HOLISTIC LIVING PROGRAMMES
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We believe that guests come to Keemala to pause and unwind from the stresses of modern day life. Our Holistic Living Programmes feature four unique retreats for guests who wish to Purify, Energise, Unwind, or Rejuvenate. All packages are available as either a three-day or a six-day retreat, and are personalized to guests’ individual needs. Prices exclude accommodation, but are inclusive of 10% service charge, applicable government tax and provincial tax.

PURIFY

Keemala’s Purify programme offers a range of carefully selected therapies and treatments aimed to cleanse both body and mind. Personalised meditation sessions help guests to relieve their mind of accumulated stress and their body of physical tension. Guests are served a customized Spa Cuisine and tonics that will further enhance the detoxification and purification effects of this therapeutic programme.

3-NIGHT PURIFY

Price: THB 41,000 net per individual / THB 77,000 net per couple

Inclusions:

- 2 Wellness consultations
- 1 Take-home wellness plan
- 2 Meditation sessions (30min)
- 2 Infrared saunas (15-30min)
- 1 Thai detoxification herbal steam (15-30min)
- 1 Reflexology massage (45min)
- 1 Organic detoxification bath ritual (30min)
• 1 VOYA organic seaweed leaf detoxification body wrap (90min)
• 1 VOYA organic environmental defense facial (90min)
• 1 VOYA hand and foot retreat (60min)
• Daily herbal tea and tonic
• Daily Spa Cuisine meals

6-NIGHT PURIFY

Price: THB 87,000 net per individual / THB 164,000 net per couple

Inclusions:

• 3 Wellness consultations
• 1 Take-home wellness plan
• 3 Meditation sessions (30min)
• 3 Infrared saunas (15-30min)
• 2 Thai detoxification herbal steam (15-30min)
• 1 Traditional Thai massage (90min)
• 1 Reflexology massage (45min)
• 2 Organic detoxification bath ritual (30min)
• 1 VOYA fuscius luscious organic salt glow for detoxification (50min)
• 1 VOYA organic seaweed leaf detoxification body wrap (90min)
• 1 VOYA organic environmental defense facial (90min)
• 1 VOYA hand and foot retreat (60min)
• 2 Holistic Thai or traditional Chinese medicine bodywork (90min)
• 2 Yoga session (60min)
• Daily herbal tea and tonic
• Daily Spa Cuisine meals
ENERGISE

Guests seeking to improve their endurance, strength, and flexibility, while simultaneously indulging in therapeutic and pampering treatments for their body will enjoy Keemala’s Energise programme. By combining resistance training, stretching, and massages, the programme aims to strengthen the inner core and suppleness of the body, aspects which are key to injury prevention and a balanced well being.

3-NIGHT ENERGISE

Price: THB 41,000 net per individual / THB 77,000 net per couple

Inclusions:

- 2 Wellness consultations
- 1 Take-home diet and fitness plan
- 1 Fitness evaluation
- 1 Personal training session (60min)
- 1 Holistic stretching session (60min)
- 1 Traditional Thai massage (90min)
- 2 Infrared saunas (15-30min)
- 2 Organic Thai herbal bath ritual (30min)
- 1 Reflexology massage (45min)
- 1 Balance massage (90min)
- 1 Deep tissue massage (90min)
- 1 Post workout drink
- Daily wheatgrass shot
- Daily customised meals
6-NIGHT ENERGISE

Price: THB 67,000 net per individual / THB 127,000 net per couple

Inclusions:

• 3 Wellness consultations
• 1 Take-home diet and fitness plan
• 2 Fitness evaluation
• 3 Personal training session (60min)
• 1 Tai chi session (60min)
• 1 Holistic stretching session (60min)
• 3 Infrared saunas (15-30min)
• 3 Organic Thai herbal bath ritual (30min)
• 2 Reflexology massage (45min)
• 1 Balance massage (90min)
• 1 Deep tissue massage (90min)
• 1 Thai herbal compress massage (90min)
• 2 Thai herbal steam (30min)
• 2 Traditional Thai massage (90min)
• 3 Post workout drinks
• Daily wheatgrass shot
• Daily customised meals

