



# TAO GARDEN HEALTH SPA & RESORT

The Integrative Holistic Health Spa  
Chiang Mai, Thailand

**Tao of Health & Longevity**



*Spa Award  
Excellence Destination Spa*



**Pakua Poly Holistic Clinic and Tao Anyamancee Spa**

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# Mae Kuang Dam

Immortal Meditation Hall

Tai Chi Field

LaoTzu  
Meditation Hut

Anyamane Spa



**Tao of Health & Longevity**

Pakua Clinic

Kuan Yin  
Dining Hall

Welcome Center

## About the founder of Tao Garden Health Spa & Resort



*Grandmaster Mantak Chia*

**Grandmaster Mantak Chia** is the creator of the Healing Tao, Tao Yoga, Universal Healing Tao System and the director of the Universal Healing Tao Center and Tao Garden Health Spa & Resort in the beautiful northern countryside of Chiang Mai, Thailand. Since childhood, he has been studying the Taoist approach to life. His mastery of this ancient knowledge, enhanced by his study of other disciplines, has resulted in the development of the Healing Tao & Universal Healing Tao Systems of natural health, which is now being taught throughout the world.

**Mantak Chia** was born in Thailand, to Chinese parents, in 1944. While still a grammar school student, he learned traditional Thai boxing. He was then taught Tai Chi Chuan by Master Lu, who soon introduced him to Aikido, Yoga and broader levels of Tai Chi. It was Master Yi Eng who authorized Master Chia to teach and heal. Master Cheng Yao-Lun's system combined Thai boxing and Kung Fu. **Master Chia** also studied at this time with Master Pan Yu, whose system combined Taoist, Buddhist, and Zen teachings. Master Pan Yu also taught him about the exchange of Yin-Yang power between men and women, and how to develop the Steel Body.

To understand the mechanisms behind healing energy better, **Master Chia** studied Western anatomy and medical science for two years. Using his knowledge of Taoism, combined with the other disciplines, Master Chia began teaching the Universal Tao System. He eventually trained other instructors to communicate this knowledge and he established a natural healing center in Thailand - Tao Garden. For instructors around the world, please visit [www.universal-tao.com](http://www.universal-tao.com)

During his years in America, **Master Chia** continued his studies in the Wu system of Tai Chi with Edward Yee in New York. Since then, Master Chia has taught tens of thousands of students throughout the world. Living Tao Centers, Chi Nei Tsang Institutes, Cosmic Healing Forums, and Immortal Tao Mountain Sanctuaries have opened in many locations in North America, South America, Europe, Asia, Africa and Australia.

**In June 1990 Master Chia** was honored by the International Congress of Chinese Medicine and Qi Gong (Chi Kung), who named him the Qi Gong Master of the Year.

**In 1994, Master Chia** moved back to Thailand, where he began construction of Tao Garden and the Universal Healing Tao Center fifteen miles outside of Chiang Mai.

**In December 2000**, the Tao Garden Health Resort and Universal Healing Tao Training Center opened with two Meditation Halls, two open air Simple Chi Kung Pavilions, Natural Swimming Pool, Integrative Medical Clinic, Weight Lifting Hall, and eight complete Ball Court Recreational Facilities.

In February 2002, the Immortal Tao practices were held at Tao Garden for the first time using Dark Room technology ([www.universal-tao.com/dark\\_room/index.html](http://www.universal-tao.com/dark_room/index.html)), creating a complete environment for the higher level Taoist practices.

In July 2009 Master Chia introduced the Five Star Anyamane Spa with Saunas, Hydro Therapy Pool, Jacuzzi, and Internal Massage Treatments. This was also introduced with Raw Food and Fasting Program with Organic Juice Bar.

**Master Mantak Chia** has previously written and published thirty-five Universal Healing Tao Books and thirty-eight DVDs. He estimates that it will take forty-eight books to convey the full Universal Healing Tao System. The books have been translated into 33 languages. For many of the best-selling books.



For more information, please visit Universal Healing Tao online at:  
[www.universal-tao.com](http://www.universal-tao.com), [www.chi-nei-tsang-official-site.com](http://www.chi-nei-tsang-official-site.com)  
[www.multi-orgasmic.com](http://www.multi-orgasmic.com), and [www.universal-chi-kids.com](http://www.universal-chi-kids.com).

## About Tao Garden Health Spa & Resort

**Tao Garden Health Spa & Resort**, about thirty minutes outside of Chiang Mai, Thailand, is an internationally renowned healing resort where individuals or groups can go and experience a wide variety of holistic healing methodologies. Tao Garden Health Spa is a result of Master Chia's vast experience (more than 40 years) with Chinese and Thai Medicine, Western Holistic, and Ayurvedic Indian Medicine. Master Chia has also studied and taught many different kinds of massage and healing practices. He has combined them into one system based on the fool-proof theory of clean cells, clean blood and good Chi for good health.

Perhaps this is why Tao Garden has been privileged to witness so many recoveries and healing experiences from its international clientele. If you have tried everything to attain radiant health and are ready for something completely out of the ordinary, then come to the most unique natural health spa in the world – Tao Garden.

**Master yourself. Become your own teacher and healer and your own spiritual master.** Master Chia is a world-renowned expert in internal Chi Kung (Translated means Energy Work) exercises and Inner Alchemy Practice. These simple techniques are one of the very oldest forms of natural health and continue to help thousands lead healthy lives to this day.

