

RELAX Rasayana and the Living Foods Café

HEALTH & RECREATION

Rasayana Retreat

Rasayana, located on Pattaya North Road opened almost two years ago, within the Fairtex complex. The Pattaya retreat has well appointed treatment rooms for each type of therapy. The Rasayana was the first place to offer colonic cleansing in Pattaya, and this is still a major part of their business. Skin cleansing by means of body scrubs, wraps and masks is also offered.



Colon hydrotherapy helps the body to eliminate waste that is trapped, and loosens toxic matter so that it can be eliminated. Specially equipped treatment rooms are used exclusively for this treatment. The nursing staff at Rasayana will advise you on the most suitable treatment for your particular lifestyle; since we are all different. Ladies, it is not practical to have the colonic cleansing when you have your period, so check the dates when you book!

The day that the RELAX team visited the

retreat, we were greeted by the friendly Khun Julalak, the Supervisor, who explained some of the treatments available. The clients are about half local residents, and half visitors, from either Bangkok or overseas. I was treated to the Infrared sauna, while my colleagues had the signature massage (a 90 minute blend of Thai and Swedish massage with warm fragrant oils), and the special facial treatment.

We were taken upstairs to the treatment rooms; the atmosphere throughout the building was calm and quiet, unlike the world outside! The sauna was in a small wooden cabin, with room for two if friends came together. I undressed, and went into the sauna while the therapist left me to relax. By the end of the thirty minute session, it was about 54C in the cabin. The Infrared sauna heats the skin directly helping to release toxins.

After cooling off, I showered and dressed and was then taken to another room for "Ear candling". This is a traditional non-invasive