



DEVARANA  
WELLNESS

Devarana Wellness at Dusit Thani Krabi Beach Resort

All prices are quoted in Thai baht, inclusive of service charge and applicable government taxes.

# An Ancient Wellness Solution

Rooted In Holistic Thai healing principles

Devarana is Dusit's wellness solution, dedicated to the preservation of Traditional Thai healing wisdom and hospitality, employing the spirit of ancient Wellness principles and knowledge as passed down from generation to generation.

Our Wellness principles see that the four elements must be balanced for a person to be healthy; this is the basis for Thai traditional healing, harnessing *Nutrition, Meditation, Movement* and *Manipulation* as a way of maintaining internal balance and the body, mind and spirit connecting.

A primary focus is placed on our guests most shared concerns;  
*Destressing, Detoxing* and your *Deep Restorative Sleep* for Optimal Performance and Potential.

# A Wellness Solution

We approach these aspirations by way of a deceleration method, one that supports purposeful restoration, while creating intentional habits and rituals that pave the way for sustained emotional and physical resilience.

A primary focus is placed on Destressing, Detoxing and your deep restorative sleep.

“The experience of making a pause, you start connecting within yourself.”

“You Pause. You focus. You Grow.”

# Pause

## Emotional Detachment

Listening to your mind, these are the moments we stop, slow down, breathe, decelerating from our daily lives allowing for purposeful restoration.

Meditation & Mindfulness

Massage

Signature Experiences

Thai Herbal Antidote

Skin Health Facials

Rest & Recovery

Hammam Rituals

# Focus

## Physical Vitality

Optimal Performance; strength, flexibility, healthy, active & competitive. Feel good on the inside and look great on the outside. Where happiness and balance are in tune as body and mind.

Fitness & Movement

- Active Stretching
- Yoga

Personal Training

Muay Thai Boxing

Qigong

Classical Tai Chi

# Growth

## Community

Inspired to create intentional habits that pave the way for sustained healing, education, and continued wellness community support and group involvement.

Holistic Wellness Program

Signature Package

Retreats & Core Programs

- Deceleration
- Physical Vitality

Couples – Time Together

Beauty & Grooming

Workshop and Classes



DEVARANA

# Meditation & Mindfulness

Develop a stronger sense of being in the present and working toward self-improvement.

50 minutes guided meditation will help teach you simple stages and practical tools to start your very own meditation practice or deepen your already established meditation practice in this 1 on 1 session.

THB 1,200.- | session





# Massage

## Calm Mind Stress Relief 45 min

THB 2,100.- | session

This therapeutic treatment supports the mind to let go by addressing specific acupressure points on the neck, head, hands and feet. Massage combined with warm and cool compress, aids circulation muscular releases so the mind and body can re-develop a state of wellbeing.

## Classic Thai Foot Massage 45 min

THB 2,100.- | session

This treatment is highly effective in releasing full body tension. A rejuvenating ritual of foot cleansing and pressure point massage. Pressure is applied to stimulate points corresponding to major body parts and organs, restoring balance and harmony to the body.

## Warm Organic Coconut Oil Massage 60 min

THB 2,800.- | session

A deeply nourishing treatment using warm organic Coconut oil is gently glided onto your body to nourish, soothe and condition your skin. Gentle massage encourages relaxation of body & mind.

## Traditional Thai Massage 60 | 90 min

THB 2,600.- | 3,400.- | session

This traditional Thai treatment is practiced with grace, mindfulness and a spirit of generosity. Blissfully nurturing nuad-pan-boran is a rhythmic oil-free massage. A blend of passive stretching and acupressure in meditative surroundings.





# Massage

## Therapeutic Massage 60 | 90 min

THB 2,800.- | 3,800.- | session

A restorative muscle therapy, sometimes known as Deep Tissue Massage - whereby the therapist uses targeted sustained pressure and kneading of your muscles that provides tension relief for real and immediate results.

## Body Balancing Massage 60 | 90 min

THB 2,800.- | 3,800.- | session

This ultimate relaxing massage uses long, soothing strokes to induce relief from stress and tension while stimulating blood circulation. Pressure can vary from soft to medium, in accordance to your personal preference.

## Siamese Bamboo Healing 90 min

THB 3,800.- | session

The sculpt figure Bamboo, represents youth, prosperity and serenity. Warm bamboo is slowly rolled on targeted areas breaking down fatty deposits. Used in combination with sculpting oil, this treatment fights cellulite, tones muscles, stimulates lymphatic system and detoxifies the organs.