The most effective way to master your health is the Supreme Inner Alchemy course that Master Chia, and UHT certified teachers, now share around the world. Tao Garden guests, as part of the healing experience, are invited to learn simple



techniques that improve their ability to heal, absorb vital nutrients and benefit from healing treatments. This makes Tao Garden Health Spa and resort unique and extremely successful in helping others to help themselves. Grandmaster Chia fully believes the reason the healing treatments are so effective in Tao Garden is because the guests are trained to use their mind and energy to enhance the effect of the treatment.

**Inner Beauty, Outer Radiance.** Tao Garden is a unique resort. The health spa therapies used at Tao Garden are a product of Master Chia's healing practices accumulated over 40 years of teaching. Tucked away among banana groves, papaya trees, and organic rice fields, Tao Garden is the perfect place to get away from the city and other modern annoyances. It is a place where guests can pick and choose from a wide selection of disciplines ranging from Tai Chi, Chi Kung (seated and moving meditation), Acupuncture, Ayurvedic, Thai Massage, Colonic (cleansing of large intestine), Chi Nei Tsang Abdominal Massage, Tao Yin, and many others. Tao Garden guests receive one on one instruction and may learn how to generate Inner Beauty, thus achieving Outer Radiance quite naturally.



**Why Tao Garden?** The open secret to physical health is clean cells (all 6.5 trillion of them) and clean blood. Therefore, qualities that Master Chia envisioned and manifested for Tao garden are: good air, good water, and good food – the most basic requirements for good health on all levels. With a clean body, the mind and life force may be refined with much greater ease.

**Good Air:** Tao Garden is surrounded by farmlands, and there is a massive reservoir just a kilometer from Tao Garden. The surrounding area is wonderfully lush and green, enriching the air quality, due to the tropical climate of Thailand.

**Good Water:** The water in Tao Garden is supplied by a year-round underground spring that flows into a stream located inside the resort. The drinking water is intensely purified, going through a number of filters as well as a reverse osmosis process.

**Good Food:** Tao Garden Organic Five Elements kitchen's menu is structured around blood type. Fresh gourmet dishes are prepared without monosodium glutamate or refined white sugar. We use special Himalayan salt that neutralizes the harmful effects that normal salt would have on the kidneys, heart, and blood pressure. The Tao Garden Dining Hall offers vegetarian cuisine at every meal. According to Taoist medicine, certain body types need specific meat proteins to

maintain a strong and energized body. Chinese Taoist medicine is concerned with Yin and Yang, or the acid and alkaline PH balance in the body. It is therefore necessary for certain blood types to eat some fish or white meat in order to maintain a healthy balanced diet. Gourmet vegetarian, fish, chicken and raw foods are served three times a day in a buffet style service.

Detoxifying never tasted so good!



**Materials used for the Buildings in the Tao Garden.** All buildings in Tao Garden are made from red earth bricks that were specially designed by Master Chia. The red bricks were made from the natural red earth of Thailand, which was pressed into red brick from an energy efficient compression and drying process.

## Get the full experience at Tao Garden Health Spa & Resort. Twice a year Grand Master Chia teaches this very special Supreme Inner Alchemy course to the public!

Again, Grand Master Chia fully believes the reason the healing treatments in Tao Garden are so effective is because the guests are trained to use their mind and energy to enhance the effect of the treatment. But many people come to Tao Garden who are not ill. They come to learn this incredible Supreme Inner Alchemy and *prevent* illness.

To be healthy, we must learn to balance the positive and negative forces within. Cultivate Chi (body's life force energy) and become the master of our cells.

Through practice and diligence, we become the whole being we were destined to be, and begin co-creating the fantastic life that is our birthright. With **Grand Master Mantak Chia's** help, learn to do all these things and . . . **Master Yourself.**

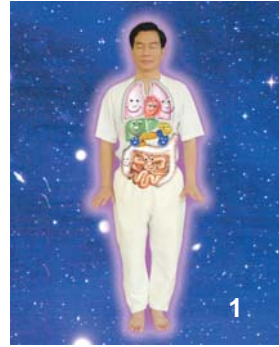


The **Universal Healing Tao Supreme Inner Alchemy Retreat** is a weeklong training for beginners, intermediate level practitioners, and those desiring a review of first essentials. Lead by Mantak Chia, the **Universal Healing Tao Supreme Inner Alchemy Retreat** provides a complete set of personalized tools to enable you to achieve your goals. During this week, the



primary meditations will be studied: *MicroCosmic Orbit, Inner Smile & Six Healing Sounds, Iron Shirt Chi Kung I, Healing Love & Tai Chi Chi Kung I.*

1. **Inner Smile:** Use the power of smiling to activate the relaxation response in the parasympathetic nervous system. Get rid of the negative emotion and rebalance the positive emotion. The Inner Smile is one of the most simple and powerful tools for healing.
2. **Six Healing Sounds:** Each organ stores parts of the primordial force and negative and positive emotions. With the special sound for each of the organs, the special healing color, positive emotion, and special position for each sound – these will help to restore you back to good health and will help with the connection to the primordial force.
3. **Microcosmic Orbit:** Opening chi flow in the energy pathways will help draw in more primordial force from the earth and from the universe.
4. **Sexual Alchemy I (Healing Love):** Learn how to cultivate, circulate, and store sexual energy. Men learn how to control ejaculation and to transform the sexual energy into chi (life force) and then transform it up to spirit force. Women learn how to control menstruation and transform the blood into chi and likewise transform it up to spirit force.



