

Samui Ridgeway

RETREAT AND SPA

Koh Samui
Exclusive Mountain Top Getaway
Luxury Lifestyle personified
Ultimate relaxation
Exclusive and Extraordinary
Sophisticated ambience to enjoy with your family or friends.

Beautifully designed in traditional Thai style fused with contemporary Bali. Designed around the natural beauty and energy of large rock formations and lush tropical vegetation to compliment its ocean surroundings. We combine exotic pampering services with health enhancement and holistic offerings.

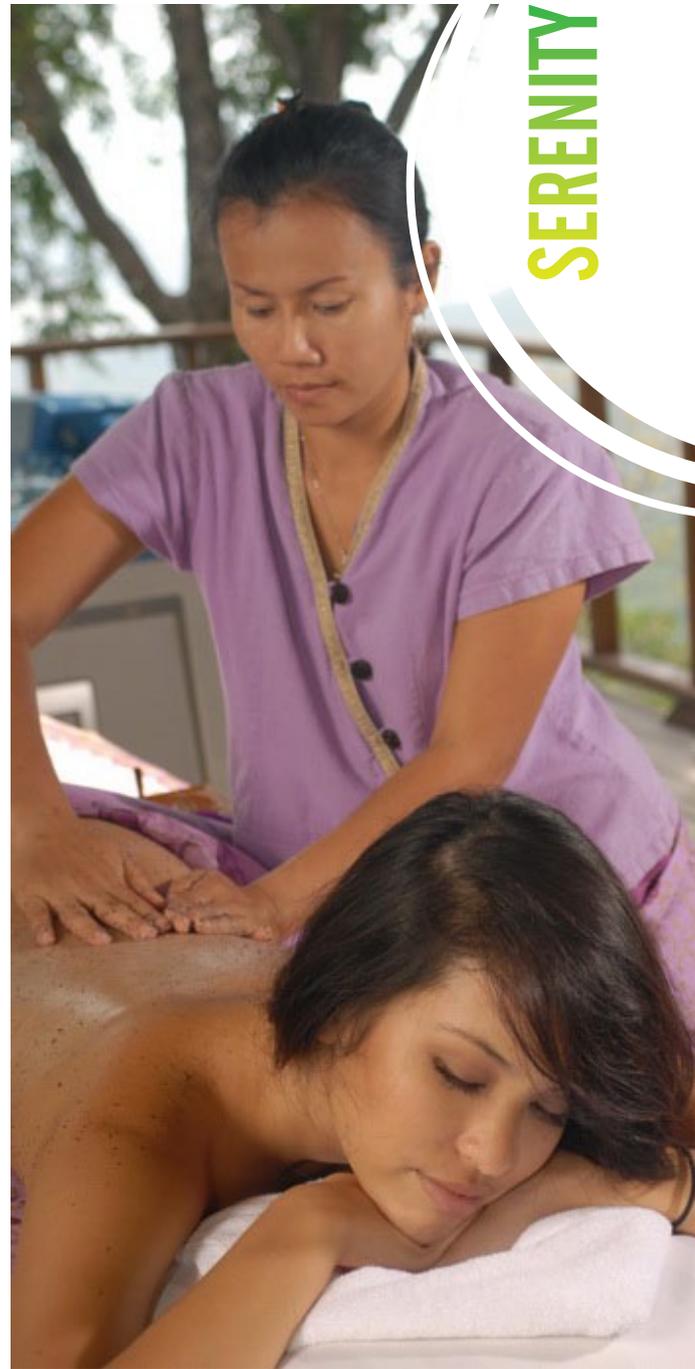


Samui Ridgeway

RETREAT AND SPA

Immerse yourself in Serenity

- As you step into Samui Ridgeway Spa Retreat feel the pressures of modern day living evaporate... Welcome to our sanctuary for weary travelers, stressed professionals or those seeking rejuvenation of the body and soul. Rental of the complete Samui Ridgeway Spa Retreat is available for the most luxurious holiday accommodation. Perfect for corporate and groups, friends or family. With 6 double bedroom suites we can sleep up to 16 persons. Also individual spa suites and spa villa for single or double occupancy.
- Samui Ridgeway Spa Retreat is located in the tropical paradise island of Koh Samui, Thailand, just one hour south from Bangkok by plane. Five minutes from the fishing village of Talig nham.
- Our luxury Eco retreat assures you service that is Five Star all the way. Set in coconut fringed gardens high up on the mountain ridge with cool breezes and tranquility. Here, you'll find 360 degrees of breathtaking ocean and jungle views with an outstanding seascape of the beautiful islands off Koh Samui.
- This is an exotic sanctuary for de-stressing, recharging your batteries and health improvement. Highly trained Thai therapists will guide to you a heavenly spa experience. The small exclusive retreat is secure and totally private.
- Three private treatment rooms and tropical garden pavilions for open-air therapies. The retreat includes Thai herbal steam room scented with Thai herbs, infrared sauna, chromo therapy chamber, hydrotherapy ozone treatment Jacuzzi, sunken beds in large free form swimming pool, spa dining, yoga and meditation salas, chill out zones, gym, all set amongst natural rocks.
- The gym's Life Fitness equipment includes weight machines, free weights, bikes, and stair masters. Our Holistic approach to wellness follows a system of health care that looks at the entire person, taking into account physical, nutritional, environmental, emotional, social and spiritual and lifestyle values. The guest is urged to make personal efforts to achieve balance and well-being. Our Fitness trainer consults with every guest to ensure they receive personalized treatment accordingly. Your sense of harmony with nature will be restored and the soul will be calmed as you enjoy the tranquility and peacefulness of our luxury personified environment.



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RETREAT AND SPA

Relax, recharge and be pampered
Totally private and tranquil with the best views in Samui

Specially designed
100% natural, botanical
spa products from
Simply Samui Co Ltd.

Let us transport you to your centre with a magical blend of ancient wisdom, modern technology and the pure energy of human hands. Feel yourself lifted to a special place, as sensual aromas soothe your mind, body and spirit. A delicious sense of peace enfolds your being.

Experience the art of
relaxation, healing and
pampering.

Our dedicated team of staff will provide you warm Thai hospitality combined with a unique attention to personalized needs.

Discover your inner
harmony through our
extensive range of
Asian Fusion.

Our East meets West philosophy promises treatments that promote physical, mental and emotional well-being. An incredible journey is about to begin. It's the journey to the centre of you.



Samui Ridgeway

RETREAT AND SPA

Infrared Sauna

30mins

500bt

The healing property of natural far infrared rays has been recognized for centuries from Chinese palm healing to the popularization of the conventional sauna by the Finns. Just relax in the sauna, listen to music, read a book or just enjoy the benefits as infrared rays perform their regenerative effects on the body. Combats toxic overload, pain relief, stimulates immune system, stress management, aids chronic fatigue, helps to relieve rheumatoid arthritis, anxiety and depression, weight control and cellulite removal, detoxification prior and after chemotherapy, detoxification prior to conception for prospective parents. With consistent use of our infrared sauna you will be on the way to achieve good overall health.

Benefits:

- **Reduces stress and fatigue:**

Perhaps the most immediate relief our infrared sauna offers is simple relaxation as it melts away the stresses and tension of “modern” life. Just 30 minutes in the gentle warmth of our Infrared Sauna gives you an overall massaging effect, soothing nerves and muscles. You’ll feel rejuvenated and renewed, restored in both body and mind.

