



SUUKO
wellness

WELLNESS
EXPERIENCES FOR
MICE GROUPS





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World Class Spa & Wellness Destination

Holistic Thai Wellness

Our greatest blessing is a healthy body and soul. The key is adjusting your balance and unlocking the body's natural strength. Find the wellness treatment/experience/activities that suit your condition and goals with us.

Relax amid nature and get the best natural and time-tested Traditional Thai Medicine treatments, Thai wellness cuisine, traditional activities and exercises at Suuko Wellness & Spa Resort.





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At A Glance



1. Award - Winning Thai Spa



2. Traditional Thai Medicine Clinic



3. Wellness Activities/Workshops





4. Events & F&B



5. Jacuzzi Villas surrounded in Nature



6. Herbal & Clean Beauty Products



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At A Glance



Platinum Thai Spa World Class Standard
Ministry of Public Health (2010-2013)



"Best Day Spa Globally & Best Health and Wellness Spa in Asia"
Haute Grandeur Luxury Awards (2019)



"Excellent Day Spa" Hall Of Fame and Three-time winner
Thailand Tourism Kinnaree Awards (2015, 2014, 2013)



"The Excellent Spa of Thailand" & "The Best Spa in Southeast Asia"
HAPA (2008-2010)

A legacy of excellence



TWD
ศูนย์เวลเนสอัตลักษณ์ไทย
Thamess Wellness Destination

Certify By



กรมการแพทย์แผนไทยและการแพทย์ทางเลือก
Department of Thai Traditional and Alternative Medicine



"World Quality Standard"
Ministry of Commerce (2012-2015)



"Excellence Award"
TripAdvisor (2019)



"150 World Class Spas"
Spa Asia Magazine (2016)



In Media



Perfect for corporate & incentive groups



WELLNESS IS THE TREND

Wellness is Suuko's DNA.

As our modern lifestyle becomes increasingly hectic, we aim not only to help our guests relax onsite, but also equip them with simple tools to improve their wellbeing, whether at home or at the workplace.

TAILORED TO YOUR GROUP

At Suuko, their guests can spend the full day here to enjoy activities, spa and dining. Something for everyone to enjoy.

We can tailor our products to fit concepts or themes you have for your groups.

CONVENIENTLY LOCATED

We are located in the center of the island, enroute between major destinations.

Phuket Old Town

- 7.4 km - 16 mins

Kata/Karon Beach

- 20 km - 30 mins

Phuket International Airport

- 40 kms - 45 mins

Chalong Temple

- 3.4 km - 7 mins

Patong Beach

- 25 km - 45 mins

Central Phuket Floresta

- 6 km - 10 mins

Chalong Deep Sea Port

- 7.4 km - 14mins





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Corporate and Incentives experiences

- With numerous venues and spaces, Suuko is the perfect place for your outing or events.
- We have hosted corporate and incentive outings for multiple client concepts, ranging from wellness “Health is Wealth” workshops day, yoga workshops for Office Syndrome, to fun cooking class challenges for team building.
- We have also hosted meetings, weddings and other tailored celebrations.



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Sample Corporate / Incentive event

Service Date:

- October 2023

End User Profile:

- Large Financial Firm based in SG

Service & Products Provided:

- Event theme: "Health Is Wealth"
- 90 Pax morning activity rotation between massage lesson, herbal compress and inhaler making workshops.
- 90 Pax Thai style buffet Lunch.
- 90 Pax afternoon spa rotation.
- 300 + Gift sets & room drop items by Suuko (herbal and clean beauty concept).