**Tao Garden Health Spa & Resort** is here to care for your *whole* being – the physical & the energetic. Your Yin and your Yang. Why not take advantage of *everything* **Tao Garden Health Spa & Resort** has to offer? You are a *whole* person – treat yourself *holistically*. **Master Yourself.**

# Pakua Poly Holistic Clinic & Anyamanee Spa

## Treatments Offered

### Doctor Consultation

#### Holistic Treatment Program

Our doctors will suggest a custom tailored program of diagnostics and treatments to meet your individual needs.



Dr.med. W. Reiner Theis  
(MD, Dipl.-Phys. GP)



Dr. William Seikichi Shwetzer  
(Holistic Doctor)

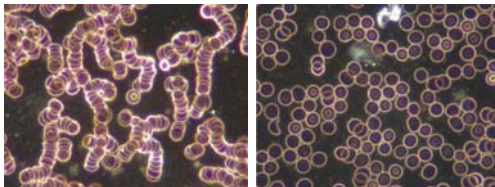
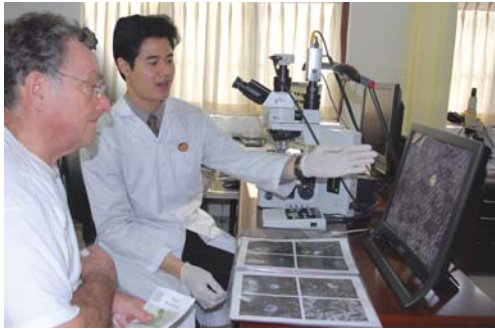


Dr. Sheng Zheng Wang  
(Western and Chinese Doctor)

**Medical Certificate for insurance:** Our medical doctors can certify your treatment for your health insurance if you wish. Please inform our receptionist in advance.

#### Laboratory Tests

Lab tests are available on an individual basis, if advised or necessary.



Before practice & treatment

After practice & treatments

#### Darkfield Live Blood Analysis

Blood is taken and viewed “alive” under a specialized microscope. From the darkfield, we can see the following: heavy metal issues, pH imbalances, possible mineral deficiencies (not the *level* of deficiencies), oxidative-stress, detoxing burdens and congestion of certain organs. The darkfield is used to assist the doctor in making the best possible diagnoses and recommendations for therapies/ diet or lifestyle improvements.

#### Orthomolecular Therapy (vitamins & minerals therapy)

Vitamins and minerals can do much more for health than what is commonly known. We are using vitamins/ minerals both orally and as an IV drip, if indicated.



### **Bio-terrain Assessment**

Looking for key “*bio-markers*,” we can determine the state of the fluid not seen with a darkfield analysis of the blood and from the data, and plan a program that will allow you to best improve your health. The fluids tested are urine and saliva, which reflect the state of blood and lymph respectively. We test for conductivity, oxidative stress, surface tension, specific gravity, physiological manifestations of fluid imbalances and sugar.



### **Prolozone Injection**

The injection consists of ozone gas with natural and safe injection materials to promote repair of joints, tendons and cartilage. It is very effective for degeneration of joints, and treatments are long lasting. A similar combination of materials (B-vitamins, procaine, ozone and homeopathics) is used for chronic sinus problems.

### **Ultra-Violet Blood Irradiation**

The blood is run thru a special device which uses a Ultra-Violet C light wave form. This method of energizing the blood has been in use since the late 30's. In fact, it was gaining popularity in the medical world until the advent of antibiotics. Ultra-violet blood has the positive effects of: improving immunity and oxygen utilization; increasing the red blood cells and their ability to carry nutrients; reducing clotting and the “stickiness” of the blood; balancing blood pH; and buffering free-radical oxidation.

### **Blood Ozone Therapy**

A needle is inserted into a vein and 100-200mL of blood is drawn into a vacuum bottle (same procedure as when you donate blood). A mix of oxygen and ozone is added to the blood and then returned to the body as an IV drip. Ozone therapy simultaneously improves circulation and the delivery of oxygen to the cells. Ozone therapy also regulates the immune system. It is useful for nearly all kinds of chronic diseases as well as boosts energy and general wellbeing.

### **Heavy Metal Detox**

Pollution and individual matters can lead to a heavy metal burden on the body. Special treatments which detoxify this heavy metal burden are often considered to be helpful in problems of the heart and with circulation. Even cancer preventative effects have been reported.

### **Local Ozone Therapy**

Therapeutically, ozone is locally administered (rectal, vaginal or below the skin) for the treatment of pain and skin disorders.

## Holistic Health Check-up

### Oberon Body Scan

From the point of view of quantum physics, the organs, tissues and cells in the body can be treated as waves or vibrations. This means that every organ/cell is emanating a specific vibration pattern. The Oberon receives the vibrations from the body and compares it with a database of healthy organs/cells. In this way, small deviations can be detected even before symptoms are present. The Oberon scan is done while the patient is comfortably seated in a chair. The program can also be used as a healing therapy.

