

WELLNESS PACKAGES

DETOXIFICATION

A program of complex detoxification (cleansing) of the whole body removes harmful toxins accumulated as a result of modern life style. Detox is the first and the last step on the way to healthy living – we recommend to Detox 2-3 times per year since an early age to prevent any serious problems in the future as well as continue to detox to treat chronic conditions and prevent reoccurrence.

- Download Rates

ANTI-STRESS

The program is designed for our contemporaries who are tired of the environment and the events of the day, drowning in the chase for happiness. High achievers who give 110% daily often look after many others while forgetting themselves. Stress poses quite a physical threat to our health and might result in a number of very serious life threatening conditions. Anti-stress program will teach you how to achieve inner harmony, healthy body and a clear state of mind that perfectly aligns to set you on to the next step towards quality life you dream of. With knowledge gained through anti stress program, we help people to achieve higher targets while feeling full of energy, happier, healthier and more successful in life.

- Download Rates

WEIGHT MANAGEMENT

This is yet another underlining cause of many medical conditions and overweight is often caused by several factors. It's an obvious result of poor lifestyle choices leading to poor self-esteem, weakened immune system and usually results in shorter life expectancy. Weight will be taken under control on the long term and never come back following a few simple rules. This is a life changing transformational experience that will not only bring better quality of life to you personally, but positively affect those around you too.

- Download Rates

Many of us sometimes think about starting a healthy lifestyle, but more often promise ourselves that from Monday we will change our life, and it never comes. Do it now.

CONCEPT

BELIEVE IN YOURSELF

The integration of mind, body and spirit is the fundamental part of our wellness philosophy, at Maikhao Dream Hotels & Resorts.

Since the dawn of evolution, food consumption was an instinct around which life was evolving. Our ancestors needed energy to survive, and all the animals they were looking towards for food, reproduced in circles. They craved sweet food as it is the greatest source of energy, but it was challenging to find. Born to move, our body is built as the perfect machine to run, jump, crawl and swim. Religious cleansing activities and traditions alike have for long been playing an important part of the daily life of our civilization and all of the above made us survive and evolve into invincible and almighty – we drive instead of walk, we fly instead of sail, we have been at the bottom of the ocean and even walked on Moon.

Starting from basic fight for food, the strongest and smartest survived and evolved into the multimillion food producers who spend generously on research to learn our basic instincts and use them to match what they can produce with what we would “like” to consume. Food industry has grown so much that there is no longer an issue of where to get something to eat for majority of people in the more or less civilized countries.

To be able to have luxury of not hunting for food, we spend daylight in sitting down positions only to move over to the couch later on and even that is mostly done on wheels.

We sleep in front of the TV or sooth ourselves by the bed by checking out latest posts on Social Media and then wake up to the bad news from doctor one morning.

It used to be about getting food, but there is another challenge now - staying healthy. Here at Maikhao Dream Hotels & Resort, we have spent 25 years in search for answers and found them in the concept of what we refer to Believe in Yourself. It is based on very simple set of rules that we have identified based on historical data and made going back to the roots, integrated with modern lifestyle demands, and balanced the perfect fusion of Nutrition, Physical Activities and Spiritual harmony.

NUTRITION

WE ARE WHAT WE EAT

Nutrition topic is becoming increasingly the talk of the town for a good reason. If you've spent the last few years beyond our solar system, you may have missed the moment when modern food culture has become the main cause of the obesity epidemic, which, along with many other life endangering conditions, is affecting our race at an alarming pace.

We all know that food is an important part of our existence, but due to the demands of modern lifestyle, it is extremely difficult to pay enough attention, think of it or hope tomorrow will be a better day to start on a healthy streak. Too often we are forced to have an extra-large “bite on the run” and enjoy the ubiquitous fast food services in its various guises, caring less about what is in there as long as our rumbling stomachs calm down.

Proper nutrition is one of the most important elements of a healthy lifestyle, it's not an indication of aristocracy, it is the answer to the pace and conditions of quality life. The choice of the meal plan, the preparation of the menu for the day, week, month, becomes an urgent task for all who wonder weight management, detoxification, and anti-stress.

At Maikhao Dream, our dedicated wellness experts will craft your nutritional plan according to your individual needs, identifying how much, what and when to eat in order to achieve a long term sustainable result of a healthy and happy body.

FITNESS/ACTIVITIES

BORN TO MOVE

Nature built us into perfect motion machines with abilities that in modern society get neglected, despite the fact that availability is very high and we can keep ourselves in shape at any time of the year, through any environment.

Maikhao Dream's Wellness experts conceptualize around the Thai, Contemporary and the Ayurvedic Discipline, the fitness and Spa regimen of diverse spa treatments, activities and training sessions on ground and in water and give your body the initial boost that will help you

to continue the routine once at home. This results in a healthy recovery as well as release of happy hormones and countless benefits along.

While fitness body care brings an outmost pleasure of peace and relaxation at the state of the art spa facility, ranging from hot herbal steam and seaweed baths to full body synchronized massage or ancient shirodara treatment, all of the treatments are selected and designed to speed up the process of detoxification, stress release and shedding extra pounds.

