

Welcome!

Satva Samui is a Yoga-healing centre offering customized restoration programs through yoga, meditation and ayurveda.

Our hotel is open all year round and you can come on any date for any number of days.

We are located on the west side of the island with beautiful sunsets!

Typical daily schedule:

7:00 – 8:30 yoga

8:30 – 10:00 breakfast

***10:00 – 14:00 free time
(excursions around the island, waterfalls, boat trips etc.)***

13:00 – 14:30 lunch

17:00 – 18:15 yoga and meditation

18:00 – 19:30 dinner

19:30 seminars, shows, and other events





What's included in my package?

- Accomodations
- VedaPulse diagnostic performed by Ayurvedic doctor with a set of recommendations for recovery / optimal health
- Breakfasts and lunches, which you can tailor to your body type [after the VedaPulse diagnostic, you will be able to choose dishes that suit your body type the most]
- Yoga, Pranayama and Meditation sessions in the mornings and in the evenings
- Variety of seminars from experts in yoga and Ayurveda



All guests have also access to:

- Gym
- Two swimming pools
- Kayaks and paddle boards
- Infrared sauna
- Individual meditation classes



Yoga studio by the sea



Where will I live?

3 types of accomodations:

- Standard Room
- Villa with 2 bedrooms
- Bungalow

Stadard Room

\$ 75 /day per 1 person (single occupancy)

\$ 120 /day per 2 persons (double occupancy)

Standar Room with queen size bed



2-bedroom Villas by the pool

***Villas have a spacious patio with sunbeds facing the pool.
Each bedroom has a separate bathroom; one bedroom has a double bed, and the other has 2 single beds.
Ideal for families, and groups of 3+***

\$ 160/day per 2 persons

\$ 195/day per 3 persons

\$ 240/day per 4 persons



***Villa by the pool
Bedroom with queen size bed***



*Villa by the pool
Bedroom with 2 single beds*



Living room



Patio

Bungalow

Standalone houses with garden view and seaview.

Gardenview bungalow:

\$ 95/day per person

\$ 145/day per 2 persons

Seaview bungalow:

