



La
Vita
Sana

La Vita Sana

LA VITA SANA WELLNESS

THAI WISDOM COMBINATION TREATMENT

120 Minutes | 2,900 THB

Full Body and Foot Reflexology with Stepping on Grilled Brick (Yeab It), Thai Therapeutic massage and Hot herbal compression.

HERBAL-INFUSED BATHING & RELAXATION

120 Minutes | 3,500 THB

A Perfect blend of age-old practices and Modern relaxation technique with Herbal-infused bathing in Jasmine -infused rice water, Rice body scrub, Cooling herbal compression and Thai herbal eye poultice plus sound bath.

HOLISTIC FACIAL & SCALP WELLNESS

120 Minutes | 4,500 THB

Herbal-mixed hair washing (Sra-ya), Shirodhara and hair wrap. Sterilized nutrient-rich mud and gold mask, Relaxing neck and shoulder massage.

THAI & CHINESE DEEP SLEEP

120 Minutes | 2,900 THB

Sleep Enhancement Therapy with Chi Nei Tsang Abdominal Massage, Thai Abdominal Herbal Burning (Phao-Ya). Chinese acupuncture and Thai Herbal Eye Poultice.

La Vita Sana

LA VITA SANA WELLNESS

LA VITA SANA HALF DAY PACKAGE

3.5 Hours | 3,900 THB

The ultimate way to relax the mind, body and spirit including and follower

45 Minutes

Onsen and Steam

90 Minutes

A Choice of Relaxing Aromatherapy or Hot Oil Massage

30 Minutes

Eyes Poultice and Sound Bath

45 Minutes

Happy and Healthy Set

(3-Course Menu + 1 glass of non-alcohol drinks)

LA VITA SANA 1 DAY PACKAGE

7.5 Hours | 6,900 /7,900 THB

09.00 - 10.00

Yoga or Sound Healing

10.00 - 10.15

Preparation

10.15 - 11.00

Onsen and Steam

11.00 - 11.15

Tea or Infuse water at restaurant

11.15 - 12.45

A Choice of workshop or cooking class

12.45 - 14.00

Lunch break Happy and Healthy Set

(3-Course Menu + 1 glass of non-alcohol drinks)

14.00 - 14.30

Doctor Consultate

14.30 - 16.00

A Choice of Body Treatment in the Menu

16.00 - 17.00

La Vita Sana Facial Detox by Jade Stone

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LA VITA SANA WELLNESS

LA VITA SANA ORIENTAL THERAPEUTIC TREATMENT

Chinese Cupping | 60 Minutes | 1,700 THB

Experience the transformative power of Cupping therapy, an age-old Chinese practice where special cups create soothing suction on your skin. This therapy not only eases physical pain and reduces inflammation but also stimulates blood flow and enhances your vital life force. Beyond treatment, it offers deep relaxation and holistic well-being. Embrace the ancient wisdom of Chinese cupping for a rejuvenated, healthier you.

Chinese Acupuncture | 60 Minutes | 1,700 THB

Experience our Chinese Acupuncture Package, crafted by expert Traditional Chinese Medicine practitioners. Begin with an insightful pulse diagnosis that aligns ancient wisdom with your symptoms. Ultra-thin needles are then precisely placed to deliver powerful healing, alleviating pain and inflammation while promoting overall wellness and emotional balance. Enhanced with a soothing heat lamp, this treatment ensures profound muscle relaxation and ultimate comfort. Embrace the path to revitalized health today!

Thai & Chinese Therapies | 90 Minutes | 2,500 THB

The journey begins with a Thai therapeutic massage targeting your muscles' trigger points and taut bands, promoting relaxation and loosening tightness. Complementing this, Traditional Chinese acupuncture delves deeper to release muscle tension, balancing the blood and energy flow within your body. The inclusion of cupping therapy, a revered Chinese practice, further stimulates blood flow and releases tension. The treatment culminates with a hot herbal compression, amplifying the therapeutic effects and ushering in a state of total relaxation.

Fire Balance | 60 Minutes | 1,800 THB

Phao-Ya, a Thai Abdominal Herbal Burning treatment for balancing body elements, and Chi-Nei-Tsang, a soothing abdominal massage rooted in the traditions of Chinese Taoist meridian points and lines. These techniques synergistically enhance your digestive and excretory systems, aiding in the detoxification of your body. Furthermore, they stimulate lymphatic drainage and balance your blood circulation, creating a state of overall harmony.

This package is the perfect remedy for those battling abdominal issues such as flatulence, indigestion, and excretory difficulties, and serves as a great relief for women grappling with irregular menstruation.

