

ASAYA MASSAGE

ASAYA BESPOKE MASSAGE

This unique, personalized bodywork session includes an array of therapeutic massage styles combined with the powerful benefits of custom-blended aromatic oils tailored specifically for you. Your therapist will assist you in choosing the oil best suited for you to encourage deep relaxation.

120 Mins THB 8,000.00

ASAYA DEEP TISSUE

Focus on those overworked muscles living well below the surface. A deeply restorative full body massage that aids in releasing deeply held patterns of tension, removing toxins, relaxing, soothing and thereby encouraging muscles to operate at full capacity.

90 Mins THB 7,000.00

THAI FOOT MASSAGE

Thai foot massage uses the ancient art of Thai foot massage to provide an enjoyable, relaxing and rejuvenating experience. During the Thai foot massage, pressure is applied to specific areas of the soles of the feet, helping to clear the natural energy flows throughout the body.

60 Mins THB 3,500.00

TRADITIONAL THAI MASSAGE

This traditional Thai treatment is applied with grace, mindfulness and a spirit of generosity. Blissfully nurturing *nuad pan boran* is a rhythmic oil-free massage that has been practiced for more than 2,500 years.

90 Mins THB 4,500.00

120 Mins THB 6,500.00

ASAYA BODY FIT

MAISON CAULIERES SIGNATURE TREATMENT

A more playful and holistic care ritual inspired by the cycle of the seasons, starting with a purifying fig, bergamot and rose full body scrub rinsed with hot towels, then a reassuring head, face, hand and foot massage, followed by a cold application on legs with mint and cut grass perfumed towels.

120 Mins THB 9,000.00

LIKE A FERTILE LAND

A full body massage focusing on healing properties, freely inspired by Deep Tissue. Two versions of this exclusive Signature massage are offered in reference to the MAISON CAULIERES seasonal universe: a comforting, creamy touch with citrus notes or a broom flower and honey scented.

90 Mins THB 7,000.00

ODE TO REST AND HANDS AT THE ORIGIN

A reassuring and enveloping massage targeted on the upper body (back, neck, shoulders and arms) with a nourishing body cream. Thanks to a rich texture and notes of citrus fruit, the body feels protected and gently carried by benevolent hands.

120 Mins THB 10,000.00

TIME FOR A DREAM

Inspired by the summer fields, this energizing treatment is intended to build up energy, warm the body and enhance the mood. With a delicious fragrance of broom flower and honey, a gourmet sugar scrub exfoliates the whole body to promote circulation and cellular renewal.

90 Mins THB 7,000.00

ASAYA FACE

ASAYA SIGNATURE EXTREME 360 DEGREE RITUAL

Developed to smooth and visibly reduce the signs of aging. Designed to specifically target the most sensitive areas of the face, this treatment has been developed for mature, dehydrated, tired and dull skin looking for an immediate solution to slow down advanced aging.

90 Mins THB 7,500.00

THE ESSENTIAL DETOX RITUAL

Dedicated to combination, oily and blemish-prone skin to fight and reduce excess shine, congestion, enlarged pores and inflammation. Highly effective during the change of seasons or twice a month, for sustained skin rebalancing.

60 Mins THB 5,850

THE ESSENTIAL NURTURING RITUAL

A ritual of intent that specifically targets dry and uncomfortable skin types. Effectively restoring optimal hydration, this carefully designed treatment focuses on nurturing and soothing the skin.

60 Mins THB 6,250

THE ULTIMATE JAPANESE LIFTING RITUAL

Specifically designed for collagen loss in aging skin that is particularly lacking firmness and tonicity, this treatment is recommended on a monthly basis for a visibly long-lasting lifting effect. An ultimate anti-wrinkle ritual to smooth fine lines and reshape facial contours.

90 Mins THB 6,550.00

ALTERNATIVE THERAPIES

WATSU THERAPY

Watsu is a deeply nurturing experience emulating the safety and nurturing of the womb. Watsu is a gentle form of body therapy performed in warm water (around 35 degrees Celsius.) It combines elements of massage, joint mobilization, shiatsu, muscle stretching and dance.

60 Mins THB 5,550.00

CHI NEI TSANG

Detoxify and strengthen your organs, improve digestion and boost your immune system with this traditional Taoist healing therapy that restores balance and energy to the entire body through massaging key points.

