


A close-up photograph of a woman with dark, wet, curly hair. She is smiling and looking directly at the camera. Her right hand is raised towards her face, with sand clinging to her fingers. The background is a blurred view of the ocean and a beach under a warm, golden light, suggesting sunset or sunrise. The overall mood is relaxed and refreshing.

**MOKSHA<sup>®</sup>**

SPA & WELLBEING CENTER





Living in today's fast-paced world, the stresses of modern life are unrelenting with intense demands being made on our time and energy every single day.

As individuals, our strong desire to be our best self sees us striving to learn new skills, achieve more at work, be a better parent, partner or friend. The constant urge to always be pushing forward, to do more and be more is real...

It's exhausting and overwhelming.

We believe that everyone deserves a special place to just BE themselves. A place to energise and replenish, a place to chill out and have fun, a place to explore and discover, a place for kindness and self-care, whatever that looks like for you. For us, it's about providing a place where you can shine in your own kind of light and we created it just for you...

We call it **MOKSHA**

It's natural, real and unfiltered.

At Moksha, we like to keep things real which is why we are all about Balanced Wellbeing. You won't hear us making any claims on our ability to unravel years of stress or dramatically transform your health during just a week's holiday because we're experts and we know it takes a little longer than that..

BUT what we can do is give you a beautiful escape, a place to replenish your energy, to move, play and care for your body, a place where you can relax your mind and reconnect with your heart.