- **Removes waste and toxins:**

Increased blood circulation stimulates the sweat glands, releasing stored toxins and wastes. Daily sweating will help detoxify your body as it rids itself of an accumulation of highly toxic heavy metals (lead, mercury, nickel, and cadmium) as well as alcohol, nicotine, sulfuric acid, and other compounds.

- **Improves the immune system:**

The infrared sauna’s deep heat raises your inner body temperature, inducing an artificial fever (mild hyperthermia). Fever is the body’s natural mechanism to strengthen and accelerate the immune response, as seen in the case of infection. This enhanced immune system, combined with improved elimination of toxins and wastes via intense sweating, increases your overall health and resistance to disease.

- **Relieves pain and joint stiffness:**

The deep heat of our infrared sauna helps peripheral blood vessels dilate, bringing relief and healing to muscle and soft tissue injuries. In Europe, radiant heat therapy is widely used to treat patients suffering from many forms of arthritis. It has been proven effective in the treatment of sprains, neuralgia, bursitis, muscle spasms, joint stiffness and many other musculoskeletal ailments. For athletes who push their body’s to the limit, creating lactic acid build-up, which often results in stiffness and pain, the Infrared sauna offers sweet relief as it gently metabolizes and disperses the lactic acid. Increased blood circulation carries off metabolic waste products and delivers oxygen-rich blood to oxygen-depleted muscles so they recover faster. Muscles relax most readily when tissues are warm, promoting greater flexibility and range of motion. Much of the stiffness, aches and soreness that come with aging is reduced or eliminated.

- **Eco-friendly:**

Uses less Electricity the sauna costs less to operate because it uses very little electricity about the same amount used by a hair dryer or toaster oven. And it takes only 5 to preheat, not the 30 to 60 minutes required by traditional saunas.

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Infrared Sauna

30mins

\$60

Benefits..(Continued)

- **Our Infrared Sauna Benefits:**

Burns calories, controls weight and reduces cellulite As you relax in the gentle heat, your body is actually hard at work producing sweat, pumping blood, and burning calories. According to The Journal of the American Medical Association, "in a single 30 minute sauna session you may burn as many calories as you would by doing two hours of aerobic exercise". Saunas have traditionally been used by European beauticians to help eliminate cellulite. Since the radiant heat of the Infrared Sauna warms three times as deeply as conventional saunas, it is significantly more effective at reducing cellulite.

- **Improves skin:**

The profuse sweating achieved in the infrared sauna carries off deeply embedded impurities and dead skin cells, leaving the skin glowing and immaculately clean. Increased circulation draws your skin's own natural nutrients to the surface. You will see improved tone, elasticity, texture, and fresh color. Increased blood circulation has also been shown to relieve acne, eczema, psoriasis, burns, lesions, and cuts. In addition, open wounds heal more quickly, reducing scarring.

- **Increases blood circulation and strengthens the cardiovascular system:**

As your body increases sweat production to cool itself, your heart works harder pumping blood at a greater rate to boost circulation, providing the conditioning benefits of continuous exercise. Heart rate, cardiac output and metabolic rate increase, while diastolic blood pressure drops, thus boosting overall cardiovascular fitness.

- **What makes Infrared saunas more effective than wet sauna?**

Safe, effective radiant heat (far-infrared heat), just like the sun's soothing warmth. Radiant heat is more efficient because it warms you, not the air. Your body directly absorbs as much as 93% of the heat generated by infrared sauna. A 10 micron far-infrared light wave reaches up to 2 inches deep inside the body's tissue where cellular vibration occurs when the light waves penetrate the cells and reach the large water molecules. This vibration reduces the ion bonds of the atoms that are holding together the molecules of water, resulting in a release of toxins.

- **Effective at Lower Temperatures:**

Infrared saunas operate at safer, more comfortable temperatures than other saunas, only 40-65C. Its radiant heat reaches deep, to be absorbed by your body as much as 2 inches below the skin, while producing 2 to 3 times more sweat than other saunas. Traditional saunas rely on a stove to heat the air to as hot as 105C. The energy they require is double that of an infrared sauna. And to be effective, this superheated air must remain tightly enclosed, resulting in a stifling, suffocating environment. By contrast, Infrared saunas allow fresh air to circulate for ventilation and maximum comfort.

- **Contra indications for NOT using Far Infrared Therapy:**

If a person has a recent (acute) joint injury, it should not be heated for the first 48 hours or until the hot and swollen symptoms subside. In pregnancy or the suspicion of pregnancy, discontinuation of sauna use is recommended. Hemophiliacs and anyone predisposed to hemorrhage should avoid infrared usage or any type of heating that would induce vasodilatation that can lead to the tendency to bleed. Pain should not be experienced when using an infrared heat system. If one does, the use of radiant heat is clearly inappropriate for the person at that time.

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Thai Herbal Steam Room |

30mins

| 800 bt

In Thailand, herbal steam is an age-old tradition, which, like massage, has been passed down through generations of skilled practitioners in rural temples. The medicinal steam vapour was used traditionally to treat skin ailments, muscle stress, and respiratory problems. There are a host of other benefits to be derived from the herbal steam: improved circulation, relief from tension, ridding the body of toxins, clearing respiratory passages, aiding digestion, soothing aching muscles, cleansing and rejuvenating the skin, and promoting sound sleep.

- We use a mixture of fresh and dried essential herbs from turmeric, prai, lemongrass, bergamot, lime, camphor and tamarind leaves. An added benefit of the herbal steam is to prepare the body for a massage. Whatever herbal oil or warming rub the masseuse applies will be absorbed more readily after the herbal steam. Also, warm and relaxed post-herbal steam muscles can be more easily stretched by the masseur.
- Our steam room is where temperatures are kept at 30 to 60° C
- Relax and allow the warm damp heat to release toxins from the body, improve circulation and help respiratory problems.
- It is not advisable to use the herbal steam if you have a history of heart disease, high blood pressure, or asthma. Also inadvisable to steam if you have a fever or an inflammatory disease or injury, if you are in your first trimester of pregnancy or if you have been drinking alcohol.

THAI HERBAL STEAM ROOM



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Zen Water Healing and Hydrotherapy

Our Zen treatments are based on the Japanese teaching with origins in ancient China whose belief is that the only path to enlightenment is through direct, intuitive insight-by focusing solely on your essential nature.

- Our sunken Hydrotherapy beds are located in the large free form swimming pool overlooking the aquamarine ocean. The eleven jet promise benefits to health by increasing blood circulation and accelerating the body's natural healing process .Alleviates tension commonly associated with stress. Provides welcome relief from arthritis or rheumatism, as the continuous water massage gives beneficial results. Relaxes tense muscles and relieves pressure on surrounding nerves. Increases blood flow allowing oxygen and nutrients to help overworked muscles recover faster.

Chromo therapy and Hydrotherapy Ozone Tub

Located in our Spa , it is the only one in Koh Samui!! Our colour therapy treatments combine water features and holistic healing methods.

- Using state-of-the-art digital lighting technology (LED's) and strategically located chromo therapy light stations to generate a variety of rich and atmospheric coloured lights, the mood enhancing chromo therapy glow will put you in a total state of harmony and balance.
- The hi-technology LED lights have various colour actions to gain the circulation of body improvement, relaxation and stress reduction which lead our body and mind to regain the balance of nature.