DISCIPLINES

AUTHENTIC THAI DISCIPLINE

Tailoring the daily schedule to include the art of Muay Thai, Thai yogi or Yogilates, the Authentic Thai Discipline perfectly matches with an array of therapeutic baths, scrubs, massages and wraps using local oils and herbs making an overall experience exotically traditional Thai with hint of modern practices known for full body rejuvenation and spirit uplifting qualities.

MODERN CONTEMPORARY DISCIPLINE

Contemporary Discipline is crafted around the idea of preparing you to return home ready to carry on the popular international trends, choosing from Cardio, Cross Fit or Pilates with a session of saunas, modern massage techniques as well as variety of body care treatments all widely known for reenergizing body and mind.

ANCIENT AYURVEDIC DISCIPLINE

Yoga is the oldest known art of fitness, whether it is Ashtangha, Hatha or Ying yoga. The most suitable yoga to achieve your needs will be paired with the enhanced therapeutic value of herbal baths, medicated Indian oil massages and a range of body treatments all the way ensuring unique experience of ancient ways of body and soul healing.

SPA

OUR WELLNESS PACKAGES

5 DAYS – INTRODUCTORY

7 DAYS – NOVICE

14 DAYS – INTERMEDIATE

21 DAYS – ADVANCED

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-- Check Price

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people to achieve higher targets while feeling full of energy, happier, healthier and more successful in life.

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- The “A La Cart” " – is a great possibility of designing personalized program. We will create customized wellness programs that suit your needs, for those who may not find the above useful. When designing a program, we conduct interviews, surveys and assessments to ensure that the wellness program we create addresses the needs and goals that you aim for.

SOUL HEALING

SOUL

Health status is closely linked with the state of the soul, our thoughts, feelings; emotions determine the state of health.

Maikhao The body reflects the state of mind. Human physiology is a continuation and reflection of the psyche. All positive and negative thoughts and experience is reflected on the physical body, which is how some can tell your past just by looking at it. To control your body and mind means to take control over your life and live it the way you want it.

Our sessions include lectures that will take you in depth of how human body and the mind works followed by breathing meditations to help you take charge over them both.

The outcome will vary - ranging from reliving stress, the ultimate goal of relaxing while empowering for long term effect of happier and healthier life we all dream of will be achieved.

AYURVEDA & PANCHAKARMA

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Ayurveda is a Sanskrit word, derived from two roots: ayur, which means life, and Veda, knowledge. Ayurveda is the science of life. It has its root in ancient Asian Vedic literature and encompasses our entire life, the body, mind and spirit. The two main guiding principles of Ayurveda are:

- 1.) The mind and the body are inextricably connected, and
- 2.) Nothing has more power to heal and transform the body than the mind.

OUR SPA

Maikhao Dream Spa, located on the 3rd floor of the lobby building, houses one of the most divine spa treatments known to Phuket. Ranging from ancient Ayurvedic treatments to the traditional arts of Thai treatments, choose from up to 50 holistic treatments and remedies. Our Spa comprises of 3 treatment rooms for singles and 2 for couples.

A facility catering to your needs, various spa doctors, yoga & meditation trainers, alternate medicine practitioners and even consultants remain at your disposal for salubrious tips.

Offering our guests an improved quality of life by enhanced physical, mental, spiritual and metaphysical health is our core concept. Healthy living benefits, good diet, and recharging energy are all a part of our philosophy.

To provide total wellness for our guests, the therapies and programs are developed by a team of experts, including alternative medicine doctors, wellness experts and traditional medicine practitioners.

The Spa Centre hosts a gymnasium, reflexology corner, chromotherapy bath tub, steam and sauna rooms and five spa treatment rooms.

SPA TREATMENTS

PHUKET LUXURY SPA TREATMENTS

Maikhao Dream Spa offers a journey of well-being for a total holistic experience to bring out the energy from within. Pamper yourself with a variety of treatments by the skillful therapists at Maikhao Dream Villa Resort & Spa in Phuket, Thailand.

The body therapy features a combination of cutting edge techniques and professional equipment. An array of spa treatments is specially created for head-to-toe pampering. Weight management clinic the Spa also incorporates consultation and dieting recommendations from a nutritionist, as well as non-surgical lipo sculpture.

Facial care is offered in a number of exquisite spa treatments by the world class Margy's facial cosmetics from Monaco. Combined with our finest organic products for utter rejuvenation and pure relaxation, your journey of the senses will be pure pleasure at this Thailand luxury spa.

SIGNATURE SPA TREATMENTS

DEPTH OF NATURE

Integral body and facial massage to rebalance energy centers and spirit of the body through a combination of several massage techniques from around the world. This luxury spa treatment is specially designed to embark on an enriching and inspiring therapeutic adventure.

SYNCHRONIZED MASSAGE

Massage is performed simultaneously by two Spa therapists over the entire body to stimulate lymph and blood circulation through deep tissue massage and light gliding strokes. Accompanied by healing aromatic oils the flowing movements and a four-hand technique ensure an exceptional sense of well-being.

CHROMO-ENERGETIC MASSAGE

This unique spa treatment is exclusively tailored to blend Maikhao Dream Spa methodology with the harmonizing techniques including lymphatic drainage, shiatsu, reflexology, and foot massage. Chromo-energetic massage offers a total relaxation of deep full body massage and the sensational experience of color therapy.

Operation Hours:

10.00AM to 10.00PM