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LA VITA SANA AYURVEDIC TREATMENT

Shirodhara | 60 Minutes | 2,200 THB

Your journey starts with warm oil gently cascading onto the Centre of your forehead, the location of the 'third eye'. As the oil soothingly traverses your scalp, our skilled therapists deliver a gentle head massage, encapsulating the essence of this renowned Ayurvedic treatment. Shirodhara, a time-honored healing technique, offers not only deep relaxation but also harmonizes the life forces within your body. It enhances the circulatory system, alleviates stress-induced headaches, improves sleep quality, and confers an energizing sense of tranquility. The process also encourages healthier hair and stimulates blood flow in the scalp, reducing hair fall. This experience, which goes beyond mere physical relaxation, is ideal for those grappling with stress-induced discomfort.

Shiro Abhyanga | 90 Minutes | 2,500 THB

Shiro Abhyanga essentially means a complete massage of the head, neck, and shoulders using Ayurvedic herbal oils. These are the areas that are most affected by stress, which is why Shiro Abhyanga is beneficial in reducing pain insomnia and stress in these regions.

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LA VITA SANA PAIN & RELIEF TREATMENT

Migraine or Office Syndrome Relief Massage **90 Minutes | 2,200 THB**

Therapeutic massage for office syndrome focuses on relaxing and restoring the function of muscles and tendons affected by prolonged poor posture. This massage helps to reduce tension and pain in the neck, shoulders, and back, improve blood circulation, and enhance muscle flexibility. It can alleviate symptoms associated with office syndrome, such as headaches (including migraines), eye strain, and numbness in the hands or arms, aiding in the recovery of the body's normal function.

Neck Muscle Sprain Relief Massage **60 Minutes | 1,700 THB**

This specialized massage focuses on relaxing and soothing the strained muscles in the neck, promoting improved circulation and faster healing. By targeting the affected areas with precise techniques, this massage helps reduce discomfort, enhance mobility, and restore overall neck health.

Frozen Shoulder Massage | 90 Minutes | 2,200 THB

This specialized massage focuses on gently mobilizing the shoulder joint and surrounding muscles to improve flexibility and reduce discomfort. By using targeted techniques to enhance blood flow and relieve tension, the massage helps restore range of motion and supports the healing process, promoting overall shoulder health and well-being.

Wrist Pain or Trigger Finger Relief Massage **60 Minutes | 1,700 THB**

Therapeutic massage for wrist and finger conditions focuses on relaxing and restoring the function of muscles and tendons in the wrist and fingers and other related muscles. This massage helps to reduce pain, increase blood circulation, and improve the mobility and flexibility of joints and tissues. It can alleviate symptoms of related conditions such as Carpal Tunnel Syndrome or Trigger Finger and restore normal hand function.

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LA VITA SANA PAIN & RELIEF TREATMENT

Lower Back or Hip Pain Relief Massage **90 Minutes | 2,200 THB**

This specialized massage targets the muscles and connective tissues, using Thai acupressure to reduce pain. Help support the healing process, provide effective relief and improve overall lower back and hip health.

Period Pain Relief Massage **90 Minutes | 2,200 THB**

Massage your lower abdomen, back, and sides using gentle circular motions. You can also explore self-acupressure techniques by applying pressure to specific points known to relieve menstrual discomfort

Knee Pain Relief Massage | 90 Minutes | 2,200 THB

The knee pain massage therapy program provides users with highly effective treatment for knee pain. This program utilizes massage techniques to reduce pain, swelling, and improve blood circulation around the knee area, ensuring users receive a tailored and safe massage experience.

Sprained Ankle or Heel Pain Relief Massage **60 Minutes | 1,700 THB**

A therapeutic massage for sprained ankle or heel pain focuses on rehabilitating the muscles and tendons around the ankle and heel. This massage helps to reduce swelling, improve blood circulation, and alleviate pain. Specific massage techniques relax muscles, reduce inflammation, and increase the flexibility of joints and tissues.

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LA VITA SANA RELAXATION BODY MASSAGE

Thai Full Body Massage

60/90 Minutes | 1,000 /1,300 THB

An ancient traditional Thai Massage is a fusion of acupressure, energy work and stretching techniques. They reduce muscular tension, improve circulation, boost the immune system and keep both body and mind balanced.

Thai Aromatic Massage 60/90 Minutes | 1,400/ 1,800 THB

Combination Thai Massage Technique with Palm Thumb stressing along with slow movement massage using aromatic oils to improve blood circulation and release tension in muscles.

Relaxing Aromatherapy Massage

60/90 Minutes | 1,400/ 1,800 THB

A slow rhythmic relaxing massage using aromatic oils to improve blood circulation and release tension in muscles. Leave the world of care behind.