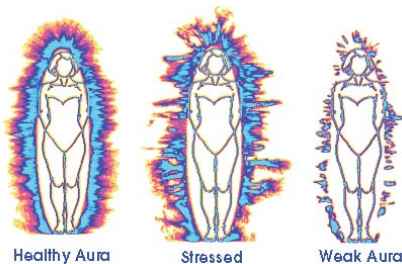


### Personal Metabolic Typing (PMT)

Metabolic typing is a system of nutritional analysis that helps to determine what foods and supplements are best for an individual's metabolism. Because we are all different, what works for one person may not work well for another. The focus of our work is to balance the blood pH. Most people believe that more fruits and vegetables are needed to alkalize the body. However, there are certain metabolic types that actually require more protein and fat to alkalize their bodies.

### Aura Bio-electrographic Evaluation

An evaluation of systems, organs and emotional stresses of the body is done through the use of an Aura Camera and a computerized display. You will receive a complete aura picture, a physical & emotional evaluation of the body's organs and systems, and a chakra diagram showing the distribution of energy in the body's seven energy centers.



### Digital Pulsewave Analysis

The DPA uses infrared light sent to the fingertip and obtains pulsewave information with the light absorbing characteristics of hemoglobin. The DPA provides information on arterial wall stiffness and determines the biological age of arteries in less than 3 minutes. The FDA approved, user-friendly, non-invasive device uses a finger probe to observe the changes in pressure, blood flow, velocity and profile throughout the whole pulsewave.





### F-Scan

The F-Scan, a frequency medical device based upon the work of Hulda Clark and Raymond Rife, measures frequencies which resonate with your body. Those that have a strong response can represent pathogens which can create disease patterns. By using the physics principle of “destructive interference,” an opposite frequency is applied to “neutralize” the pathogen(s). The scanner tests for fungus/parasites, bacteria and viruses.



### Brain Synchronization

Training with the high tech Pce Trainer is useful in synchronizing the two hemispheres of the brain, bringing more vitality and life energy into your daily life. After an initial assessment of the functioning of your hemispheres, you are taught specific pelvic/breathing exercises to increase the flow of energy through the pelvic core up to your brain. The test is useful in concretely seeing the benefit of particular Tao practices such as the Inner Smile, the Six Healing sounds, the Microcosmic Orbit and others.



### Capno Trainer

This device measures how much CO<sub>2</sub> you are breathing out. From this measurement we can determine if you’re breathing optimally and, if not, guide you in the proper breathing techniques. Poor breathing has been linked to hypertension, insomnia, diabetes, muscle stress and many more disease patterns.

### Heart Biofeedback

So termed “Heart Math” is an interactive biofeedback program wherein you learn skills for stress management, and for balancing emotions. The object is to achieve optimal mind/body harmony.

## Tao Signature Therapy

### CNT World Training Headquarters

#### Chi Nei Tsang Abdominal Detox Therapy

Developed by Master Chia, Chi Nei Tsang therapy (CNT) is a signature therapy of Tao Garden, and Tao Garden is distinctively the World Training Center for the CNT. Chi Nei Tsang is the Chinese term for an internal organ chi massage. Massage techniques are used directly over the navel and surrounding abdominal areas where stress, tension and negative emotions accumulate and congest.



## KNT World Training Headquarters

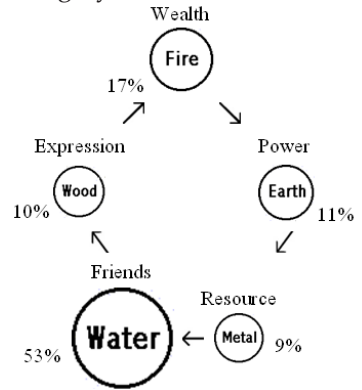
### Karsai Nei Tsang Genital Detox Therapy

Karsai Nei Tsang therapy is also a signature therapy of Tao Garden and the World Training Center for the Karsai. The Karsai Nei Tsang starts with an abdominal massage and proceeds to a genital area. The massage stimulates circulation, lymphatic flow, and aids in the release of blockages of the genital area. Not recommended during a menstrual period, while using an IUD or within one year of having had abdominal or gynecological surgery.



### Five Element Aromatherapy

This unique massage uses the five element astrology chart to find your weak and strong elements. The oil of your weakest element is then applied to your skin for healing. This therapy promotes a sense of balance and well-being.



### Harmonizing Aromatherapy

Using your choice of aromatic oils to aid in the balancing of your body and mind, the therapist massages your whole body.

## Fasting & Cleansing

### Colon Hydrotherapy

Infrequent or poor quality bowel movements over an extended period of time are harmful to your health. Colon cleansing, using your choice of an open or closed system, helps cleanse and detoxify the large intestine and aids the reconstitution of good intestinal flora.

### Fasting & Colon Cleanse

Fasting is the oldest, most natural, and one of the most powerful forms of healing known. There is no better way to cleanse the body of toxins, lose unwanted and unnecessary weight and strengthen the immune system. The liquid fasting program at Tao Garden consists of freshly made juices and soups combined with supplements and colon hydrotherapy.



By Nurse and Nurse Assistant

### Liver & Gallbladder Cleanse (1-day)

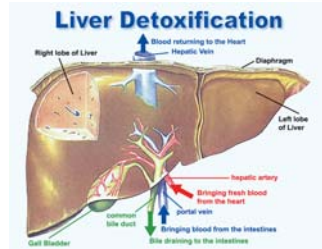
Cleansing the liver and removing the gallstones dramatically improves digestion. You can expect your allergies to clear with each cleanse you do. It also helps



eliminate shoulder, upper arm, and upper back pain. You have more energy and an increased sense of well being. You take apple cider or apple juice plus Epsom salts and olive oil/lime drinks to stimulate cleansing.

