



HEALTH

REPUBLIC™

Welcome to the Health Republic Asian Fusion Spa

Treat yourself to this tranquil oasis where mind, body, and spirit can be restored, refreshed, and revitalized.

Our treatments fuse traditional Asian and Western styles with an inventive, new age approach to spa therapy. From the conception to the creation of the Beach Republic Asian Fusion Spa, we have sought to offer you a complete and fulfilling escape from the chores and responsibilities of daily life.

Pricing

Please note that our prices are in Thai Baht and are exclusive of a 10% service charge and applicable government tax (currently 7%). Gratuities are appreciated where service is exceptional.

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Body Massages

Swedish

Traditional Swedish massage using aromatic oils to relieve muscle fatigue, and alleviate stress and tension. Our therapist will tailor your treatment to suit your personal needs using our signature exclusively-designed Higher Plane oils.

60 minutes - 700 Baht; 90 minutes - 900 Baht

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Reflexology Foot Massage

This ancient Chinese art of healing is practiced by working on pressure points through your feet, which will help balance or stimulate corresponding systems of your body.

This treatment is amazingly effective for many ailments and is also helpful for relaxation, tension releases and detoxification.

60 minutes - 600 Baht

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Traditional Thai

The art of Thai massage is performed through gentle acupressure targeting your body's energy lines. Gentle yoga techniques also help to increase your body's flexibility and natural healing ability.

60 minutes - 700 Baht; 90 minutes - 900 Baht

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Head Massage

A soothing massage of the head, neck and shoulder with special oil helps to calm the senses. Extra focus is paid to the scalp area. Excellent for jet lag and insomnia while also strengthening the muscles and alleviating stiffness in the shoulders.

60 minutes - 600 Baht

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Asian Fusion

Our signature massage is the perfect blend of traditional Thai and oil massage, performed using your choice of therapeutic oil to suit your mood. Your therapist will concentrate on all your tension areas to alleviate stress, tension, aches, and pains to leave you in a state of equilibrium.

60 minutes - 800 Baht; 90 minutes - 1,100 Baht

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Aromatherapy

Traditional aromatherapy body massages fuse the best of East and West. We start with carefully applied pressure to stimulate the nervous system and finish with Swedish and neuromuscular techniques to soothe the body and mind.

60 minutes - 800 Baht; 90 minutes - 1,000 Baht

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Deep Tissue

This massage focuses on specific deep-seated tension and is ideal for fitness enthusiasts. Firm strokes and muscle warming oils are used to alleviate all your aches, pains, and stress.

60 minutes - 1,000 Baht; 90 minutes - 1,200 Baht

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Ayurvedic Warm Oil Massage

A full body massage combined with Marma point therapy that increases bodily heat and the flow of life-supporting oxygen, improving circulation and detoxification. Long full strokes using heated oils help to balance the doshas. Promoting vitality, strength, stamina and flexibility, this massage also improves concentration, intelligence, confidence, esteem, and youthfulness. Especially excellent for the aged and the infirm, but this massage therapy has benefits for everyone.

60 minutes - 1,200 Baht

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Thai with Herbal Compress

Alleviate your aches and pains and reduce jet-lag. This is a combination of traditional Thai massage with herbal compress and oil massage. Thai style massage offers a complete rebalancing of your body through the use of rhythmic compressions, acupressure points, and yoga style stretches. A steaming Thai herb compress is applied to help your body rid itself of any last traces of stress and tension.

90 minutes - 1,500 Baht

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Hot Stones

This healing ritual uses stones formed of volcanic molten rock 3,000 years old to create a unique and luxurious experience. The stones transfer thermal energy deep into the muscles to promote the reparation of damaged muscle and ligament tissue. The stones are placed on the chakras eliminating negative energy flow.

90 minutes - 2,500 Baht

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Body Treatments

Aloe Vera Treatment

The ultimate way to take care of your skin after being exposed to the harsh tropical sun.

60 minutes - 1,000 Baht

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Nirvana Sunset

Create your own personal heaven with this reviving package. Combines the nourishing benefits of a scrub together with a healing aromatherapy or oil massage to unleash blockages and relieve emotional and physical tension. Just perfect before a sundowner at the Ocean Club.

90 minutes – 2,000 Baht

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Asian Wellness

After indulging in an invigorating body scrub to removed damaged cells, relax with a soothing aromatherapy massage.

90 minutes – 2,000 Baht

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Asian Fusion Retreat

Soften your skin and protect your skin from the elements with a body wrap using antioxidants. Then relax with a soothing aromatherapy massage.