\$ 105/day per person

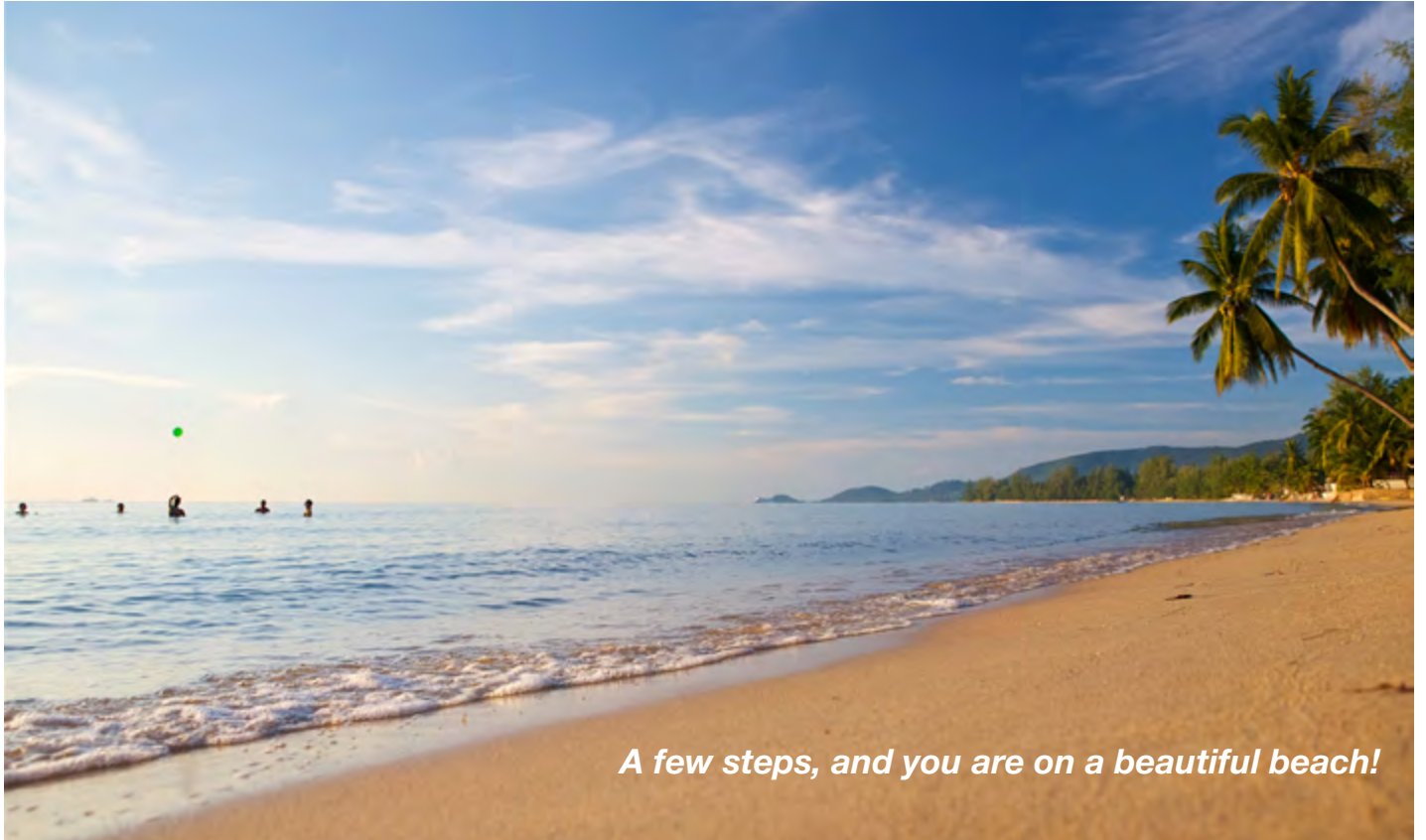
\$ 155/day per 2 persons







Our hotel is located right on the beach



A few steps, and you are on a beautiful beach!



Spacious hotel environment with ample greenery and flowers.



Yoga

Individual yoga session (60 min)

1,000 ₪

-Detailed tuning of asanas and breathing to obtain maximum benefits from the practice

Flexibility development session (60 min)

1,000 ₪

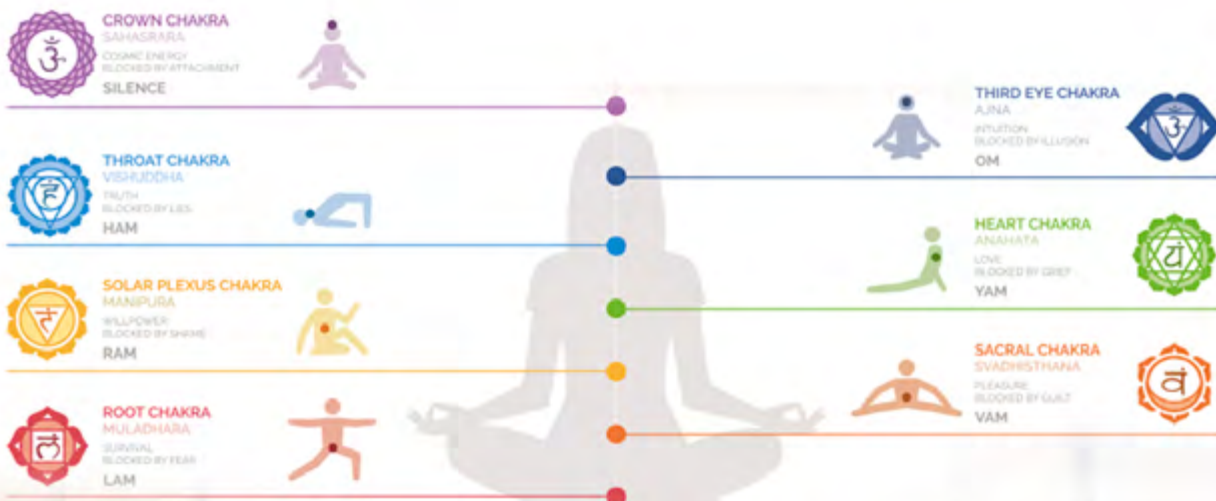
Tailored yoga program as per VedaPulse diagnostic

5,000 ₪

Most suitable asanas are selected according to your body type.

You will receive:

- a video recording of the yoga complex
- photos of asanas with descriptions
- personalized instructions





Individual sessions with Chinese healer Jet Lee

Jet Lee studied for many years in Nepal, India, and Hong Kong. With healing experience of over 20 years he is a powerful master with an arsenal of ancient healing techniques.

Reiki

Reiki awakens your ability for self-healing, removes blocks, cleanses toxins, and relieves stress. Master Lee with the touch of his palms transmits healing energy to you.

1,800 ฿

Accupressure

The ancient art of healing, in which the master acts on key points. It relieves tension and redirects Chi energy into the problematic organs, while healing and rejuvenating the body.