### Liver & Gallbladder Cleanse (6-day)

For the 6-day cleanse, you continue to take the juices containing malic acid which help soften any stones that might be present.



### Kidney Cleanse

The Kidney Formula, used to clean the kidneys, consists of one capsule of magnesium, one capsule of vitamin B2 and five capsules of vitamin B12, served with a glass of parsley tea.

### Nose and Sinus Cleanse

Using a machine, a tube is inserted in the nose. Saline solution gently flows through your nasal passages, cleansing your sinuses.

## Physical Therapy and Pain Management

### Ultrasound Therapy for Muscle and Joint Pain

Ultrasound machines are a treatment modality used by physical therapists that utilize high or low frequency sound waves. These sound waves are transmitted to the surrounding tissue and vasculature. They penetrate the muscles to cause deep tissue/muscle warming. This promotes tissue relaxation and therefore is useful in treating muscle tightness and spasms.



### Manual Therapy for Pain

Using manipulation, we can address pain disorders that stem or are part of bones being out-of-place. These adjustments are performed by a doctor trained in doing manipulations.

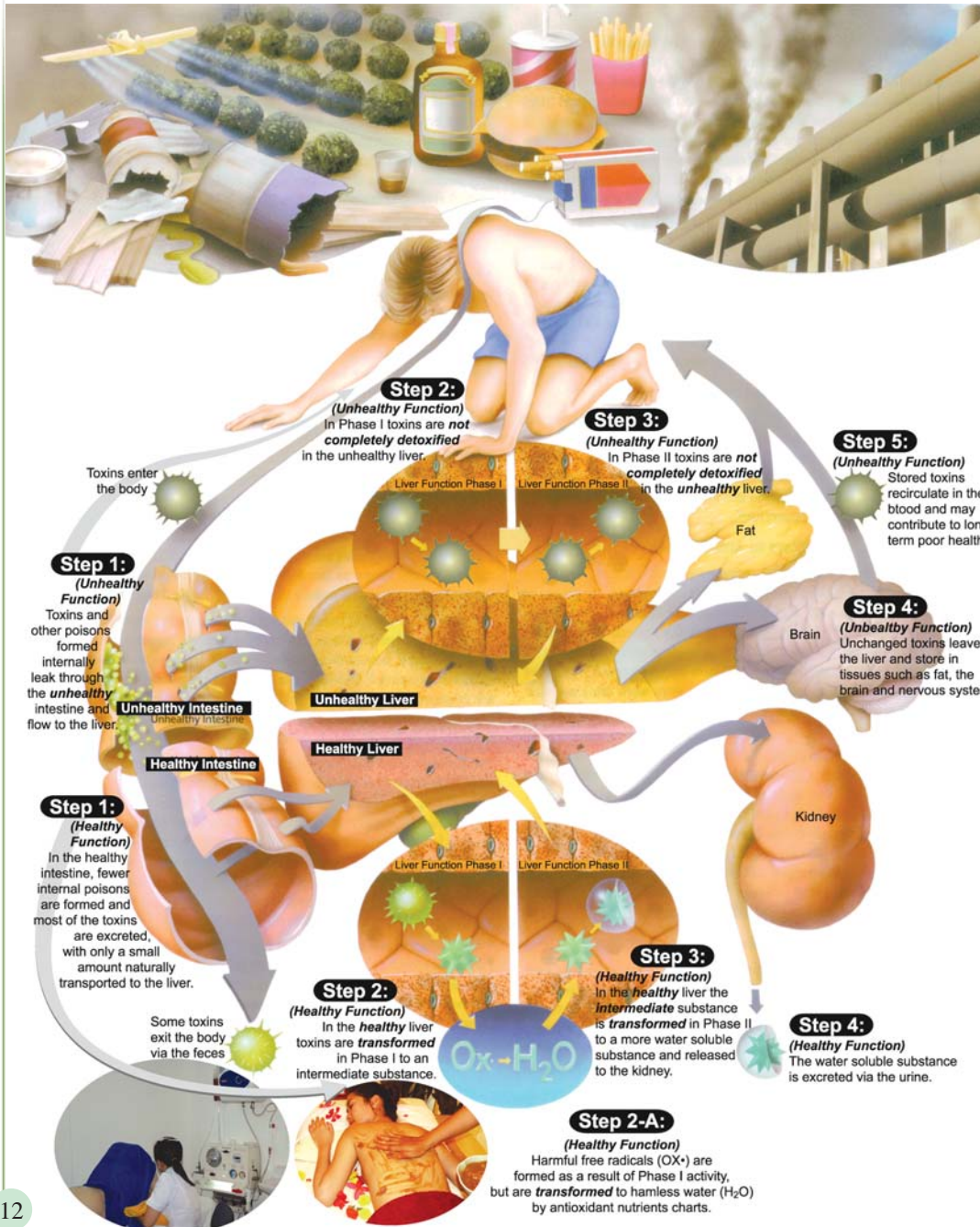


### Lumbar Traction

Therapeutic spinal traction uses manually or mechanically created forces to stretch and mobilize the spine to alleviate back pain. Our treatment combines the use of a lumbar traction machine along with the expertise of a physiotherapist to access the problem and provide therapy.



