



ABOUT COOL TRADITIONAL THAI MEDICINE CLINIC

IMMERSE YOURSELF IN THE HEALING JOURNEY OF TRADITIONAL THAI MEDICINE ENHANCED BY MODERN MEDICAL APPROACHES. OUR EXPERTLY CURATED TREATMENT PROGRAM BLENDS HOLISTIC HEALTH RESTORATION WITH THE THERAPEUTIC POWERS OF HERBS, NATURE, SUNLIGHT AND NOURISHING CUISINE, SET AMIDST THE SERENE RAINFOREST AMBIANCE OF SRI PANWA. NESTLED ON THE TRANQUIL SIDE OF PHUKET ISLAND, THIS PEACEFUL RETREAT OFFERS REJUVENATION FOR YOUR MIND, BODY AND SOUL, ALLEVIATING STRESS AND FATIGUE WHILE REPLENISHING YOUR LIFE FORCE.



TRADITIONAL THAI MEDICINE

THERAPEUTIC MASSAGE / นวดแก้อาการ

30 MINS / 2,500 ++

60 MINS / 4,000 ++

THIS TREATMENT ALLEVIATES BOTH PHYSICAL AND EMOTIONAL TENSION, AND ENHANCES FLEXIBILITY AND ENERGY LEVELS THROUGH THE APPLICATION OF THAI MASSAGE TECHNIQUES, SPECIFICALLY TARGETING AREAS OF STRESS AND DISCOMFORT.

CUPPING THERAPY / ถักลม

60 MINS / 3,500++

THIS TECHNIQUE EMPLOYS SPECIALIZED CUPS PLACED ON THE SKIN TO CREATE SUCTION, RELEASING TENSION, IMPROVING BLOOD FLOW AND REDUCING INFLAMMATION BY ADDRESSING THE WIND ELEMENT

HERBAL BURNING / เผายา

60 MINS / 3,500 ++

TO ADDRESS ISSUES SUCH AS BLOATING, INDIGESTION AND EXCESS GAS IN THE INTESTINES, WE APPLY FRESH THAI MEDICINAL HERBS TO THE ABDOMEN, FOLLOWED BY TRADITIONAL THAI MEDICAL TECHNIQUES FOR ABDOMINAL MASSAGE. THIS TREATMENT IS PARTICULARLY BENEFICIAL FOR INDIVIDUALS EXPERIENCING CONSTIPATION, BLOATING OR THOSE WHO SIT FOR EXTENDED PERIODS AS IT PROMOTES INTESTINAL PERISTALSIS.

VASTI THERAPY / ถักน้ำมัน

30 MINS / 1,900 ++

THIS TREATMENT ALLEVIATES MUSCLE ACHES, TENDON STIFFNESS AND TIGHTNESS BY APPLYING HERBAL OIL TO THE SKIN, USING A THERMAL PAD TO MELT TENSION, AND THEN EMPLOYING THAI MASSAGE TECHNIQUES.

HERBAL BATH / แช่ยาสมุนไพร

30 MINS / 1,500 ++

SOAK IN OUR HERBAL BATH TO EXPERIENCE THE SOOTHING WARMTH OF WATER INFUSED WITH TRADITIONAL THAI MEDICINAL HERBS, WHICH EXPANDS YOUR BLOOD VESSELS, EASES MUSCLE PAIN AND FATIGUE ACCUMULATED FROM DAILY ACTIVITIES, AND PROMOTES BETTER SLEEP.

OFFICE SYNDROME RECOVERY

120 MINS / 6,000 ++

RELIEVING BACK, NECK, AND SHOULDER PAIN RESULTING FROM EXTENDED WORK HOURS OR EXERCISE INJURIES INVOLVES PINPOINTING MUSCLE TENSION AND TENDER TRIGGER POINTS. OUR THERAPEUTIC INTERVENTIONS, WHICH INCLUDE SPECIALIZED MASSAGE TECHNIQUES AND CUPPING THERAPY, ALSO ADDRESS ASSOCIATED ARM PAIN AND NUMBNESS.

