

The
RAINForest

BANYAN TREE SPA KRABI

A Guide to The Rainforest

Embark on a journey of total well-being and indulge your five senses in the tranquility hydrotherapy at Banyan Tree Spa, Krabi. This extraordinary healing water therapy is designed to tingle your senses, strengthen circulation, soothe nerves, and restore the immune system.

Please proceed through The Rainforest according to the map sequence for optimal benefits. A period of passive relaxation on a lounger is always recommended to complete the therapeutic process. The greatest benefits are achieved when the bather adheres to these rules and guidance from your experienced Banyan Tree Spa Host.



Welcome to Banyan Tree Spa Krabi Rainforest

Developed and conceptualised by Banyan Tree Spa, The Rainforest is a complete hydrothermal experience combining the best of European spa and hydrothermal therapy with the essence of Asian wellness philosophy to create a haven of serenity, warmth and comfort. The design is based on the natural phenomenon to pamper the guests' minds and souls. With nine different hydrothermal therapy experiences, each designed to soothe and revitalize different parts of your body through the five senses, Banyan Tree Spa presents a truly holistic and rejuvenating wellness experience.

Surrender your worries and leave your stress behind as you retreat in the secluded confines of The Rainforest. The Rainforest at Banyan Tree Krabi is designed to imitate power of natural healing in form of 5 senses, Sight, Sound, Smell, Touch and Taste. You will indulge in the virtual natural phenomenon of the warm Aurora light, the peaceful sound of the water, the gentle smell of the nature, the soft touch of the current, and the palatable taste of natural herbs

We invited you to relish with this exceptional well-being experience and pamper the five senses in The Rainforest Indulgence and personal hydro experience at Banyan Tree Krabi.

❖ Sight

Light is considered to be one of the purest healing forces in the universe. Close your eyes and step in the first sense experience, Auroral Lights. With several shades of the color that surrounding you, this extraordinary man-made natural lighting is designed to improve awareness, to calm the mind down and eliminate emotional blockages. It can also help natural healing in a body and enabling overall well-being.

❖ Sound

While overwhelming in the sense of sight, the gentle sound of the water flow and relaxing rhythm will blow softly to your ears. The sound of the water is the natural meditation to invite you to take a break from the fast paced and loud world that we live in. This tranquil rhythm is carefully selected by Banyan Tree Spa and exclusive for our guests at Krabi. It is the ideal assistant to help you to release tension and create an ambience of relaxation. The natural and relaxing sound will produce an immense sense of mental tranquility, deeper relaxation, and relief the stress.

❖ Smell

Once the sense of sight and sound have already worked their own way to unwind your mind, the sensual smell of the aromatic essence of fresh and dried Thai herb is whiffing in the air around you to stimulate your multi-sensory experience. Close your eyes, empty your mind, and softly inhale the aroma scent and then exhale the stress and your worry away, this will prepare your mind in peace and calm to begin the next journey to the sense of touch.



◆ Touch

Step in and embrace yourself into the series of touch by the pure and natural water through the signature experience, The Rainforest by Banyan Tree Spa. We present a fusion spa experience, combining the best of its signature spa treatments with its state-of-the-art hydrothermal facilities within The Rainforest to maximise your wellness experience. Come and join us for your ultimate relaxation in the sanctuary of the nature.

The Rainforest: Overview of Facilities

1. Rain Walk (5 minutes)

- Surrender yourself to an invigorating Rain Walk and be caressed with a generous shower of warm water to cleanse your body and encourage blood circulation before continuing your journey of The Rainforest.

2. Steam (Swop with the cold shower) (10 minutes)

- Feel your tension melt away in this aromatic steam chamber. With a high temperature, heavy perspiration, it will help to start your skin's impurities, remove toxins, improve your tired mind and body, and reduce muscle pain.

3. Sauna (10 minutes)

- Step in this dry chamber to melt away your tension and promote your body detoxification. Your immune system also receives a boost as circulation improves. The aromatic essence of dried herbs and flowers in a warm and comforting chamber are paired with soothing lights to complete this multi-sensory experience.

4. Ice Fountain (5 minutes)

- Rub fresh ice on your body to tighten your skin while enhancing your circulatory system. Recommended for those who wish to address a specific cellulite-prone area. This unique and refreshing experience helps boost one's blood circulation.

5. Vitality Pool (10 minutes)

- Unwind yourself in the vitality pool. Water jets are used for the treatment of stress, to relax tense muscles and improve blood circulation, working like a soft acupressure over all the body to calm the lungs and reduce headaches, tension and sleeplessness. The Vitality Pool consists of four stations:

- ▶ Upper-body Hydro Jet
- ▶ Cascade Jet (Cobra Jet)
- ▶ Relaxing Foot Massage
- ▶ Hydro Massage Lounger

6. Outdoor Cold Plunge Pool (3-5 minutes)

- Delight in this outdoor cold plunge pool surrounding with the tropical plants and listen to the sound of the natural cascade. The cold water will help to increase more oxygen into the blood and forward directly to the muscles and tissues which can help to relieve swelling and remove lactic acid.

7. Outdoor Hot Plunge Pool (10 minutes)

- Indulge yourself in the outdoor hot plunge pool with the verdant landscape. The high-temperature water will help to increase blood flow, flexibility and loosen muscles.

8. Jet Pool (5 minutes)

- Relax and unwind your senses with the water jets in the Jet pool. Feel your tension melting away as the water jets gently massage different parts of your body. A truly indulgent and soothing experience.

9. Heated Bed (10 minutes)

- Pamper yourself on the heated bed to warm up your muscle, allow the deep relaxation for your entire body, and mind lounging experience to be ready for the unforgettable spa treatment

◆ Taste

Enjoy the completion and enhance the five senses of the personal hydro experience by taking a sip of the healthy taste of the hot sweet clam tea for ladies and the vital boost tea for gentlemen while indulge yourself in the warmth of the heated bed. The sweet calm tea and the vital boost tea are designed specially for male and female guests and they are built on Thai Traditional Medicine knowledge of the different needs to support the vital force of the both genders. The drinks will complement your sanctuary journey by promoting your inner sense and healthy body.



There's never been a more important time than now for self-care and taking charge of your own wellbeing. From hot to cold, we deliver the secret healing and hidden health benefit of the nature to pamper your body and soul at Banyan Tree Spa. It is the time to reward and take care of yourself to fully charge the power of life before spreading and sharing your love and care to others.

Thank you for taking care of yourself to complete physical, mental and spiritual renewal at Banyan Tree Spa.

Note: The guests under 18 years are not permitted to use the hydrothermal facility as it is not advisable to subject their developing bodies to extreme temperatures







BANYAN TREE
SPA
KRABI