1,800 ฿

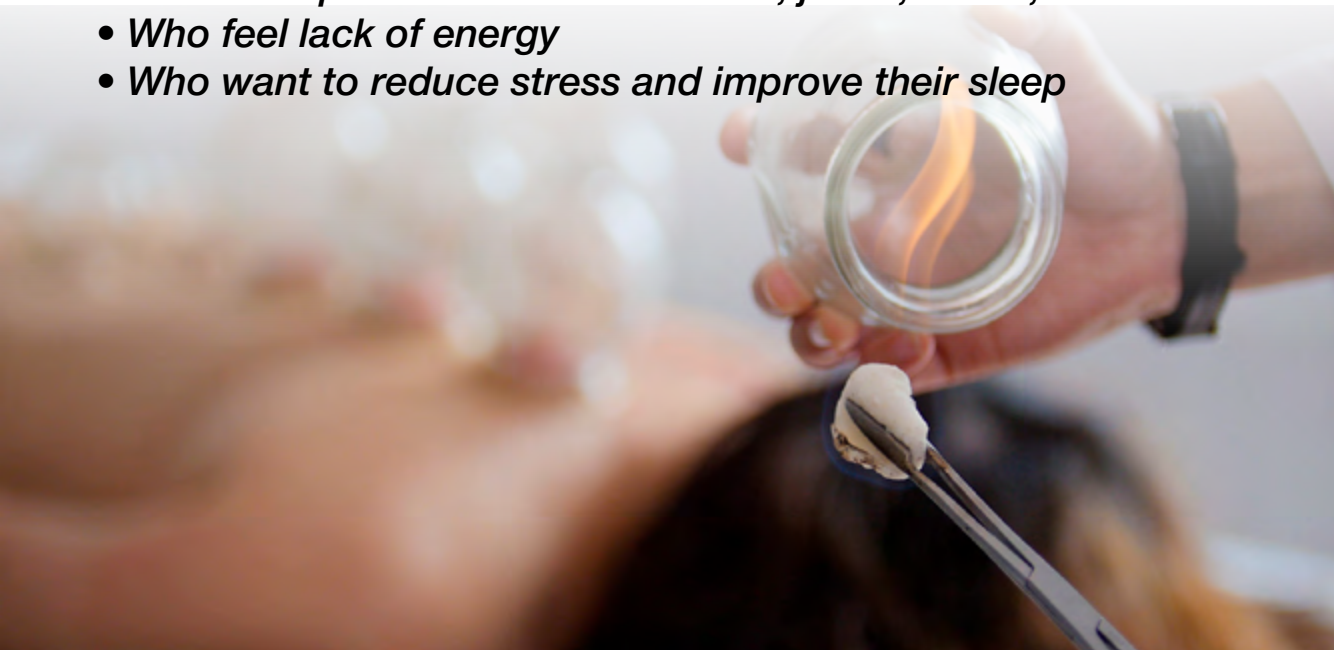
Cupping massage

Treats colds, eliminates problems related to internal organs, cleanses the body of toxins, and relieves muscle spasms.

1,800 ฿

Recommended for those:

- *Who have problems with their back, joints, knees, and bones*
- *Who feel lack of energy*
- *Who want to reduce stress and improve their sleep*





Facial care for Women and Men

Rejuvenating Facial Treatments using organic cosmetics made from White Lily!

A revolutionary replacement for injections!

The procedure includes:

- 1. A facial cleansing procedure with powerful natural sorbents**
- 2. A detox mask for deep cleansing of the skin**
- 3. A massage with moringa oil to reduce wrinkles (a powerful method to slow down age-related changes)**
- 4. A serum, which eliminates wrinkles and intensively moisturizes the skin**
- 5. A cream and aromatherapy**

While immersed in the magical world of white lily and caramel aroma, the cream will return the skin to its original color and youthful elasticity. The effect of the cream is noticeable immediately and stays for a long time!

1 procedure

1,500 ₪

5 procedures

5,500 ₪

10 procedures

9,000 ₪





PANCHAKARMA
Ayurvedic Detox

Panchakarma – is one of the most ancient detox treatments. The term "detox" appeared relatively recently, around the end of the 20th century, but the very process of cleansing and removing toxins from the body was known to mankind for thousands of years.

Different cultures have their own versions of the process, and in the traditions of Ayurveda the detox process is called Panchakarma.

Panchakarma (from Sanskrit “five actions”) is a therapeutic method that uses medicinal oils to rid a person’s body of accumulated toxins, thus improving physical and mental health.

Panchakarma impacts the following areas of the body:

gastrointestinal tract

- *excretory system of the body*
- *respiratory system*
- *lymph*
- *blood*
- *skeletal system*
- *nervous system*
- *reproductive system*
- *the thinnest channels of the body (lymph, blood, nerve channels), which are otherwise impossible to cleanse with other methods*

Purification occurs at the cell-membrane level, and inside the cells level. Few other treatments can claim such deep level of cleansing!

The list of diseases that Panchakarma can cure is broad. Diseases of the gastrointestinal tract, gynecological disorders, anemia, diabetes, neurological disorders and much.

Panchakarma tackles the treatment of even those diseases that in Western medicine are recognized as incurable. Panchakarma also has a beneficial effect on the mental and emotional state, relieving stress and bringing inner harmony and peace.