It's a center devoted to wellbeing and it's yours to discover

A place to immerse and truly relax

A place just to be YOU

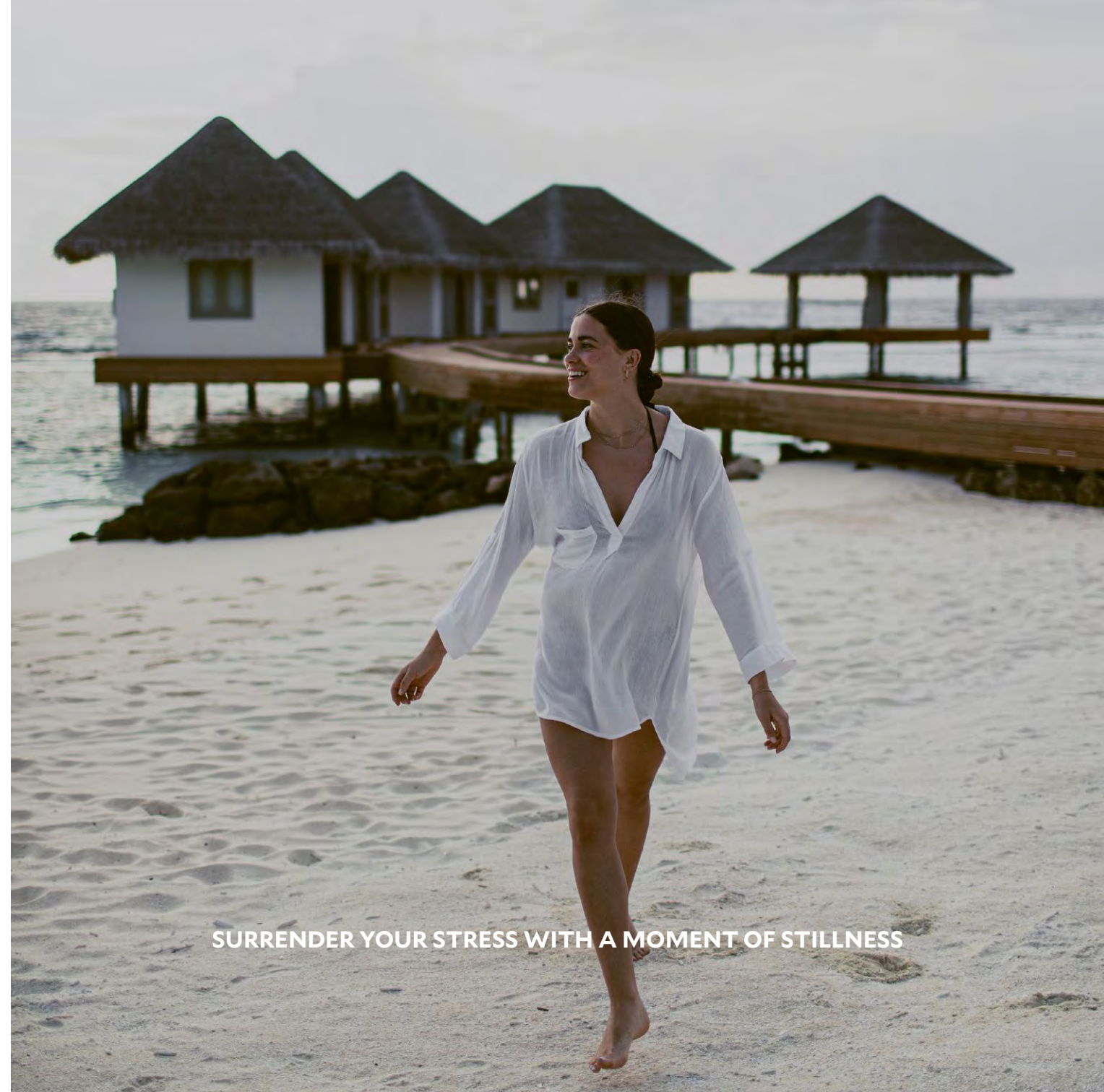


Moksha means Freedom in Sanskrit

It is a state of eternal bliss

Moksha is ultimate goal of personal and spiritual development

It is total body replenishment



**SURRENDER YOUR STRESS WITH A MOMENT OF STILLNESS**

THE **MOKSHA**<sup>®</sup> JOURNEY  
SPA & WELLBEING CENTER







## INTERNATIONAL AND RESIDENT WELLNESS PRACTITIONERS

**MOKSHA** Spa & Wellbeing Center offers special workshops and private sessions with our Resident Wellness Practitioner and visiting Masters in various wellness disciplines.

Our coaches, practitioners, and healers live with us and visit us from around the world to share their talents and gifts with those who choose to explore and understand the deeper realms of holistic well-being for the body, mind and spirit.

Our resident wellness practitioner is available to offer complimentary wellness consultations for every guest. The practitioner will then create a personalized program just for you based on the findings of that consultation. Your personalized program will include curated recipes for either wellness, spa, or a combination of both

## WELLNESS RETREATS

The pressures and demands of our professional, social and family Life can create imbalances in the quality of our life and our personal health.

At **MOKSHA**, we understand these imbalances happen and have carefully designed wellness programs to help you re-engage with the loss of that synergy and balance in your life. We believe each individual is unique and requires an assessment through a personal consultation with our wellness coaches.

The wellness programs outlined below will be customized to suit you and your lifestyle to achieve your desired goals. We combine personal wellness with fitness and nutrition to ensure we have effective and results-oriented programming. These longer-stay wellness journeys are your own private journey to understanding yourself and how to ensure you are living at an optimal level always.





## HEALTH ASSESSMENTS

The first step in change is awareness. This assessment will help you determine where you currently sit in each aspect of wellbeing and highlight areas you might like to make changes. Our wellness assessments are essential to defining your goals and setting your intentions. Your assessment is key in providing insight and exploring your wellness potential thoroughly.

### BODY COMPOSITION

BMI provides an analysis of understanding your current body composition, allowing you to have the highest body composition accuracy in the comfort of your home. This leads to an understanding of where the body can improve.

### FUNCTIONAL FITNESS ANALYSIS

Our fitness experts will go through a personalized selection of formal tests to assess your functional fitness, focusing on flexibility, coordination, strength, muscular and cardiovascular fitness.

### WELLNESS CONSULTATION

A personal wellness consultation with a wellness coach about health topics. Set healthy lifestyle goals with a coach today.



