



Devarana Wellness at Dusit Thani Hua Hin

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

Achieve Optimal Wellbeing

Our 21st century society exists in a fragmented state,
the fast pace of life has changed enormously over the last 20 years.
We complex beings have found a way to overcomplicate much of life, as a result
we are overstimulated which is creating an inner “unrest”

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

Incremental Wellness

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

Aerobic Yoga Fit Ball

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

Couple Retreat

Workshop and Classes



Meditation & Mindfulness

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

60 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 850++/session



Massage

Calm Mind Stress Relief 45 min

THB 1,800++/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 1,800++/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.

Traditional Thai Massage 60/ 90 min

THB 2,200++/2,900++/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 2,400++/ 3,200++/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 2,400++/3,200++/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.

Thai Heritage Massage 90 min

THB 3,200++/session

A unique, one of a kind massage and it's therapeutic effect is recognized as the most effective massage in the world with Tok Sen tools to achieve a deep bodily vibration through tapping, stimulates from within and removes persistent muscle tension. Its technique allows you to remove the blockage of energy pathways and promote the normal flow of energy in the body.



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 3,400++/session

Devarana Signature Massage 90 min

Exclusive to Devarana Spa, this unique massage combines strong pressures of Thai, Ayurveda and Shiatsu techniques with Swedish and Aromatherapy influences for the ultimate soothing and pampering experience. The signature massage come together with a bowl of hot water with freshly sliced lime and orange for respiratory clearing.

THB 3,400++/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 2,200++/session

60 min
Scrub

THB 2,200++/session

90 min
Massage + Scrub

THB 3,600++/session





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Skin Health Facials

Replenishing Marine Facial 60 min

THB 2,200++/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 2,200++/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.

Brightening Radiance Facial 60 min

THB 2,200++/session

This very complete whitening treatment offers skin cleansing and chemical exfoliation in order to reveal a "new skin" effect. Advanced techniques and products combine for brightening action, dark spot correction and action on wrinkles. Skin is more luminous and more transparent with an immediate burst of radiance.

Lifting & Firming - Anti-aging 90 min

THB 3,200++/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.



Incremental Wellness

30 -min session that specialize on both body & mind with a focused approach. Can be added to any other treatment or program or enjoyed on their own.

Herbal Compress Back Massage

THB 990++/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

THB 990++/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.

Bath Therapy

THB 990++/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





Fitness & Movement

Active Stretching – 45 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.

THB 900++/session

Yoga – 60 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

THB 1,000++/session



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

60 min - THB 1,000++/session

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.

60 min - THB 1,200 ++/session



Aerobic Fit Ball

A fit ball is an extremely versatile piece of equipment we use to perform stretches that help improve your balance & flexibility. As well as **the** exercises challenge your muscles, helping to strengthen and build up the core muscles of your body, such as your core, back & thighs

60 min - THB 1,000++/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

60 min - THB 1,000++/session



Holistic Wellness Program

Destination Rejuvenation 2.5 hours

THB 3,900 ++ /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 4,,500 ++/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 5,900++/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 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 3,900++/session

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 2,900++/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 3,900++/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 4,500++/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 3,900++/couple/session

90 min THB 4,500++/couple/session

customize your itinerary and your multi - day program;

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

60 min THB 850++/couple/session

The Private Villa Experience 60 mins.

Wedding functions, Celebrations and special gatherings!
Consisting of a spacious double treatment room, soaking tub and steam shower, oversized day bed and a personalized selection of drinks and indigenous bites inspired to complement your wellness journey.

THB 2,500++/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 3,900++/couple/session

90 min THB 4,500++/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.

THB 4,900++/couple/session

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



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](#)

