



Icy Indulgence

Step into serenity - immerse in an ice bath that revitalizes body, mind and spirit in our peaceful garden.

Solo Indulgence

THB 1,300++

Double the Chill

THB 2,190++
(couples)

Peak Performance Reset

1-hour personal trainer
1-hour Ice Bath session
THB 1,900++ per one person

What's in it for you?

Faster recovery, boosts blood circulation, reduces muscle fatigue, sharper mental clarity and better sleep

For more information and reservation, please contact our staff or dial '0'



Solo Indulgence

Refresh and recharge with our exclusive Ice Bath – all to yourself.

**THB 1,300++ per person,
including 3 sets of breath work, ice bath and sauna**



Double the Chill

Double the chill, double the fun. Bring your favorite person and enjoy more savings.

**THB 2,190++ per couple,
including 3 sets of breath work, ice bath and sauna**



Peak Performance Reset

Strive for your best self – combine a 1-hour ice bath with a 1-hour personal training session.

**THB 1,900++ per person,
including 3 sets of breath work, ice bath and sauna
plus 1-hour personal training**

THB 800++ per one additional person

Available daily from 8 AM - 6 PM (last booking at 5 PM)

For more information and reservation, contact our staff or dial '0'

Terms & conditions:

- Advance reservations must be made at least 3 hours prior to the session.
- Cancellations are permitted free of charge up to 2 hours before the scheduled session.
- Cancellations made within 2 hours of the session will incur a 50% cancellation fee.