Sample Schedule: Corporate / Incentive Wellness Activities Rotation + Lunch/Dinner



Time	Group A (30pax)	Group B (30pax)	Group C (30pax)
9:00	Self Foot Massage Lesson	Herbal Compress Making Lesson	Herbal Inhaler Making Lesson
9:45	Move to Herbal Compress Station	Move to Herbal Inhaler Station	Move to Self Foot Massage Station
10:00	Herbal Compress Making Lesson	Herbal Inhaler Making Lesson	Self Foot Massage Lesson
10:45	Move to Herbal Inhaler Station	Move to Self Foot Massage Station	Move to Herbal Compress Station
11:00	Herbal Inhaler Making Lesson	Self Foot Massage Lesson	Herbal Compress Making Lesson
11:45	Wrap up and head to lunch		
12:00	Group Buffet Lunch of 90 pax		

Briefing

- Pax: 90 pax total, divided into 3 groups of 30
- 3 Stations of activities
- 10-15 minutes rotation between stations
- Can be for morning or afternoon rotations

Sample Schedule: Spa group rotation (1hr Massage)



Time	Group A (30pax)	Group B (30pax)	Group C (30pax)
9:00	Arrive at Property, begin consultation	-	-
9:15	Begin 1hr Massage	-	-
10:15	Finish Massage, move to after spa relaxation venue	Arrive at Property, begin consultation	-
10:30	-	Begin 1hr Massage	-
11:30	-	Finish Massage, move to after spa relaxation venue	Arrive at Property, begin consultation
11:45	-	-	Begin 1hr Massage
12:40	-	-	Finish Massage, move to after spa relaxation venue

Briefing

- Spa group of 30 pax*
- 15 minutes to change and clean room
- 15 minutes to check in / consult for contraindications**
- Can be for morning or afternoon rotations

*Please check with our team on daily capacity as early as possible

**Groups can also fill consultation form ahead of service day for faster check-in process

Group Service Capacity:

	Spa	Massage Lesson	Cooking Class	Herbal Compress Making	Herbal Inhaler Making	Rue Sri Dat Ton (Thai Yoga)	Making Functional Herbal Drink & Kanom Thai
Time Duration (hrs)	1-3	1-3	3-4	1	1	1	1
Capacity per round of service (Pax)	25-30	40	30	40	40	40	40
Remarks	Please check capacity as early ahead of service date as possible		Time duration depends on group size and number of dish	Time duration can be shortened to 30 minutes should guest wishes to rotate between multiple stations			



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1. Award-Winning Thai Spa

Private, luxurious Thai Spa experience

- Private treatment rooms with in-room shower and separate air-conditioning.
- Our spa products developed in house by our R&D team are all natural (No petrochemicals, synthetic perfumes or colors).
- Masterfully trained spa therapists





2. Traditional Thai Medicine Clinic

Holistic & Personalized Wellness

- As part of their diagnosis approach, in conjunction with a physical check-up, our Thai traditional doctors use lifestyle information to ascertain the state of the person's way of life and unique circumstances. This is because all individuals are unique, and their wellness care and advice will be personalized accordingly.
- Our treatments consist of a variety of traditional Thai treatments, massages and herbal decoctions prescribed on an individual basis.



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3. Wellness Activities/Workshops

Massage Lessons

- Learn from professional master therapist trainers from our Suuko Spa Academy.
- Guests can pair up to learn Head, Neck & Shoulder Massage on each other, or practice self-care through Self-Foot Massage Lesson
- Take-home massage handbook for each guest.





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3. Wellness Activities/Workshops

Thai Wellness cooking class

- Cooking class with a natural wellness emphasis - learn about Thai herbs for health as used in daily Thai cuisine.
- Fun hands-on Thai cooking and curry-making in an open-air garden atmosphere.
- After the class, guests can enjoy the Thai dishes they cooked for lunch or dinner.
- Take-home recipe provided so guests can recreate the dishes at home.





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3. Wellness Activities/Workshops

Rue Sri Dat Ton (Thai Yoga)

- Rue Sri Dat Ton, also known as "Thai Yoga", has long been practiced in Thailand as a health care activity.
- Rue Sri Dat Ton is a meditative exercise which combines physical postures and application of pressure to energy points with breathing meditation.
- Perfect as both a group exercise and as a short stretching when in the office.





