



ZEN ESCAPE

Deep Sleep Recovery & Cellular Longevity Program

*An Exclusive Wellness Experience
by Mag Nexa*



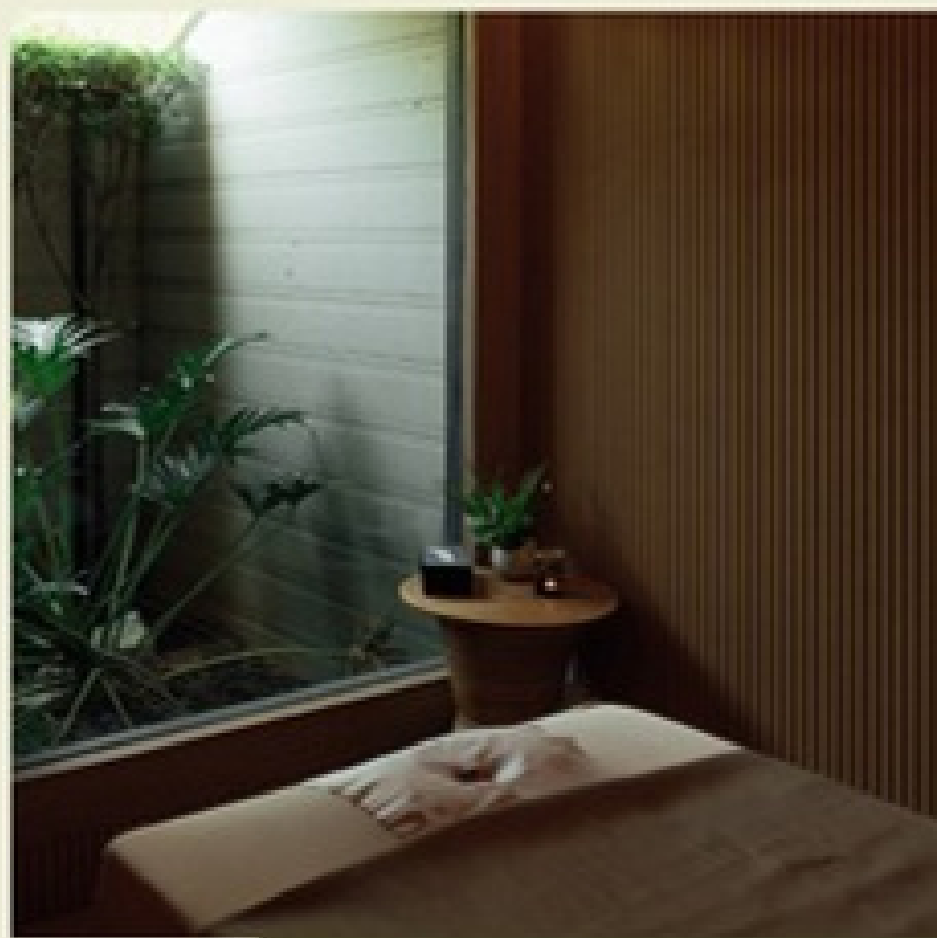
Where Advanced Thermal Therapy, Eastern Medicine and Lifestyle Science
come together to help you sleep deeper, recover fully and
reconnect with yourself.

COME TO REST. LEAVE RESTORED.

YOU HAVE BEEN RUNNING FOR TOO LONG.

Your mind stays active.
Your sleep feels incomplete.
Your body carries the tension.
And even rest can begin
to feel like another task.

ZEN ESCAPE™ gives you the
space to step away, slow
down and restore your
natural rhythm.





MORE THAN A RETREAT

A deeper reset for the way you live.

Through advanced thermal therapy, Eastern medicine, mindful practices and lifestyle guidance, your journey focuses on the areas that matter most:

***Deep Sleep · Nervous System · Cellular Recovery · Mobility
Circulation · Detoxification · Balance · Healthy Habits***

CREATED FOR THE LIFE YOU HAVE BUILT

Success often comes with a cost — long hours, constant decisions, little time to pause and a body that rarely gets the chance to recover.



