

ALEENTA RESORTS PRESENT





AYURAH'S PHILOSOPHY : THE MIDDLE PATH

Over the centuries, the concept of the Middle Path has seen multiple interpretations, it describes the way or path that transcends and reconciles the duality that creates life balance which lead to personal fulfilment. In the broadest sense, the Middle Path refers to the enlightened view and a way of life that "moderation" leads to contentment, and therefore, happiness. Simply put, one should aim to live "not too much, not too little". **AYURAH** Wellness adapts this philosophy as well as in practices in hoping to help our guests find their personal Middle Path, a sustainable path to happiness.

AYURAH'S CORE PILLARS



Healthy Diet



Movement & Active Lifestyle



Mindfulness



Pampering



Sleep, Rest & Recovery



Human Connection



Through the six core pillars, **AYURAH** Wellness creates an all-rounded wellness experience that is balanced and sustainable, so that guests can continue to successfully implement it throughout their lives even after they have left the retreat.

SUSTAINABLE PATH TO HAPPINESS



PILLAR 1 :
HEALTHY DIET
Ayurah Wellness at Aleenta Resorts



At Aleenta, we don't believe in crash diets. Losing weight and maintaining it needs long term habits that are sustainable **AYURAH**, a Sanskrit word which means long and healthy life, is exactly what we aim to do, and eating should be something you look forward to, a joy of life.

Here at Aleenta, we offer wholesome food that is balanced and homemade. We observe various key scientifically proven principles when designing your meals, and hope to pass on these best practices in various ways so that you can do this at home. These include using ingredients that are low in Glycaemic Index, offering Plant Based Food options, making sure that there are gluten free options, low carbohydrate options, and various allergens are clearly indicated if they are included in the recipes.



PILLAR 2 :
**MOVEMENT &
ACTIVE LIFESTYLE**

Ayurah Wellness at Aleenta Resorts



Download our AKARYN Hotel Group app here for more yoga practices:

AYURAH is a Sanskrit word whose meaning is Long Life, but simply Long Life alone is not enough, the life should also be a quality one. Regular Physical Activity and Movement improves muscle strength, boosts energy and immune system, so that the Long Life can also be an enjoyable one. Movement not only supplies brain cells with oxygen, promotes the production of new brain cells and aids in creating new synapses, the natural substance that enhances cognition, but also increases energy, reduces stress, and calm the mind and body.

At Aleenta, Movement and Physical Activity is a part of what's on offered at **AYURAH** Wellness. Guests enjoy myriad options of doing as much as they want. Movement and Physical Activity does not have to be running a marathon. Middle Path prevails.



PILLAR 3 :
**SLEEP, REST &
RECOVERY**

Ayurah Wellness at Aleenta Resorts



Sleep, Rest is one of the most important aspects of healthy living. Sleep allows our body to cleanse itself of excess toxin, promote regeneration and growth. As we age, with sufficient rest and exercise, our growth hormones are continually created by our body to allow us to stay younger longer.

Rest allows us to recover. A period of rest allows our body to grow stronger after exercise. Over exercising is counter productive. Your body needs a rest.

At Aleenta, we take sleep, rest and recovery seriously. Therefore, we practice sleep hygiene through out the resort. Our rooms are designed with optimal sleep in mind. Aleenta mattresses are exclusively made to the highest standard with hypoallergenic material and individually wrapped coils and natural fabric for ventilation. Our linens are of 400 count softest cotton with satin finish. The essential oil turn down scents promote rest and relaxation. Breathing exercise is at your fingertip to calm yourself down for a good night rest.



PILLAR 4 : MINDFULNESS

Ayurah Wellness at Aleenta Resorts



In the age of lightning connectivity and heightened efficiency, we have the possibilities to do more within a split of a seconds. Anything we think can be done as fast as the speed in which our fingers reach the phone. Higher efficiency comes at a price of fatigue and our well-being. We need the world to slow down, for us to be able to focus, stop and breath. The practice of mindfulness is the practice of paying attention in the present moment, and doing it intentionally and with non-judgement. Mindfulness practices refer to the deliberate acts of regulating attention through the observation of thoughts, emotions and body states.