## FITNESS WORKOUTS

Identifying your path to wellness is gaining insight into what inspires you, comforts you and fuels your desire for living a healthy and conscientious lifestyle. **M***OVE***KSHA** offers incredible fitness and lifestyle experiences that help you to further identify with your Purpose, Intention and Hope in wellness.

### PERSONAL TRAINING

*60mins*

Elevate your energy, maximise your time and stay on track with your fitness goals during your vacation with personalised training sessions from one of our expert fitness trainers. Whether you are looking for aerobic conditioning, strength training, muscle tone or flexibility we are here to help you achieve your health and wellbeing goals.

### HIIT TRAINING

*60mins*

HIIT is a combination of brief, very-high intensity bursts of cardio exercise followed by equal or longer periods of rest. With this class we focus on total body conditioning to elevate your heart rate and kick start your metabolism. The perfect way to work off those holiday cocktails and sweet indulgences.

### CIRCUIT TRAINING

*60mins*

A total body conditioning workout that effectively combines endurance training, high-intensity aerobics and resistance exercises performed in an interval style training circuit. This class helps improves aerobic fitness, muscular endurance, strength and muscle tone.

### MUAY THAI

*60mins*

This style of Boxing is the national sport and cultural martial art of Thailand. It was developed several hundreds of years ago as a form of close combat that utilizes the entire body. It is great for cardio fitness, strength and flexibility.

### TABATA

*60mins*

This interval workout is fast and effective. The program includes 8 x 30 seconds rounds, each round includes 20 seconds of high intensity followed by 10 seconds of rest. Tabata is great to get a quick workout in if you're short on time.

### TRX

*60mins*

A form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete the exercises.



# MOVE

## BALANCE & ENERGY

### YOGA

60mins

Strengthen your mind-body connection with this slow-paced, passive style of yoga. It's therapeutic in nature and designed to increase flexibility, improve balance, bring clarity to mind and calm your nervous system to reduce stress and promote restful sleep.

### MEDITATION

60mins

In today's world where stress catches on faster than the eye can see or the mind can perceive, meditation is no more a luxury. It is a necessity. Learn the healing powers of meditation with a private guided session. Discover your breath and learn how to breathe effectively.

### QIGONG

60mins

Qigong (pronounced chee-gong) is an ancient Chinese exercise and healing technique that combines meditation, controlled breathing and gentle exercise movement. Known for it's positive health benefits and ability to assist in cultivating vital energy, Qigong is a restorative therapeutic practice with incredible benefits to your overall wellbeing.

### TAI CHI

60mins

Meditation in Motion is the best way to describe this graceful form of exercise that offers many health benefits such as increased energy, flexibility and balance whilst also reducing stress. Embrace serenity through the gentle, flowing movements that this rich traditional exercise offers.

### BREATHWORK

60mins

A method for breathing. Breath is the true foundation in providing life to the body; our patterns and quality of breath can affect our overall health and immune system. This ancient healing practice is an effective therapy for releasing tension in the chest and respiratory muscle to improve your quality of breath and its direct impact on your vital energy.







# CHILL

## ALTERNATIVE THERAPIES

Alternative therapies offer deeper levels of well-being that cannot always be achieved through touch. Achieving balanced energy is vital to maintaining a healthy diet, healthy lifestyle and managing stress. Energy balancing is extremely effective in improving vitality, awareness, energy and relaxation. We offer you direct exposure to true therapies that have been practiced for centuries throughout the world.

### CHI NEI TSANG

*60mins*

This wellbeing organ energy massage is known the world over for its therapeutic and health promoting benefits. Effective in clearing energy blocks, releasing toxins, strengthening the immune system and balancing emotions, this therapy can reduce chronic pain and promote all over body health.

### WELLBEING TOK SEN

*60mins*

Surrender your stress with this unique meridian hammer massage, designed to relax the muscles and heal chronic aches and pains. Tok Sen massage involves a traditional hammer made of auspicious tamarind wood being gently tapped along your Sen energy line creating deep vibrations to promote incredible healing effects. Customised to your personal needs and pressure comfort the combination of manual pressure with passive stretches will transform the body, mind and energy and restore wellbeing.