**Mag Nexa created ZEN ESCAPE™ around a simple belief:
sustainable wellbeing begins when you
make space for yourself.**

Our experience across wellness, hospitality and lifestyle comes together in a retreat designed to help you step away from everyday demands and return with a healthier rhythm.



Our Philosophy

**Pressure doesn't demand your attention.
Restore what has been depleted.
Reconnect with what matters.**

*CARE THAT
BEGINS WITH YOU*

Your body is different. Your needs are different.
Your care should be different too.
Our multidisciplinary team brings together
practitioners from Ayurveda,
Traditional Thai Medicine, sound healing and yoga.



AYURVEDIC PHYSICIANS

BAMS Qualified - India

Panchakarma - Shirodhara - Marma Therapy

10+ Years' Experience



THAI TRADITIONAL DOCTORS

Licensed - Thailand

Traditional Thai Medicine - Therapeutic Bodywork

Royal Palace Lineage



SOUND HEALING MASTERS

Certified - Nepal & Thailand

Tibetan Bowls - Thai Gong - Sound Healing

Live Evening Sessions



YOGA INSTRUCTORS

RYT-500 - International

Yin - Vinyasa - Breathwork

Daily Guided Practice

LEAVE THE NOISE BEHIND

KHAO YAI · Thailand



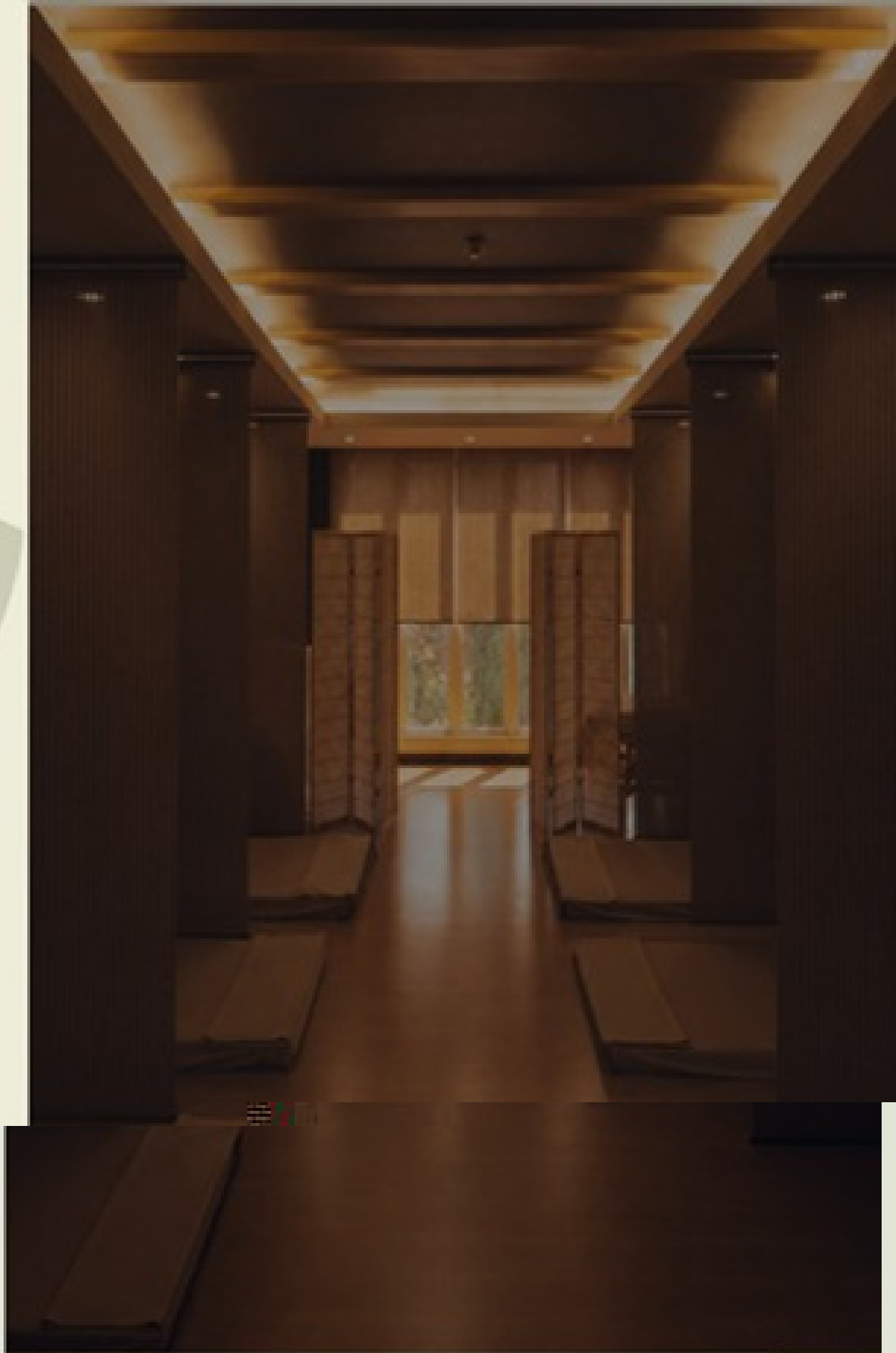
Set within the peaceful highlands of Khao Yai,
your retreat takes you away from the pace
and noise of everyday life.