ZEN WATER HEALING
HYDROTHERAPY



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Zen Water Healing & Hydrotherapy

| 45 mins

| 1000 thb

Our six-seater hot whirlpool is the opulent healing event. Set outside on the spa jungle terrace amongst coconut trees with the stunning view of the aquamarine ocean. As the soothing music envelopes the air let the massage jets heal sore, stressed bodies and minds.

- Each one of the Hydrotherapy Jacuzzi Jet's pre-set programs features a different colour bath with random color changes and multicolor cross fades made up of all the colors of the spectrum, from soothing and relaxing, to balancing. The warmth of the whirlpools ozone hot water relieves muscular pain and stiffness, whilst the hydro massage features relaxes the body and clears the mind. The water and air forced through the jet nozzles creates such an action...whether to unwind from the complexities of everyday life, to relieve muscular pain, or just to allow a more restful sleep.
- Ozone is an activated, three atoms form of oxygen. Ozone is effective for viruscidal, germicidal, bacterial and fungicidal elimination. The ozoned water is useful for bladder, stomach and kidney problems. Ozone bathing increases ozone which is insufflated into the blood circulation through the breath and the skin. Hydrotherapy contributes to well being, naturally. Each seating area has specific jets to relieve muscle tensions in all areas of the body, neck, shoulders, mid-back, lower back, thighs and feet.
- **What happens to you during Hydrotherapy?**
- When you are in pain or under stress, chemical changes in your body can cause the blood pressure and pulse rate to increase. Having regular hydrotherapy treatments can help you to reduce these symptoms by relieving swollen joints and slowing down the process of stress reaction. This will help you to relax and unwind, which is easier for you, helping you to deal with your pain.
- Your blood flow takes oxygen and nourishment to all your cells and tissues. When working correctly, this forms the basis of a healthy life. Good circulation also brings the benefit of good lymph drainage which helps to clear the body of toxins.



ZEN WATER HEALING HYDROTHERAPY

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Chakras Healing in our Chromo therapy Rain Massage Shower

The only one in Koh Samui!! As the colour and water cascades over your body during showering the meridians of the body are balanced and energy blockages released. These blockages are the result of emotional, physical, and external stressors.

- The Chromo therapy rain shower is a spa method able to help you regain the balance of life and simply receive the physical and mental treatment. Engineered with hi-technology LED light equipment, the Chromo therapy lights action shower enables the user to activate any colour desired. Each colour has its own spectrum giving particular treatment benefits. Certainly the colours help us to gain the circulation of the body improvement, relaxation and stress reduction which lead our body and mind to regain the balance of nature.
- A wonderful solution to relieve of the stresses and strains of a busy and stressful day. With the chromo therapy mood enhancement lighting it creates a special relaxing atmosphere and from there the steam effect allows the body to release tension, improve the circulation of your blood and also replenish your skin. Our shower enclosure also has the hydro massage system built in that offer jets to relieve aches and pains from such ailments as arthritis, rheumatism and back pains, ensuring health benefits whether you are whether you are young or older.
- Each colour relates to one of the 7 main chakras. Chakras are energy points that are located in the aura, the field of energetic vibrations of the human body.
- **Orange** is related to the conjugal hereditary succession and situations in the material plane. Connects to the sexual organs and kidneys. Energizer and eliminates localized fat. Helpful in treating Asthma, strong bronchitis and lungs.
- **Red** is the densest of all planes (or material). Deals with the structure of a man in its path. It connects to the legs and feet. Is used to energize and stimulate. Affects the heart by increasing pulse rate, and the muscles by increasing their tension. Activates the circulation and nervous system. Influences vitality, and increases body temperature. Can be used to develop excitement and sensuality.
- **White** is used for regeneration. Also, provides energy and balances the chrono-biological rhythm, by stimulating the production of serotonin, a substance which regulates both sleep and the nervous system. Rebalances the psychophysical and hormonal systems in people who suffer from insomnia.

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RETREAT AND SPA

Reverse Thrust Jet Lag Aromatherapy Healing Package

Rebalance the body clock after airplane travel

3 hours | (\$135) 4000 Baht / person

3 hours | (\$235) 7000 Baht / couple

1. Infrared Sauna.

Perhaps the most immediate relief our infrared sauna offers is simple relaxation as it melts away the stresses and tension of “modern” life. Just 20 minutes in the gentle warmth of our Infrared Sauna gives you an overall massaging effect, soothing nerves and muscles. You’ll feel rejuvenated and renewed, restored in both body and mind. Removes waste and toxins by increasing blood circulation stimulates the sweat glands, releasing stored toxins and wastes. Daily sweating will help detoxify your body as it rids itself of an accumulation of highly toxic heavy metals (lead, mercury, nickel, and cadmium) as well as alcohol, nicotine, sulfuric acid, and other compounds.

2. Jet Lag Body Polish.

This aromatherapy and sea salts body polish will exfoliate the top layer of dead skin cells. Let your true self shine with the aromatic wonder of chamomile, lavender, lemongrass, orange, rosemary and feel the benefit of its exfoliating properties that help alleviate tiredness and uplifts emotions. Our exotic blend normalizes the digestive system and with its antiseptic properties cleans and refreshes the skin. Coconut chips with sea salt smoothes and softens, Shea butter replenishes moisture lost during exfoliation to reveal soft, healthy, glowing skin with a lingering fresh, exotic scent.

3. Jet Lag Body Wrap.

A full body mud wrap formulated from essential oils, increases the skin’s absorption and stimulates the muscles, blood circulation and nerve tissues to relieve pain. As the aches and pains leave your muscles, you are left relaxed, with an all over glowing feeling. A soothing Indian head massage with virgin coconut oil during the wrap transports you to new heights of relaxation. This rich deeply penetrating wrap works in conjunction with the natural chemicals of the skin to support tissue healing and repair. Helps to prevent sagging skin and age spots. Leaves skin radiant.

4. Reverse Thrust Jet Lag Healing Thai and Oil Massage.

Gentle yet firm this 90 minute full body massage, our unique Jet lag Massage oil will nourish and stimulate your skin, enhance your immune system and delight the senses. A combination of gentle kneading to spread the oil and to facilitate lymphatic drainage, waste mater and dead cells are eliminated.

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RETREAT AND SPA

The Island of Coconuts Package
Enjoy the natural healing power of Coconuts.
Tropical and exotic The Ultimate soothing repair for dry skin
3 hours - (\$100)3000 baht/person
3 hours- (\$165)5000 baht/couple

- Welcome drink of fresh young coconut
- Infrared Sauna or Thai Herbal Steam Room
- Tropical Coconut Body Scrub
- Indian Head Massage
- Tropical Coconut Body Oil Massage

ISLAND OF COCONUTS PACKAGE



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Signature Blissful Package
\$70/ 2000 baht per person
\$120/ 3500 baht per couple

- 120 minutes of blissful aromatherapy oil massage to leave you floating on air
Exotic ingredients harmonize and balance the mind, body and soul



**SIGNATURE
BLISSFUL
PACKAGE**

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Slimming & Anti Cellulite Package
3 hrs @3000bt per person

- Foot Ritual
- Welcome drink of fresh Lemongrass juice
- Infrared Sauna or Thai Herbal Steam Room
- Hot Chilli & Grapefruit & Orange Body Scrub
- Hot Chilli & Grapefruit & Orange Slimming Gel Massage



**SLIMMING &
ANTI-CELLULITE**

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RETREAT AND SPA

Detox to Retox Package

5 steps to heavenly recovery after over indulging

3.5 hours

3.5 hours

\$135 / 4000 baht

\$\$235 / 7000 baht

person

couple

A sensuous treat to eliminate toxins - Coconut, coffee and orange

1. Infrared Sauna	-	20 minutes
2. Detox Body Scrub	-	30 minutes
3. Detox Body Wrap	-	30 minutes
4. Hair Wrap with Indian Head Massage	-	30 minutes
5. Lymphatic Drainage Full Body Massage with Aromatherapy Detox oil or Hot Stones Healing massage with hot oil	-	90 minutes



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RETREAT AND SPA

The Ultimate Energy Package and Hangover Cure in 3 easy steps!!