### BAMBOO MASSAGE

*60mins*

Bamboo massage is a technique that incorporates heated bamboo stalks of varying lengths and diameters to provide deep-tissue work. The massage itself promotes circulation, sensory nerve perception, and lymphatic drainage and provides a deep sense of relaxation and well-being.

### THE POWER OF JADE

*60mins*

Jade is a protective stone used to heal stressed organs and discharge toxins. It slows the aging process and strengthens the body's natural defenses. A relaxing, holistic and rebalancing treatment to quieten the mind, release physical tension and nourish the skin. The Jade Massage Treatment begins with guided breathing techniques to help the client relax, detox or energise. These controlled inhalations help to slow the breath, releasing stress and anxiety, returning the body and mind to equilibrium. Our full body massage relieves and soothes muscle tension for total relaxation. A revitalising facial massage follows, using jade crystals, encouraging healing, improved circulation and reduce stress. The crystals are gently massaged over the third eye and into the forehead to rebalance the body, restore a sense of focus and create inner calm. Ideal for tackling emotional stress, low energy or insomnia the treatment relax, replenishes and restores the mind, body and soul.

### LIFE FORCE THERAPY

*60mins*

The Life Force massage is effective for releasing tensions in the chest and respiratory muscles to improve breathing and vital energy.

### SOUND HEALING

*3 Bowls | 30mins | 7 Bowls | 60mins*

Sound healing is a restorative therapeutic practice that uses Tibetan singing bowls to generate varying energy frequencies and vibrations, which can shift energy in the mind and body to promote inner peace. These vibrational frequencies heal on a cellular level and stimulate the chakra energy centres to improve balance and harmony. The treatment is perfect for those seeking total body bliss and deep relaxation of the body, mind and soul.



# CHILL

## MASSAGE THERAPIES

### ULTIMATE STRESS RELEASE

A collection of massage therapies designed to recharge a tired, stressed body. Perfect to release muscle tension and promote deep relaxation for improved sleep and stress management.

#### DE-STRESS

*60mins | 90mins*

This cure-all massage combines the warming properties of menthol balm and essential oils with a deep acupressure style massage. Tailored to your individual needs, the combination of trigger point release work and traditional Thai stretching techniques will release muscle tension and ease aches and pains.

#### RELAX

*60mins | 90mins*

Melt your stress away with this nurturing full body aromatherapy massage. Unwind as your therapist works their magic, releasing muscle tension and re-aligning your body. Perfect for those looking for deep relaxation and a moment of solitude.

#### THERAPEUTIC DEEP TISSUE

*60mins*

A restorative muscle therapy where targeted pressure and muscle kneading is applied to release tension and improve your overall body function. Perfect if you like a deep pressure massage and have some muscle tension to work out.

#### TRADITIONAL THAI

*60mins*

This traditional massage therapy is delivered with grace, mindfulness and a spirit of generosity. Blissfully nurturing this rhythmic oil-free massage offers a blend of passive stretching and acupressure in meditative surrounds.

#### THAI HERBAL COMPRESS

*60mins*

A warm compress containing a carefully selected potpourri of health-giving herbs is applied to your body, complemented by the relaxing effects of a Thai massage. Great to restore flexibility and deep sense of calm.

#### PREGNANCY

*60mins*

Take a moment to nourish your body and ease muscle tension with this deluxe full body massage. Designed specifically to meet the needs of pregnant women by relieving muscular aches, soothing joint pain and improving mobility. This massage is performed with our pregnancy specific equipment for maximum comfort and safety and is deeply nurturing and relaxing.







# CHILL

## FACIAL THERAPIES

### FAST LIVING, SLOW AGEING

Effective and strong, these treatments pack-a-punch. Energise, detox and hydrate for a youthful glow.