Hosted at Lacol Khaoyai – A Chatrium Collection,
the setting is surrounded by forested hills, open
countryside and the natural landscape of Khao Yai.

Here, your days become quieter.

Your schedule becomes intentional.

And your attention returns to yourself.



Private by Design

Single Guest

Your retreat is created around you.

Dedicated Care

A dedicated team supports your journey.

Discreet Hospitality

No shared schedules.

No unnecessary interruptions.

Less noise. More space to restore.

RECONNECT WITH YOUR BODY



Your body remembers the tension you carry.

Traditional Thai massage uses therapeutic touch, rhythmic pressure and assisted movement to encourage relaxation and ease of movement.

With experienced practitioners guiding each session, the practice becomes more than physical treatment — it becomes an opportunity to slow down and become aware of how your body feels. You may leave feeling lighter, more mobile and more connected to your body.

Take the feeling with you

**Move with greater awareness.
Recover with greater intention.**



THERMAL & HYDRO RECOVERY

Before you Restore, Prepare.

Deep recovery begins by giving your body permission to slow down.
Your thermal and hydrotherapy journey may include:

***Japanese Onsen
Aqua Therapy
Aqua Bed Therapy
Himalayan Salt Room
Herbal Tea Relaxation***

These experiences create a calming transition into your deeper therapeutic sessions, supporting relaxation, circulation, lymphatic flow and muscular release.

Prepare your body for deeper restoration.