2.5 Hours

\$100/ 3000 baht

person

2.5 Hours

\$170/5000 baht

couple

1. Infrared Sauna for 30 minutes to release toxins
2. Traditional Royal Thai Massage for 60 minutes to stimulate circulation
3. The Luk Prakob hot compress therapy treatment for 60 minutes to relieve aches and pain



**ULTIMATE
ENERGY
PACKAGE**

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Lovers Package

Treat the one you love and enjoy romancing together
4 Hours | \$1235/ 7000 baht | couple

Connect to your inner being

Calms and centers the mind and body, acts as an aphrodisiac and a sedative to create that loving, passionate feeling. Essential oils used geranium, jasmine, lavender, ylang ylang

- Romance Jacuzzi Bath
- Romance Body Scrub
- Romance Body Wrap
- Indian Head Massage
- Romance Aromatherapy Body Massage

LOVER'S PACKAGE



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RETREAT AND SPA

Sun kissed Package		
Soothes and repairs sun damaged skin		
4 Hours	\$170/5000 baht	person couple
4 hours	9000 baht	

Discover the tingle as nature's most soothing natural ingredient of aloe Vera soothes and calms damaged, over exposed sun burnt skin. Stops peeling and dry patches, replaces lost moisture and helps reduce bruising

- Sun kissed Body Scrub
- Sun kissed Body Wrap
- Indian Head Massage
- Sun kissed Body Massage



**SUN
KISSED
PACKAGE**

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RETREAT AND SPA

2 Hours

Hot Stones Healing Package
| \$170/5000 baht

| person



Stones are hand gathered from one inactive volcano which has been eroded by the sea for 100 million years. Their high ferruginous component will accelerate and help cure blood vessel disease and relax muscles and mood by activating the blood cycle. Hot stones are laid with a layer of fabric between the skin and stone along both sides of the spine, or along the chakra centers and in the hands. While these stones are delivering concentrated centers of heat, the therapist simultaneously massages you with oiled, heated stones held in the palm of the hand with firm strokes along the muscles of the legs, arms and torso areas.

- Our authentic hot stone massage is not simply the "gliding" of heated stones lightly upon the surface of the skin, but rather the stones are used as tools to deliver effective tissue and muscle massage at a pressure level comfortable to the client. The hardness of the stones makes for a fantastic deep tissue massage and is easy on the joints of the therapist's hands. The heat from the stones relaxes muscles; increase the blood flow to the area being worked on which further accelerates the healing process.
- This increase in circulation and the relaxation of the muscles also aids in mental relaxation. Mental relaxation is the key when a Therapist is attempting to work into deeper muscles of the body.



Sammi Ridgeway

HOLISTIC HEALING

Hypnotherapy, NLP, and Theta Healing
\$135/4000 Baht | per hour | per person

Are you ready to let go of your limitations? Or life is a frame of mind?

We are all products of our environment; our personality is formed from our experiences. The area you were brought up in, your friends, your parents, all influence your personality, making you who you are today.

Not all of these experiences are healthy and some can leave a negative influence on our character, deep within the subconscious mind.

Do you have negative reactions, grief, depression, anxiety or even a phobia or fears? Are you ready to let go of negative past experiences?

Are you ready to stop allowing your past influence your current happiness and future well-being?

Anthony is from England and has studied over 7 years of many therapies increasing his understanding of the mind, helping his clients let go of anything that NO longer serves them a useful purpose.

Anthony is qualified in Advance Hypnotherapy, Neuro-linguistic programming and Theta Healing.

Some of the sessions Anthony offers are:

- Defrag session, letting go of anything that no longer serves you
- 2 hour 'stop smoking' session
- Increasing confidence, self esteem, stress management
- Time line therapy, live in the present not the past or future
- Child birth 'pain' control
- Past-life regression
- Speed up physical healing
- Self hypnosis workshops, learn how to go with-in any time you wish
- Lose or gain weight and much more!

The changes you make in your life through your subconscious mind are only limited by your imagination.



Samui Ridgeway

HOLISTIC HEALING

Angel Healing/Past Lives Reincarnation/ Meditation Retreat
All inclusive price \$300/10,000 baht per person 1-4 persons

Introducing our Holistic Healer, Abi.

Certified Practitioner in

- Theta Healing,
 - DNA 1&2,
 - Rainbow,
 - Manifesting & Abundance,
 - Intuitive Anatomy,
 - Holographic Kinetics using Aborigine Dreamtime Healing 1,2,3&4.
- All healings are personal one on one for adults and children.



- 10.00 to 11.30 Holistic Healing with our Angel Healer
- 12.00-13.00 Spa Cuisine Vegetarian Lunch
- 14.00 -16.00 Spa treatment of Lymphatic Drainage Massage or Foot Reflexology
- 16.00 to 17.30pm. Relax by the pool, sunbathe, swimming with the Sun Set

Our Healer works with individuals set outside amongst coconut trees and lush tropical vegetation, surrounded by natural rock formations full of energy.

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HOLISTIC HEALING

Tarot Readings
\$135/4000 Baht per hour per person



Abi's words follow to explain her healings...

- Every card is like a person... Each card has an individual essence and a particular energy that when combined with the others, tells a story. Our Angel Healer uses the Celtic Cross spread which is probably the most common one used... It covers the recent past, what is happening right now and futuristic-ally where you are heading and provides an excellent guide for times of confusion to provide more clarity, insights and direction...

- Tarot sessions are also a great way to shift energy, provide guidance and for me to know exactly where to go when working with the Angels. When I've given a reading I have a connection with my client that covers intuitively what shifts are ready to be made and where the blocks are in order to facilitate them. The healing also begins with the reading and I ask the Angels to join me whilst the reading takes place...

* Angels are able to provide the frequencies needed to raise the bodies vibration back into balance and health, whilst also removing all shock and trauma and bringing unconditional love and healing”

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HOLISTIC HEALING

Angel Healing Step 1:
Angel Attunements & Connecting to the Higher Self
\$135/4000 baht | per hour

Angelic Attunements:

- Clients that come to me are often drawn to me because they resonate already with the angels and want to deepen their connection with the Angels and intuitive abilities.
- I work especially with the Archangels; Gabriel, Michael, Uriel, Raphael, Ariel, Chamuel, Jophiel, Zadkiel although also work with the Angelic Realm and many other teams of Angels who are here to assist our growth and ascension towards a higher vibrating reality. Really what I provide is like turning a key in a lock enabling my clients to access their latent, psychic/intuitive abilities and to become aware of and feel the Angelic vibration so that they have a clearer way of communicating with the Angels themselves and can deepen their confidence and trust of their own gifts and skills.

