

VISITING WELLNESS PRACTITIONER JANG KANLAYANEE

A native from Thailand, a background of Health Science, has been experiences in the spa & wellness and hospitality working industry for 20 years. Worked in numerous five-star wellness resort such as Kamalaya Thailand, Soneva Kiri Six Senses Thailand, Jumeirah Vittaveli Resort, Maldives, One & Only Resort Australia as Wellness and Holistic Practitioner. Museflower Retreat & Spa Chiang Rai Thailand of wellness Trainer and Practitioner.

Jang is Passionate about teaching and training wellness and yoga therapies, where she hopes to share her knowledge in aligning the body and mind back into balance. She believes when the physical body is healthy, everything will glow



Discover your Way

Join Jang for an energizing Tai Chi Class to start your amazing day

Tai Chi Experience

Sunday & Wednesday

A gentle meditative physical exercise and stretches to cultivates inner energy (Qi) flow through the body.

Receive the powerful energy from this beautiful island and elevate your vibration!

Time: 07:00 -07:45 a.m.

Venue: Yoga Champa

(Complimentary)

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Emotional Released Massage

A detoxifying and stimulating massage focusing on the abdomen area, unlocking emotional and energetic blockages stored in the internal organs with hands and crystal techniques. To relieve stress, improve digestion system and stimulate chakras.

Body Alignment Massage

Combining many years of experiences in bodywork and various modalities. Be spoke treatment suitable for you to solve and align your body and mind, back into balance state. Add cupping or Tok Sen (traditional Thai Lanna style).

Manual Lymphatic Drainage with Crystal Sound Therapy

The flowing techniques with gentle oil massage to activates the lymphatic system whilst the stimulation and eliminate toxins from your body enhancing and balances the vital functions of body and leading to a revitalization the immune system. The vibrations sound of the crystal singing bowls to promote deep relaxation and aligned the brainwave to alpha wave frequency.

Chakra Healing with Crystal

Start a deeply relaxing face and head acupressure points massage using natural crystals to awakens and lifts your skin, improve microcirculation and stimulate chakras. Combination of Crystal and Reiki healing assist in the body's natural healing processes, and improve emotional, mental, and overall well-being.

Contemporary Thai Stretching

Combining the Yoga and Thai stretching techniques style. The ultimate for pre or post workout, to keeps the muscles flexible, strong, healthy, release the pain and sore muscle. Suitable for those who want to relax the muscles but without a massage.

Foot Reflexology with Crystal

A specialized form Chinese meridian line reflex on your feet and leg combined with crystal. This treatment will stimulating reflex nerves which are systematically linked to all parts of your body. Body balance at its best, clear meridian blockages, and crystals will leave you harmonized and in tune with your body



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Wellness Activities Class

Jang is trained in various Wellness activities to support your body and mind included Yoga, Tai Chi, Pilates, Breathing Exercise and Sound Healing Therapy. Designed your session from meditative to dynamic class, and it will customize based on your needs.

- * Sound Healing with Crystal Singing Bowl
 - * Yoga
 - * Tai Chi Experience
 - * Body Balance Exercises
- 30 – 45 minutes session

**All Classes are private, maximum of 2 pax

Retreat Packages

Discover the holistic and healing treats for mind, body and soul focus on purifying and rejuvenating for long term benefits. A combination of several treatments and wellness classes. Begin the retreat with consultation with Jang to guide you to revitalizing road for inner peace and balance state.

- * **Body Awakening**
Body Alignment – Emotional Release – Crystal Face Massage

- * **Wellness Awakening**
Emotional Release Massage – Foot Reflexology – Chakra healing – Crystal face Massage – Sound Healing

- * **Destress Away**
1st Day Yoga and Pranayama
 Body alignment massage
2nd Day Yoga and sound meditation
 Emotional Release Massage
3rd day Manual Lymphatic Drainage with Crystal sound vibration Massage

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* Body Awakening

- 1st Day Yoga and sound healing,
Body Alignment massage
Emotional Release massage.
- 2nd Day Body balance Exercises
Manual Lymphatic Drainage with Crystal Sound Vibration
- 3rd Day Contemporary Thai stretching

* Mindfulness Retreat

- 1st Day Yoga and Sound Healing with Crystal Singing Bowls
Emotional Release Massage
- 2nd Day Tai chi experience
Manual Lymphatic Drainage with Crystal sound vibration Massage.
- 3rd Day Body balance exercise
Body Alignment massage
- 4th Day Yoga and Sound Healing with Crystal Singing Bowls
Reiki Chakra Healing with Crystal Face Massage
- 5th Day Foot reflexology with Crystal
Emotional Release massage

* Yoga Retreat

- 1st Day Yoga and Pranayama
Emotional Release Massage
- 2nd Day Yoga and Meditation
Body Alignment massage
Foot Reflexology with Crystal.
- 3rd Day Yoga and Pranayama
Manual Lymphatic Drainage with Crystal sound vibration Massage.
- 4th Day Yoga and Meditation
Contemporary Thai Stretching
Foot Reflexology with crystal.
- 5th Day Chakra Healing (Reiki)
Crystal Face Massage



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Emotional Released Massage 60 90 minutes	250 290
Body Alignment Massage 60 90 minutes	250 290
Manual Lymphatic Drainage with Crystal Sound Therapy 60 90 minutes	250 290
Chakra Healing with Crystal 75 minutes	280
Contemporary Thai Stretching 60 minutes	250
Foot Reflexology with Crystal 60 90 minutes	250 290
Wellness Activities Classes 30 - 45 minutes	200
Body Awakening 120 minutes	450
Wellness Awakening 210 minutes	700
Destress Away 3 days	940
Body Awakening 3 days	1000
Mindfulness Retreat 5 days	1400
Yoga Retreat 5 days	1990

Advance reservation is essential please contact your Friday or spa at 5457
Price are quoted in USD dollar are subject to 27.6% service charge and goods and service tax