How does Panchakarma work?

The toxins (or "Ama" in Sanskrit) that accumulate in our bodies are fat-soluble in nature. In other words, these toxins dissolve in oils and can be effectively removed from the body with medicinal oils as a vehicle for toxin removal.

All Panchakarma procedures are based on delivering healing oils to various tissues of the body; the oils have high permeability and reach deep inside the cells and dissolve the toxins. Then the dirty oil is displaced from within the cells into the intercellular space, from where the oil with toxins is excreted through skin and gastrointestinal tract.

Specialists in Satva Samui are trained in South Kerala School of Panchakarma. The cleansing programs use only natural products of natural origin (herbs, oils, and other natural ingredients).

The recommended Panchakarma course is from 21 to 28 days, which allows the oil to reach the deepest tissues of the body. With courses shorter in duration, cleansing will also take place, but to the tissue level to which the oil has managed to penetrate.



Abhyanga – deep cleansing of the entire body

During Abhyanga the whole body is anointed from the crown of the head to the toes with medicinal oils. Abhyanga's medicinal (herbal) oil in combination with the special application technique delivers a comprehensive set of benefits to the whole body.

Abhyanga has a remarkable effect on the skin as it nourishes and rejuvenates it, makes it soft, elastic, beautiful and healthy, and smooths out the fine wrinkles. Abhyanga also prevents and treats skin diseases. Abhyanga treats insomnia and improves sleep quality. Joints become more flexible, elastic, and stop making the cracking/popping noise. The procedure also has a beneficial effect on the eyes and improves vision.

Abhyanga bestows a state of deep relaxation, contentment, and peace. It relieves fatigue, removes mental and emotional stress, makes it easier to endure stress, sadness, anxiety. There is a natural harmonization of the body, emotions, and whole psyche.

After completing 21 sessions your body will radiate life, strength, and beauty.

There is certain mystical meaning to Abhyanga. The Sanskrit word "sneha" has two meanings: "oil" and "love". Therefore, by oiling a person is saturated with the energy of love.

Abhyanga is often performed as a preliminary step for other specialized panchakarma procedures.

Duration: 1.5 h
1,600 ₪



Shirodhara – diminishes stress level

This procedure includes pouring warm medicinal oil on the forehead at specific points, including the area of the Ajna chakra (“the third eye”).

Shirodhara is a wonderful, world-famous procedure that brings peace, tranquility, and a torrent of pleasant sensations that deeply relax and open the most distant corners of one’s body and mind.

A remarkable cosmetic effect is experienced – “opening” and softening of the face, relaxation of the facial muscles, and smoothing of wrinkles.

Strength, body strength, immunity, ojas (vitality) increase. The voice becomes more melodic. Shirodhara helps to improve the quality of sleep, strengthen memory, improve the functions of the senses.

Shirodhara treats a broad range of conditions: any psychosomatic disorders, stress, depression, headaches, hypertension, psychological and emotional disorders, insomnia, skin diseases, asthma, speech disorders, alopecia (hair loss), intestinal dyskinesia, peptic ulcer disease, autoimmune diseases, parkinsonism, pain in the ligaments, muscles, spasms, chronic sinusitis, etc.

Intuition and subtle inner vision awaken, subconscious negative blocks dissipate, stagnant energy leaves the body. One’s consciousness clears up and mental chatter disappears making it easier to make decisions, and to interact with the world.

Shirodhara is often compared to a proper sleep while being awake. During Shirodhara you are aware that you are not sleeping, but you are feeling completely “disconnected” from reality. Upon completion, you feel fully rested, which sometimes cannot be achieved even after a long sleep.

Carried out only after a preliminary Abhyanga procedure
2,800 ₺ (includes Abhyanga procedure)
Duration: 2.5 h



Netrabasti – health of eyes

Netrabasti is an eye cleansing procedure which uses a unique healing oil. Small “eye baths” are made around the eyes from special dough, into which oil is poured.

One is asked to open their eyes and to perform simple, and yet highly effective eye exercises. There are no painful sensations, but rather pleasant relaxation.

When the eyes are covered with oil, it gradually penetrates the eyeball and lubricates the muscles of the eye, relieving tension, spasms and making them more elastic. Muscle spasms often cause headaches, poor vision, discomfort and heaviness in the eyes, forehead, back of the head, temples, and neck.

This procedure improves vision, calms, and strengthens the nervous system, improves memory, stabilizes the emotional state, and reduces excessive talkativeness.

Netrabasti softens and smooths wrinkles around the eyes, reveals softness of the face and eyes. When all sessions are completed, a new productive view of the world is born. The ability to learn foreign languages improves.