#### DETOX & PURIFY (URBAN DETOX - SR)

50mins

A purifying facial designed to deeply cleanse and hydrate the skin, improving clarity, texture and tone. Our highly effective detox mask combines the nutrients of chlorella with a gentle plant-based charcoal to remove congestion, target impurities and clarify the skin. This enriching facial will reveal a fresh, bright and relaxed complexion, it will look like you have been on holidays for a month.

#### INTENSE HYDRATION (HYDRAMEMORY)

60mins

Breathe life back into a stressed, fatigued complexion by infusing nourishing antioxidants to the deep layers of the skin. Our signature radiance mask combined with cooling jade rollers and firming facial massage will leave your skin deeply hydrated and glowing with a youthful radiance.

#### SMOOTH & PROTECT (REMEDY)

60mins

Restore the skin to its optimal function for increased and long-lasting age management with this fortifying and calming facial therapy. Using prebiotics and maula oil to calm inflammation, reduce redness and treat skin sensitivity and discomfort, this treatment will smooth, strengthen and protect the skin for optimal vitality.

#### AGE DEFY (URBAN LONGEVITY - SR)

60mins

Energise a tired, dull complexion with this customised age management facial. Combining the powerful effects of our signature Longevity Complex with high performing AHA's to smooth and tone the skin, treat fine lines and boost your natural collagen production, leaving you with a healthy glowing radiance.

#### SMOOTH & PROTECT (RECOVER TOUCH + SUBLIME EYES)

75mins

Replenish a depleted, sun damaged complexion with this nourishing and nutrient dense treatment. Using antioxidants, organic Goji Berry and macadamia oil to repair and protect the complexion. Cooling jade rollers and lymphatic massage work together to firm, calm and contour the facial lines whilst our signature sublime eyes provide a triple action effect against dark circles, puffiness and wrinkles so you can emerge visibly younger and radiant.

#### ULTIMATE AGE-DEFY (SUBLIME SKIN)

90mins

Amplify your results with our innovative double customised peel, followed by our powerful lifting mask to smooth, hydrate and rejuvenate the skin. Designed specifically to treat fine lines, soften wrinkles and improve skin tone this deluxe facial delivers impressive results and a sublime experience for the ultimate age-defying treatment.



# CHILL

## MEN'S TIME

### DESIGNED WITH INTENT

Simple, effective and strong, these treatments are designed specifically for men so they can energise, detox and hydrate their skin for a natural radiance.

### EMPOWER

*60mins*

A personalized facial to suit the specific needs of men's skin, whether it be age protection and hydration, purification or soothing. An effective treatment to combat the signs of ageing, deeply cleanse and rehydrate a tired, stressed and inflamed skin.

### REVITALISE

*45mins*

A purifying treatment to remove congestion and target areas prone to this condition such as the back, shoulders and neck. A deep cleansing treatment that reduces redness, calms inflammation and removes congestion to leave you feeling fresh, clear and confident.

### MEN'S DE-STRESS

*60mins*

Replenish a tired, dull complexion with this indulgent facial experience. Embracing the power of natural botanicals to deeply nourish and hydrate, restoring skin elasticity. Perfect for age-protection, treating fine lines and wrinkles to restore a natural youthful radiance.





# EAT

## MOKSHA CUISINE, FREEDOM TO CHOOSE

A cuisine centered on ingredients. We place great emphasis on their origins, the value of seasonality and the benefits of sustainable eating. At Cora Cora, guests are guided and supported to make healthy lifestyle choices, but there are no strict rules, and nothing is forced. All guests enjoy the flexibility to co-create their own experience. Alongside with sweet treats such as chocolate mousse we also offer a selection of fine wines with health properties and low alcohol content. We do not provide calorie information, instead, we advocate a well informed and sensible approach to wellness with healthy eating principles.