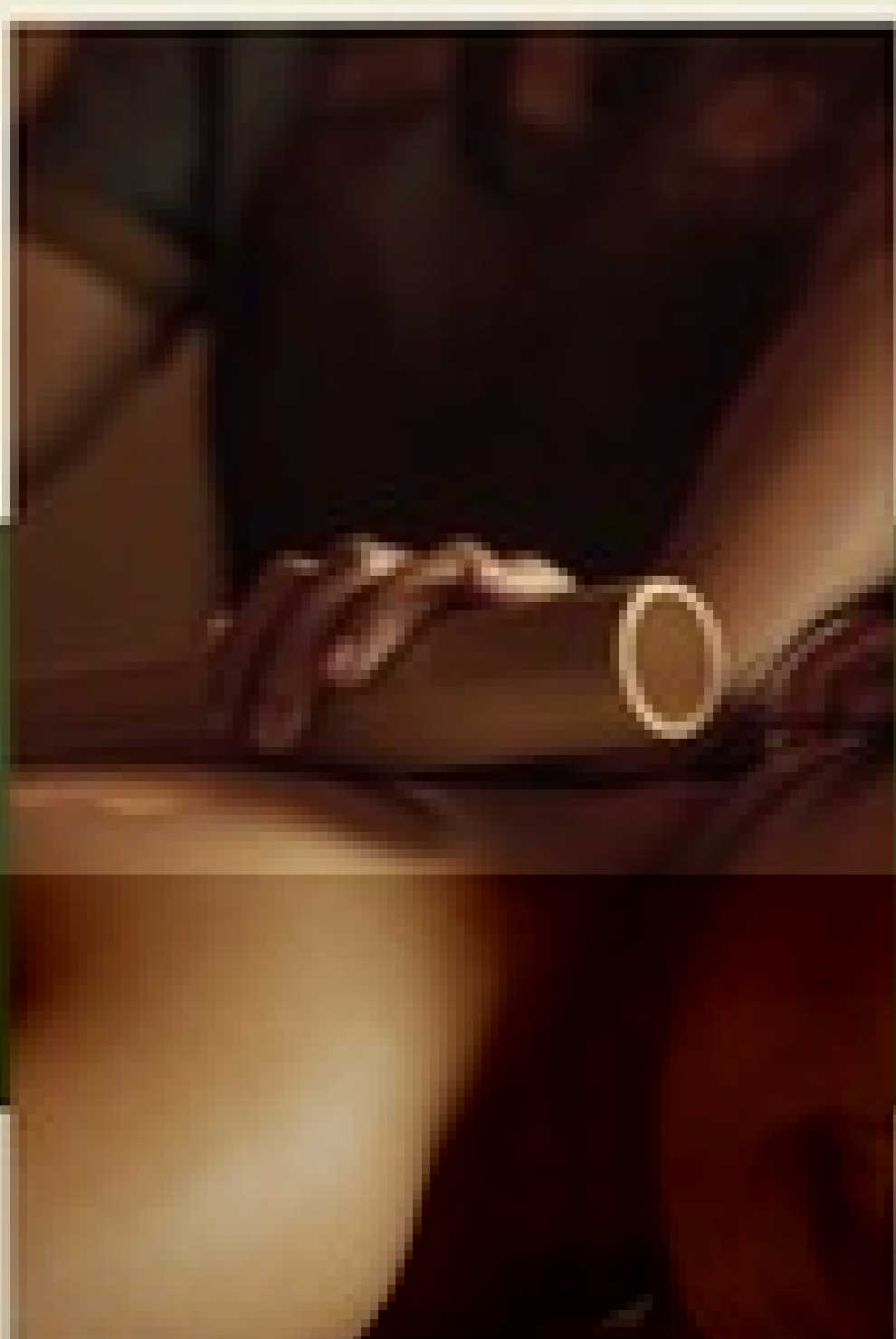


TRADITIONAL HEALING & CELLULAR RECOVERY

Your body has it's own rhythm



We begin by understanding you. ZEN ESCAPE™ brings together Traditional Thai Medicine, Ayurveda and Functional Cellular Recovery within one progressive therapeutic journey. Your experience moves through carefully selected therapies designed around your needs and programme duration.



YOUR JOURNEY

- **ASSESS**
Understand your starting point.
- **RESTORE**
Release tension and encourage balance.
- **RECOVER**
Support relaxation, mobility and renewal.
- **RESET**
Complete your journey with guidance for what comes next.

**Not a collection of treatments.
A journey with purpose.**



LIFESTYLE TRANSFORMATION

Feeling better is only the beginning

What happens when you return home matters just as much as what happens here.

We help you turn your retreat experience into practical habits you can continue every day.



MOVE BETTER

Functional fitness and exercise guidance.

RECOVER BETTER

Stretching, mobility and self-recovery techniques.

EAT BETTER

Functional nutrition and healthier food choices.

