



SUUKO

Wellness

Suuko Wellness & Spa Resort 5/10 Moo3, Wichit, Muang, Phuket 83000 Thailand

General enquiries +66 (0) 76 530 456 Reservation : +66 (0) 81 719 27 79

rsvn@sukkospa.com /info@sukkospa.com salessuuko@gmail.com



SUUKO

Wellness

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.

Traditional Thai Rejuvenation Retreat

6-Day Program

Traditional treatments that help combat the stress-related discomforts and allow for the optimum level of well-being

Chronic physical or mental stress, or a constant stress experienced over a prolonged period of time, can have a significant impact on various aspects of a person's physical, mental, and emotional well-being. Traditional Thai Medicine offers a holistic approach to deal with stress-related health issues by addressing imbalances in the body and mind. This retreat is the key factor to rejuvenate and re-energize your body and mind, as well as boosting your overall health and well-being.

The retreat is suitable for those that experience :

- Fatigue, low energy.
- Difficulty waking up.
- Sleep disturbances, including insomnia or excessive sleepiness.
- Lightheadedness or dizziness especially upon standing.
- Headaches and migraines.
- Unexplained muscle tension and pain, including backaches and neck stiffness.
- Joint pain without swelling or redness.
- Frequent allergies.
- Cravings for salty and sweet foods.
- Digestive problems such as stomachaches, indigestion, bloating, constipation.
- Difficulty losing weight even with a healthy diet.
- Dull, dry skin.
- Anxiety, worry, excess thinking.
- Feelings of overwhelm and a sense of being overwhelmed.
- Difficulty concentrating and making decisions.
- Memory problems and forgetfulness.
- Lack of motivation and decreased productivity.

The retreat targets:

- Wake up with more energy.
- Getting relief from muscle pains and soreness.
- Flexibility of joints.
- Physical strength and endurance.
- Increased energy and mental power.
- A bright complexion.
- Better sleep.
- Maximum relaxation.
- Enhanced the body's own capacity for recovery from various ailments.
- Emotional balance, mental alertness, creativity and joy





About The Treatments

Traditional Thai Medicine states that the human body is composed of the three invisible life-forces or bio-energies which exist in four different states of density, the four elements namely Earth, Water, Wind and Fire. The four elements are the building blocks of the body while Pitta, Vata and Sem-Ha, the three life-forces are responsible for all functions in both body and mind

Pitta (energy of fire) governs the digestion of foods, thoughts, emotions, and experiences. Metabolism, body temperature and the intelligence are also responsibilities of Pitta.

Vata (energy of wind) is the energizing force for everything in body and mind-flow of the breath, pulsation of the heart, movement of nerve impulses, circulation of blood and lymph, elimination of wastes, all muscle contractions, movement of nutrients into and wastes out of cells and activities of the mind. Sem-ha (energy of water) nourishes and hydrates all cells and systems, lubricates the joints, moisturizes the skin, maintains immunity, and protects the tissues

We are healthy and happy so long as the three life-forces continuously flow and maintain their balance with each other. When they go out of balance, they can cause symptom and we become unwell.

According to Traditional Thai Medicine, stresses cause imbalanced Pitta and leads to the excess of fire in the body. The prolonged exposure to stress could impair Pitta and consequently cause Vata and Sem-ha imbalance with an excess of toxin in the body. A combination of imbalance life-forces and accumulated toxins in the body generate the negative effects at the physical and mental levels.

The Traditional Thai Medicine line of treatments to rejuvenate the holistic health focuses on re-balancing of Vata and Sem-ha while enhancing Pitta. The treatments include energy rebalancing and rejuvenating remedies with massage therapies.

Because stress-related discomforts affect people in many different ways, all the treatments will be tailored to the specific set of symptoms and to improve the quality of life.

Traditional Thai herbal oral medication may also be highly recommended to boost energy levels, improve digestive function, support detoxification and relieve stress. 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:

- Reduces an excess accumulation of internal heat.
- Clear any blockage along the energy lines.
- Stimulates the flow of blood, lymph, nerve impulse and energy.
- Promotes oxygen supply and toxin removal.
- Soothes tired and sore muscles.
- Relieves tension and stiffness of muscles, tendon and joints.
- Supports detoxification.
- Improves digestion.
- 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.



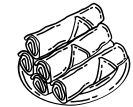
1 × In - depth Traditional Thai doctor initial consultation includes evaluation of your current health needs in relation to your longer-term wellness goals.



5 × 180 - minute Selected traditional Thai treatments for drawing toxins and Liferforce-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 × Liferforce - 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).

Any oral medications are optional as add-on charges, oral medications are not included in any wellness retreat rates at time of booking.