60 Mins THB 5,550.00

LIFE FORCE HEALING THERAPY

Life Force Healing Therapy is a Taoist healing method for breathing. Breath is the true foundation in providing life to the body; our patterns and quality of breath can affect our overall health and immune system.

60 Mins THB 5,500.00

SOUND THERAPY

Our responses to daily living are deeply impacted by our senses, which is why Sound Therapy has profound impacts on our body. Embark on a unique journey, during which Tibetan singing bowls are placed on and around your body as your energy fields are balanced.

30 MinsTHB 3,000.00

60 MinsTHB 5,500.00

MOVEMENT AND LIFESTYLE

BODY STRETCHING

Stretching has a profound effect on the body. Body stretching is a form of physical exercise in which specific muscles and tendons are purposefully stretched to improve muscle elasticity and mobility.

60 MinsTHB 2,000.00

MAT PILATES

Pilates is an exercise that focuses on building strength without bulk, improving flexibility and agility, and helping to prevent injury. It involves a series of controlled movements that engage both your body and mind.

60 MinsTHB 2,000.00

PERSONAL TRAINER

Our personal training sessions involve planning an ideal fitness experience that meets your personal lifestyle and fitness preferences. Identify your goals and create a fun and energizing program, which is why working with a personal trainer is ideal when embarking upon a fitness program.

60 MinsTHB 2,550.00

HIIT TRAINING

High-Intensity Interval Training (HIIT) is a system of organizing cardiorespiratory training, which calls for repeated bouts of short duration, high-intensity exercise intervals intermingled with periods of lower intensity intervals of active recovery.

60 MinsTHB 3,500.00

YOGA AND MEDITATION

Our experienced yoga and meditation teachers are trained to listen to your personal objectives and goals during your stay. They will then design a bespoke yoga and meditation program to assist you in your quest to achieve a balanced self.

60 MinsTHB 2,250

ASAYA ATELIER BODY PATH

ASAYA ATELIER BODY TREATMENT

Understanding your Intention and Purpose are key to identifying the most appropriate blend of herbs, clays and muds. A personal consultation will ensure that you receive a unique treatment incorporating a combination of raw ingredients and nature's pantry to achieve your desired experience.

60 MinsTHB 3,000.00

DETOX BODY PATH

Leave the busy world behind and revitalize your body and mind with a Signature combination of replenishing treatments: Himalayan Salt Scrub, Purifying Volcanic Clay Body Wrap, Invigorating Detox Massage and Essential Detox Ritual Facial.

240 Mins THB 14,850.00

REVITALIZING BODY PATH

Beginning with a Lemongrass Body Scrub that refreshes emotionally and relieves fatigue, an Aroma Revitalizing Massage follows this personalized treatment and concludes with our EviDenS de Beaute Facial Ritual that will highlight, nurture, energize and invigorate your skin, placing the finishing...

210 Mins THB 12,600.00

SOOTHING BODY PATH

This soothing ritual reboots energy levels and restores the body's natural equilibrium. An ideal combination of a customized Coconut Body Scrub, Rice for Life Body Wrap and an Aroma Tension Relief Massage to help target areas of stress and tension.

150 Mins THB 10,350.00

ASAYA CLEANSE

2 nights/1 day program

THB 10,500+++ (Excluding accommodation)

- 1 x Wellness Consultation - 30 minutes
- 1 x Taoist Abdominal Detox massage - 60 minutes
- 1 x Life Force Healing - 60 minutes
- 1 x Post Program Consultation - 30 minutes

3 nights/2 days program

THB 18,000+++ (Excluding accommodation)

- 1 x Wellness Consultation - 30 minutes
- 1 x HIIT - 30 minutes
- 1 x Asaya Himalayan Salt Body Exfoliation - 60 minutes
- 1 x Asaya Detox Massage - 90 minutes
- 1 x Volcanic Clay Detox Body Mask - 60 minutes
- 1 x Private Yoga - 60 minutes
- 1 x Post Program Consultation - 30 minutes

4 nights/3 days program

THB 26,000+++ (Excluding accommodation)

- 1 x Wellness Consultation - 30 minutes
- 1 x Aroma Detox Massage + Sound Therapy - 90 minutes
- 1 x Private Yoga - 60 minutes
- 1 x Taoist Abdominal Detox massage - 60 minutes
- 1 x Functional Training - 60 minutes
- 1 x HIIT - 30 minutes
- 1 x Volcanic Clay Detox Body Mask - 60 minutes
- 1 x Thai Yoga Massage & Siam Foot massage - 90 minutes
- 1 x Post Program Consultation - 30 minutes