90 minutes – 2,000 Baht

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Amazing Aroma

Feel the healing benefits of aromatherapy. After a soothing aromatic bath, select from our aromatherapy massage oils for your massage. Finishing off this true pampering session is a head massage. Great for stress, headaches, aches and pains - a good allrounder for feeling fabulous.

2 hours - 2,500 Baht

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Asian Fusion Spa Packages

Designed exclusively by Beach Republic, these unique packages will take you to a higher plane. Merging timeless techniques and ancient philosophies from the Southeast Orient, these treatments target the problems caused by modern lifestyles, and provide each guest with personalized care.

Blissful Beginnings For Mothers To Be

This package is a conscientious approach to pampering expectant mothers. During this precious time, allow our skilled therapists to relax you with delicate touches of a Higher Plane Facial followed by a back, neck, and shoulder massage. To complete the experience, enjoy your choice of manicure or pedicure to leave you feeling refreshed and refined.

2 hours 30 minutes - 2,500 Baht per person

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Higher Plane Herbal Sensation

This collection of healing touches is designed to relax and unwind the body. After a muscle-loosening herbal steam, enjoy a traditional Thai massage with herbal hot compress. Allow the rhythmic movements to induce an almost hypnotic, meditative state while easing away stress, aches, and pains. Finally, lay back and enjoy a blissful facial, which will leave your skin fresh and revived.

3 hours - 2,900 Baht

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Higher Plane Ritual

The ultimate in mind and body therapy. Enjoy a purifying herbal steam followed by our signature Asian Fusion massage. This massage will help relieve any tension before we pamper you with a special facial massage. Finish with a manicure treatment. This ritual will leave you perfectly and completely relaxed.

3 hours - 2,900 Baht

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Romance Ritual

So good it should be prescribed as couple's therapy! Lying in an ambient suite, your couple's romance ritual begins with a full body exfoliation. Then, relax with a luxurious and moisturizing body massage followed by our Higher Plane facial. Finally, enjoy the deep relaxation of the seductive scents of our signature irresistible bath and body range, whilst savoring chocolates and Champagne soaking together in aromatic flower petal bath.

3 hours - 4,000 Baht per person

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Asian Fusion Signature

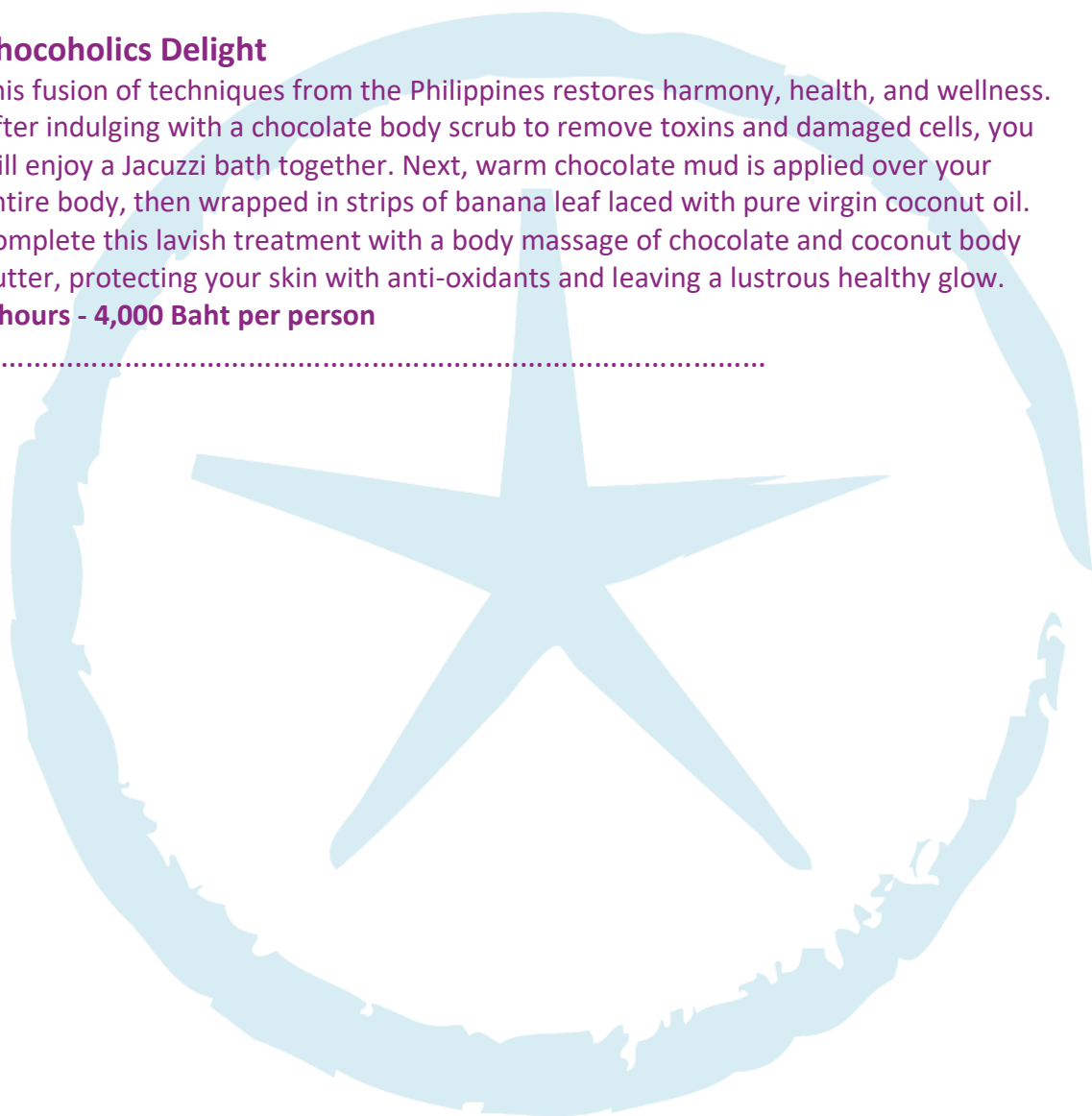
This collection of healing touches is designed to relax and unwind the body. Start with a muscle-loosening herbal steam. Then indulge with a body scrub to remove old and damaged cells. Next, protect and soften your skin with an anti-oxidant body wrap leaving a lustrous healthy glow. Finish up with a soothing aromatherapy massage followed by a warm Jacuzzi bath.