## Hot Stone Therapy 90 | 120 min

THB 3,800.- | 4,200.- | session

Heated volcanic lava stones are used and combined with long soothing strokes massage movements. An aromatherapy massage combining the power of pure essential oil and hot stones technique to promote deep relaxation, relieve muscle tension, stress and fatigue.



# Signature Experiences

## Ancient Thai Massage 90 min

These healing techniques are based on the spirit of Traditional Thai healing wisdom and Wellness principles. A holistic remedy aimed at recovery from wear & tear on the mind and body.

Employing methods of deeply sustained pressure with warm herbal compresses and Tok Sen tools with yogic stretching. Transcendence is obtained via mindfulness and breathwork that harmonizes the flow of energy and Sen.

THB 4,000.- | session

## Devarana Signature Massage 90 min

Exclusive to Devarana, this unique massage combines strong pressures of Thai, Ayurveda and Shiatsu techniques with Swedish and Aromatherapy influences for the ultimate soothing, body recovery experience. The signature massage comes together with an inhalation ritual of hot water, freshly sliced lime and orange for respiratory clearing.

THB 4,000.- | session





# Thai Herbal Antidote

## Body Treatment & Massage

These healing treatments includes a full body oil massage or exfoliation. An approach inspired by our very own nature's gardens; a blend of herbs, salts, clays and muds.

Choose either a massage or scrub or both, in a personal consultation which will guide your selection of ingredients to match your wellness goals. An incredible connection to the foundation of Natural healing.

Destress | Detox | Deep Sleep

60 min  
Massage

THB 2,600.- | session

60 min  
Scrub

THB 2,600.- | session

90 min  
Scrub + Massage

THB 4,200.- | session





[Back to contents](#)



# Skin Health Facials

## Replenishing Marine Facial 60 min

THB 2,600.- | session

A mineral-rich facial designed to rehydrate and replenish the skin, leaving it gloriously renewed. Using several different kinds of seaweeds with aromatic oil and plant extracts, this wonderful maritime face rejuvenation is very gentle even for those who have sensitive skin condition

## Men Skin health 60 min

THB 2,600.- | session

Designed for men's unique skin care needs, a facial dedicated to eliminating signs of fatigue and aging. A healthy and handsome look, this treatment deeply cleanses, tightens skin pores, and removes impurities.

## Soothing Facial 60 min

THB 2,600.- | session

A truly soothing and calming facial suitable for irritated or inflamed skin, helping to reduce redness, nourish, soothe and restore the skin's natural radiance.

## Lifting & Firming - Anti-aging 90 min

THB 3,800.- | session

Combat signs of ageing and maintain a youthful complexion with our therapeutic blend of seaweed and carefully selected minerals. The wrinkles are less visible, and skin is firm and radiant.



# Rest & Recovery

These focused sessions & rituals are for improving performance levels with an aim to enhance the process of rest and recovery for Optimal performance.

*Can be added to any other treatment or program or enjoyed on their own.*

## Herbal Compress Back Massage 30 min

THB 1,200.- | session

Focused on the neck, shoulders and back, this massage places lightly steamed compress on the back and lets their heating effect to relieve aches and pains as well as stimulating blood circulation. After the compress, soothing hand movements work into the muscle and soft tissue to relieve stress and tension.

## Oriental Head Massage 30 min

THB 1,200.- | session

Let your therapist knead your stress and headaches away with this intense and effective full head and scalp massage, improves flexibility and blood circulation within the head. Guests can choose to enjoy this massage with or without oil.



# Rest & Recovery

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## Bath Therapy 30 min

THB 1,200.- | session

Various types of warm-water soaks used to speed wound healing, to apply gentle heat to sore muscles or joints, to relieve emotional stress, or to treat a variety of physical disorders ranging from sports injuries, rheumatoid arthritis, and chronic sinusitis to painful

Milk & Roses | Cold immersion Bath | Mineral Salt

## Hydrothermal Experience 45 | 60 min

THB 1,300.- | 1,400.- | session

Experience the holistic effect of these hydrothermal journey for cleansing and detoxifying. The heat and steam stimulates the blood circulation and helps in the detoxification. Enjoy the warm Jacuzzi, Ofuro bath before resting your body in the steam.





# Hammam Rituals

The Hammam is a centuries-old wellbeing tradition based around a philosophy of cleansing, detoxification and purification. Each experience starts with a steam to unleash all mental and physical stress and to prepare the body for the treatment.

## Traditional Hammam 60 min

THB 2,900.- | session

Relax and unwind in the tranquil ambience of the hammam, as the gentle heat softens your skin. This prepares you for a body exfoliation with a 'kese' mitt on our heated stone bed. The treatment is completed with a foam massage and hand made olive oil soap.

