

Trisara's Jara Wellness elevated by return of six-hands Royal treatment

New facial therapy and wellbeing program also enhance offerings at renowned facility

PHUKET, Thailand (March 30, 2023) – Jara Wellness, the award-winning spa at Trisara, is reupping its wellness offerings with the reintroduction of its signature Royal Trisara six-hands treatment and unveiling of a new facial therapy and a wellbeing program.

Trisara, an exclusive hideaway in Phuket's unspoiled northwestern corner, is regarded as one of Thailand's most desirable addresses. And Jara Wellness, with its serene treatment rooms and expert therapists, is one of the resort's outstanding features.

The century-old ficus tree that surrounds Jara Wellness provides inspiration for its five pillars. Those are: nourish the roots, engage with the soil, give strength to the core, be tranquil, and take care of one's inner self. These principles inform the spa's *Root to Wellness* philosophy which focuses on mindful, active, natural, restorative, and wholesome healing.

And the Zen appeal of the facility is being enhanced courtesy of its new and reintroduced therapies that provide the ultimate in spa relaxation.

"Thanks to the therapies at Jara Wellness, Trisara is regarded as one of the best spa resorts in Thailand," says Kittisak "Kitt" Pattamasaeви, the CEO of Montara Hospitality Group, the owners of Trisara. "By adding carefully curated experiences to our wellness offerings, our reputation as a hub for holistic therapies can only be enhanced."

Royal Trisara, a 90-minute, three-therapist, six-hand massage procedure has just been relaunched as the resort's signature treatment and is a not-to-be missed experience.

The experience begins with a foot scrub using lemongrass essential oil. A gentle Thai massage to the feet and shoulders is followed by a series of Thai herbal hot compress pouches being applied to specific parts of the body channeling energy and relaxing muscles.

The treatment then evolves into a combination of Thai and Swedish massage using organic jojoba oil which is non-fragrant and highly nutritious to the skin with kneading, acupressure and long strokes from the therapists' hands, forearms and elbows timed in perfect synchrony across the entire back of the body.

The experience concludes with a simultaneous warm coconut oil, scalp, head and shoulder massage, and Thai oil foot massage.

While the Royal Trisara treatment is making a welcome return following the pandemic, other therapies at Jara Wellness are completely fresh. A new facial therapy uses

premium products from The Organic Pharmacy, a leading Thai skincare brand, to achieve perfectly healthy skin and cutaneous wellness.

Also new are a selection of curated wellbeing programs which combine body shape and fitness analysis with expert consultants, spa experiences at Jara Wellness and holistic and active movement sessions with options spanning Muay Thai (Thai boxing), yoga, tai chi and meditation.

Thailand's tourism leaders are promoting wellness as a priority in the wake of the pandemic. And Kitt is confident that the world-class offerings at Jara Spa will help drive this push.

"Wellness travel is growing, and the quality of the traveller is also higher in this niche," said Kitt. "Our traditional Thai healing practices take cues from the restorative spirit of nature and address the sensitivities of modern life and I think that is something that resonates with people currently."