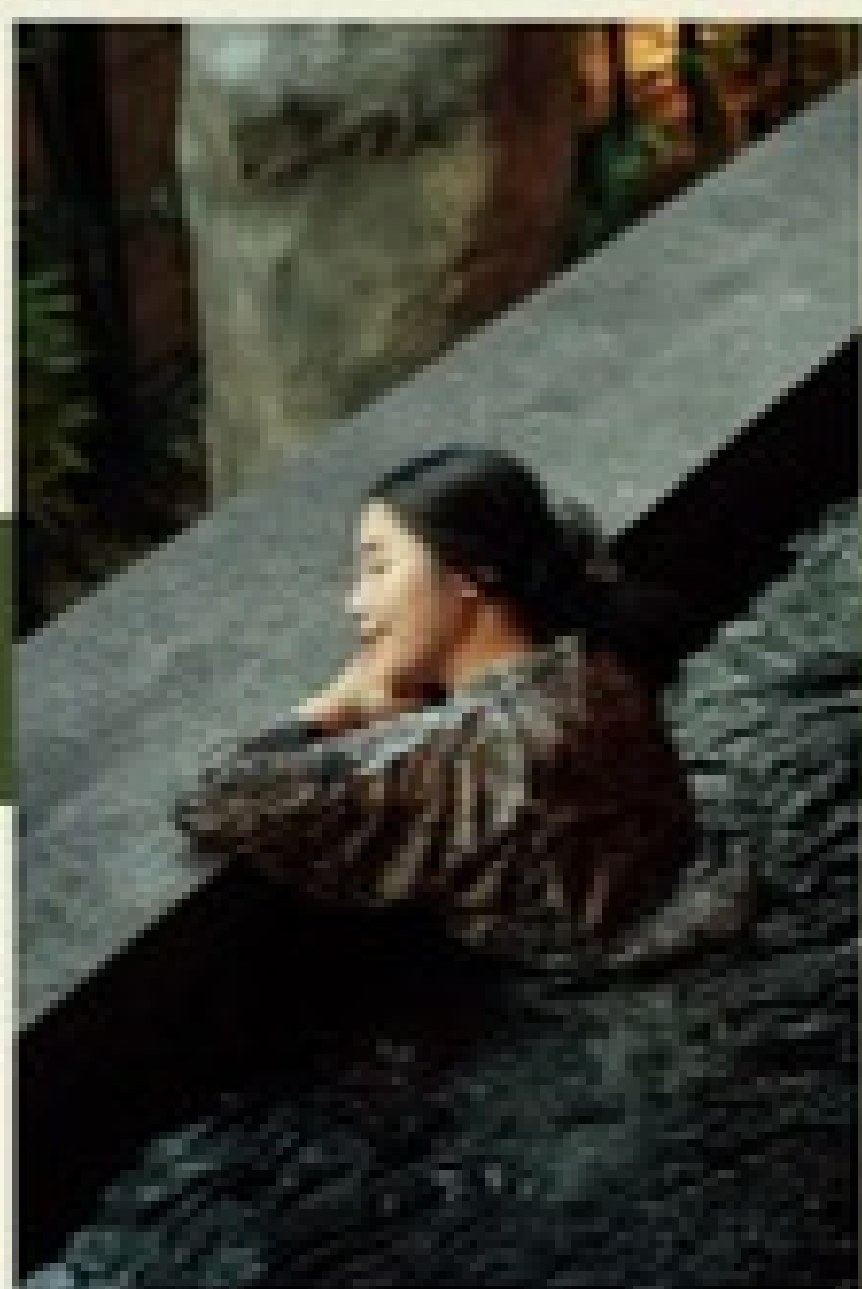
LIVE BETTER

Practical lifestyle habits designed to support long-term wellbeing.

You don't leave with instructions. You leave with practices you can use.

YOUR RECOVERY, YOUR WAY

Across your stay, carefully selected therapies are sequenced around your programme and wellness needs.



