



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.

Traditional Thai Womb Detox Retreat

6-Day Program

Feminine health restoration, and prevention of difficulties during the different stages of a woman's life

This traditional personalized care for women is a gentle non-invasive process. The treatments are composed of measures to detoxify, tone, and rejuvenate women's reproductive system.

These remedies also re-balance the lifeforces, and give feminine health a great support, to help you stay balanced at every age and stage of your life.

It is also a great adjunct therapy for increasing the chances of conception.

The retreat is suitable for those that experience :

- Painful periods.
- Severe pre-menstrual symptoms (PMS).
- Female hormonal issues such as irregular periods, moodiness and mood swings.
- Change in characteristics of the menstruation such as volume, color, odor, as well as texture.
- Irregular discharge and itchiness.
- Stress urinary incontinence.
- Anxiety or depression.
- Tiredness or trouble sleeping.
- Overall lack of energy or chronic fatigue.
- Occasional headaches or migraine.
- Prone to breakouts, melasma and dull skin.
- Water retention, bloating or tummy pain.

The retreat targets:

- Encourages the healing, purifying and rejuvenation of reproductive organs.
- Encourages displaced uterus to its optimal position.
- Promotes a healthy menstrual cycle and a pain-free period.
- Alleviates PMS symptoms.
- Helps with hormonal issues, and for overall feminine health and well-being.
- Eases symptoms of perimenopause such as hot flushes / night sweats / irregular menstrual bleeding / erratic sleep patterns / palpitations / back ache / dry and itchy skin.
- Eases unexplained lower back pain.
- Promotes glowing complexion.
- Releases emotional strain and stress.
- Brings back vitality and joy.





About The Treatments

Traditional Thai wellness recognizes that women's bodies are complex. The body and mind undergo physical and hormonal changes which may cause us varying degrees of discomfort, from monthly menstrual cycles through pregnancy, early motherhood, perimenopause and menopause.

A woman's reproductive system is naturally detoxified every month through menstruation. But if some women do not menstruate properly or experience unhealthy menstrual cycle, Traditional Thai Womb Detox is very beneficial.

This traditional care for women is a gentle non-invasive process. Personalized treatments are composed of measures to detoxify, tone, and rejuvenate women's reproductive system. These remedies also re-balance the lifeforces, and are performed alongside symptomatic treatments to give feminine health great support, to help us stay balanced at every age and stage of her life.

Emotionally it also provides a sense of safety and security.

Treatment aims:

- Cleanses excess toxins and fluid accumulations.
- Clears any blockage along the energy lines.
- Stimulates the flow of blood, lymph, nerve impulse and energy.
- Promotes oxygen supply and toxin removal.
- Improve 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.



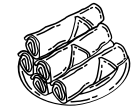
1 × In - depth Traditional Thai doctor initial consultation includes evaluation of your current health needs in relation to your longer-term wellness goals.



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

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