At Aleenta, we offer our guests a chance to slow down, breath, and regain our focus, calm, and awareness of our actions. It allows us to come back to what really matters. Regular mindfulness practice also reduces blood pressure, stress and anxiety. Even before visiting Aleenta, our guests can practice simple 10 minute breathing awareness with us, by downloading our guided meditation practices here :





PILLAR 5 : HUMAN CONNECTION

Ayurah Wellness at Aleenta Resorts



In the age of social distancing, we are expediently encouraged by cutting edge technology to substitute real human connection with digital ones. Thanks to technology, we are able to cope with the recent lockdown that effort us to be less alone when we cannot travel to see loved ones. But this is not a sustainable solution. Human are social creatures and we are miserable when alone, no matter how many FaceTime we use throughout the day.

Social and human connection improves not just our psychological well being but also our physical health. Research shows that lack of social connection is a greater detriment to our health than obesity, smoking and high blood pressure. On the other side, strong human connection leads to a 50% longevity, strengthen our immune system, and promotes our body's resistance to inflammation which then allows us to recover from disease faster. People who feel more connected to others are less prone to anxiety and depression, have higher self esteem, more empathic to others, more cooperative and trusting and, as a consequence are more liked and generates a positive feedback loop of social, emotional and physical well being. Unfortunately the opposite is also true, where antisocial behaviour leads to declines in physical and psychological health and further isolation.

