

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 Drio 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 Drio 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



Throat Chakra

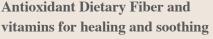


Heart Chakra

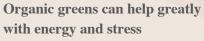


Flavonoid-rich foods and serotonin boosters for mental focus and energy

Purple Cauliflower salad, Roasted Barramundi Fish, Iced Chocolate, Energy ball



Miso & Tofu with baby bok choy soup, Cold soba salad, Summer Breeze Juice, Fruit scoop



Gravlax salmon salad, Chicken kale energy bowl, Walk in the park App Fast smoothies, Seasonal fruits



Solar Plexus Chakra



Sacral Chakra



Base Chakra



Complex carbohydrates and whole grains for sustainable energy

Roasted chicken breast soup, Romesco chicken, Enzyme cooler Juice, Oatmeal raisin cookie

Omega-3s rich and high-fiber foods for digestive wellness

Carrot soup, Almond crusted salmon, Peppermint tea, Fruit scoop

Folate, vitamin C, antioxidants, and beta-carotene rich foods

Tomato and basil soup, Plant based beef hamburg, Energy booster Juice, Vegan mixed seed cookie





