

THAI AROMA INHALER PERSONALIZED FOR YOUR LIFEFORCE

Learn to craft a timeless Thai aromatherapy inhaler, designed to comfort the mind and alleviate nasal congestion, nausea, and dizziness.

WORKSHOP HIGHLIGHTS:

• FIND OUT YOUR LIFEFORCE

Get to know the essential forces behind your physical, mental, and emotional well-being.

• HANDS-ON EXPERIENCE:

Craft your very own inhaler suitable for your lifeforce, integrating traditional Thai wellness with hands-on recreation.

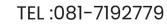
• BRING HOME THAI WELLNESS

Extend the Thai wellness journey and bring back home your own handmade THAI AROMA INHALER.

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THAI YOGA (RUE- SRI DAT TON)

Practicing a series of traditional Thai exercise to help you stay feeling young, happy and healthy.

WORKSHOP HIGHLIGHTS:

• HOLISTIC WELLNESS:

Experience deep relaxation and rejuvenation with this ancient Thai practice, blending stretching, breathing, and acupressure.

• SPINAL HEALTH:

Strengthen and balance your spine while alleviating muscle aches through specialized postures and deep breathing.

• INNER CALM

Promote inner peace and calm with techniques designed to massage internal organs and enhance overall flexibility and strength.

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THAI COOKING CLASS

Thai food is an international favorite, at Suuko you can learn how to make worldfamous Thai dishes from scratch, with an emphasis on herbal properties of the dishes to boost body and immunity balance.

WORKSHOP HIGHLIGHTS:

• AUTHENTIC EXPERIENCE:

Learn to cook world-famous Thai dishes from scratch with a focus on herbal benefits for body and immunity.

• SCENIC SETTING:

Enjoy your cooking class in a beautiful open-air environment, immersing yourself in nature as you cook.

• MORNING MARKET ADVENTURE:

Start your experience with a visit to the local morning market to select fresh, authentic ingredients.

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OUR SPA AWARDS OVER THE YEARS 2008-2019











(SELF-FOOT) MASSAGE LESSON

Show gratitude to your feet with a Thai foot massage. Stimulating reflex points promotes proper energy flow, helping to correct body imbalances and enhance overall well-being.

WORKSHOP HIGHLIGHTS:

• SELF-CARE PRACTICE:

Learn how to give yourself a rejuvenating Thai foot massage, a wellness technique you can easily incorporate into your daily routine to pamper your hardworking feet.

• ENERGY BALANCE:

Discover how stimulating reflex points can enhance the flow of energy throughout your body, helping to correct imbalances and promote overall well-being.

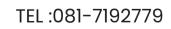
• HANDS-ON EXPERIENCE:

Practice the massage on your own feet during the session, allowing you to confidently apply the techniques at home.

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Suuko Thai Wellness experience to MICE (Meetings, Incentives groups)

Customizable Group Experience: Tailor your wellness journey with options for groups ranging from 15 to 60 participants, perfect for team-building and incentive trips.

Holistic Activities: Engage your group with a variety of wellness activities, including Thai cooking classes, Yoga, Aroma Inhaler by Life Force, and Self- Foot Massage lessons.

Exclusive Discounts: Book now and receive a 10% discount for group bookings from now until December 2024. Ideal for corporate retreats and team incentives!