————— **LOW SALT** —————

Salts are used in moderation. We use sea salt and other high-quality salts such as Himalayan and gomasio



————— **LOW FAT** —————

Unhealthy trans-fats and saturated fats are avoided completely, includes dairy choices of goat yoghurt, goat cheese, and nut and seed milks as healthy alternatives



————— **LOW CARB** —————

A diet where you reduce your overall carb intake. You can create your own low carb journey to suit your lifestyle



————— **LOW DAIRY** —————

To minimize the use of butter and cream in the preparation of all the dishes in the F&B outlets





## EAT

### MOKSHA CUISINE, FREEDOM TO CHOOSE

At Cora Cora, we passionately believe that eating well sustains a wholesome way of life, full of energy and longevity. This is why we have created Moksha Cuisine gastronomical journey where flavour and fresh produce combine for nutritional excellence. Guests participating in Moksha Cuisine program will enjoy an exclusive selection in our food and beverage outlets:



DEDICATED CORNER IN THE BREAKFAST BUFFET, SIGNATURE MOKSHA CUISINE IN THE ALL-DAY ALA CARTE MENU



SIGNATURE MOKSHA CUISINE IN THE ALL-DAY ALA CARTE MENU



DEDICATED MOKSHA CUISINE SECTION IN THE 24 HOURS MENU



SIGNATURE MOKSHA CUISINE IN THE ALA CARTE MENU



SIGNATURE MOKSHA CUISINE IN THE ALA CARTE MENU



# EXPLORE

## MOKSHA JOURNEYS

### SUBLIME REJUVENATION

Immerse into our signature spa rituals for a moment of stillness, calming the mind and rejuvenating the body to restore complete wellbeing.

#### ENRICH (AROMASOUL)

75mins

Treat yourself with this full body nurturing ritual that allows you to choose your very own sensory journey from our unique collection of aromatherapy oils based on the ancient cultures of the Orient, Arabia, India and the Mediterranean. Combining a nourishing deep body exfoliation, sublime massage and firming body wrap, you will emerge deeply hydrated and in a complete state of bliss.

#### SERENITY (PRO-SLEEP)

90mins

Surrender your stress with this exceptional sensory massage ritual, providing you a moment of stillness to breathe, relax and let go. Our signature tranquillity essential oil provides an intoxicating aroma that helps to induce sleep and promote jet-lag recovery whilst relaxing every part of you. Perfect for those needing deep relaxation and soulful replenishment.

#### ESCAPE

120mins

Escape the outside world and enjoy a moment of calm with this heavenly total body indulgence. Your experience begins with an enriching coconut body scrub before a healing mud masque is applied. Cocooned in comfort, your stress melts away as the warm steam infuses your body and you surrender to a relaxing scalp massage as a prelude to your customised full body aromatherapy massage. The ultimate total body recharge!

*Body Scrub / Steam Shower / Body Wrap / Scalp Massage / Relax Massage*

#### IMMERSE & INDULGE

210mins

A powerful mind and body immersion that will leave every inch of you feeling relaxed, hydrated, pampered and revitalised. The therapeutic warmth of your private steam shower will start the healing process for your body, before our spa therapists work their magic, cocooning you from head to toe with luxurious rituals that will see you surrender all your stress, elevate your wellbeing and leave you glowing from head to toe.

*Body Scrub / Steam Shower / Champagne / Relax Massage / Nourishing Facial*







## EXPLORE

### MOKSHA RITUALS

#### INTENSE, RAPID RESULTS

Indulgent spa rituals to nourish, nurture and replenish your vitality. Our beautiful body scrubs, wraps, water therapies and signature steam rituals all deliver a moment of calm so you can to deeply replenish.

##### **GLOW (AROMASOUL SCRB)**

*45mins*

Stimulate your senses with our signature aromatic volcanic body scrub to exfoliate and smooth the skin from head to toe. Followed by an intense hydration with our nourishing body balm, your skin will be glowing and silky smooth!

##### **VITALITY (GROTTA MUD)**

*60mins*

Surrender your stress to the tranquility of healing waters and feel your tension melt away in the privacy of your steam room. A sensory full body exfoliation will smooth the skin before being cocooned in a full-body mud masque where you can relax with our signature scalp massage, a nurturing steam infusion and a warm rain shower. Your skin will be deeply hydrated with a radiant glow.