Connecting to the Higher Self.

- The Jewish call the Higher Self our 'God Soul', a description that I find beautifully apt. Imagine that part of you is 'divine', and already knows everything that is. However you are here on Earth to learn, to integrate and to evolve and to transcend into the luminous being you already are...
- The Higher Self can be disconnected if you are not wanted in the womb or are cut off from your true essence, which can lead to an inability to connect with yourself or others.
- I ask the Angels to repair any splits or tears in the energetic body and to bring unconditional love and healing where it is needed. I also re-align the Higher Self with the other energetic bodies so that your truth can be heard, felt and resonated with causing changes to occur throughout your conscious creations on planet Earth and bringing you in touch with your core mission and life path.



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HOLISTIC HEALING

Angel Healing Step 2: Soul Retrieval



I began with soul retrieval which is something that I do in every session. Our soul is a combination of past lives, memories and energetic essence which we choose to incarnate into to, to continue along our life path of evolving into the amazing, vibrating beings of light that we really are. Think of it as a huge ball of energy in which our spirit is the eternal flame - spirit never changes, just keeps evolving but our souls can morph and leave or we can lose bits, or recognize someone on the same 'frequency' or 'soul path' as us because at some point we have shared the same energy... That's how we are able to have 'soul mates', because just like our physical bodies - the vehicles we chose to come into this world with to learn our karmic lessons, the soul can change.

Along our way we can lose parts of us through trauma or accidents and we can also give parts of us away... I.e. when we fall in love or wanting to be liked... Soul Retrieval is all about reclaiming those lost parts from any lifetime and reclaiming our power... Whatever you are ready to receive will be recovered by the Angels. All parts are returned washed, cleansed and purified with unconditional love and healing. I will also then ask for 'the healing of a broken soul' to unite all parts with grace, ease and integrity

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HOLISTIC HEALING

Angel Healing Step 3: Psychic hook/cord removal/clearing psychic attacks

Psychic hook/cord removal/clearing psychic attacks

- Psychic Cords and Hooks are energetic cables that extend from our bodies and attach to others and vice versa... When we have a thought we are sending energy. The more powerful the emotion with that thought the more powerful the energy sent. An angry thought about a person can be an unconscious psychic attack. Words can also be attacks... The key is the intention and energy behind that thought or comment. Some people know they are psychically attacking but most have no idea. Other people's projections and opinions of you can also affect your energy.
- We can have cords from childhood, with families, loved ones, friends and traumatic situations.... basically any interaction where there has been an emotional energetic exchange. Soul Fragments can also be attached to cords and existing somewhere else or with someone else.
- Cords are best to be removed even from those you love as you are both becoming entangled within each other's energetic realities and may find it difficult to be clear within your own field of consciousness as to what is really the right path and course of action for you in a situation or daily life... Cords are also a loss of energy and can drain you.
- The Angels cut cords and also clear your bodies energetically of any interference. With a psychic attack we can 'inherit' energetic disturbances that do not belong to us such as entities or dark energies. These can create negativity and chaos in our lives but are very easy to remove.



Samantha Ridgeway

HOLISTIC HEALING

Angel Healing Step 4: Astral Re-alignment

- **Astral Re-alignment.**

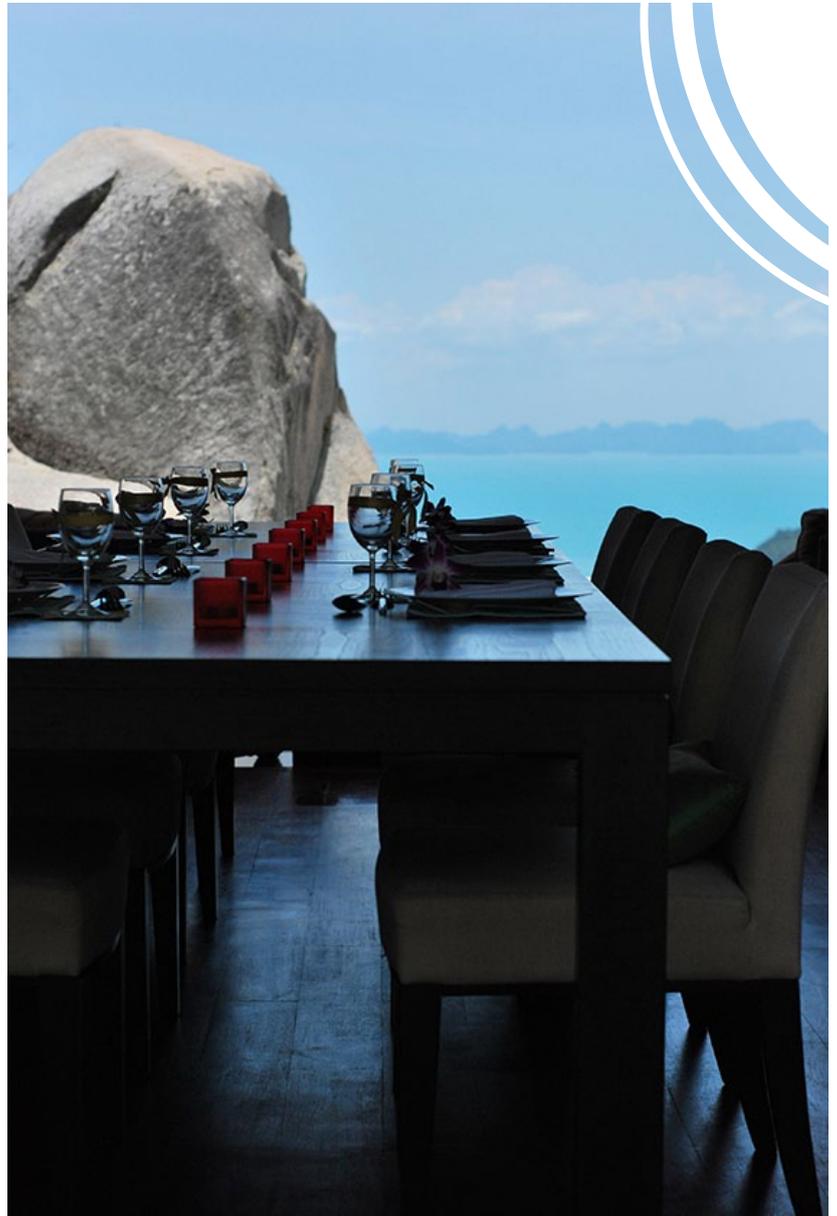
Your Astral Body is the part of you that travels in your sleep whilst dreaming. If there is a problem with your astral body and it can't go where it needs to go then you won't feel properly rested or energized the next day. You may not be able to sleep or may sleep too much... An accident can knock the Astral Body out of alignment leaving it in shock and this can leave you feeling clumsy or off-balance.

- I ask the Angels to re-align the Astral Body and to also clear the astral plane around it so that it is able to do its job in safety. We process a lot in our sleep and I also feel that we go to 'spiritual school' so having a healthy, energetic Astral Body is important and makes a huge difference to your progress and well-being during the day.

- **Balancing the Emotional Body and removing blocks.**

Our Emotional Body is responsible for the feelings and impulses that flow through our bodies at any given time in response to the situations that arise in our everyday lives. It is natural for us to experience a vast range of emotions on a daily basis regarding our daily routines, interactions and general activities... However, at a young age we learn unhealthy ways to cope with the stress of being human and living in a 'socially conditioned' world from family, friends and peers.