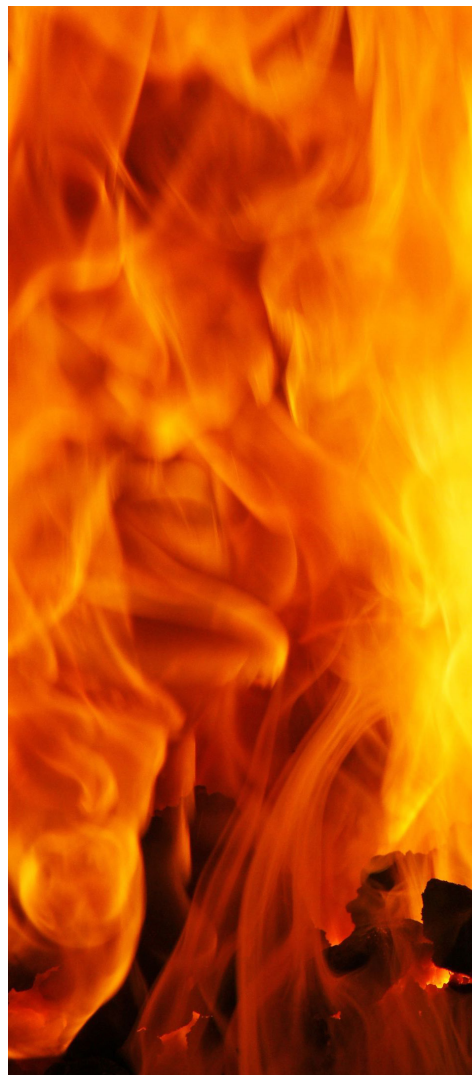
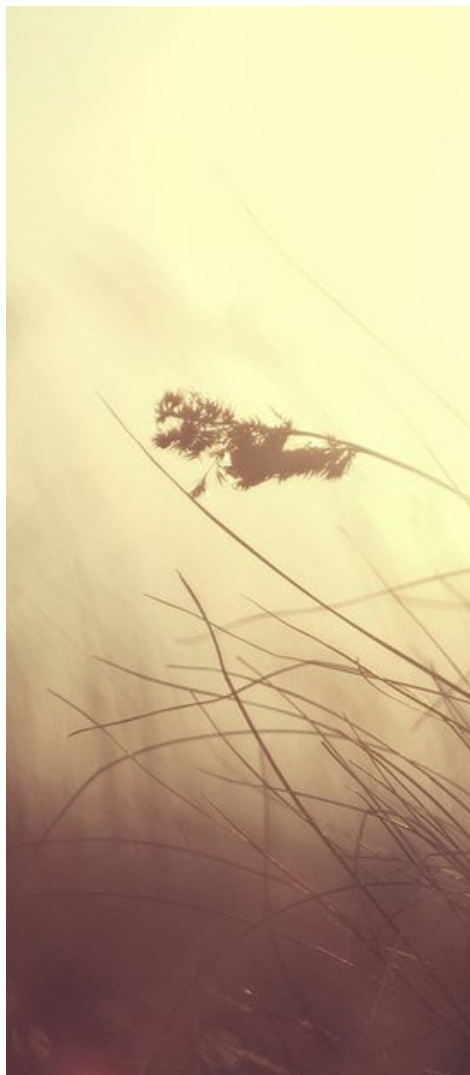
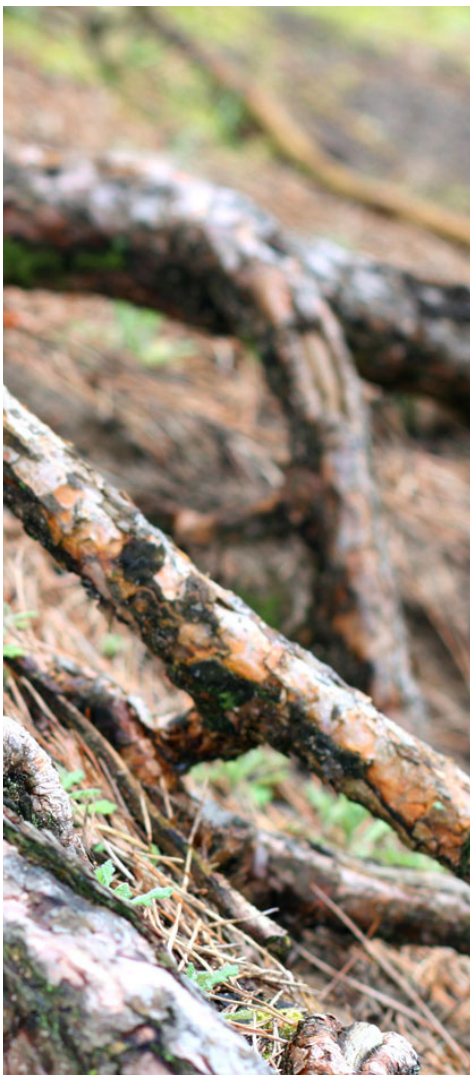
Recognising the importance of Human Connection, Aleenta provides a perfect backdrop for you to get together with your loved ones with ample rooms for everyone to have their own privacy. With our large suites and villas, you would hardly notice the other guests in house as everyone also have their own private pools and options for room service and private dinners can be arranged at will. At Aleenta, you are amongst like-minded individual who cares about well-being and celebrates rewarding lifestyle.



PILLAR 6 :
PAMPERING
Ayurah Wellness at Aleenta Resorts



- Ayurah Wellness is, after all, still a part of **AKARYN** Epicurean Culture. Hence, we stay true to the belief that happiness deserves a reward of looking good while we are being good: Eat Well, Be Well and Look Good.
- We achieve this through both holistic and advance technique in products and treatments including:
 - Massages that are well designed by trained professionals
 - Facials from internationally renowned high quality and effectiveness product
 - Body treatments
 - Specialty treatments from our master therapy pro



ALEENTA PHUKET ALL SPA INCLUSIVE MENU

BODY SENTIMENTALITY

Harmonizing Body & Mind

Achieve clarity of mind and self-confidence with professional body treatments based on rejuvenation balancing and harmonization techniques that syncs body and mind.