Hot Oil Massage 60/90 Minutes | 1,400 / 1,800 THB

A perfect fusion of Western and Eastern traditions. the wisdom of Thai massage techniques, and the precise application of pressure-point therapy with warm oil and stimulate acupressure points along your body's energy lines.

Hot Herbal Ball Massage 60/90 Minutes | 1,600/2,000 THB

Relish this ancient practice of compressed heated herbal "Look Pra Kob" ingredients wrapped in pure cotton applied to the body to encourage circulation and relieve muscle tension.

Release Muscle Tension | 60/90 Minutes | 1,500/1,900 THB

Amplifying this experience is our choice of aromatic herbal oils in the power of releasing muscle tension treatment, an exquisite journey towards improved body posture.
Drawing on the wisdom of Thai traditional medicine

After Sun Healing Massage | 60 Minutes | 1,400 THB

This healing massage is perfect for sun-exposed skin and uses a blend of Aloe Vera and massage oils, rich in vitamins and minerals for soothing and cooling the skin.

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LA VITA SANA WELLNESS

LA VITA SANA BODY RITUAL

La Vita Sana Coconut Body Scrub

60 Minutes | 1,200 THB

Coconut pulp is rich in vitamins. It unclogs pores and removes dirt and Fresh milk honey helping to moisturize and hydrate your skin. Highly recommended dry and mature skin.

Coffee Body Scrub

60 Minutes | 1,200 THB

Fresh grated dried coffee powder mixed with rich moisturizing honey yogurt and granulated rice blended to exfoliate and remove surface cells leaving skin soft and glow. Highly recommend cellulite and all skin types.

Tamarind Oatmeal Body Scrub

60 Minutes | 1,200 THB

Rich in natural AHA that clarifies and brightens skin. Made with fresh tamarind paste Honey and oatmeal. help detoxify, prevent and combat dry skin, also dark spots and leave the skin feeling nourished, looking brighter and healthy.

Green Tea Body Cream Scrub

60 Minutes | 1,200 THB

Cleanses by embracing sweet almond body oil with green tea cream scrub that helps renew your skin. The invigorating scrub is followed by a calming body lotion, which is applied using gentle hand movements. Ideal for normal skin.

La Vita Sana

LA VITA SANA WELLNESS

LA VITA SANA BODY RITUAL

Herbal Body Wrap **60 Minutes | 1,200 THB**

Reveal your skin's natural radiance. Immerse yourself in the therapeutic power of nature with Herbal Body Wrap exceptional exfoliating properties. It effectively removes dead skin cells from the surface, paving the way for new, healthy cells to regenerate

Green Tea Detoxifying Body Wrap **60 Minutes | 1,200 THB**

Allow the clay's natural properties to eliminate the body's toxins. The green tea mud is rich in minerals and nutrients. It helps the skin detoxify and stimulates the body to nourish the skin.

After Sun Soothing Body Wrap **60 Minutes | 1,200 THB**

Immediately relieve sun damaged and sun sensitive skin with this soothing and gentle movement. Cooling and desensitizing Aloe Vera, Menthol, Melon. Alleviating the skin burning and stinging sensation to decrease skin temperature

Thanaka Brightening Body Wrap **60 Minutes | 1,200 THB**

Highly recommend it for normal and mature skin. The fruit is very high in protein as well as vitamins and minerals to exfoliate skin cells to be clearer, eliminate acne and stimulate the accumulation of oil to penetrate the skin.

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LA VITA SANA WELLNESS

LA VITA SANA AESTHETIC AND FACIAL TREATMENT

La Vita Sana Natural Facial Treatment **60 Minutes | 1,500 THB**

Refine the skin using natural cleansing and gentle exfoliation followed by face massage using the finest Evening-primrose oil and mask of fresh cucumber. Leave your skin feeling soft and smooth.

La Vita Sana Facial Detox Treatment by Jade Stone **(Gua Sha) 60 Minutes | 1,700 THB**

Exclusive Jade Stone Facial Detox Treatment. It is a celebration of natural elegance, delicately refining your skin through a harmonious process of organic cleansing, light exfoliation, and a face massage, amplified by our premier honey and lemon scrub to leave your skin glowing and rejuvenated. Indulge in a soothing massage with our fragrantly homemade, hot-extracted coconut oil, a unique preparation that confers a rich, nourishing experience for your skin.

Moisturizing Facial Treatment by Guinot **60 Minutes | 1,700 THB**

This pampering treatment based on shea butter trace elements phospholipid extract will instantly nurture dehydrated skin with moisturizing properties that increase blood flow to the skin. This improves the skin's appearance because it increases the delivery of nutrients and oxygen suitable for normal and dry skin types.