LOWER BACK PAIN

120 MINS / 6,000 ++

ALLEVIATE LOWER BACK PAIN WITH OUR SPECIALIZED THAI MASSAGE TECHNIQUE, ENHANCED BY CUPPING THERAPY AND HERBAL BURNING. OUR THERAPEUTIC APPROACH UTILIZES HERBAL REMEDIES COMBINED WITH TARGETED HEAT RELEASE TO PROMOTE DEEP HEALING AND RELIEF.

MIGRAINE RECOVERY

120 MINS / 6,000 ++

SYMPTOMS OF HEADACHES OFTEN OCCUR RHYTHMICALLY WITH THE HEARTBEAT, COMPOUNDED BY STRESS FROM PROLONGED SUN EXPOSURE WHEN THIS HAPPENS, WE TREAT THESE SYMPTOMS THROUGH TRADITIONAL THAI MASSAGE TECHNIQUES THAT TARGET THE NECK, SHOULDERS AND BACK TO RELAX THE MUSCLES AND IMPROVE BLOOD CIRCULATION. TO FURTHER REDUCE TENSION, WE APPLY SOOTHING THAI MEDICINAL HERBAL MASKS TO THE FACE, IMPARTING A SENSE OF REJUVENATION AND DEEP RELAXATION.

KNEE RECOVERY

120 MINS / 6,000 ++

TO ALLEVIATE SYMPTOMS, WE UTILIZE THE AGE-OLD METHOD OF APPLYING HERBAL REMEDIES AND CONTROLLED FLAME TO RELEASE HEAT AND FACILITATE MEDICINAL HEALING, PROMOTING ENHANCED BLOOD CIRCULATION AROUND THE KNEE AREA. THIS IS FOLLOWED BY A TARGETED THAI MASSAGE TECHNIQUE, FURTHER ENHANCING RELIEF AND PROMOTING OVERALL WELL-BEING.

DIGESTIVE SYSTEM RECOVERY

100 MINS / 5,500++

TO EASE CONSTIPATION AND FLATULENCE BY PUT HERB AND SET FLAME TO RELEASE HEAT, MEDICAL HEALING AND PUT THE HOT POT ON THE STOMACH TO RELEASE THE WIND ELEMENT IN THE STOMACH

FROZEN SHOULDERS

120 MINS / 6,000 ++

FROZEN SHOULDERS ENTAIL PAIN AND STIFFNESS IN THE SHOULDER JOINTS. OUR APPROACH BEGINS WITH THE APPLICATION OF HEATED THAI HERBS TO GENTLY RELAX THE MUSCLES AND TENDONS. THIS IS FOLLOWED BY THE APPLICATION OF HERBAL OIL AND SPECIALIZED THAI MASSAGE TECHNIQUES, AIMED AT RELEASING TENSION IN THE NECK AND SHOULDERS, PROMOTING FLEXIBILITY AND RELIEVING DISCOMFORT.

PLANTAE FASCITIS

90 MINS / 5,000 ++

PLANTAR FASCIITIS, A COMMON CAUSE OF HEEL AND FOOT DISCOMFORT, ARISES FROM IRRITATION TO THE PLANTAR FASCIA, DENSE TISSUE BANDS LINKING THE HEELS TO THE TOES. OUR APPROACH BEGINS WITH CUPPING THERAPY, FOLLOWED BY SPECIALIZED THAI MASSAGE TECHNIQUES TO ALLEVIATE MUSCLE TENSION AND PROMOTE RELIEF.

TRIGGER FINGER

90 MINS / 5,000 ++

TRIGGER FINGERS CAN RESULT IN A FINGER FEELING STUCK IN A BENT POSITION. TO ALLEVIATE THIS DISCOMFORT, WE BEGIN WITH THE APPLICATION OF THAI HERBAL REMEDIES TO THE HANDS, FOLLOWED BY TARGETED THAI MASSAGE TECHNIQUES ON THE AFFECTED AREA.

TO ENHANCE YOUR SPA EXPERIENCE, PLEASE ARRIVE 15 MINUTES BEFORE YOUR APPOINTMENT FOR CHANGING, SHOWERING AND YOUR COMPLIMENTARY FOOT BATH. PRICES ARE IN THAI BAHT AND SUBJECT TO 10% SERVICE CHARGE AND APPLICABLE 7% GOVERNMENT TAX, 20% ADDITIONAL CHARGE FOR VILLA SERVICE.

Sri panwa

PHUKET



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