UNWIND

Designed for those working in a fast-paced, demanding, and stressful profession, our Unwind programme incorporates stress management sessions, exercises, and therapeutic spa treatments to help guests not only recognise the stress they may have grown accustomed to or are unaware of, but also learn how to consciously de-stress.
3-NIGHT UNWIND

Price: THB 44,000 net per individual / THB 84,000 net per couple

Inclusions:

• 2 Wellness consultation
• 1 Take-home stress management plan
• 1 Meditation session (30min)
• 1 Stress management session (60min)
• 1 Tai chi session (60min)
• 3 Organic Thai herbal bath ritual (30min)
• 1 Balance massage (30min)
• 1 Siam Botanicals body polish (50)
• 1 Raindrop healing (90min)
• 1 Four-hand massage (90min)
• Daily herbal tea and tonic
• Daily customised meals

6-NIGHT UNWIND

Price: THB 82,000 net per individual / THB 156,000 net per couple

Inclusions:

• 3 Wellness consultations
• Take-home stress management plan
• 2 Stress management session (60min)
• 2 Tai chi session (60min)
• 2 Yoga session (60min)
• 3 Organic Thai herbal bath ritual (30min)
• 1 Balance massage (90min)
• 1 Siam Botanicals body polish (50min)
• 1 Raindrop healing (90min)
• 1 Four-hand massage (90min)
• 1 Thai herbal hot compress (90min)
• 1 VOYA deluxe facial experience (90min)
• 1 VOYA seaweed hot stone massage (90min)
• 1 VOYA hand and foot retreat (60min)
• 1 VOYA foot retreat (45min)
• Daily herbal tea and tonic
• Daily customised meals

REJUVENATE

Complete rejuvenation not only achieves looking young, but also feeling young. Our Rejuvenate programme utilizes the intense anti-aging effects of organic seaweed together with deeply nourishing spa therapies to help renew skin cells and revitalise the body. The programme includes Holistic Traditional Bodywork that helps to improve circulation of “qi”, the body’s life force and the secret to longevity. Guests are served Spa Cuisine and tonics that complete this journey.

3-NIGHT REJUVENATE

Price: THB 55,000 net per individual / THB 104,000 net per couple

Inclusions:

• 2 Wellness consultations
• 1 Take-home wellness plan
• 2 Yoga sessions (60min)
• 2 Thai herbal steam (30min)
• 1 Siam Botanicals body polish (50 min)
• 1 Holistic traditional bodywork (90min)
• 1 Holistic hair & scalp treatment (60min)
• 1 Organic seaweed bath ritual (30min)
• 1 Reflexology massage (45min)
• 1 Siam Botanicals rejuvenating facial (60min)
• 1 VOYA seaweed hot stone massage (90min)
• 1 VOYA hand & foot retreat (60min)
• Daily wheatgrass shot
• Daily herbal tea and tonic
• Daily Spa Cuisine meals

6-NIGHT REJUVENATE

Price: THB 96,000 net per individual / THB 182,000 net per couple

Inclusions:

• 3 Wellness consultations
• 1 Take-home wellness plan
• 2 Yoga sessions (60min)
• 3 Thai herbal steam (30min)
• 1 Siam Botanicals body polish (50 min)
• 2 Holistic traditional bodywork (90min)
• 2 Holistic hair & scalp treatment (60min)
• 2 Organic seaweed bath ritual (30min)
• 1 Reflexology massage (45min)
• 1 Deep tissue massage (90min)
• 1 Siam Botanicals rejuvenating facial (60min)
• 1 Slow beauty signature manicure & pedicure (90min)
• 2 VOYA organic anti-aging facial (90min)
• 1 VOYA seaweed hot stone massage (90min)
• 1 VOYA bladderwrack body buff (50min)
• Daily wheatgrass shot
• Daily herbal tea and tonic
• Daily Spa Cuisine meals

For more information please contact stay@keemala.com