# Detoxification





### **Photon Light Therapy (cold laser)**

Different modes or frequencies used for specific treatment conditions. The light information penetrates through the skin and underlying tissues of the body to repair cells, strengthening the immune, lymphatic and vascular systems.

### **Physical Therapy**

Physical therapists use a wide range of skills including manipulation, mobilization, massage and exercise to reduce pain and stiffness, allowing for optimum body performance and greater ease of motion.

## **Exercise Programs**

### **Full Diagnostic Program**

Physical fitness test is a program to check fitness level of our body systems including, cardio-respiratory system, muscle strength and power, body composition, flexibility and specialized tests for those who have specific problems. It is very important for everyone especially who have health problems such as diabetes, hypertension, heart disease, musculoskeletal disorders, neurological disorders or in special person such as elderly, obese, disabled, etc. After the test, you could know your fitness level, what is your strengths and weaknesses for our personal trainer to help solve your problems and design the appropriate exercise program for you.



### **Progressively Accelerating Cardiopulmonary Exertion (PACE)**

PACE can help you improve your fitness level quickly and help you lose weight, increased your muscle strength/ power, increase immunity and improve your cardio-respiratory system.

### **Weight Training**

Weight training the purpose is vary since improve muscle strength, power, muscle size and endurance.



### **Stretching Exercise**

It can increase the risk of the injury on your muscle, joint, tendon and ligament. Especially as you getting older, your body will be come down on mobility in every body parts.

### **Water Exercise**

Can improve cardiorespiratory system, muscle strength/ power, balance, agility, flexibility, bone growth, joint more lubricate and weight loss.



### Yoga Exercise

Yoga is combine exercise which concerned both physical, mind and emotion. It differences to the other exercise which focus mainly on physical only. Therefore, if you practice yoga, you can get more benefits when compare to the others general exercises.

### Vibration, Power Plate, Trampoline

It can help you to improve on lymph systems, blood circulatory systems, stimulate cell/ tissues and all internal organs to work more efficiency.

### Mixed Exercise Programs

This program we combine three most importance components of physical fitness together, you will get more benefits from this program including cardiovascular system which train with PACE concept, muscle strength and power, and flexibility system.



### 3 Cycle Training Program

It is a combined of 3 most importance of exercise program which composed of;

1. Warm-up sessions to stimulate your body to ready for any workouts.
2. Grunt and growl super sets is a weight training program.
3. Grizzly bear intervals to stimulate your body to burn fat in short time.

### Sport Knocker

It can also increase your physical fitness and make you feel enjoy and happy as same as the other kind of exercises. Many sports playing have to do with partner or more two people, so it can make you more fun and kind of social activity also.



### Exercise (Mae Kuang Dam)

On the way to the dam, you can go there by mountain bike. After you reached base of the dam, you can walking, running or biking on there with our personal trainer.



### Trekking and Hiking (Mae Kuang Dam)

Trekking and hiking are the outdoor physical activity of walking and climbing in the natural places. These activities like a journey or adventure can make you fun, enjoy and can also improve your endurance on cardiovascular system and muscular system.



## Detox Therapy

### **Ionized Foot Bath**

An ionized foot bath is followed by a foot, leg, neck, shoulders, arm and hand massage. The device uses both positive and negative ions in water to charge the plasma. This allows the fluid to attract toxins and heavy metal ions to it when the plasma circulates. These toxins are “pulled away” from the body when they enter the higher charged water again.

### **Lymphatic Drainage & Zapper** □

You are connected to two machines in order to promote lymphatic drainage and clean the blood.



### **Lymph-Star**

Couples a standard lymphatic massage with an ionization device called the “Lymph-Star” to help move lymph more effectively, promote drainage and stimulate the immune system. The lymphatic system is our secondary circulation and helps detoxify the body and promotes proper fluid distribution.

### **Lymphatic Massage**

The therapist massages the lymph glands located just under the skin. The lymph is sensitive to a light touch. This massage promotes the drainage of toxins through the lymph system. (Note: this is a light-touch massage in order to promote drainage. It may feel like nothing much. This is to be expected.)

### **Full Body Far Infrared Sauna**

Proven effective in clinical studies FIR can help cellular detoxification, improve energy production within the cell, and help the cell membrane to take in nutrients. It is also effective in reducing painful conditions. It is available, in the clinic, as a FIR dome (portable version) or **FIR sauna**.

### **Infrared Dome**

Proven effective in clinical studies FIR can help cellular detoxification, improve energy production within the cell, and help the cell membrane to take in nutrients. It is also effective in reducing painful conditions. It is available, in the clinic, as a **FIR dome** (portable version) or FIR sauna.

### **Alkaline Bath**

During detoxification treatments, you may experience flu-like symptoms because your body is ridding itself of toxins. You can get relief from these symptoms by taking a bath using Epsom salts in a tub of warm water for 20 minutes. This bath opens skin pores and eliminates toxins. It is also an efficient way to restore acid-alkaline balance.



### Thai Herbal Oxygen Ozone Steam

Herbal steam bath with Traditional Thai Herbs which help detoxify the internal organs through heat and ozone to nurture the skin. Cool down with pure oxygen and follow by relaxation at the end of the session. It is mainly a circulation purifying and skin detoxifying treatment.