5 nights/4 days program

THB 38,000+++ (Excluding accommodation)

- 1 x Wellness Consultation - 30 minutes
- 1 x Aroma Detox Massage + Sound Therapy - 90 minutes
- 1 x Asaya Himalayan Salt Body Exfoliation- 60 minutes
- 1 x Volcanic Clay Detox Body Mask – 60 minutes
- 1 x Taoist Abdominal Detox Massage - 60 minutes
- 1 x Life Force Healing - 60 minutes
- 1 x Thai Yoga Massage & Siam Foot massage - 90 minutes
- 1 x Functional Movement - 60 minutes
- 4 x Private Yoga - 60 minutes
- 1 x Essential Nurturing Ritual - Facial - 60 minutes
- 1 x Thai Herbal Compress - 60 minutes
- 1 x Post Program Consultation - 30 minutes

6 nights/5 days program

THB 45,000+++ (Excluding accommodation)

- 1 x Wellness Consultation - 30 minutes
- 1 x Aroma Detox Massage + Sound Therapy - 90 minutes
- 1 x Taoist Abdominal Detox Massage - 60 minutes
- 1 x Life Force - 60 minutes
- 1 x Thai Yoga Massage - 60 minutes
- 1 x Siam Foot massage - 30 minutes
- 1 x Asaya Himalayan Salt Body Exfoliation- 60 minutes
- 1 x Volcanic Clay Detox Body Mask – 60 minutes
- 1 x Essential Detox Ritual - Facial - 60 minutes
- 3 x Private Yoga - 60 minutes
- 1 x Thai Herbal Compress Massage - 120 minutes
- 1 x Aroma Detox Massage - 60 minutes
- 1 x Post Program Consultation - 30 minutes

ASAYA BALANCE

Today's world is filled with infinite distractions. Cut through the noise and clutter and bring stillness into your life with a fully customised program that may include watsu and reiki healing and a living in balance workshop. Go on a journey of self-discovery, and emerge with an all-round sense of emotional, physical and spiritual stability and vitality.

2 nights/1 day program

THB 10,500+++ (Excluding accommodation)

- 1 x Wellness Consultation - 30 minutes
- 1 x Aroma Balancing Massage - 60 minutes
- 1 x Sound Therapy - 60 minutes
- 1 x Post Program Consultation - 30 minutes

3 nights/2 days program

THB 18,000+++ (Excluding accommodation)

- 1 x Wellness Consultation - 30 minutes
- 1 x Asaya Fusion Massage + Sound Therapy - 90 minutes

- 1 x Private Yoga - 60 minutes
- 1 x Thai Yoga Massage - 60 minutes
- 1 x HIIT - 30 minutes
- 1 x Life Force Healing - 60 minutes
- 1 x Post Program Consultation - 30 minutes

4 nights/3 days program

THB 26,000+++ (Excluding accommodation)

- 1 x Wellness Consultation - 30 minutes
- 1 x Asaya Fusion Massage + Sound Therapy - 90 minutes
- 1 x Private Yoga - 60 minutes
- 1 x Thai Yoga Massage - 60 minutes
- 1 x Siam Foot Massage - 30 minutes
- 1 x Functional Training - 60 minutes
- 1 x HIIT + Body Stretching - 60 minutes
- 1 x Life Force Healing - 60 minutes
- 1 x The Essential Nurturing Ritual - 60 minutes
- 1 x Post Program Consultation - 30 minutes

5 nights/4 days program

THB 38,000+++ (Excluding accommodation)

- 1 x Wellness Consultation - 30 minutes
- 1 x Asaya Fusion Massage + Sound Therapy - 90 minutes
- 1 x Thai Yoga Massage - 60 minutes
- 1 x Siam Foot Massage - 30 minutes
- 1 x Taoist Abdominal Detox Massage - 60 minutes
- 1 x Life Force Healing - 60 minutes
- 1 x Thai Yoga Massage & Siam Foot massage - 90 minutes
- 1 x Functional Movement - 60 minutes
- 1 x HIIT Training - 30 minutes
- 1 x Private Yoga - 60 minutes
- 1 x Essential Nurturing Ritual - Facial - 60 minutes
- 1 x Aroma Balancing Massage - 60 minutes
- 1 x Post Program Consultation - 30 minutes