Netrabasti treats a broad range of conditions: pain in the eyes, dark circles around the eyes, bags under the eyes, rough and dry skin, wrinkles around the eyes, cataracts, glaucoma, conjunctivitis, blepharoptosis, nervous disorders, lack of secretion of tear fluid (dryness) or imbalance in the tear duct (when tears flow in the wind / frost), decreased visual acuity.

The optimal course is from 3 to 14 days.

Two Options:

Option 1. With preliminary Abhyanga

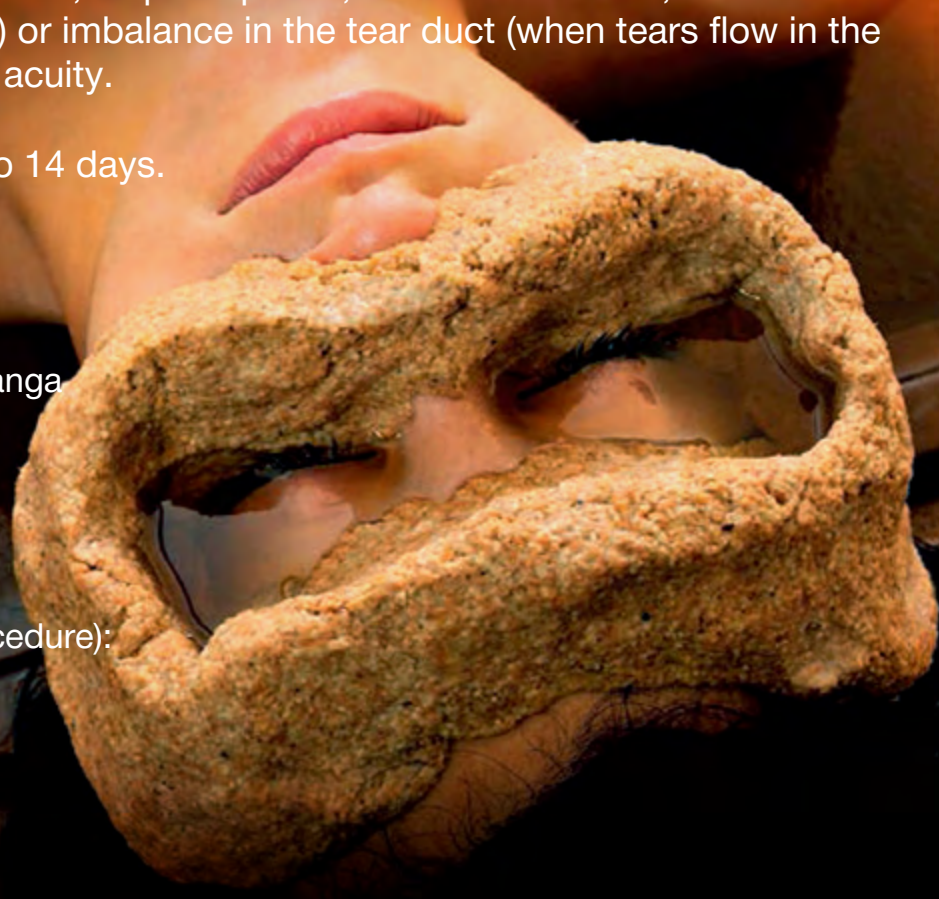
2,600 ₪

Duration: 2.5 h

Option 2. With preliminary Mukhabhyanga (facial oiling procedure):

1,900 ₪

Duration: 1.5 h



Karnapurna – health of ears

Karnapurna is a procedure when ears are filled with warm medicinal oil.

It is used to cleanse the ear canals, which is necessary to maintain good hearing.

Karnapurna eliminates pain, itching and dryness in the ears, helps dissolve sulfur plugs, improves hearing, relieves noise and ringing in the ears, eliminates constricting headaches, eliminates tension and clamps in the jaws and neck, calms the mind, stimulates the senses.

Karnapurna is used for all Vata dosha disorders, especially those accompanied by pain and spasms, otitis media, peri-arthritis of the shoulder scapula.

Karnapurna is usually carried out as an addition to Abhyanga, Shirodhara, Basti, etc.

400 ₪

Duration: 30 minutes

Udvaartana – getting rid of excess weight and edema

Udvaartana is oiling the body and then intensively rubbing the medicinal herbs and mineral powders. This procedure tones and relaxes the skin simultaneously.

Udvaartana treats a broad range of conditions associated with excess Kapha dosha. For example, reducing cellulite and excess weight, and to prevent skin sagging during rapid weight loss, and to restore skin tone after childbirth.

Udvaartana helps treating varicose veins as blood vessels are strengthened, lowering cholesterol and triglyceride levels. The procedure helps reducing lethargy and flabbiness of the body as the aging process slows down, and muscles are tightened.