BODY NOURISHMENT

Asian White: Phlai & white mud are natural ingredients with excellent skin purifying properties that make this product ideal for whitening treatments. Plant oils of Jojoba, Sweet Almond, and Safflower nourishes and balances the skin giving a brightening and moisturizing effect.

Contouring : Formulated with purifying White Clay and anti-inflammatory Aloe Vera Powder (organic) to soothe any irritation, this Body Wrap formula contains Lotus Leaf, Oat and Brown Algae extracts synergistically deliver the anti-aging and contouring actions.

Dead Sea Minerals : Boost your skin's mineral content with this treatment that encourages toxin and excess fluid elimination; promotes cell regeneration while invigorating your entire body.

BODY POLISH

Ayurah Fleur de Fleur: A blend of floral extracts including Lotus, Hibiscus, and Frangipani that are rich in alpha hydroxyl acid AHA (citric acid, malic acid, tartaric acid) which are natural skin exfoliators, giving way to softer, firmer, and deeply moisturized skin.

Himalayan Salt Glow – Body Polish: Radiant skin is achieved with this refined Himalayan salt scrub, packed with minerals that deeply ex-foliate and improve circulation.

Phlai – Body Polish: Natural plant based oils promote deep cleansing & firming, restoring the skin's natural glow, including anti-inflammatory and analgesic properties. This scrub is ideal for enhancing circulation and warming stressed out muscles after exercise or fatigue.

BODY BALANCE

The Four Elements

A Healing Massage therapy formulated and customized to meet the needs of each individual. It will revitalize all the elements of Dinn (Earth), Naam (Water), Lomm (Wind), and Faii (Fire) within the body.

Dinn (Earth)

Earth element massage therapy is a deep tissue massage that uses long palm and elbow strokes that flow from one to another seamlessly, releasing tension in the body and mind and creating a deep sense of relaxation and rebalancing of your element.

Naam (Water)

Water element massage therapy is a deeply relaxing therapy which harmonizes your body and mind with our unique synergy massage techniques and our exclusively warm aromatherapy oils. Using palm strokes and gentle stretching, pressure is applied to key meridian points of the body to improve flexibility whilst soothing sore and tired muscles.

Lomm (Wind)

Lomm therapeutic massage therapy is for wind elements which concentrates on healing the body's imbalances. This massage technique uses the thumb and heels of the palm to soothe aching muscles, aid blood circulation and relieve deep-rooted stress whilst restoring health and a feeling of well-being.

Faii (Fire)

Created especially for those of fire elements, to relax the body and mind with this 'scent-sational' massage! Perfect for a sensitive soul, this massage uses firm palm strokes to enable its therapeutic properties to penetrate deep into tired muscles.

ALEENTA PHUKET ALL-SPA INCLUSIVE MENU

WELL-BEING MASSAGE THERAPY

Signature Massage Therapies

Exploring these relaxing, soothing, and deeply healing signature massage therapies to promote a sense of well-being by encouraging blood circulation and lymphatic flow improving muscle tone and skin texture.

Ayurah Crown Chakra Massage

Clear your mind and relieve nervous tension with our stress leaving massage. Using relaxing strokes and thumb pressure on various outpoints on the head, neck and shoulders to stimulate and improve energy flow and blood circulation.

Back Relief Massage

This massage has been specially created to relieve muscle tension and sooth away stiffness in the back. Using palm strokes loosen knotted muscles, while thumb pressure is applied to the meridian lines on the back, from the base of the skull down to the lower back, to relieve tension.

Foot Reflexology

A number of reflex zones on the feet correspond to parts of the body, and by applying pressure to tight areas of the corresponding body part will be stimulated and begin to heal itself. Reflexology is recommended for the improvement of general health, to relieve tension and to aid blood circulation.

Lymphatic Drainage Massage

This relaxing massage promotes enhanced lymphatic drainage and detoxification. Expect reduced water retention, reduced cellulite and less of the dreaded orange-peel effect (with regular visits, that is), and a more refined, toned silhouette overall.

