



SUUKO

Wellness

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Wellness Retreat

Program

**Traditional Thai Medicine Clinic
License Number 83108000465**

Wellness Retreat Program

Suuko Wellness Retreat Programs aim to renew your holistic health with the wisdom of Traditional Thai Medicine, Thai heritage for optimal health, happiness and longevity.

Your wellness goal will be achieved through a combination of traditional Thai treatments selected and customized as suitable for you, daily healthy cuisine with dishes tailored to suit your body's requirement, as well as gentle exercise

The day of your arrival begins with an initial holistic consultation, a comprehensive examination and diagnosis by our traditional Thai medicine doctor. Your first day will end with a full-body detox massage using prescribed life-force balancing herbal aromatic oil to balance your bio-energies and sooth your soul.

Before every treatment session each day, our traditional Thai medicine doctor will reassess your condition and progress to tailor the details of the booked wellness treatments, meals and the exercise that day to be the best for you.

The program schedule allows flexibility and time for you to enjoy your spacious balcony, our beautiful infinity pool while resting up from your treatments, as well as time to explore Phuket's beaches and various cultural and culinary offerings.

Staying at Suuko gives time and space to unwind and prioritize your self-care, and to experience self-love.





Your Wellness Retreat Journey

Before your arrival at Suuko Wellness & Spa Resort

- After the completion of your booking our team will reach out to request for more information on your food allergies and schedule preferences to help best tailor your selected wellness retreat for you.

Arrival at Suuko Wellness & Spa Resort

- Your first in-person consultation at Suuko with our traditional Thai medicine doctor will help to reconfirm or adjust the treatment plan and schedule as appropriate within your booked wellness retreat. This will also allow the doctor to advise our team on how to tailor the Thai health cuisines and activities to be the most suitable for your condition each day.
- Before every Traditional Thai Treatment session, our Traditional Thai Medicine doctor will reassess your condition and progress to tailor the details of the booked wellness treatment package that day to be the best for you.
- Relax and enjoy your personalized traditional Thai treatment sessions.
- After each session, the traditional Thai medicine doctor will conduct a post-treatment check-up. During this session, lifestyle advice, as well as optional oral herbal medicine (100% natural) (additional costs may be applied) will be discussed and prescribed as appropriate
- Be sure to have enough rest after your treatments as your body readjusts for full treatment benefit. Your private jacuzzi or our hillside pool is a great place to unwind. Don't forget to Book in for our complimentary shuttle service to Naiharn beach, but take care to not spend too much time in the direct sunlight as this may tire your body which could impact your next treatment session.
- Enjoy the healthy cuisine and gentle exercise knowing that they will be tailored to be suit your body requirements
- Return home more balanced body and with a better understanding your unique body and elements conditions, and with knowledge of how to continue to maintain that balance both in terms of exercise and self-care.

Good to Know

- The retreat package is arranged to meet the objective successfully. Any changes made to any treatment in the package may compromise the efficacy of the package and the overall result.
- Any oral medications are optional as add-on charges, oral medications are not included in any wellness retreat rates at time of booking due to the high level of personalization, the suitable herbs and usage can only be determined upon in personal consultation.
- In case of any consideration or contra-indication, Suuko Wellness's traditional Thai doctor will advise appropriate maximum 3 treatments in substitution.
- Any changed or cancelled treatments are non-refundable and non-transferable.

Post Covid (Long Covid) Recovery Retreat

6-Day Program

Holistic approach to addressing symptoms of Post Covid and bring back your equilibrium and well-being

Post Covid (Long Covid) Syndrome is a common set of ailments found amongst recovered Covid-19 patients (Covid test results showing negative for one week or more). Individualized treatments in this retreat are designed to assist the body in recovering from these conditions, and bounce back better and faster.

The retreat is suitable for those that experience common symptoms of Post Covid:

- Abnormal fatigue, may prevent resumption of normal lifestyles.
- Brain fog or reduced memory.
- Interrupted / light sleep, anxiety or depression.
- Headache or light fever.
- Shortness of breath, chest pain, coughing and phlegm.
- Muscle and joint pain.
- Rashes.
- Diarrhea, indigestion or stomach ache.

The retreat targets:

- Improved respiratory functions.
- Symptom-free digestion.
- Better sleep.
- Getting relief from muscle aches and pains.
- Physical strength and endurance.
- Increased energy and mental power.
- Renewed vitality and joy.



About The Treatments

Traditional Thai Medicine classifies these ailments as “wind after the fever” a condition that arises from the leftover of abnormal “heat” in the body from the original infection. This heat causes abnormal fluctuations in other bodily elements (Water, Air and Earth), affecting both body and soul. Left unaddressed, “wind after the fever” may greatly affect “Earth” bodily elements; key organs such as liver, lungs and the heart.

This retreat treats Post Covid symptoms in accordance with the principles of Traditional Thai Medicine to:

- Eliminate toxins remaining in the lymphatic system after infection.
- Eliminate toxic waste in the throat and chest areas.
- Remove waste from the digestive tract.
- Aids healing of the digestive system.
- Release blockages in the flow of the prana (or wind) system, enabling better flow throughout the body.
- Alleviate anxiety or depression arising from leftover toxin of the initial infection.
- Aids healing of the respiratory system.

This will be achieved through a combination of traditional Thai treatments selected and customized as suitable for you, daily Thai healthy cuisine with dishes tailored to suit your body’s requirement, as well as gentle exercise and self-care workshops to help you maintain this continual improvement and health when you return home.

Traditional Thai herbal oral medication may also be highly recommended. These are 100% natural, and the precise herbs and usage will be fully personalized to your condition by the certified traditional Thai doctor.

Due to the high level of personalization, the suitable herbs and usage can only be determined upon in personal consultation, oral herbal medication therefore is not included in the wellness retreat rates at time of booking, but are optional as add-on charges.

Treatment aims:

- Clears stubborn mucus in the respiratory tract.
- Eases tightness of the chest and difficulty breathing.
- Detoxifies excess toxins and fluid accumulations.
- Clear any blockages along the energy lines.
- Stimulates the flow of blood, lymph, nerve impulse and energy.
- Promotes oxygen supply and toxin removal.
- Improves digestion.
- Reduces an excess accumulation of internal heat.
- Eases physical and emotional stress and tension.
- Calms and strengthens the nervous system.

6 - DAY Program Inclusion



1 × 90 - minute Welcome full-body detoxifying massage using prescribed life-force balancing herbal aromatic oil to balance your bio-energies and sooth your soul.



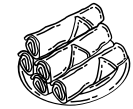
1 × In - depth Traditional Thai doctor initial consultation includes evaluation of your current health needs in relation to your longer-term wellness goals.



5 × 180 - minute Selected traditional Thai treatments for drawing toxins and Lifeforce-Balancing Body Massage, personalized based on our traditional Thai medicine doctor consultation.



5 × Daily pre& post - Traditional Thai Treatment check-up by the doctor to evaluate daily results of treatments and make necessary adjustments in treatment plans for best results.



5 × Lifeforce - Balancing herbal drink and snack after each treatment session tailored to your conditions.



4 × 60 - minute Prescribed mediative exercises.



5 × Bedtime herbal tea to bring you tranquility and relaxation.



Full board Prescribed life - forces balancing meals.



Accommodation : 75 sqm Jacuzzi Villa (5 nights).

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