### Meridian Detox Therapy (full body cupping)

In Chinese Medicine there are 24 meridians connecting the organs, the limbs, and the head. Toxic deposits along these meridians cause pain and eventually the malfunctioning of organs, causing various kinds of diseases. The Meridian Detox Therapy helps open and detoxify stagnant Chi and blood clots along the spinal cord, which is known as the governor channel.



### Moxibustion

Moxibustion is a classical technique of traditional Chinese medicine. It is used to warm regions and acupuncture points with the goal of stimulating circulation and inducing a smoother flow of blood and chi. It can be used in chronic problems, especially in the elderly and in those suffering from cold and dampness (Chinese medicine concept). The herb “mugwort” is used along with ginger to achieve results.



### Acupressure Foot Reflexology

This massage is focused on the acupressure points of the foot. The therapist is able to access the health of various organs through this treatment.

### Guasha Hand Reflexology

This is a Chinese medicine hand massage using specialized guasha oil and a guasha board. Guasha means “to make rash.”



## Healing Therapy

### Traditional Chinese Acupuncture

Acupuncture is a way of adjusting the body's “life energy” (chi) flow. Each meridian point has an effect on specific body systems or body organs. Treatment helps reduce blockages and stimulates energy flow. Stagnant energy can be dispersed and the whole energy system can be helped to come back into balance.





### *Tao Thai Massage*

Unlike the traditional Thai massage, the Tao Thai Massage begins with the abdomen area, which is the body's core. This massage promotes increased energy and greater flexibility.

### *Tao Thai Yoga Massage*

The traditional Thai massage, enhanced by a focus on the abdomen (see above), is combined with yoga. The therapist stretches your body using yoga positions combined with your breathing. This is a fine choice for someone already in good physical condition.



### *Tao Thai Herbal Compress*

After a full body pressure-point massage, a hot Thai herbal compress is pressed on the body's meridians to soothe muscles and stimulate the vital organs.



### *Natural Oxygen Therapy*

Plastic tubes are placed in the nostrils in order for you to receive pure oxygen from an oxygen supply tank. We apply the standard protocol of Oxygen Multistep Therapy after Prof. Manfred von Ardenne, a famous physicist and therapist who introduced oxygen treatment for cancer and many other diseases.

### *Head, Neck & Shoulder Massage*

Similar to the Muscle Tendon but this massage focuses only on the upper part of the body (head, neck & shoulders).



### *Tok Sen*

It is Thai Ancient Meridian treatment a technique to clear blocked energy. It uses mechanical and sound vibration, working deeply through the fascia and muscles feeling more open and released tension in the shoulders, neck and back, with the muscles being much softer.



### *Detox Massage*

Using a mix of essential oils, the therapist uses deep pressure to help relax the muscles and relieve pain.



### *Muscle Tendon Massage*

This deep muscle and tendon massage helps to release blockages in muscles, increases circulation, and helps relieve pain.

## Hydrotherapy

### Mineral Hot Springs Therapeutic Massage

Sulfuric mineral baths are well-known for their great healing properties for detoxifying the body, improving circulation, curing skin conditions and rejuvenating the skin. Experience the marvelous healing waters as you receive a one-hour massage. The hot springs are located in Sankhampang, about an hour's drive from Tao Garden.



### Floation Tank

Floating on your back in salt water in a shell shaped tank, you are reminded of your stay in the womb where a perfect match of fluidity and temperature kept you in a blissful state. The experience is recognized for its potential to reach higher states of consciousness. A staff member is on hand to assist throughout the treatment.



## Ayurvedic Therapy

### Shirodhara

Shirodhara is a traditional Ayurvedic herbal oil treatment for longevity and rejuvenation at the third eye point in the middle of the forehead. This treatment is especially useful for insomnia, headaches, migraines, nervous disorders, stress overload, adrenal exhaustion, and epilepsy.



### Abhyanga

In Ayurveda, the body constitution (called prakriti) is made of up of 3 compositions. When the body is out of balance, the body constitution is out of balance. Specific massage movements are used along with herbal oil to bring the body back into balance. This treatment helps to release toxins, stimulates circulation, removes blockages, and relieves tension.

## Slimming

### Skin-roll (Burn the Fat)

Skin-roll is a vacuum massage technique for reducing the appearance of cellulite. Treatments involve the use of vacuum power through various hand pieces (similar to cupping). The device gently rolls and pinches the skin to break down subcutaneous fat,





water, toxins which are then drained by the lymphatic system. This treatment starts with the use of a machine and ends up with a hand slimming massage.

### *Slim-tone (Firm the Body)*

Slim-tone is an advanced computerized electro lipolysis shaping system. It reshapes the body, tightens and tones muscles, flattens the tummy, lifts and tones the buttocks, improves skin texture and complexion and reduces fluid retention. It is recommended to use in combination with Skin-roll. It should be repeated daily for a period of time. When treated with both Slim-tone and Skin-roll, it is best to take a sauna (no shower) immediately before treatment.

## Beauty Treatment

### *Honey & Tamarind Scrub*

This treatment includes a full body scrub using local Thai honey and tamarind. This gentle moisturizing treatment exfoliates dead skin cells while providing hydration to make the skin feel soft and smooth.