Youth Facial Treatment by Guinot **60 Minutes | 1,700 THB**

Facial treatment with nourishes and conditions again skin, based on retinol, DNA, Replenishing spheres, Ginkgo biloba. This is ideal for people with oily or acne-prone skin.

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LA VITA SANA AESTHETIC AND FACIAL TREATMENT

Brightening Facial Treatment by Guinot **60 Minutes | 1,700 THB**

Decadent treatment is as powerful of glow ingredients as Vitamin C, Kaolin and Amino acids extract. Making the skin elastic strong, stimulating new skin cell. very high in collagen UVA UVB which help protect the skin from sunlight. Making skin bright radiant smooth and touchable recommend it for melasma dark spot and mature skin.

Soothing Facial Treatment by Guinot **60 Minutes | 1,700 THB**

A treatment that nourishes and conditions sensitive and irritated skin with a combination of hypoallergenic ingredients extracted from chamomile, corn, oak root and kaolin. To reduce skin irritation and make skin stronger, soft lively and radiant with protection. This is ideal for sensitive and easily irritated skin.

Facial Acupuncture & Mask Treatment **60 Minutes | 2,000 THB**

This novel approach to skincare leverages the potency of traditional Chinese acupuncture, administered by our adept practitioners well-versed in human facial anatomy. The strategic stimulation of Chi's energy flow through acupuncture targets the alleviation of facial swelling and inflammation caused by acne, promoting a natural, intrinsic skin recovery process.

Acupuncture For Body Shape **60 Minutes | 1,800 THB**

A unique acupuncture technique to recalibrate your hormonal system, enhance metabolic rate, and expel unwanted body fat, sculpting a slim and elegant body shape. This comprehensive therapy further regulates blood sugar levels and manages body fat, ensuring your health is optimized. Additionally, this luxurious procedure invigorates you, leaving your body and mind refreshed, while promoting a more effective digestive system.

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LA VITA SANA JUNIOR WELL-BEING

Junior Aromatic Massage | 45 Minutes | 850 THB

This massage provides comfort, relaxation, reduction of stress hormones and quality of sleep improvement and strengthens the immune system.

(**Children from ages 6 to 12 must be accompanied by an adult.)

Junior Sun Secret Massage | 45 Minutes | 850 THB

This healing massage is perfect for sun-exposed skin and uses a blend of Aloe Vera and massage oils, rich in vitamins and minerals for soothing and cooling the skin.

ON THE SPOT

Thai Herbal Eye Poultice | 30 Minutes | 900 THB

This unique treatment uses a blend of cool herbs, prepared using our exclusive traditional recipe. Simultaneously relieving headaches and migraines, this therapeutic experience ensures total rejuvenation.

Foot Reflexology | 60 Minutes | 1,200 THB

Reflexology is a technique that applies gentle pressure to your feet. It aims to bring about a state of relaxation and help the body's own healing process.

These points correspond to the organs and glands in the body

Foot Massage | 60 Minutes | 800 THB

A systematic practice in which applying some pressure to any particular points on the feet and hands gives impacts on the health of related parts of the body

Head and Shoulder Massage | 60 Minutes | 800 THB

A massage to relieve stress, headache, tiredness around the eyes, neck and shoulder areas as a result of migraine or lack of sleep. By using proper pressure, the head and shoulder massage is ideal to help freshen and relax the body, which will lead to a better sleep.

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ONSEN & THERMAL THERAPY

The Herbal Steam

Inhale deeply and let the steamy clouds of aromatics cleanse your body and clear your mind in our Great Steam room. Our signature aromatic mixes are crafted from powerful local plants, herbs and florals, grown in our onsite gardens. Cleanse your skin of impurities for a glowing complexion. Clear your respiratory system. Boost your post workout recovery and ease any joint stiffness or muscle aches. Alternate your Great Steam experience with hot, cool and cold plunge pool immersions to further improve your circulation and lower blood pressure.

ONSEN

Public Session (Separate Male and Female Room) | 650 THB

Private Session (Maximum for 4 People) | 3000 THB

Discover the health benefits of the Japanese tradition of onsen. Dating back thousands of years, this ritual of cleansing, bathing and soaking in our natural light-filled onsen will transport you to a deep state of relaxation. Step through our overhead waterfall into a serene space. Stimulate your circulatory system and improve your metabolism with differing temperature onsen pools. Let your mind drift. Feel the tension leaves your body.

Make onsen experience your new tradition for improved mental health, concentration, and better sleep.

Milky Bath | 30 Minutes | 600 THB

Pamper yourself and slip into a bath to restore the skin's natural moisture balance and improve skin elasticity. Combined with fragrant rose milk or an anti-stress aromatic milk bath and linger in pure bliss and solitude. hydrate, nourish, and enhance skin youthfulness, while protecting it from friction and dryness.