Senses of Ayurah Massage

Created exclusively for Ayurah Wellness Centre, our signature massage is deeply relaxing. Using slow, warm, palm and thumb strokes, pressure is applied to key body pressure points to relieve tension and aid blood circulation, leaving you feeling content and rejuvenated.

THAI HEALING TREATMENT

Traditional Thai Massage

Nuad Thai

This traditional Thai massage energizes the body and mind. Using thumb and palm pressure to release muscular tension, and apply pressure to specific trigger points in the body. The technique involves some stretching to relieve stiff muscles and joints. A two-piece outfit is worn and no oil is used.

Thai Herbal Compress Massage

Steamed herbal pouches from Thailand (called lookprakop) are pressed along the meridian points of the body providing comfort, relief, and encouraging absorption of energy through the herbs. Using traditional Thai massage techniques, the hot compresses increase circulation and energy flow.

Thai Herbal Body Polish

Natural plant based oils promote deep cleansing & firming, restoring the skin's natural glow, plus benefit from its anti-inflammatory and analgesic properties. This scrub is ideal for enhancing circulation and warming stressed out muscles after exercise or fatigue.

Thai Herbal Body Nourishment

Treat your skin to this thoroughly natural Thai treatment, using Thai white mud to cleanse and balance the skin, revitalizing skin, correcting blemishes, and tightening the pores. Suitable for normal to oily skin.

Thai Natural Facial

Discover the secret of Thailand's ancient beauty rituals that achieve younger-looking skin; natural herbs and vegetables enhance the complexion and re-energize tired skin.

TOTAL BODY REJUVENATION

Perfect Body Shape

Beauty & Elegance

- Manicure & Pedicure (Regular and Gel Nail Polish)
- Waxing

ALEENTA HUA HIN ALL-SPA INCLUSIVE MENU

WELL-BEING

Healing Massage Therapy

Exploring these relaxing soothing and deeply healing signature massage Therapies to promote a sense of wellbeing by encouraging blood circulation and lymphatic flow improving muscle tone and skin texture.

Ayurah Crown Chakra (30 minutes)

Clear your mind and relieve nervous tension with our stress leaving massage. Using relaxing strokes and thumb pressure on various outpoints on the head, neck and shoulders to stimulate and improve energy flow and blood circulation.

Back Relief (45 Minutes)

This massage has been specially created to relieve muscle tension and sooth away stiffness in the back. Using palm strokes loosen knotted muscles, while thumb pressure is applied to the meridian lines on the back, from the base of the skull down to the lower back, to relieve tension.

Foot Reflexology (60 minutes)

A number of reflex zones on the feet correspond to parts of the body, and by applying pressure to tight or "gritty" areas the corresponding body part will be stimulated and begin to heal itself. Reflexology is recommended to improved general health, to relieve tension and to aid blood circulation.

Fusion (60 Minutes)

Fusion massage therapy is a deep tissue massage that combination of Aromatherapy oil with Thai massage technique uses long palm and elbow strokes that flow from one to another seamlessly, releasing tension in the body and mind and creating a deep sense of relaxation and rebalancing of your element.

Sense Of Ayurah (60 Minutes)

Created exclusively for Ayurah Wellness Centre, our signature massage is deeply relaxing. Using slow, warm palm and thumb strokes, pressure is applied to key body pressure points to relieve tension and aid blood circulation, leaving you feeling content and rejuvenated.

Swedish (60 Minutes)

Swedish therapeutic massage therapy which concentrates on healing the body's imbalances. This massage technique uses the thumb and heels of the palm to soothe aching muscles, aid blood circulation and relieve deep-rooted stress whilst restoring health and a feeling of well-being.

THAI HEALING TREATMENT

Nuad Thai (60 minutes)

This traditional Thai massage energizes the body and mind. Using thumb and palm pressure to release muscular tension, and apply pressure to specific trigger points in the body. The technique involves some stretching to relieve stiff muscles and joints. A two-piece outfit is worn and no oil is used.