### *Coconut Milk Scrub*

This treatment includes a full body scrub to restore the luster to dehydrated skin. Coconut scrub cream has coconut and honey oils to nourish, smooth wrinkles and soften the skin. Good for dry skin.

### *Body Papaya Wrap/Oil Scrub*

An exotic mix of papaya and salt and warm oil is massaged into your skin. You are then wrapped in a plastic wrap to further increase absorption of the oil. After showering, your skin will feel velvet soft.



### *Full Facial Treatment*

The full facial massage uses specific manual lifting and firming techniques to improve circulation and lymphatic drainage. The use of a specific product for each skin type promotes absorption.

### *Aromatherapy with Milky/Mineral Bath*

This luxurious massage, with your choice of warmed aromatic oil that hydrates the skin, is followed by a mineral and milk bath.



### *Treatments Cancel Policy*

The treatments you have selected are especially reserved for you.

Three hours notice is required to cancel without fully charge.

If less, 50% of treatment's price will be charged.

To help us keep scheduling “hassle-free” for our guests and to avoid booking conflicts, please do not schedule appointments or make payments directly with therapists. All payments should go through the trained staff at the Welcome Center. Please also do not hesitate to let them know if you are particularly pleased with a therapist or treatment. In the event you are displeased, you should also feel free to inform the Pakua Clinic, so that we may do whatever is possible to address your concerns.

**For more information please contact:**

**Welcome Center Tel: +66 53 921 200, +66 53 495 596 - 9**

**Fax: +66 5349 5852 internal call 0, 5000 - 2**

**Email: [info@tao-garden.com](mailto:info@tao-garden.com)**

**Pakua Clinic Tel: +66 53 921 211, Fax: +66 53 921 215**

**Email: [pakua@tao-garden.com](mailto:pakua@tao-garden.com)**

**Special promotion visit [http://www.tao-garden.com/offers\\_v1.php](http://www.tao-garden.com/offers_v1.php)**

### Accommodation Terms & Conditions

#### **Children Policy:**

- Child age under 6 years old share with parent/guardian:  
Charge 400THB./day/person
- Child age 6-12 years old discount 20% from normal rate.

#### **Term of payment:**

Deposit payment should be paid after booking confirmed and pay the rest up on arrival.

#### **Cancellation Policy:**

Clients are requested to notify in writing to Tao Garden Health Spa & Resort of cancellations and changes as early as possible, but in any case not later than specified:

1. Any no-show on the arrival date, subject to pay 50% from the full booking rate.
2. Any cancellation within 24hr. before the arrival date pay 25% from the full booking rate.
3. Any cancellation 2 days or more before the arrival date is free of charge.



**Year 2010**

**Award of Excellence for Health  
Tourism Destination Spa  
from The Thailand Tourism  
by Tourism Authority of Thailand**

**ISO 9001**  
BUREAU VERITAS  
Certification



**Year 2010**

**ISO 9001 : 2008 Certificate**

by Bureau Veritas Certification (Thailand)



**Year 2010**

**Good Agricultural Practices (GAP)  
Guarantee by ministry of  
agriculture and cooperatives  
Department of Agriculture Thailand**



**Year 2009-2010**

**Award of Halal Food  
By The Institute of Halal food  
Standard of Thailand**



**Tao Garden**  
**Health Spa & Resort**  
**Universal Healing Tao Center**

Immortal Meditation Hall

Banana  
 Passion Fruit  
 Mango

Fruit Garden  
 Organics Garden

Dam

Orchard

Green house for sprouts

Organics Garden

Master Mantak Chia's Home

Ba Shen Hall

Universal Tao Publications Office

Bicycle Parking

Fruit Garden

Security 3

Eight Immortal Fountain

Tai Chi Field I

Tai Chi Field II

Laotzu Meditation Hall

Anyamane Spa

- 1 Yell
- 2 Maricot
- 3 Telukemas
- 4 Hiti
- 5 Sasarham
- 6 Pehin
- 7 Pehin
- 8 Hecogorok
- 9 Hydrotherapy Pool

Swimming Pool

Gym

Sauna

Steam Bath

Foot Massage Room

Badminton

Ping Pong

Meeting Room

Home Theatre

Bamboo Bungalows

Khun JID Massage Room

Garden and Fruit Garden

Chaba Massage Hut

Ked-Tha-Wa Massage Hut

Dok-Kaww Massage Hut

Basketball & Tennis Courts

Sakao Poly Holistic Clinic

Kitchen

Staff Car Parking

Waterfall

Three Pure One Gods Pavilion

Waterfall

Book Shop

Marketing Office

Financial & Fulfillment Office

Accounting Office

Staff Entrance

Maintenance

Store & Purchasing office

Security 2

Security 1

Car Parking

Walter & Jutta's Waju Residence

Soi 6, Moo 7 Luang Nua Village

Car Parking

Waterfall

Waterfall

Waterfall

*Good Air, Good Water, Good Food, Good Chi, Good Heart, Good Intention*



Tao Garden is different. We are an alcohol, smoke and drug free environment



**Year 2009-2012**  
Gold Thai World Class Spa  
by Thailand Ministry of Public Health



**Year 2010-2011**  
Green Leaf Hotel Standard  
by Green Leaf Foundation  
Green Leaf Standard for ASEAN



**Year 2009-2011**  
Smoke Free Hotel  
by Green Leaf Foundation  
Green Leaf Standard for ASEAN

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