



INTERCONTINENTAL.
PHUKET RESORT

WELLNESS JOURNEY



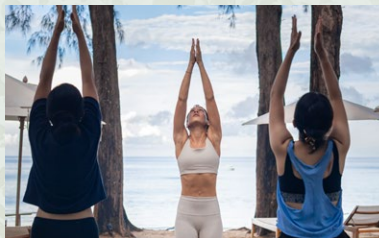
CRYSTAL SINGING BOWLS SOUND BATH

Experience deep rest with crystal singing bowls, inducing meditation. Tones release emotions, enhance energy flow, promoting mind-body balance in a soothing, lying-down sound journey.



TIBETAN SINGING BOWLS SOUND & BODY THERAPY

Explore transformative healing with Tibetan singing bowls. Bowls placed on and around the body bring vibrational energy. Meditative and relaxing, done lying down after a brief consultation.



YOGA

Elevate with Vinyasa flow guided by Supatra, enhancing body through powerful asanas. Grounding meditation fosters mind well-being. Prenatal and kids' yoga for specialized support and harmony.



PRANAYAMA & GUIDED MEDITATION

Experience the power of breathwork, visualization, and meditation in a supportive space. Calm the mind, connect with body, and find clarity for a peaceful start or end to your day.

VENUE OPTION

1. Sati spa – Timing 10:00-20:00 hrs. (Sound bath)
2. Beach pavilion – morning session – 07:00-08:00 hrs.
3. Infinity pool – morning or evening session – 07:00-08:00 hrs. | 17:30-18:30 hrs.
4. Fitness studio - Yoga

PRIVATE SESSION

3,000 THB per person per hour
(Max 2 persons)

GROUP SESSION

1,000 THB per person per hour
(Max 10 persons)

*Tibetan Singing Bowls Sound & Body Therapy session maximum with 2 person only

*Price is subject to 7% VAT and 10% service charge

For more information, please press instant service button on your in-room phone.