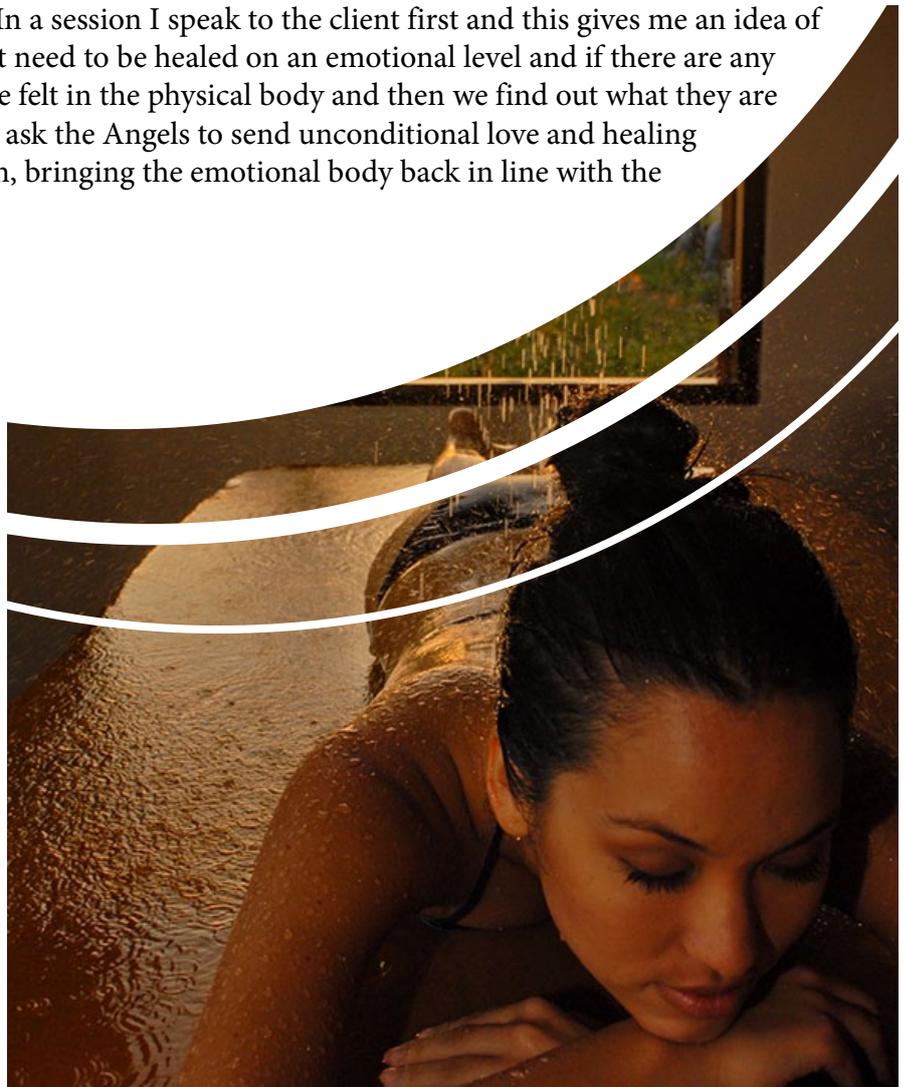
- Many of us have learned to block our emotions and natural responses as we begin to feel threatened by 'behaving in a socially unacceptable way' leading to a numbness, loss of feeling or explosive behavior that is out of proportion to the situation....



Angel Healing Step 5: Astrall Re-alignment

Balancing the Emotional Body and removing blocks.

- Our Emotional Bodies become blocked or highly reactive, which is a sign that the energy is not flowing properly and is becoming imploded, leading to stress on the physical body and general feelings of disconnection towards others and our self. It is natural to have emotions, to feel happy, sad, angry, and peaceful and so on... It is the way we deal with these feelings that is unhealthy. To be able to express yourself no matter what you feel is the crucial key to a healthy Emotional Body, this keeps everything flowing and functioning in a pro-active way. All the emotions are really is energy that needs to be released! There are many different ways to express blocked emotions, whether vocally, through sports or in some kind of creative pursuit, we are all different and the key is to learn spontaneous action when the emotions first arise, which then gives them an outlet immediately, giving an instant release and feeling of 'freedom'...
- I work with the Angels by asking them to take up any negative energy/emotions that are ready to be released. What will be moved is the emotions and energies that no longer serve your life path or there is nothing else to learn from. In a session I speak to the client first and this gives me an idea of any stories we are working with that need to be healed on an emotional level and if there are any blocks. Sometimes the blocks can be felt in the physical body and then we find out what they are and how they can be healed... I also ask the Angels to send unconditional love and healing to all areas and to raise the vibration, bringing the emotional body back in line with the heart and mind.



Samantha Ridgeway

HOLISTIC HEALING

Angel Healing Step 6: Clearing the Mental Body & changing neurological pathways.

Clearing the Mental Body and changing neurological pathways.

- What came first? The emotion or the thought? It's a bit like the 'chicken and the egg'... My guess is it all depends on the situation. A hormonally, unbalanced physical body will feel emotionally low the minute you wake up which will lead to negative thoughts... And negative thoughts and negative situations will lead to low emotions.
- The Mental Body itself is like a powerful computer programmed with all sorts of beliefs and labeled experiences, giving powerful perceptions of the reality that is held by you. Another word for this is projections. As powerful beings with no idea of how strongly our thoughts create our reality we can really struggle sometimes to keep our mind under control. It has a tendency to take over (when you are in a reactive situation where you have lost proportion of what is happening) and can create all kinds of stories and dramas... The emotional body and Mental Body almost dance together then in a kind of interwoven fabrication causing you to lose all sense of reality. The Mental Body is also really just the flow of energy and can be restricted by self-imposed beliefs and conditioning.
- I ask the Angels to relax and clear the mind of any limited beliefs that are being held by the mind that is ready to be released and no longer serves the client, this also means that old thought patterns are broken and new ways of thinking and behaving are created. This causes changes in the neurological pathways and re-structures the brain allowing a higher way of thinking, raising the vibration and frequency of the client to a more positive place of being.
- Again if someone comes to me with a particular story to work on then this will be addressed also and, (of course), unconditional love and healing will be sent throughout the Mental Body allowing the mind to relax and find space to encourage peace, direction and clarity to lead the way forward.

Sammi Ridgeway

HOLISTIC HEALING

Angel Healing Step 7: Astral Re-alignment

Strengthening the Aura/Etheric Field.

- Imagine yourself surrounded by a bubble. If you take your palms and face them a few inches apart you will feel heat and a light vibration in the space between. We are energetic beings in a physical body and our energy field; Aura, is the bubble around us keeping us safe from outside influences or negative energy. It is important that your Aura or Etheric Field is strong and healthy. Things that can break this field are trauma, drugs, alcohol and physical illnesses. When this body is broken we can feel weak, easily influenced by others and can attract negative energies or what I refer to as etheric parasites.
- I ask the Angels to check for splits, tears and holes in this field, also asking for anything negative to be removed and sent to the light and then for the Aura to be filled with unconditional love and healing so the Aura is clean, healthy and balanced.

Working with psychic surgery on the Physical Body.