WATER & THERMAL

Japanese Onsen · Aqua Bed
· Salt Chamber · Ice Bath



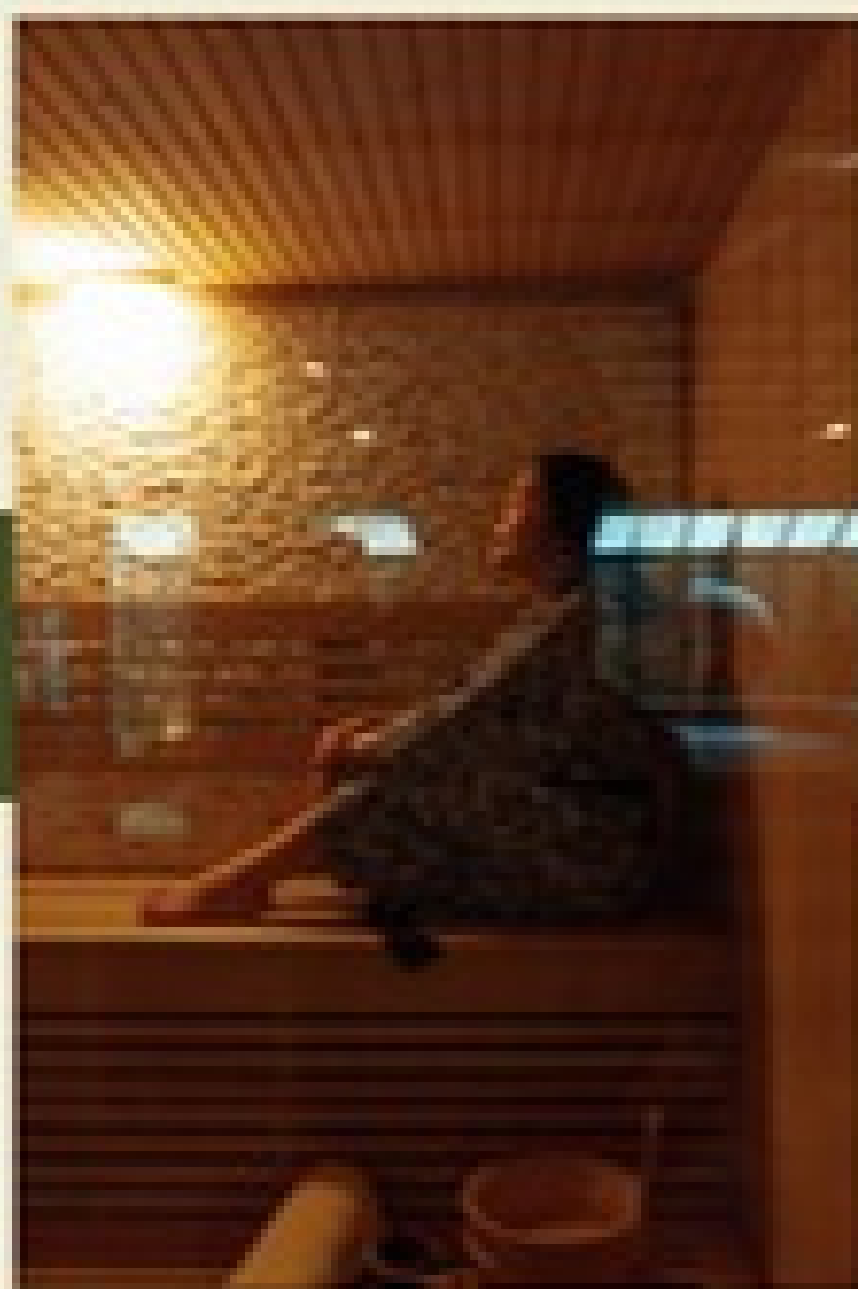
THAI BODYWORK

Thai Massage · Tok Sen
· Reflexology · Abdominal
Therapy



HERBAL & AROMATHERAPY

Shirodhara · Herbal Compress
· Aromatherapy Massage



REST & RENEWAL

Sound Healing · Meditation
· Facial Rejuvenation · Fire
Cupping

Every treatment has a place in your journey.
Nothing is simply added for the sake of it.