Under the influence of massage movements in conjunction with the action of medicinal herbs, blood circulation is increased, and toxins are removed from the body. Dead skin cells are removed, and the skin is rejuvenated, cleansed, and nourished. The skin becomes soft, smooth, radiant, elastic, and velvety.

With preliminary Abhyanga: 2,600 ₪

Duration: 2.5 h

Pindaswedana – joint and spine health

In Pindaswedana herbal bags infused with hot medicinal oil are used for massaging the body. This extremely effective rejuvenating technique focuses on joints and marma (a junction on body where two or more types of tissue meet).

During Pindaswedana, the skin is cleansed of dead skin cells and polished, which makes it radiant and beautiful.

This technique is especially effective for dry and tired skin. The procedure slows down the aging process of the body, gives tone to the muscles and skin, eliminates pain and stiffness, reduces muscle tension, reduces cramps and spasms, nourishes body tissues and nerve fibers.

Pindaswedana releases stagnant energy, removes toxins, improves metabolism. Relieves drowsiness and apathy.

The procedure treats a broad range of conditions, such as paralysis, arthritis, rheumatism, emaciated muscles, multiple sclerosis, insomnia, and nervous diseases, for Vata dosha diseases, joint degeneration, lumbosacral pain, and peripheral neuritis.

With preliminary Abhyanga: 2,700 ₪

Duration: 2.5 h





Your Health

Customized Nutritional Plan

This is a complete menu with detailed recipes for breakfast, lunch and dinner for 2 weeks.

This nutritional plan is developed in accordance with Ayurvedic principles and is suitable for your constitution (dosha). This nutritional plan will help you maintain your health for many years to come.

- Meals are easily digested
- Vitamins and trace elements are fully absorbed
- Helps keeping ideal weight, to avoid being overweight or underweight

4,500 ₪



Consultation with Ayurveda specialist and Vedic psychologist Dr. Julia Chernobayeva (60 min)

2,500 ₪

Genetic Test



A unique genetic analysis where the traditional Ayurvedic approach to health is backed by the achievements of modern genetics.

- You will find out your predisposition to more than 250 diseases
- A personalized program will be created for you to prevent diseases to which you are predisposed, by using natural products and dietary supplements

Gene and constitution analysis is carried out in Institute of Cytology and Genetics of the SBRAS and supported by National Ayurvedic Medical Association.

The cost is calculated individually depending on the number of genes you provide.





VedaPulse Health Diagnostic

This technology combines ancient Ayurvedic knowledge and the achievements of modern science.

3,000 ₺

VedaPulse diagnostic allows you to:

- Determine the constitution of your body: vata, pitta, or kapha vikriti
- Conduct an assessment of all body systems and organs
- Identify risk areas and the degree of sludging of the body
- Create a personalized cleansing program
- Create an individual diet according to your body constitution
- Develop a personalized body care and health improvement plan with the daily routine, lifestyle adjustments, and physical activity recommendations.

*The health diagnostic is carried out by a certified specialist and a member of the National Ayurvedic Medical Association,
Dr. Julia Chernobayeva*





Herbal detox body cleansing programs

These cleansing programs are created by Ayurvedic doctors and backed by evidence-based science.

Herbal detox programs are unique, safe healing programs for the entire body.

All ingredients are 100% natural and organic.

We use Thai, Indian, and Chinese Ayurvedic herbs that promote gentle, deep cleansing.

Two cleansing programs:

1. Complete detox for women "Gentle Lotus"
2. Complete detox for men "Bala"

11,200 ฿

11,200 ฿

Detox cleansing course is designed for 14 days.

It is recommended to cleanse the body every 6 months to maintain health for many years ahead.





Detox for women "Gentle Lotus"

The program is designed specifically for women and their health.

Key features:

- Gentle cleansing of toxins, mucus, and undigested food
- Reduction of headaches
- Stabilization of blood pressure
- Regulation of bowel movements
- Improvement of sleep
- Increased energy and strength
- Improvement of the reproductive system
- Great help in recovery during diseases
- Maintenance of health for many years ahead

The program includes six powerful organic preparations:

1. Antiparasitic complex based on Ayurvedic herbs to cleanse the body

- cleanses the kidneys, intestines, liver, blood, blood vessels, helps to improve blood circulation
- helps to reduce the excess amount of mucus in the body
- alkalizes the blood
- safely removes toxins, salts of heavy metals from tissues.