## Coffee Peeling 60 min

THB 2,900.- | session

Your body's wake-up call. A hammam treatment incorporating Organic coffee grains which visually refines, tones, firms and smoothens the skin. Based on the traditional Hammam sequence of exfoliation and foam massage, the ritual finishes with a full body coffee peeling.

## Black Soap & Clay 60 min

THB 3,200.- | session

This authentic Hammam sequence utilises the rich minerals found in black olive soap. Blended with eucalyptus, your skin is first massaged with the rich black olive soap, followed by a full-body exfoliation using the "Kese" Mitt. The treatment ends with gentle foam cleansing and a natural oriental mineral clay mask for your face.





# Skin Enhancer

## Pink Himalayan Salt Scrub 60 min

Containing the abundance in minerals and trace elements which are vital to a youthful and healthy-looking skin, Pink Himalayan salt is mixed with natural blended oil to deeply cleanse, buff roughness away, stimulate circulation as well as creating warmth in the body. This ultra fresh formula will keep your skin soft and velvety with a healthy, youthful radiance.

THB 2,600.- | session

## Soothing Sun Relief Body Wrap 60 min

Relieve your sun damaged or sun sensitive skin immediately with this soothing wrap. Cooling and desensitizing Water Lily, Green Tea and Chamomile relieve the discomfort of over exposed skin. Alleviating your skin burning and stinging sensation, this treatment heals , desensitizes and decreases skin temperature.

THB 2,800.- | session



# Fitness & Movement

## Active Stretching – 50 min

Experience our unique stretching treatment which incorporates isolated repetitive movements focusing on lengthening your muscles and gently releasing the fascia that surrounds your muscles. A beneficial way of increasing flexibility and your functional range of motion.

50 min | THB 1,100.- | session

## Yoga – 50 min

Yoga is offered in its various forms, from Asanas (physical poses) to mind-body awareness, incorporating breathing and resting techniques. Classes will be available in for groups as well as individual sessions which may also be scheduled.

Hatha Yoga | Vinyasa Yoga

50 min | THB 1,200.- | session

\*Advance reservation is recommended





# Personal Training

Reach for your fitness goals with the help of one-on-one training. We start your sessions with a warm-up that includes mobility and the basic movement patterns.

A more focused approach will help you burn fat, increase your strength and vitality, improve your sport, or challenge yourself with something new.

We offer you training support that is interesting and fun, to ensure you are engaged and excited to get moving.

Body Conditioning | Strength & Vitality

50 min | THB 1,200.- | session





[Back to contents](#)



# Muay Thai Boxing

A traditional Martial Art that originated in Thailand all the way back in the 18th century. There are many traditions and historical significance that go along with this beautiful art. Join our group or a private session and benefit from a total-body workout, be it for beginners, intermittent exerciser, and those that are focusing on cardio or weight loss.

50 min | THB 1,200.- | session



# Qigong

Qigong is system of coordinated body-posture and movement, breathing, and meditation used for the purposes of health, spiritual, and martial-arts training.

50 min | THB 1,200.- | session

# Classical Tai Chi

Tai Chi combines Comprehensive Meditation in Movement and Chi Kung Training. It holds many positive effects on the Mind body and Spirit. Centering and Grounding.

50 min | THB 1,200.- | session





# Holistic Wellness Program

**Destination Rejuvenation 2.5 hours**

THB 4,600.- | session

Say goodbye to stiffness, aches and pains and bring your travel-weary body back down to earth with a Body Scrub, followed by a Therapeutic Massage and a 30-minute Relaxing Facial.

**Sleep Antidote 2.5 hours**

THB 5,300.- | session

Sleep deprivation strikes all of us at some point in our lives. Treat yourself to a well-earned rest with a relaxing therapy designed to help you drift into a restful nap. Includes a Lavender Body Scrub, a Hot Milk Bath, and a Body Balancing Massage.

**Balance 3.0 hours**

THB 6,900.- | session

Fast-track your way to a peaceful state of mind with a 90-mins facial treatment followed by our signature Ancient Thai massage therapy that blends three techniques for maximum recovery.

# Signature Package

## The Harmony of Tad Si-the Traditional Thai Medicine 2.0 hours

An ancient Thai therapy is based on the Buddhist teaching that the human body is composed of Tad Si or four elements of earth, water, wind and fire. Traditional Thai medicine also believes that diseases are caused due to two main reasons: first, an imbalance of the four elements in the body, and second that the mind is governed by 'ego' and ego leads to unhealthy emotions of attachment, aggression and obscuration that can disturb the body harmony.