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3. Wellness Activities/Workshops

Making Ya-Dom (Thai Herbal Inhaler)

- A timeless Thai favorite, commonly used to comfort the mind, cure nasal congestions, as well as nausea and dizziness.
- Learn how to recreate the refreshing scent, using traditional recipes.
- Take home your creation help brighten your day at the office!





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3. Wellness Activities/Workshops

Making Lok Prakob (Herbal Compress)

- Learn how to make and use Herbal Compress at home using authentic ingredients and techniques with easy to follow guidance.
- Bring home your very own herbal compress





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4. Events & F&B

We are able to cater customized menu for each group's requirements:




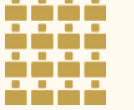





- Thai / International cuisine
- Buffet / Set Table

Remarks:

- For groups of 21 pax or more, we are able to do a buffet line arrangement.
- For groups of 20 pax or less - we are able to offer set table options.



4. Event/Venue Capacity at a Glance

Venue	 Area (sq. m.)	 Size (m x m)	 Ceiling (m)	 Theatre (people)	 Classroom (people)	 Classroom (people)	 Boardroom (people)	 Banquet (people)	 Cocktail (people)
Sukjai room	104	9.9 x 10.5	4	110	80	40	40	150	200
Suuk Savoey Room	87.7	6.5 x 13.5	4	90	45	25	25	20	-
Wang Badal (Studio)	135	5 x 27	3.5	100	60	45	50	120	120
Breakout Rooms 1 - 2 - 3 - 4 (consult room)	33	6.5 x 6	4	20	12	15	20	20	20



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5. Private Jacuzzi Villas Surrounded in Nature

- Suuko is enveloped in nature, soothing the weary traveler's soul.
- Walk around Suuko's lush greenery to bath in nature's sound and ambience.
- Stay in Suuko's private Jacuzzi Villas to disconnect from the hustle and bustle of daily life.

5. Relax amidst nature with our 2 room types



Spa Villa with Jacuzzi

Tropical Villa with Jacuzzi



75 SQM.
 TREATMENT ROOM
 KING BED / TWIN BED
 2

Perfect for secluded relaxation - guests can enjoy our award-winning spa service, right in the comforts of their villa

75 SQM.
 LIVING ROOM
 KING BED / TWIN BED
 2

Converting our spa room into a living room - perfect for guests looking to enjoy a workation amidst the tranquil atmosphere

INCLUDED AMENITIES

- Extra bed capability
- Air-conditioning
- Separate shower
- Jacuzzi
- Bath Supply
- In-room safety box
- Free Wi-Fi
- Cable TV
- Hairdryer
- Refrigerator
- Coffee & tea
- Umbrella
- Torch
- Amenity kit
- Rubber slipper

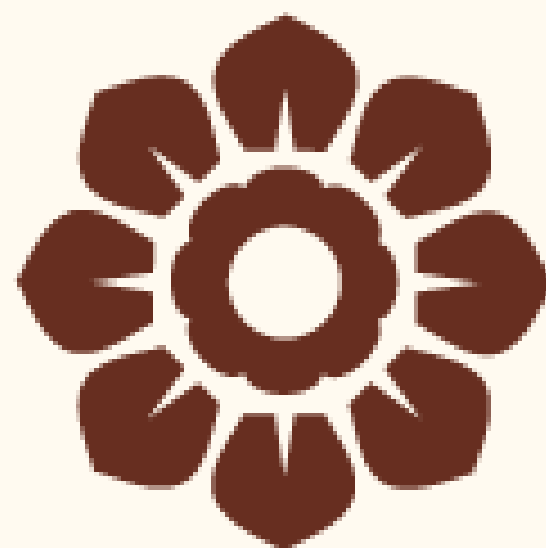


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6. Herbal & Clean Beauty Products

- Marrying our foundation in Thai herbal wisdom with our experience in Aromatherapy, our products allows our guests to bring a piece of Thai Wellness home.
- Selected as a gift set for BIE judges during their Phuket visit.
- Perfect as a room drop or corporate gifts, we are able to customise logo to client's corporate branding for large orders.
- Please provide requirements as early as possible to check production lead time.





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