3 hours - 3,500 Baht per person

Chocoholics Delight

This fusion of techniques from the Philippines restores harmony, health, and wellness. After indulging with a chocolate body scrub to remove toxins and damaged cells, you will enjoy a Jacuzzi bath together. Next, warm chocolate mud is applied over your entire body, then wrapped in strips of banana leaf laced with pure virgin coconut oil. Complete this lavish treatment with a body massage of chocolate and coconut body butter, protecting your skin with anti-oxidants and leaving a lustrous healthy glow.

3 hours - 4,000 Baht per person



Higher Plane Facials

These results driven facials are exclusively designed by the Beach Republic Asian Fusion Spa, and use therapeutic products targeting your individual skin type. Formulated with essential oils, bio-active extracts and phytonutrients, our facials deliver the goodness of nature to your skin. Combined with a pressure point massage on the face and neck, Higher Plane facials will leave your skin looking healthy and radiant. All facials include your choice of hand or scalp massage.

Skin Lift

This luxurious facial smoothes and revitalizes your skin through the natural nourishment of sweet black tea, ylang ylang, and rosemary. Here, hydrating and rejuvenating masks that encourage cellular renewal are interspersed with the most relaxing facial massage focusing on the areas most affected by the aging process. Your skin will be left conditioned and toned while its natural elasticity is restored.

60 minutes - 2,000 Baht

Higher Plane Facial

This gentle yet powerful facial acts as a complete detoxifying treatment for oily skin. Through the powers of steam, extraction, and a lymphatic drainage massage, your skin is restored to a clear and balanced state.

60 minutes - 2,000 Baht

Beauty Secrets

Your hard hands and feet will look and feel like new after being soaked, scrubbed, and massaged with our specially created treatments.

Manicures

Polish change	30 minutes - 300 Baht
Manicure	45 minutes - 550 Baht
Pedicure	60 minutes - 650 Baht

Deluxe Manicure

This deluxe hand and nail treatment leaves the skin, nails, and cuticles in fabulous condition. Here, we incorporate hand scrub and hand wrap to soften and smooth, followed by a China Glaze nail sealer to polish and finish your nails.

75 minutes - 750 Baht

Deluxe Pedicure

This deluxe pedicure combines hard skin removal, cuticle treatment, and a massage to the feet and lower legs. Also, China Glaze nail sealer is applied to rehydrate and finish your nails.