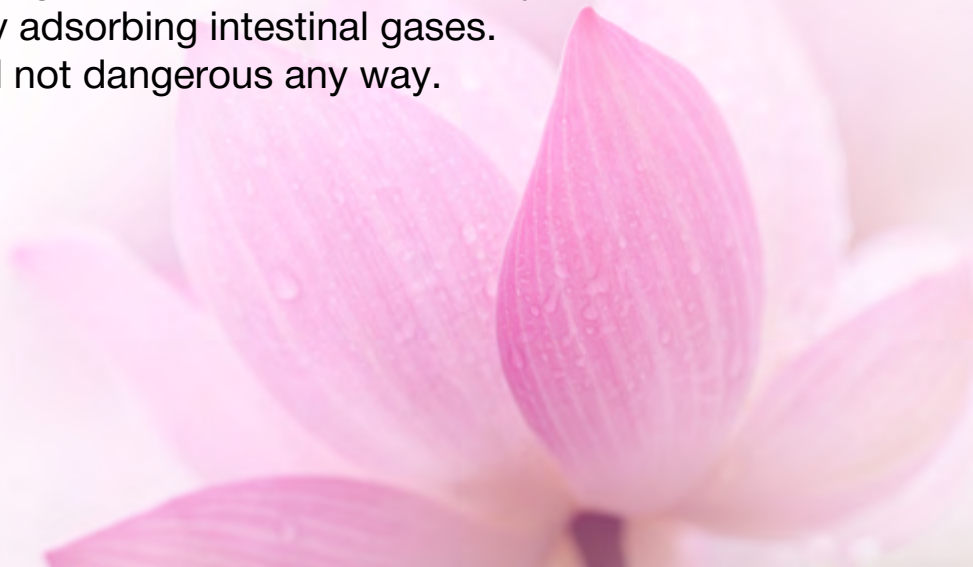
Ingredients: ginger root, fennel seeds, licorice root, fenugreek seeds, rhubarb root, plantain herb, cassia seeds, yan-shih-mi, Thai senna leaves, wormwood, clove seeds, green black walnut shell.

Contraindications: individual intolerance

2. Powerful natural sorbent - 10,000 times stronger than activated charcoal, and a powerful sorbent that gently removes metabolic waste products, traces of medications accumulated in the body, toxins, poisons, heavy metals, inorganic compounds, including chlorine, lead and mercury. It also helps to reduce the gas production by adsorbing intestinal gases.

This product is not toxic, and not dangerous any way.

No contraindications.



3. Phyto-formula for the normalization of pH balance and female microflora

- alkalizes the body
- reduces the growth of cancer cells, enabling anticarcinogenic effect
- supports hematopoiesis (blood formation), and increases the amount of oxygen in the blood
- detoxifies and regulates the digestive system

No contraindications.

4. A unique organic preparation for the normalization of women's health

- natural antibiotic
- excellent blood cleanser
- helps with bacterial infections of the urogenital area
- strengthens the immune system
- extremely effective in fighting viruses

No contraindications.

5. Powerful detox preparation

- with antiviral, antibacterial, antifungal, antiparasitic and antiseptic properties

No contraindications.

6. Probiotic

- increases the immune function of the gastrointestinal tract
- restores intestinal microflora and suppresses pathogenic flora
- normalizes digestion

No contraindications.

program duration: 14 days

11,200 ฿





Detox program for men "Bala"

The program is designed specifically for men.

Key features:

- Gentle cleansing of toxins, mucus, and undigested food
- Reduction of headaches
- Stabilization of blood pressure
- Regulation of bowel movements
- Improvement of sleep
- Increased energy and strength
- Improvement of the reproductive system
- Great help in recovery during diseases
- Maintenance of health for many years ahead



The program includes six powerful organic preparations:

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- helps to reduce the excess amount of mucus in the body
- alkalizes the blood
- safely removes toxins, salts of heavy metals from tissues.

Ingredients: ginger root, fennel seeds, licorice root, fenugreek seeds, rhubarb root, plantain herb, cassia seeds, yan-shih-mi, Thai senna leaves, wormwood, clove seeds, green black walnut shell.

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This product is not toxic, and not dangerous any way.

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3. Powerful detox preparation

- with antiviral, antibacterial, antifungal, antiparasitic and antiseptic properties

No contraindications.

4. Phyto-formula for the normalization of pH balance and female microflora

- alkalizes the body

- reduces the growth of cancer cells, enabling anticarcinogenic effect
- supports hematopoiesis (blood formation), and increases the amount of oxygen in the blood
- detoxifies and regulates the digestive system

No contraindications.

5. *Galangal-based preparation:*

- normalizes blood pressure and circulation
- removes toxins from the body
- prevents and treats prostatitis
- boosts immunity and rejuvenates the body
- reduces nausea, removes toxicosis
- has a mild analgesic and sedative effect
- relieves muscle and joint pain
- suppresses inflammatory processes in the body
- improves the condition of the kidneys and bladder
- reduces bloating and increased gas formation

No contraindications.

6. *Probiotic*

- increases the immune function of the gastrointestinal tract
- restores intestinal microflora and suppresses pathogenic flora
- normalizes digestion

No contraindications.

program duration: 14 days

11,200 ₺





Your Health

Biofeedback

Training in breathing techniques by using the VedaPulse device, Helps to reduce stress, insomnia, tension, panic attacks and other anxiety-related behaviours.