Thai Herbal Compress Massage (60 minutes / 90 minutes) 1800/2400 THB

Steamed herbal pouches from Thailand (called lookprakop) are pressed along the meridian points of the body providing comfort, relief, and encouraging absorption of energy through the herbs. Using traditional Thai massage techniques, the hot compresses increase circulation and energy flow for a truly.

BODY POLISH

Achieve clarity of mind and self-confidence with the unique Ayurah body treatments use only their ingredients from our sustainable farm and are hand blended by our team to rejuvenation balancing and harmonization that syncs body and mind.

Aromatic Salt Glow (45 minutes)

Natural plant based oils promote deep cleansing & firming, restoring the skin's natural glow. Plus benefit from its anti-inflammatory and analgesic properties. This scrub is ideal for enhancing circulation and warming stressed out muscles after exercise or fatigue.

Ancient Thai (45 minutes)

Treat your skin to this thoroughly natural Thai treatment, using Thai white mud to cleanse and balance the skin, revitalizing skin, correcting blemishes, and tightening the pores. Suitable for normal to oily skin.

ALEENTA HUA HIN ALL-SPA INCLUSIVE MENU

BODY NOURISHMENT

Ancient Thai Herbal And White Mud (60 minutes)

Phlai and white mud are all natural ingredients with excellent skin purifying properties that make this product ideal for brightening and balances the skin giving a brightening and moisturizing effect.

Be Clean Be Fresh (60 minutes)

Feel the skin cleansed and refreshed with the natural beatifying and purifying properties of Galanga , Peppermint and Ginger, blended with other natural ingredients, make this a gentle detoxifying to lighten blemishes, moisturize and freshness the skin.

FACIAL ELIXER

Ayurah Natural Facial (60 minutes)

Discover the secret of Aleenta 's ancient beauty rituals that achieve younger-looking skin; natural herbs and vegetables enhance the complexion and re-energize tired skin suitable to both men and women.

BEAUTY ELEGANCE

WAXING

- Lips
- Under Arm
- Full Arm
- Eyebrow
- Half Leg
- Full Leg
- Bikini
- Brazilian

HAND AND FEET

Regular color

- Spa Manicure
- Spa Pedicure
- Spa Manicure & Pedicure
- Nail File and Color change

Gel color

- Spa Manicure
- Spa Pedicure
- Spa Manicure & Pedicure
- Nail File and Color change



SPA & WELLNESS UPGRADE MENU

SPA & WELLNESS UPGRADE MENU

LINDA MEREDITH FACIALS

- Upgrade to Linda Meredith Facials at treatment
- Only available at Aleenta Phuket

Haute Couture Facial (60 minutes) THB 3000++

Haute Couture meaning individually designed for each client, the most popular being the deep cleanse. After cleansing a thorough consultation is carried out by the therapist to assess any skin problems. A product is applied to plump the skin before 5 minutes of steam to open the pores. Gentle extraction is carried out where necessary followed by a natural micro-glycolic serum to remove dead cells and clean deep beneath the surface. Its anti-bacterial effect helps with the reduction of everyday breakouts and removing dead skin cells softens fine lines and wrinkles. A fine layer of glycolic is applied to sensitive skin and is removed immediately but further layers can be applied to stronger skin creating a firming effect. This is followed by a massage and mask with personalized products chosen by the therapist to produce the best possible results. Options: Deep Cleansing, Re-Surfacing, Firming, Hydrating, Anti-Ageing, Nourishing

Collagen Mask (45 minutes) THB 3000++

Collagen is essential to skin regeneration. A sheet impregnated with freeze dried collagen is moistened into the contours of the face. This process reactivates the collagen which is then allowed to absorb deep into the epidermal layers of the skin acting as a powerful skin moisturizer. Collagen is an incredibly efficient building material that supports the structure of the skin. Our body's production of collagen slows down in the mid-twenties but the effects are not visible on the surface until our mid-thirties. Collagen is an important component of the connective tissue with in the skin and the mask allows the preserved collagen to be effectively used both in cosmetic and dermatological areas. Collagen is the most powerful skin moisturizer and when absorbed will increase skin regeneration. Just a single treatment can greatly improve the appearance of the skin, calm and soothe irritations especially after exposure to ultra-violet light or hair removal. It also improves the skin's ability to absorb specific active ingredients and increase their effectiveness. In courses of 6 or more treatments, wrinkles visibly reduce. All these effects combine for a most effective salon treatment, useful for increased skin regeneration, scar or wrinkle reduction and highly effective hydration.