MOMENTS ^{IV} THAT STAY WITH YOU

ICE BATH

Awaken your body. Sharpen your mind.
A refreshing cold-water experience
designed to invigorate your senses.



SHIRODHARA

A moment of complete stillness.
Warm herbal oil creates a deeply
calming ritual for quieting the mind.

TIBETAN SOUND BOWL

Return to inner calm.
Resonant sound creates a space
for relaxation, reflection and stillness.



TRADITIONAL FIRE CUPPING

Release tension. Restore vitality.
A traditional bodywork experience
focused on relaxation and
muscular release.

THE MASTER DAILY SCHEDULE

A day with nothing else to chase

06:00 — Morning Herbal Tonic

06:30 — Forest Therapy Walk

07:00 — Sunrise Yoga

07:30 — Breathwork

07:45 — Guided Meditation

08:30 — Organic Breakfast

09:30 — Doctor Consultation

10:00 — Morning Treatments

12:30 — Organic Lunch

14:00 — Afternoon Treatments

16:30 — Stretching / Light Fitness

18:00 — Evening Meditation

19:00 — Restorative Dinner

20:00 — Wellness Education

21:30 — Rest & Cellular Sleep

Treatment content and duration are adjusted
to your selected programme.

YOUR ONLY RESPONSIBILITY:
Be present.



WE TAKE CARE OF THE DETAILS. YOU TAKE CARE OF YOU

From arrival to departure, the essential details are arranged around your experience.



Private Single-Guest Experience

***Luxury Single-Occupancy
Accommodation***

Three Organic Wellness Meals Daily

Two Nutrient-Dense Snacks Daily

Full Treatment Programme

***Dedicated Six-Person Expert
Care Team***

Medical Wellness Consultation

Private Airport Transfers

Wellness Education & Guidance

Zen Escape Wellness Blueprint™

Your Comfort. Your Way

Multilingual Guest Relations

Arabic · English · Thai

Private & Discreet

No shared scheduling. No unnecessary interruptions.

DON'T JUST TAKE THE MEMORY HOME.

Take something that stays with you.

At the end of your retreat, you leave with practical guidance designed to help you continue caring for yourself.

Your Wellness blueprint

Medical Wellness Report

Exercise & Fitness Plan

Stretching & Mobility Guide

Self-Recovery & Massage Manual

Nutrition & Healthy Lifestyle Guide

Herbal Wellness Recommendations

Lifestyle Prescription

Zen Escape Wellness Blueprint™

THE RETREAT ENDS.

YOUR NEW RHYTHM BEGINS.



PROGRAMME OPTIONS & RESERVATIONS

Choose the time you need

Every programme is private and designed around your individual wellness journey.

DURATION	STANDARD RATE	PRIVILEGED RATE
11 Days / 10 Nights	USD 7999	USD 5000
8 Days / 7 Nights	USD 5000	USD 3999
6 Days / 5 Nights	USD 4000	USD 3500
4 Days / 3 Nights	USD 2800	-

Privileged rates apply to selected programmes for a limited period.

Reservation

- 25%* — At booking
- 35%* — 30 days prior to arrival
- 40%* — 7 days prior to arrival

NOT INCLUDED

Airfare · Travel Insurance · Personal Incidentals · Alcoholic Beverages

Your preferred dates are secured once the reservation deposit is received.



YOU HAVE TAKEN CARE OF EVERYTHING ELSE.

Now, make space for yourself

For a limited number of guests, we create an experience where your time, privacy and wellbeing come first.

Speak with our Wellness Concierge to discuss where you are today and discover the ZEN ESCAPE™ experience that is right for you.

*Your Journey begins
with a conversation*

WhatsApp

+66 65 932 1129

Daily · 08:00–20:00 Bangkok Time

Email

info@themagnexa.com

Website

www.myzenescape.com