10 sessions

3,000 ₪



Color Therapy – using Bioptron, a Swiss medical device, to normalize energy centers of the body.

- Increases cellular energy, micro-circulation and cell activity
- Increases production of collagen and elastin
- Reduces swelling and inflammation

1 session (40 min)

5 sessions

400 ₪

1,500 ₪





Massage

60 min

Massage with aroma oils	500 ₪
Foot massage	400 ₪
Head and shoulders massage	400 ₪
Oil relaxing massage	500 ₪
Thai massage with herbal balm	500 ₪
Lymphatic drainage massage	1,200 ₪
Full body scrub and oil massage	1,000 ₪





Seminars

- **Ayurvedic secrets of a healthy diet**

Everything you need to know about the correct lifestyle and nutrition in accordance with ancient Ayurvedic science. Enjoy your health!

- **Ojas - the energy of life**

How to preserve your life force, on which the duration of your life depends.

- **Healthy spine in 10 minutes a day**

How to keep your spine in top condition in just 10 minutes a day.

- **Karma, and how to improve your destiny?**

Why do bad things happen to good people?

- **Meditation - the art of being happy**

How meditation can be applied in modern life to stay in good health and to achieve spiritual well-being.

- **Secrets of longevity of yogis**

Simple Ayurvedic rules to help maintain health for many years and to improve destiny.

- **Three doshas: vata, pitta, kapha**

- **Panchakarma - Ayurvedic detox**

- **Three modes of material nature**

and many others.



Transport Services (1-way)

	<i>1 - 2 people</i>	<i>3 - 4 people</i>	<i>5 - 10 people</i>
Chaweng beach	700	800	1,000
Central Festival mall	700	800	1,000
Fisherman Village	700	800	1,000
Samui Airport	800	1,000	1,200
Lamai beacj	600	700	800
Mae Nam	600	700	800
Nathon	300	400	500
Seatran Ferry	300	400	500
Nathon pier	300	400	500
Lomprayah Pralarn pier	600	700	800
Lomprayah Bangrak pier	800	1,000	1,200
Raja Ferry pier	200	300	400





Excursions around koh Samui

Hin Lad Waterfall

Rocket trees, amazing vegetation and powerful prana-filled waterfalls await! We trek through the jungle to see and swim in some of the most beautiful waterfalls on the island!

To take:

- comfortable shoes
- swimwear
- drinking water

500 ฿

The price includes transport and an experienced guide.

Duration: 3 hours



Safari-style Tour

A full day of adventure and discovery in Jeeps!

- Big Buddha (temple)
- Scenic jungle road
- Viewpoints with breathtaking views
- Stop at the pool in the mountains, rest and lunch
- Visiting the elephant sanctuary
- Namuang Waterfall 1
- Samui Cultural Center with authentic thai costumes (you can arrange a photo shoot with them separately)

You will need:

- sunscreen, hat, swimwear and towels
- when visiting the temple, please wear something to cover shoulders and knees.

1,700 ฿ per person

The price includes transportation, entrance fees, lunch, water, and an experienced guide.

Duration: 7 hours



Exploring the nearby islands ***The perfect sea adventure for all ages!***

1. Koh Tan Island:

- snorkeling with colorful fish
- walk through the tropical mangrove forest
- kayaking in a picturesque bay

2. The island of Koh Madsum, a paradise beach with funny inhabitants - pigs!

3. Koh Rap - deer island, the most remote and virgin island in this tour. Snorkeling right from the beach.

On your trip you will need:

- sunscreen
- swimsuit
- headdress
- towel

1,300 ฿ includes:

- boat with captain
- an experienced guide
- full face snorkeling masks
- life jackets
- water, fresh fruits and chips
- kayaking
- entrance tickets to the islands

We meet at Taling Nam Pier.

Transportation to Taling Nam Pier is NOT included.

Duration: 5 hours



Two Temples in one Tour

- Your guide will expertly tell the story of both temples and fill with meaning their various elements
- You will enjoy the colorful temple architecture and take beautiful photos!

1. The largest temple of Koh Samui is Wat Plai Laem "Complex of the Many-armed Goddess"
Built on a lake with giant catfish and golden carps.



2. *The 12-meter Big Buddha protects the island from all adversity*
On the territory of this temple there is a Thai market with original souvenirs.

Note: to visit the temples, please choose clothes that cover knees and shoulders.
Traditionally, shoes are taken off at the entrance to the temple.

700 ฿
includes transportation and
an experienced guide. Duration: 4,5 h



*Explore mountains, temples,
and waterfalls!*



Join us in Satva Samui!




@retreat_yoga_hotel_satvasamui



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 SATVA SAMUI