



## SAMUI HOLIDAY MAGAZINE



**AT “THE SPA RESORT” THE SERVICES THEY PROVIDE CAN TRANSFORM YOUR LIFE.**

Visitors come to Samui for a whole variety of reasons. And it’s not just about lying on the beach or enjoying the nightlife. For many, it’s much more about relaxing, de-stressing and putting some semblance of order back into their lives. And that entails a little more than a day or two at a spa having the knots massaged from

your muscles.

Organised relaxation and rejuvenation might sound a little ordered but it’s what many people need and want. Really feeling good about yourself takes time, a process and knowledge. And it’s often your lifestyle that has the greatest impact on your body and that can result in a list of ailments too long to mention and a general feeling of uncertainty about yourself.

Detoxifying is nothing new, although we tend to associate the word with celebrities who’ve been court-ordered to attend clinics for alcohol and substance abuse. And they rate about a zero on most people’s scale of things to care about. **What you should care about is yourself and Koh Samui has the perfect place to learn how to do just that. And that’s where we introduce The Spa Resort.**

**It was the first health destination resort in Thailand and it has become famous all over the world.** In fact, there are now four Spa Resorts in Thailand: the original resort on Lamai Beach on Samui which opened in 1992; Samui Village on the hillside overlooking Lamai; one on the island of

Koh Chang in the northern part of the Gulf of Thailand; and a new resort in the rural area of Chiang Mai in the north of the country which also has a 20-acre organic farm that provides fresh fruit and vegetables for all of the Spa Resorts' 'Radiance Restaurants'.

**Founders Guy and Toi Hopkins first met in 1987 and embarked on a journey of health and wellness together. Guy is from California and Toi is from the Issan region of North-eastern Thailand. They were keen to learn how to live a healthy life but were perplexed by the lack of information available. Guy had studied at the Redwood College of Holistic Health in California and Toi has a family lineage in traditional Thai massage therapies. Together they set about creating a destination spa resort that combined the best of Asian massage principles, Buddhist philosophies and emerging health regimens. They specialise in cleansing detox, weight loss, yoga, massage, meditation and nutrition.**

And then we have Jo Rowkins who's based at the Samui resorts and is a nutritionist, instructor and the Executive Health Advisor to the whole group. She first came to the island eight years ago to take part in one of the fasting and cleansing programmes and returned many times before joining the team. She explains what their philosophy is all about. **"At The Spa Resorts, our endless pursuit is to help our guests learn more about taking better care of themselves.** When they're here, they learn many things, including: how to cleanse their body (cleansing detox); about proper eating habits (raw food classes); appropriate exercise and proper breathing techniques (yoga); and relaxation (meditation). We provide insights and tools for optimal health and encourage our guests to feel better and healthier by using a simple system of healthy habits. It's called the Five-Habit System to Longevity – and it transforms ordinary, everyday people's lives."

**Interestingly, The Spa Resorts do very little in the way of marketing. Many visitors return several times a year and word-of-mouth seems to be their strongest card. On saying that, though, their first Radiance Restaurant was selected as 'One of the Top 50 Restaurants in the World' by Restaurant Magazine and as one of the '10 Top Nutrition focused Resorts in Asia' by SpaAsia Magazine. And the UK television station, Channel 4, filmed 'Extreme Celebrity Detox' at Samui Village as did Channel 5 (UK) in one of its documentary series. Entitled 'Celebrity Crap Camp', the show followed Kim Wilde, Richard Blackwood, Keith Duffy and Tamara Beckwith on their fasting and cleansing programme. And by all accounts it had a profound affect on all of them and brought about positive changes both personally and professionally. The beach resort in Lamai is also a very popular meeting place for locals and expats where they host free seminars on meditation and a host of other subjects related to mind, body and spirit that anyone can go along to and enjoy.**

Their most popular programme is the '7-Day Detoxifying Cleanse'. It's a powerful way to eliminate

toxins from the bloodstream, build immunity and cleanse the liver and intestines. But before embarking on a cleanse there're recommendations on how to prepare yourself and, whilst fasting is a part of it, you're not going to fade away in a week. Detox drinks, herbal supplements and vegetarian broths are essential parts of the programme. Using a self-administered colema every day is also important in ridding the body of toxins and it's something that Jo often gets asked about. "It's not colonic irrigation as there is no pressurised water and it's a very safe and simple method that guests do privately. We have a video we show that puts everyone's mind at rest. Without it, the toxins in the large intestine could be re-absorbed into the bloodstream and the body will try to eliminate the poisons through, say, the skin in the form of a rash or pimples or through the lungs in the form of mucous or cold-like symptoms." There're also a range of classes, activities and spa therapies to keep the mind and body occupied.

Another fundamental aspect of any programme is the strong support system at the resort. That is a key element for Jo as she reveals, "Some guests have pre-conceived ideas about fasting and cleansing and that's one of the reasons why we have an abundance of information and group activities. **A camaraderie quickly develops amongst guests on the same programme. They are sharing the same experiences and often we'll have people who've been here many times before.** We also have a very experienced team of people on hand and we've all undertaken the cleansing and fasting programme numerous times. **It's no cliché to say that strangers soon become friends here and they end up staying in contact long after they've left Samui.**"

**The Spa Resort has been leading the way in healthy living, well-being and rejuvenation of the mind, body and spirit for nearly 20 years. They must be doing something right!**

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## LINKS

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