LM

LINDA MEREDITH has worked in the beauty industry for over 40 years. Throughout that time she has noticed a dramatic change in how our skin is evolving, researching what has caused these changes, it became very clear that in the last 60 years toxins are a major factor.

The Linda Meredith skincare range was developed to deal with skin problems and not skin types. All of the products work to increase hydration levels and help to slow down the ageing process, without unnecessary chemicals such as parabens and all of the products are safe to use during pregnancy.

SPA & WELLNESS UPGRADE MENU



Linda Meredith O2 (45 minutes) THB 2500++

Oxygen is nature's most powerful healing element and by infusing it into the skin healthy cell regeneration will increase and fine lines and wrinkles visibly reduce. For oxygen to work efficiently it requires a carrier that will hold it deep in the layers of the skin and slowly release its healing properties. There are many oxygen treatments available but what makes the LM oxygen treatments unique is the combination of medical grade oxygen and the vitamin-enriched serum. The air around us contains 75% Nitrogen and 20.8% Oxygen and through a special filter within the machine the Nitrogen is converted into Oxygen allowing 96% oxygen to be delivered at five liters per minute into the skin producing amazing results. The best results are obtained with a course of six treatments close together and then the effects will remain over a period of months. Top up treatments can then be carried out when required. The Oxygen serum is a professional product and therefore not for retail. However the retail version of the oxygen serum is LM2 and can be used as a moisturizer in your home care regime.

V-Tox Oxygen (45 minutes) THB 2500++

Botox is a registered trademark of Allergan, a US based company. It is used to freeze certain muscles in the face to reduce expression and age lines. The LM alternative is called V-TOX that uses algae derivatives to relax the skin. Our product was designed for those clients who did not want to have toxin injected into the skin as well as for women who are pregnant. It is a more effective treatment for those with deeper frown lines no matter what age. The Standard Oxygen treatment is carried out and then the V-TOX is added to specific areas that need to be treated or a fine layer can be applied generally over the entire face and neck. The product is then infused into the skin by the steady flow of oxygen. The best results are achieved with a course of six treatments close together so that the effects remain over a period of months. The V-TOX can also be purchased to use morning and night under moisturizer to maintain the effects.

SPA & WELLNESS UPGRADE MENU

AYURAH HOLISTIC MASTER THERAPIES

Ayurah Holistic Masters are well versed in the art of holistic healing, available by appointment only.

- Upgrade to Ayurah Holistic Master Healer Therapies at THB4,500++ per treatment
- Only available at Aleenta Phuket

“Chakra Ka-vikasa” Energy Alignment: Chakra Balancing

A synthesis of Eastern and Western energy therapies: Cranio-Sacral Therapy, Reiki, Qi Gong and Taoist healing. A Reiki Master and aromatherapist, will clear and release blockages in the body via an intuitive reading that identifies energy imbalances. Choosing appropriate aromatherapy oils to facilitate the alignment and detox blocked energy fields of the body with gentle tapping along meridian lines. Successfully treats stress / anxiety / depression atigue, injury or trauma, pain or inflammation, addictions, insomnia, head-aches / migraine, jet-lag, female pelvic issues, and digestive disturbances.

Four-Elemental “Ayurah Santulana” Massage: Clearing and Revitalizing

A number of Thai-styled movements combine stretching, deep tissue massage with kahuna bodywork, Music healing tools and specially chosen aromatherapy oils. An individualized healing experience that infuses, integrates, balances and clears, leaving one feeling revitalized.