75 minutes - 900 Baht

Waxing

Bikini	30 minutes - 400 Baht
Facial Wax - Eyebrow, chin or lip	15 minutes - 400 Baht
Underarms	30 minutes - 500 Baht
Half Leg	30 minutes - 700 Baht
Back	30 minutes - 1,000 Baht
Full Leg	60 minutes - 1,000 Baht
Brazilian	60 minutes - 1,200 Baht

Body Scrub and Body Wrap

Body Scrub	60 minutes - 1,000 Baht
Body Wrap	60 minutes - 1,000 Baht

A la' carte

Steam + Gym	400 - Baht
Romance Bath	800 - Baht

Guidelines and Spa Etiquette

- Please note that time in the herbal steam room prior to selected spa day packages is optional and subject to the current state of your health.
- Please make your spa therapist aware of any medical conditions, for example high blood pressure, heart conditions, or if you are pregnant.
- Please anticipate and allow for treatments to fit into your busy lifestyle. Please ask our dedicated team as to whether the package you have selected is one that has a residual lasting effect on the skin. Some treatments involve products, which may leave an unwanted sheen or glow.

Valuables

Please leave valuables in your room or in the locker provided. We recommend that no jewelry be worn at the spa. The management takes no responsibility for the loss of money or valuables of any kind brought into the spa.

Check In

Please allow enough time for your visit to enjoy a welcome drink and to fill in your spa consultation form. We recommend that you arrive at least 20 min prior to your scheduled appointment. In the event you are late, to the best of our ability we will try to accommodate you. However, on occasions we will have to shorten treatment time or reschedule your appointment.

Cancellation Policy

Cancellations are accepted up to four hours prior to the start of your appointment without incurring a charge. Should the appointment be cancelled with less than four hours notice, you will be charged 50% of the treatment price. If you fail to arrive for your appointment altogether, you will be charged in full.

Cancellations of spa day packages will be accepted 12 hours in advance. Should cancellation of the day package be less than 12 hours in advance, you will incur a 50% charge. If you fail to arrive for your appointment, you will be charged in full. For nonresident guests or non Beach Republic club members, a valid credit card and a contact telephone number is required when making a spa booking.

Spa Parties

We can tailor make a spa party for groups up to 6 people including spa treatments and spa cuisine meals.

Spa Etiquette

- The Beach Republic Spa is an adult environment. To ensure our spa is a place of peace and tranquility, please turn off your mobile phone or set it to silent. We recommend you leave phones turned off and in your locker to assist your relaxation!
- Please be considerate and respect the privacy of other spa guests.
- Guests 12 to 16 years of age are permitted to experience selected spa treatments.
- Guests under 12 years of age are not permitted in the spa.

Payment

At the Beach Republic Asian Fusion Spa we accept cash, all major credit cards, and Beach Republic gift certificates.

Spa Reservations

A blissful array of spa treatments are available to you from 9am to 9pm daily. Advanced booking is highly recommended for all spa packages. Please contact us at:

Email: detox@healthrepublic.com
Telephone: +66 (0) 77 458 100 ext. 8120
Fax: +66 (0) 77 458 101
Web: BeachRepublic.com

9 Day Detox Programme: THB 24,500
Including 8 Nights Accommodation: THB 52,500

Includes:

Day 1 (Arrival day)

- Introductory Consultation (6pm)
- Light evening meal

Day 2 - 8 (Full Fasting Days)

- Daily Meditation
- 5 Detox Drinks / Day
- Proprietary Herbal & Intestinal Cleanser Supplements
- 2 Colemas / Day
- Probiotic Capsule / Evening
- 2 Vegetable Broth Soups / Day
- 1 Yoga Class / Day
- 2 Herbal Steams / Day
- 1 Massage / Day (60 minutes - 30 minutes Ampuku followed by 30 minutes head neck & shoulders)

Day 9 (Breaking Your Fast Day)

- Probiotics, Capsules & Drinks
- Light Breaking Your Fast Meal



5 Day Detox Programme: THB 13,000
Including 4 Nights Accommodation: THB 27,000)

Includes:

Day 1 (Arrival day)

- Introductory Consultation (6pm)
- Light Evening Meal

Day 2 - 4 (Full fasting days)

- Daily Meditation
- 3 Detox Drinks / Day
- Proprietary Herbal and Intestinal Cleanser Supplements
- 1 Colema / Day
- Probiotic Capsule / Evening
- 2 Vegetable Broth Soups / Day
- 1 Yoga Class / Day
- 1 Herbal Steam / Day
- 1 Massage / Day (60 minutes – 30 minutes Ampuku followed by 30 minutes head neck & shoulders)

Day 9 (Breaking your fast day)

- Probiotics, Capsules and Drinks
- Light Breaking Your Fast Meal



3 Day Wellness Programme: THB 5,500
Including 2 Nights Accommodation: THB 12,500

Includes:

Day 1 (Arrival day)

- Welcome
 Massage
- Herbal Steam
- Healthy Dinner

Day 2

- Fruit Plate
 - Meditation
 - Cold Pressed Juice
 - 1 Yoga Class
 - 2 Herbal Steam
 - Light Lunch
 - 60 Minutes Thai or Foot Massage
 - Shopping Trip
 - Healthy Dinner
- (Option to add Samui Elephant
Sanctuary – surcharge)

Day 3 (Departure Day)

- Fruit Plate
- Meditation
- Cold Pressed
 Juice
- 1 Yoga Class
- 1 Herbal
 Steam



2 Day Wellness Programme: THB 7,000
Including 1 Nights Accommodation: THB 10,500

Includes:

Day 1 (Arrival day)

- 1 Yoga Class
- Herbal Steam
- 2 Cold Pressed Juices
- 60 Minute Thai Massage
- Light Lunch & Dinner

Day 2

- Meditation
- 2 Cold Pressed Juices
- 1 Yoga Class
- 2 Herbal Steam
- Light Lunch
- 60 Minutes Thai or Foot Massage
- 1 Colema



1 Day Detox Programme THB 4,000

Includes:

- Meditation
- 2 Cold Pressed Juices
- 1 Detox Drink
- 1 Yoga Class
- Herbal Steam
- 60 minute Ampuku Massage
- 1 Colema
- Light Lunch & Dinner

1 Day Pamper Programme THB 7,000

Includes:

- Meditation
- 2 Cold Pressed Juices
- 1 Yoga Class
- 60 Minute Coconut Oil Massage
- Herbal Steam
- Light Lunch
- Higher Plaine Facial
- Manicure & Pedicure
- 2 Cocktails
- 1 Canape Dish



Pre-cleansing Diet

Before you do one of our longer programmes, it is good to do some form of pre-cleansing for a minimum of 2 days. During this time, it is best to avoid all processed and fatty food, alcohol, sugar and red meat and just stick to a diet of mainly fruit and vegetables which can either be raw or cooked.

Detox Drinks

These are made with psyllium husk, bentonite clay, water and a little fruit juice of your choice.

Psyllium husk - This natural fibrous substance effectively removes residues of debris that has built up in the colon. Psyllium bulks when exposed to water so there is a large increase in the volume which stimulates movement of material through the intestine. It allows your colon to cleanse itself more easily by enhancing and promoting bowel activity.

Bentonite clay - This volcanic ash naturally binds to and eliminates toxins yet does not get absorbed itself. When taken internally it passes through the colon collecting and absorbing non-nutritive and harmful substances which are then eliminated as it is eliminated.

Colema System

A Colema is similar to but more thorough than a standard enema. A standard enema uses approximately a litre of water mixed with coffee solution whereas a colema uses as much as 18 litres of water. It therefore flushes and cleanses the colon more deeply and effectively. It is however more gentle than general colonic irrigation and is self administered.

Ampuku

This is a traditional Japanese stomach massage.

If you have any other questions, Health Republic staff are on hand to answer them for you.

www.HealthRepublic.co





HEALTH
REPUBLIC™

YOGA & MEDITATION SCHEDULE

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
MEDITATION 7:45-8:30 AM	CAROL Metta: A Meditation of Loving Kindness			JONNY Non Dualistic Metta Meditation	MIHO Sound & Shaking Meditaion	BETTI Vipassana & Chakra Meditation	BOWIE Walking Meditation
DETOX YOGA 8:45-10:15 AM	MIKE	NOI	MIKE	MIKE	ANN	BETTI	BOWIE
VARIOUS YOGA 11:00-12:30 PM	MIKE (YANG)	BOWIE (FLOW)	MIKE (YIN)	ALISA (FLOW)	ANN (YIN)	BETTI (FLOW)	
EVENING CLASS 6:00-7:30 PM					MIKE (YIN/YANG)		

Yin = Gentle, long held postures

Flow = Movement with the breath

Yang = Stronger class including inversions

Please arrive 5 min before class starts.

Cost of one is 350 Baht payable at the restaurant prior to class or packages of 10 or 30 classes are also available.

All teachers are also available for private lessons.

PLEASE NOTE: Teachers may change without prior notice due to sickness etc., but classes are held everyday regardless.

MIKE: 089 684 5548
BETTI: 063 605 9716

ALISA: 089 617 8264
BOWIE: 089 728 8335

ANN: 095 413 9980
NOI: 088 768 1589