6 nights/5 days program

THB 45,000+++ (Excluding accommodation)

- 1 x Wellness Consultation - 30 minutes
- 1 x Asaya Fusion Massage + Sound Therapy - 90 minutes
- 1 x Thai Yoga Massage - 60 minutes
- 1 x Siam Foot Massage - 30 minutes
- 1 x Taoist Abdominal Detox Massage - 60 minutes
- 1 x Life Force - 60 minutes
- 1 x Thai Yoga Massage & Siam Foot massage - 90 minutes
- 1 x Functional Movement - 60 minutes
- 1 x HIIT Training - 30 minutes
- 1 x Private Yoga - 60 minutes
- 1 x Aroma Balancing Massage - 90 minutes
- 1 x Essential Nurturing Ritual - Facial - 60 minutes
- 1 x Sound Therapy - 60 minutes
- 1 x Aroma Balancing Massage- 90 minutes
- 1 x Post Program Consultation - 30 minutes

ASAYA FIT

Understanding your body is key to getting and staying in shape. Our tailor-made movement training and education programs are designed for all levels of physical fitness. Training consists of assisted stretching and exercise, nutrition, and lifestyle protocols to achieve optimum health and fitness.

2 nights/1 day program

THB 10,500+++ (Excluding accommodation)

- 1 x Wellness/Fitness Consultation - 30 minutes
- 1 x Functional Training - 60 minutes
- 1 x Asaya Muscle Release Massage - 90 minutes
- 1 x Post Program Consultation - 30 minutes

3 nights/2 days program

THB 18,000+++ (Excluding accommodation)

- 1 x Wellness/Fitness Consultation - 30 minutes
- 1 x Functional Training - 60 minutes
- 1 x HIIT - 30 minutes
- 1 x Boot Camp - 60 minutes
- 1 x Private Muay Thai - 45 minutes
- 1 x Asaya Fusion Massage – 60 minutes
- 1 x Asaya Muscle Release Massage - 60 minutes
- 1 x Post Program Consultation - 30 minutes

4 nights/3 days program

THB 26,000+++ (Excluding accommodation)

- 1 x Wellness Consultation - 30 minutes
- 1 x Functional Training - 60 minutes
- 1 x HIIT – 30 minutes
- 1 x Boot Camp - 60 minutes
- 1 x Private Yoga – 60 minutes
- 1 x Taoist Abdominal Detox Massage – 60 minutes
- 1 x Private Muay Thai - 45 minutes
- 1 x Thai Yoga Massage – 60 minutes
- 1 x Asaya Fusion Massage - 60 minutes
- 1 x Asaya Muscle Release Massage – 60 minutes
- 1 x Post Program Consultation - 30 minutes

5 nights/4 days program

THB 38,000+++ (Excluding accommodation)

- 1 x Wellness Consultation - 30 minutes
- 1 x Functional Training - 60 minutes
- 2 x HIIT + Assisted Stretch- 45 minutes
- 1 x Boot Camp - 60 minutes
- 1 x Private Muay Thai - 45 minutes
- 1 x Private Yoga – 60 minutes
- 1 x Ocean Fitness/Kayak – 60 minutes
- 1 x Taoist Abdominal Detox Massage - 60 minutes
- 1 x Life Force Healing Therapy - 60 minutes

- 1 x Thai Yoga Massage - 90 minutes
- 1 x Asaya Fusion Massage - 60 minutes
- 1 x Asaya Muscle Release Massage – 60 minutes
- 1 x Post Program Consultation - 30 minutes

6 nights/5 days program

THB 45,000+++ (Excluding accommodation)

- 1 x Wellness Consultation - 30 minutes
- 2 x Functional Training - 60 minutes
- 1 x HIIT + Assisted Stretch- 45 minutes
- 1 x Boot Camp - 60 minutes
- 1 x Private Muay Thai - 45 minutes
- 2 x Private Yoga – 60 minutes
- 1 x Asaya Sport Massage– 60 minutes
- 1 x Taoist Abdominal Detox Massage - 60 minutes
- 1 x Life Force Healing Therapy - 60 minutes
- 2 x Thai Yoga Massage – 60 minutes
- 1 x Asaya Fusion Massage - 60 minutes
- 1 x Asaya Muscle Release Massage – 60 minutes
- 1 x Post Program Consultation - 30 minutes