The Harmony of Tad Si combines a Thai herbal compress dipped into aromatic oil tailored to each guest's body element, with Thai Massage, incorporating pressure point and stretching techniques to relax muscles, relieve soreness, promote circulation and stimulate the nerve meridians of the body.

- 30 min Thai Herbal Compress
- 90 min Thai Massage

THB 3,400.- | session

## The Heavenly Nantha Garden Experience 2.5 hours

In the work of ancient Thai literature called Tribhumphraruang, Nantha was described as a garden situated at Heaven's gate, with magical flowers and herbs. Devarana Spa's signature treatment brings the divine Nantha Garden to life by mixing fresh tropical leaves and water lily flower with aromatic blends of ylang ylang to create a truly heavenly experience.

With the essence of flowers and herbs, this soothing treatment comforts your skin and uplifts your mind through the Devarana Bath and Devarana Body Scrub. Complete the unforgettable rejuvenation with the Devarana Massage that combines strong pressures of Thai, Ayurveda and Shiatsu techniques with Swedish and Aromatherapy influences for the ultimate in relaxation and pampering.

- 30 min Devarana Bath
- 30 min Devarana Scrub
- 90 min Devarana Massage

THB 4,600.- | session



# Retreats & Core Programs

Restorative Multi-day programs offered with an added focus on Mental & Physical Recovery. Available for a minimum of three nights, these personalized programs are created to ‘recover” your physical and mental wellbeing while fostering positive lifestyle changes to inspire ongoing resilience and performance.

## Deceleration

A holistic wellness solution, focusing on recovery from the fast-paced world, fostering a connection to self and finding balance from the inside-out.

Yoga session | Meditation | Ancient Thai Massage | Active Stretching

3 hours | THB 4,600.- | person | session

## Physical Vitality

A Wellness program to achieve optimum health and fitness. Focusing on core training for fitness and recovery for the body/muscles.

Fitness classes & PT | Therapeutic massage  
Active stretching | Bath Recovery sessions

3.5 hours | THB 5,300.- | person | session



# Couples Time Together

## Couples Retreat

For an elevated wellness experience, embark on a multi-faceted and special time together. A fun & engaging experience for couples seeking to enrich the connection within their relationship. Beginning with your 60 minutes couple's treatment of choice, a retreat co-created by you,

60 min | THB 4,600.- | couple | session

90 min | THB 5,300.- | couple | session

customize your itinerary and your multi - day program;

- Private couple's yoga
- Meditation session,
- Time together facility usage, hydrotherapy immersion
- Muay Thai Boxing or similar fitness class.

50 min | THB 1,000.- | couple | session

## Side by Side Massage

Customize your time together by enjoying our well-being massages together as a shared experience. There's no hard and fast rule that says a Couples massage is to be strictly for couples. You can also reserve a dual massage with mom, or your best friend.

60 min | THB 4,600.- | couple | session

90 min | THB 5,300.- | couple | session

## Couples Connect

Connecting through unity and a shared experience. Enjoy 60minute side by side Massages, followed by an express facial for her and a foot reflexology for him.

90 min | THB 5,800.- | couple | session

\*Please met with our Wellness Hosts to arrange any special considerations, packages or inclusions





# Beauty & Grooming

A pampering treatment to restore beauty and suppleness of your hands and feet. Your hands and feet are tenderly polished and nourished – the nails buffed to a healthy shine or coated with the polish of your choice.

Manicure	THB 800.-	Gel Manicure	THB 1,200.-
Pedicure	THB 1,000.-	Gel Pedicure Nail Gel	THB 1,200.-
Nail Polish Touch Up	THB 550.-	Polish Touch Up	THB 650.-
		Gel Polish Removal Only	THB 550.-

Waxing is a natural exfoliation for skin. Leave your skin smooth, soft and hair free, select hot wax hair removal treatments on the preferred area of your choice.

Half Leg Waxing Full	THB 1,200.-	Full Leg Waxing	THB 1,750.-
Half Arm Waxing	THB 950.-	Full Arm Waxing	THB 1,400.-
Chest Waxing	THB 1,400.-	Underarm Waxing	THB 500.-





[Back to contents](#)



# Workshops & Classes

Specialty sessions inspired to create intentional habits that pave the way for sustained healing. Education. Continued wellness community support and group involvement.

Sustainable workshops | Crafts | Demonstrations

\*Please refer to our website and most recent Wellness Calendar.

[Link to Devarana wellness calendar](#)