This is a big one and best described by explaining that the Angels are able to work on the Physical Body to heal its imbalances. I've worked successfully on partial deafness, toothache, Lymes disease, smoking, a broken collar bone, trauma after operations and much more. It's important to understand that it's up to you to want to heal and that the instant healings were all with people who were ready to make changes in their lives to support themselves and were ready to say goodbye to the old parts of them that were responsible for creating these disturbances in their bodies. I love this description:

'Disease is the result of vibrational disturbance at the subatomic- particle level triggering the disturbance at the atomic level, and finally at the level of the organs.'

Hiroko Mizushima Hibbard, CBP



Samantha Ridgeway

HOLISTIC HEALING

Angel Healing Step 8: Healing the Inner Child

- **Healing the Inner Child/the return of lost child fragments.**
- Our inner-child is a part of us that if in pain or trauma can be split from our other bodies and a source of disharmony creating difficulties in harmonious relationships with others... When in intimate relationships it is often the 'wounded' child from the past that gets into arguments and causes drama because an unhealed wounded child is like an open sore. Healing the inner child is a huge journey as we often find it difficult to love and nurture ourselves as we didn't feel loved or nurtured as small children or received some kind of abuse from our families, which is something that goes back generations. A famous monk was once quoted saying: **'In the Eastern World there's not enough food, in the Western World there's not enough love.'**
- In the East when a child is born they will be held and nurtured by different members of the family and passed around constantly for cuddles and attention. This makes a huge difference to their confidence and well-being later on in life. The isolation and abandonment that we can suffer from as we grow older is generally a symptom of feeling lonely and rejected when we were small through the social norm of a mother not being supported or helped with the raising of her children in this way.
- I work with the Angels to bring love into those areas of the client's life to heal old wounds and to return the parts that have separated. As everyone is different, there are different memories and stories to work on, but in general the Angels will clear shock and trauma from these times. I always ask for a healing of when the baby was in the womb and bring down what it feels like to be wanted as this is a really crucial time in the spirit and souls development and surround all parts with unconditional love and healing and what it feels like to be safe.

Sammi Ridgeway

HOLISTIC HEALING

Angel Healing Step 9: Chakra Cleansing

- Chakra Cleansing: What are Chakras? There are seven, main power centers in your body, called chakras. The state of each chakra reflects the health of a particular area of your body. It also reflects your psychological, emotional and spiritual well-being.
- Every thought and experience you've ever had in your life gets filtered through these chakra databases. Each event is recorded into your cells. In other words, "your biography becomes your biology." When chakra energy is blocked or misdirected, emotional and physical illness can arise. Quote by Caroline Myss
- The Angels move into the Chakras looking for blockages that are ready to be released bringing light, love and raising the vibration so that these energetic, power centers are harmonized and balanced. This raises the frequency of the body and enables it to use its own natural intelligence to heal and aid whatever else needs to be done to bring you back into balance.



Samsi Ridgeway

HOLISTIC HEALING

Angel Healing Step 10: Spirit Evocation



• Spirit Evocation.

- For me the spirit is the most important part to be in harmony with out of all of your energetic bodies. That is because your Spirit never changes. It is your primary essence. Imagine a flame surrounded in light and think of this as your spirit. Your soul can change as can the body, your vehicle you have chosen to incarnate into this lifetime with... but your Spirit always remains the same, your subconscious messenger and the part that mediates between your higher self, physical body and ego/personality. Spirit is the part that manifests and brings back messages from your higher self. Spirit is also your heart and intuition, a part of you that speaks quietly in flashes of insights and cannot be explained by mind or logic. An unhappy Spirit means a life that cannot flow.
- When you are in trauma, anxiety or fear the Spirit can leave the body because it is feeling threatened. This means that it is only in the top two chakras and sometimes not even there! With some people Spirit has never been fully in the body and this would have caused a life full of anxiety, disorders such as self-harm, anorexia, bulimia, mental/emotional problems and a feeling of something being missing bringing feelings of extreme isolation. Spirit Evocation is very important and when the Spirit is fully in the body peace is restored.
- Before returning the Spirit to the body I do some Theta work to help all bodies feel safe, protected and loved. It is important that the Spirit feels safe enough to return and stay. Then I ask the Angels to bring the Spirit into the body whilst energetically working with each chakra until the Spirit is back in the base chakra and merged with the body fully. I then make sure that the client is also grounded.

Sammi Ridgeway

HOLISTIC HEALING

Theta Healing
\$135/4000 baht per hour



THETA HEALING

Theta Healing, DNA 1&2, Rainbow, Manifesting & Abundance, Intuitive Anatomy.

- Theta Healing is an amazing modality that I used to fine tune my gifts and energy. It is a truly beautiful way of connecting with source/creator/God and receiving downloads and clearing negative programs. Our beliefs create our reality and are held in our DNA.
- We can carry beliefs from childhood and growing up, from our ancestry line and from our soul's growth as in past lives. This forms our reality and how we respond to challenges and daily living. For instance, carrying the belief 'there is not enough love' could result in a life where someone is feeling neglected and starved of love throughout their childhood and into their adult life.
- With theta, the program is pulled and replaced with something suitable such as: 'I know how to feel love in my body, how to receive love and give love, how to be surrounded in an abundance of love...etc' When core beliefs are removed, the shifts and transformations are powerful and life changing, resulting in more fulfillment, harmony and love.
- I use theta throughout all of my sessions.

Samui Ridgeway

HOLISTIC HEALING

Past Lives/Reincarnation/Ancestry Healing
\$135/4000 Baht per hour

- Past lives and Ancestry memories are also carried in our DNA. I have seen many shifts when these memories and beliefs have been released. We don't usually remember the lives which were happy and abundant because we learned our lessons there and moved on in peace. So most past lives I uncover are ones that have been troublesome and traumatic. For example, I worked on a lady that was asthmatic and was born into a family of smokers, (which she remembered as a baby in the womb) and was petrified of fires. When we accessed her past lives we found that she had suffocated to death as a soldier, trapped in a building due to a fire in a battle. The change in her was immediate as we released the trauma and she was then able to address her asthma in this life, her body and soul free of past trauma.
- I work with the angels and gently guide my clients through their memories to heal and transform the wounded parts of their souls, using Theta as a tool to clear limiting beliefs and blocks.
- Ancestry memories are also very similar as we can carry memories from up to seven generations back which can also result in family patterns and re-occurring dramas. Ancestors are also released when working with these stories and family patterns can change and grow into harmony and balance.



Samui Ridgeway

HOLISTIC HEALING

Guided Meditations
\$135/4000 Baht per hour

- Meditation was something that I began properly when I left England. During my travels I did a 10 day silent meditation retreat in India where I first began to experience true peace of mind. I continued this in Israel and then began to guide meditations in Koh Samui.
- Here I began to also bring together the techniques I had learned and incorporate the Angels and love and light from the Universe.
- There are several meditations I guide. A heart opening, unconditional love and compassion meditation, a chakra balancing and cleansing meditation and a manifesting and abundance meditation to name a few...
- As with everything I do, my meditations are a flow and synchronization of the group I am working with and nurture the needs of the group which vary from group to group.
- The aim is always the same, to provide peace of mind, deep relaxation, harmony, grounding, centering and balance.



**GUIDED
MEDITATIONS**

Sammi Ridgeway

HOLISTIC HEALING

Crystal Healings
\$135/4000 Baht per hour



Crystal Healing is a gorgeous way of realigning the chakras, clearing blocks and relaxing the mind, spirit and body.

