

# Oriental Ayurvedic Treatments in Thailand



The Oriental spa, Bangkok has opened a new facility, The Oriental Ayurvedic Penthouse. The Oriental Ayurvedic Penthouse offers various healing and natural treatments.

The art of Ayurveda originated in Kerala, South India. The word Ayurveda is a combination of words “life” and “knowledge” and means “the science of life”, dealing simultaneously with body and soul. Among the treatments performed in Oriental Ayurvedic Penthouse is the Keraleeya Abhyangam. It is a four-handed synchronized rhythmic massage performed by two therapists. Ayurvedic herbal powders are used during the Udwatanam (dry herbal massage). Another therapy is called Pizhichie. All of the above therapies use ancient Indian knowledge of medical art.

Ms Christina Watson, an experienced Ayurvedic consultant, oversees the establishment, and there are also two professional therapists from India working in the facility.

The Penthouse is equipped with things imported from India and Thailand. This includes herbal mixtures, plant based product, stand alone copper bathtubs or 100-year old wooden tables. All these things are meant to create a specific atmosphere.

Among other resorts there are Bangkok Marriott Resort & Spa and Hua Hin Marriott Resort & Spa. Both are luxurious resorts. Bangkok Marriott Resort & Spa is situated in the middle of tropical gardens on the banks of the Chaopraya River. The gardens occupy more than 11 acres. Among the specialties of this facility is a Thai-style massage and beauty process, facials and body massages, manicures and pedicures. The resort encompasses newly renovated Club Lounge, lobbies and meeting rooms. There are also five restaurants, five bars & lounges, a Kid’s Club. The resort received the TUI Holly Award for being one of the Best 100 Hotels in the World.

Hua Hin Marriott Resort & Spa is beautifully surrounded by tropical gardens and there is also a man-made lagoon, pool, beauty salon, and a herbal steam room.

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