Integrative Deep Tissue Massage: Healing and Release

Developed over 10 years, this body alignment and rehabilitation session is for acute issues or chronic pain or stiffness affecting the muscular-skeletal system. A combination of deep tissue sports massage & trigger point therapy geared towards restoring mobility to areas of pain or dysfunction. Rebuilds functional movement of joints, ligaments and bones of the neck / back / hips / knees / shoulders / ankles.

Remedy Massage therapy

Massage to cure the current symptoms due to work life and the hustle and bustle that has caused many young office workers to suffer from work-related illnesses. To offers massage services also known as massage therapy in order to solve problem of symptom of Office Syndrome, Migrant, Back Pain, Tennis Elbow, Trigger Finger etc.

Kanchalika Meesuk (Khun Lak)

Khun Lak is an holistic doctor with an Alternative Medicine License and over 18 years of experience in the spa, wellness and hospitality sectors. She specialises in traditional Thai medicine and oriental healing massage therapies, holistic Tibetan and crystal sound healing, as well as the “four elements” and chakra balancing. She combines healthy eating and natural herbs with body work, including bone setting, Thai massage, acupressure and passive stretching. Her main focus is on the pathways of movement in the body, such as tendons, ligaments, nerves and circulatory vessels. Khun Lak provides holistic healing therapy during the retreats.



At the start of each session, Khun Lak recommends an “Ayurah Wellness Assessment”, which allows her to prescribe the best treatments and activities for each guest’s specific requirements. This includes :

- Bioimpedance Analysis
- Blood Pressure Check up
- Blood Sugar Check up
- Skin Analysis
- Thai Element Analysis
- Chakra Analysis

SPA & WELLNESS UPGRADE MENU

AYURAH HOLISTIC WELLNESS

Sustainable Path To Happiness

- Private classes available at THB1,200++ per class

Yoga

Stretch your body and mind with our Specialized Yoga Masters. Enjoy a relaxing and rejuvenating Yoga session in our Yoga wellness center. Our instructors will lead you through a yoga class that is tailored to your own ability and needs, You will be guided through a series of breathing techniques, gentle stretching and bending postures, all performed slowly and consciously with a focus on your inner awareness.

Hatha Yoga

In a Hatha class, traditional asana and breathing exercises are practiced in a gentle flow. The emphasis is on working deeper into the asana at your own ability through the principals of alignment, awareness and breath. Poses are sequenced to open the body in a safe and progressive way.

Ayurah Yoga

Ayurah Yoga and Meditation are very powerful developed by our Yoga Master to help people gain and maintain higher levels of being and awareness, as well as healing their body mind and spirit. This Meditation combines breathing, movement, stretching, meditation and relaxation techniques in sequence, rhythm and sound to work on every aspect of your being.

Tai Chi

Tai Chi is a form of exercise that originated in China centuries ago (as a martial art) and uses a combination of breathing and relaxation techniques with gentle movements.

Pilates

Exercise that focuses on the connection between mind, body, and spirit through the use of proper breathing to control the body muscles, improving strength and flexibility. Concentration and mental calmness can be increased by practicing controlled breathing, including the management of the spine. This helps in the development of personality, relieves pain, and reduces stress.

Personal Training

You'll learn techniques for staying motivated and inspired, and your personal trainer will work with you, cheering you on, keeping you up when you're feeling down and giving loads of advice on nutrition, diet and more.

Cardio Workout

Cardio is one of the most important things you can do for your body, whether you want to lose weight, burn fat or improve your health. Our fitness Center is quipped with state of the art Cardio and strength equipment.

Muay Thai

Improve your health and become physically fit by joining Muay Thai training programs. This is the best way to build a stronger body and gain confidence with stronger and more defined arms, stomach and legs. It also helps to gain a sense of inner strength and emotional balance.

Stretching

Stretching exercises help to increase your flexibility and freedom of movement.



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