

7-Chakra Signature Wellness Experience



The integrative wellness & spa offers a journey of holistic therapies, result driven spa treatments, BDMS Wellness Clinic services, wellness-inspired dining that individualized design to match the physical need and deliver unrivaled wellness experience.

The term “chakra” is a common phrase in Ayurveda and other traditional holistic medicine practices. Each of the chakras affect the physical functionality and influence emotional and spiritual state.

CROWN - Sleep Enhancement

- 30-minute Dry Floatation
- 60-minute De-Stress Massage
- IV Drip Sleep

THB 7,200++

THROAT - Metabolism & Recovery

- 60-minute Heat & Ice Journey
- 60-minute Deep Tissue Release
- IV Drip Metabolism Booster

THB 5,900++

SOLAR PLEXUS - Health & Detox

- 60-minute Shape & Tone Body Treatment
- 90-minute Thai Herbal Compress Massage
- IV Drip Detox

THB 9,400++

BASE - Body Repair

- 60-minute Dry Float & Soothing Body Wrap
- 60-minute Acupressure Foot Massage
- IV Drip Anti-Aging

THB 9,400++

BROW - Beauty Booster

- 30-minute Ice Room Experience
- 60-minute Detoxifying Facial Gua Sha
- IV Drip Beauty Booster

THB 6,900++

HEART - Immune Booster

- 60-minute Heat & Ice Journey
- 90-minute Hot Stone Massage
- IV Drip Immune Booster

THB 8,900++

SACRAL - Energy Booster

- 60-minute Heat & Ice Journey
- 60-minute Royal Thai Massage
- IV Drip Energy Booster

THB 8,000++

BALANCED - Wellbeing

- 60-minute Aromatherapy Massage
- 90-minute Ultimate Face & Body Ritual
- IV Drip Antioxidant

THB 11,000++

*Add on - Chakras Balancing Cuisine served at the hotel restaurants THB 1,000++ (serving time between 12:00 - 22:00 hrs)

Terms and Conditions

- All services included in each package must be completed on the same day, and any unused services will not be eligible for a refund or credit.
- Advance reservation is highly recommended, please contact Be Well SPA for appointment.
- Prices are subject to 10% service charge and 7% VAT.

Chakras Balancing Cuisine Menu



Crown Chakra



Light foods and juice for detoxifying
Vegetable broth with turmeric and ginger,
Cauliflower salad, Beetroot juice



Brow Chakra



Flavonoid-rich foods and serotonin boosters for mental focus and energy
Purple Cauliflower salad, Roasted Barramundi Fish, Iced Chocolate, Energy ball



Throat Chakra



Antioxidant Dietary Fiber and vitamins for healing and soothing
Miso & Tofu with baby bok choy soup, Cold soba salad, Summer Breeze Juice, Fruit scoop



Heart Chakra



Organic greens can help greatly with energy and stress
Gravlax salmon salad, Chicken kale energy bowl, Walk in the park App Fast smoothies, Seasonal fruits



Solar Plexus Chakra



Complex carbohydrates and whole grains for sustainable energy
Roasted chicken breast soup, Romesco chicken, Enzyme cooler Juice, Oatmeal raisin cookie



Sacral Chakra



Omega-3s rich and high-fiber foods for digestive wellness
Carrot soup, Almond crusted salmon, Peppermint tea, Fruit scoop



Base Chakra



Folate, vitamin C, antioxidants, and beta-carotene rich foods
Tomato and basil soup, Plant based beef hamburger, Energy booster Juice, Vegan mixed seed cookie