

Knowing You – How a wellness retreat at one Phuket resort truly understands your needs. Steve Harvey is resident wellness practitioner at Asaya, the talked-about wellness retreat located at the luxurious Rosewood Phuket.

As a holistic healer, life coach and bodyworker, Harvey has worked with Hollywood stars, top athletes, and business CEOs. With his broad experience, he has been described as, “Having a gift for identifying blocks and patterns that keep people ‘stuck’ and has developed a fresh approach for transforming fear, doubt and uncertainty into fuel for brilliance, confidence and creativity.” This, combined with his expertise in bodywork and muscle massage skills, made him the perfect person to oversee Asaya, a new conceptual wellness retreat by Rosewood Hotels and Resorts, of which Phuket is the pioneer launch. The name adopts the sanskrit word for “understanding”, the central philosophy of what they do.

“With an intense focus on offering personalized wellness, Asaya guests experience a hands-on, carefully curated and intuitively guided experience that unlocks unlimited possibilities to achieve their specific goals,” says Niamh O’Connell, Rosewood’s group vice president



for guest experience and wellness. “These teachings will enable them to continue their commitment to wellness long after they leave.” As one of the world’s foremost destinations for wellness-conscious travelers, Phuket was an ideal fit for the first Asaya, with the country’s culture of mindfulness, practice of ancient massage techniques, and exotic surroundings that imbue visitors with a serene mindset conducive to embracing a personal wellness journey.

The guest’s bespoke experience begins by first collaborating with Harvey to discover your own path. “Today’s wellness-conscious guests are looking for more than a traditional spa and want to explore deeper realms of holistic well-being for their body, mind, and spirit,” he says. “We strive to help guests achieve a more profound self-understanding so that they can more easily embrace self-acceptance and in turn be guided on their own path to true wellness.”



SIMON N. OSTHEIMER



That explains why the locally inspired, culturally authentic experiences at Asaya—which tie in to Rosewood’s guiding ‘Sense of Place’ philosophy, revolve around specific individual wellness goals, supported by alternative therapies and rituals, enriching fitness and lifestyle activities, healthy eating plans, a dedication to pure, authentic ingredients and specially designed spaces for relaxation and reflection. As you arrive at Asaya, you pass the herb gardens that offer guests a sensory experience, transitioning from the sweet fragrances of jasmine and gardenia at first to refreshing and energizing lemongrass and Thai mint scents.

Indeed, central to the guest experience at Asaya is the Wellness Atelier. Here, the garden’s red and sweet basil, kaffir lime, lemon balm, Thai curry leaf, and pandanus ingredients are crushed and blended into individual recipes for use in customized scrubs, wraps, masks and herbal compresses. Guests can choose to hand-select their medicinal herbs and help prepare these mixtures. The fresh Thai healing herbs are also incorporated into powerful aromatic oils that are used in rituals of therapeutic massages that encourage deep relaxation, energy, mental clarity and relaxation, and are also applied in traditional Thai and foot massages.

Guests experience a seamless flow throughout Asaya’s tranquil indoor and outdoor spaces, including several open-air areas for relaxation before and after treatments or for energy rebalancing at a daily Tibetan singing

bowls ritual. Each of five double treatment suites features an outdoor relaxation area with rain shower and deep soaking tub. In addition, the Signature Asaya Villa is an ideal setting for couples and includes a spacious double treatment room, Watsu pool, Himalayan salt sauna with steam shower, oversized day bed, outdoor private Yoga Sala, and al fresco soaking tub and rain shower. Guests can enjoy a tailored selection of drinks and indigenous light bites to complement their wellness journey.

A variety of experiences led by experienced teachers fuel your desire to lead a healthy and conscious life, including yoga, meditation, mat pilates in the tranquil beachfront gardens and High Intensity Interval Training held on the secluded shore by Emerald Bay. Alternative therapies at Asaya offer meaningful levels of well-being and direct exposure to authentic treatments that have been practiced for centuries throughout the world. The local Chinese-Thai heritage is reflected in Chi Nei Tsang therapy, a synergy of Chinese and Thai massage and meditation techniques to guide the healing energy flow, or qi, throughout the system. Watsu therapy, Reiki healing, Life Force therapy and Chakra Balancing sound therapy help guests achieve balanced energy that is vital to maintaining a healthy diet and lifestyle.

Steve Harvey’s 3 Top Tips for Wellbeing

RESERVE THE BED FOR SLEEP

Reading in bed can be relaxing, right? Yes, and no. A page-turner, a mystery or any other book that demands your emotional and intellectual attention may be more distracting than relaxing. Opt for lighter reading before bed, and keep it to the couch or your favorite chair.

HAPPY PEOPLE ARE MORE SUCCESSFUL

You might think success makes you happy, but numerous studies show that happy individuals are successful across multiple life domains, including marriage, friendship, income, work performance, and health. Happiness leads to success, and yes, possibly even a longer life.

KEEP IT COOL

Finding the correct temperature in the bedroom can be a little bit of a Goldilocks situation: A room that’s either too hot or a room that’s too cold can both mess with your sleep. The best temperature is somewhere between 60 and 67 degrees fahrenheit (15 to 20 degrees celsius).

Asaya

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