- We are made of quartz; the earth is full of crystals! This means that these semi precious stones are magical and harmonizing to our bodies. Different crystals have individual healing properties and when placed on the body, they are able to transmit a frequency that helps restore health and well being throughout the system and realign the body's energetic circuit whilst clearing the mind, heart and emotions of all sorts of blockages.
- When imbalances are restored to their natural balance and state of harmony, a beautiful sense of peace and deep relaxation spreads throughout the nervous system and physical body enabling the natural intelligence and the wisdom of the body to take control and do what is necessary in order to heal and restore.
- I begin by asking the Angels for assistance and then intuitively placing the crystals on the seven main chakras and around the body. I then meditate with my client and allow these magical stones to work their healing abilities throughout the energetic infrastructure of the client.

Sammi Ridgeway

HOLISTIC HEALING

Hooping Classes | maximum 6 in a group
\$135/4000 Baht per hour

Hoop Classes

- When you work with people, and spend a lot of time with Angels and energy, there comes a point in your life where you realize that as much as there are times we need to grow and expand, there many different ways of doing this and it doesn't always have to be so intense!.
- Hooping for me is about letting go and having fun, embracing your inner child, and then something really magical happens. I began to notice a change in my body shape and openness in my body that was resulting in all of those circles and core movement. Hooping opens the chakras and releases trapped energy. It also helps you to flow and move with grace and agility.
- It is first of all an exercise and will tone your body, give you stronger muscles and a tight stomach. It is also cardiovascular which means it gets the heart pumping the blood around your body and pushes energy and oxygen into all of your organs. Other cardiovascular exercises are swimming and running. You are using all of your body to move and tone muscles. It helps promote a healthy heart and create fitness in your system. It is good to have a different exercise such as yoga to compliment hooping as yoga stretches the muscles out after cardiovascular exercise making you more supple and flexible.
- It also does something else. It opens your creative chakras. Hooping, at first is concentrated around the waist. You have two central chakras here. The sacral chakra, situated where your womb is and your solar plexus chakra, the place of your core strength and personal power. You are targeting two major areas that help with manifesting your dreams and create your reality whilst having fun and exercising.
- You are also learning to open your body to feminine energy using sacred geometry. This in turn helps to enhance a strong healthy aura, release trapped emotions and mental blocks whilst building and weaving stronger energy throughout all parts of you...
- What isn't there to love about hooping? I teach hooping to others because creating fun, happiness and grace in the lives of others is something that brings joy and fulfillment into my life!!

Sammi Ridgeway

HOLISTIC HEALING

	Pilates and Fitness Training	
Price Per Hour	\$75/2200tb	for one on one
Price Per Hour	\$50/1500tb	each for group of 2-4 persons

Pilates will give you more of a holistic result than most other exercises regimes

Pilates is an exercise style that involves training your muscles to improve posture and alignment. By focusing on your core strength, you enhance the little muscles in the body so you're better able to support the larger ligaments, tendons and joints.

When our muscles are weak they make compensations for each other which lead to instability and injury. Take your back for instance: if your posture is bad, your lower back and hips will then adjust themselves accordingly which means they're essentially out of alignment.

Pilates encourages you to think about how you perform everyday movements. It heightens your body awareness which in turn improves your overall agility, flexibility and strength. It helps you ensure your body is working at its optimal level all the time.

Benefits are :Muscle tone, increased strength and flexibility and improved overall mobility and precision at which you move. It's perfect for people who like a meditative element in their exercise regimes.

It will make you focus on your breathing which is great for improving circulation and relieving stress. It's a fantastic way to balance out your health and well-being.

PILATES AND FITNESS TRAINING



Samui Ridgeway

HOLISTIC HEALING

Soul Sisters Retreat 1 -all Inclusive
2 nights/3 days | \$1170/35,000 Baht | per person.
6 nights/7 days | \$3270/98,000 Baht | per person.
Minimum guests 2 | Maximum guests 6

- 07.00 - 08.00 Group Meditation
- 08.00 - 09.00 Healthy Spa Cuisine Breakfast
- 09.00 -10.00 Individual Angel Healing or Tarot Reading or Past Lives Reincarnation or Spa Treatment Individual Angel
- 10.15 -11.15 Individual Angel Healing or Tarot Reading or Past Lives Reincarnation or Spa Treatment Individual Angel
- 11.30-12.30 Group Healing Workshop
- 12.30- 13.30 Spa Cuisine Vegetarian Lunch
- 13.30 -14.30 Relax by the pool, sunbathe, swimming
- 14.30 - 15.30 Individual Angel Healing or Tarot Reading or Past Lives Reincarnation Or Spa Treatment
- 15.45- 16.45 Individual Angel Healing or Tarot Reading or Past Lives Reincarnation Or Spa Treatment
- 17.30- 18.30 Group Hoola Hooping class
- 18.45 – 21.00 Sunset cocktails Sun Set Healthy Spa Cuisine Dinner
- 21.00-21.30 Group Colour Healing Hydro Tub Jacuzzi

• Price Includes luxury accommodation,
all meals and soft drinks,
1 x 1 Hour holistic healing session per day,
1x 2 hour spa treatment per day per person,
daily housekeeping.
All extras are to be paid for.



Sammi Ridgeway

HOLISTIC HEALING

Personal Fitness Training & Reiki Healing

“Motivation is the key when you’re feeling de motivated ”

Sean has been involved in the fitness industry for approximately 10 years. Sean has worked in the UK, America, Bermuda & now Thailand as a health & fitness professional. He has a real passion and enthusiasm for all things fitness.

He loves to help people whilst with his training methods are science based whilst having a strong emphasis on fun with an educational approach. He has trained many people from many different walks of life ranging from Semi professional boxers, Rugby players, marathon runners, people who want to lose weight, gain muscles, improve posture, injury healing, helping with nutrition and detoxification guidance for guests on cruise ships and many more. With many excellent results.

Sean has learnt with some great teachers ie Michel Besnard, Roslyn Ying, Wayne Zimmer, Stella Nash, Ole Eugenio. Sean’s training specialties are resistance based training (Weights), Circuits, Flexibility Yoga/Pilates based training ,Postural alignment, Core (tummy & lower back), Functional training & injury prevention. With a sound knowledge on nutrition & detoxification of the body and Reiki healing, Sean offers Personal Fitness Training to give you a new lease on life and have fun getting fit!!



Samui Ridgeway

HOLISTIC HEALING

Day School

Personal Trainers from Wat - Po, Bangkok provide the best training workshops in Thai Massage with fully accredited and internationally recognized certification.

Beginner Course General Thai Massage

30 hours
6 hours per day
5 days in total
@ \$610 / 18,300tb

Advanced Thai Medical Massage

60 hours
6 hours per day
10 days in total
@ \$880 / 26,400 tb

Thai Healing Massage

165 hours
5 hours per day
33 days in total
@ \$1,995 / 59,850tb

Food Reflexology Massage

30 hours
6 hours per day
5 days in total
@ \$490 / 14,700tb

Pregnancy and Post Natal Massage

30 hours
6 hours per day
5 days in total
@ \$490 / 14,700tb

Baby & Infant Massage

21 hours
7 hours per day
3 days in total
@\$340 / 10,200tb



All Inclusive with luxury accommodation and all healthy juices and meals add on \$166 /5,000tb per day, per person

Samui Ridgeway

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