



# 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.

## RESERVE YOUR SPOT BY REGISTERING AT



suukowellness.com



TEL :081-7192779



OUR SPA AWARDS  
OVER THE YEARS  
2008-2019





# 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 world-famous 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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# (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!