow dry only	1,200

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# Mind & Body

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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.

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MEDITATION (60 minutes) 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.

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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.

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## 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.