##### **FIRM & LIFT (FIRMING BODY MASK)**

*60mins*

Tone the body and combat the ageing process with this nourishing antioxidant treatment. Perfect to improve the skin's elasticity, minimise the appearance of stretch marks, improve tissue regeneration and overall body tone. This contouring treatment will leave your skin visibly firmer and lifted in all the right places.

##### **DETOX & SLIM (BODY STRATEGIST)**

*75mins*

Restore your body to its optimal state with this intense full body workout designed to energise, detox and increase circulation to remove impurities and banish sluggishness. Feel the life force return to your body as stubborn cellulite is targeted and skin elasticity and moisture balance are restored. You will leave feeling firm, toned and healthy.

##### **RECHARGE**

*90mins*

Complete body rejuvenation at its best, our signature package is a fan favourite that combines our relax massage with a deeply nourishing facial therapy. Choose from the perfect blend of 45mins each or customise the package to suit your needs by designing how you would like to spend your time.



## PLAY

### EMBRACE YOUR CURIOSITY

Enrich, Play and be Free with our interactive workshops to make your Heart Happy, make a mess with our signature DIY Freedom Journeys who said spa needed to be boring!

### AROMATHERAPY

*60mins*

This workshop is about an introduction to nature's very own pharmacy and harnessing the power of essential oils for everyday health and well-being! You'll be taken on a journey to explore essential oils that uplift and those that heal.

Learn the Art of Aromatherapy and put your sense of smell to test!

### CANDLE TUTORIALS

*60mins*

You will learn about candle making process, properties of essential oils and benefits of natural paraffin-free wax, all while creating your very own soy-coconut blend candle with the all-natural scent of your choice.

### MASSAGE CLASS

*60mins*

Reconnect with each other through this traditional healing therapy. We introduce a new experience to enjoy at our island resorts worldwide: a private couple's massage class, teaching you the skills you need to benefit from this centuries-old healing tradition at home.

### HERBAL POULTICE

*60mins*

This workshop teaches the benefits of using steamed herbal packs and sauna with herbs from Thailand. You will learn the specific properties of each herb and how to apply them during a massage. The heat of the steamed herbal packs deeply penetrates muscles and tendons, facilitating relaxation and therapeutic benefit.







## ETIQUETTE

### OPENING HOURS

Our Moksha Spa & Wellbeing Center is open daily from 09:00 am until 9:00 pm

### ARRIVAL TIME

Please arrive 15 minutes prior to your appointment in order to relax and change. Late arrival will decrease the time of your treatment.

### BOOKINGS

We recommend booking treatments in advance to ensure your preferred timings and services are available. Our dedicated team will assist you in selecting the best treatment options to suit your needs and preferences.

### CANCELLATIONS

We require notice for all treatment cancellations 4 hours prior to your appointment time. As we often turn away other guests to hold your reservation, any cancellations within 4 hours of the treatment or no show will incur a 100% penalty.

### VALUABLES

We advise you not to bring any valuables during your visit. Moksha Spa & Wellbeing Center accepts no responsibility for the loss of money or valuables of any kind.

### HEALTH CONDITIONS

Guests who have high blood pressure, heart conditions, allergies, who are pregnant or have any other medical complications are advised to consult the doctor before signing up for any treatments. Please notify our Spa reception of any existing medical condition.

### COMFORT

If you plan to join our yoga classes, please wear appropriate attire. Please let your therapist know if there is any way we can improve your treatment or comfort for example, deeper or lighter massage pressure, extra towel, lighting or music levels. We appreciate your feedback and encourage you to kindly fill out our guest questionnaire following your treatment. We recommend that you do not sunbathe immediately after your spa treatment.

Please take time to relax in our tranquil surroundings before and after your therapy. Smoking or use of mobile phones is not permitted within the Moksha area. We hope you enjoy your Spa experience and look forward to seeing you soon.









## CONTACT US

Please contact MOKSHA for reservation at +960 6584888 ext. 4317

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