

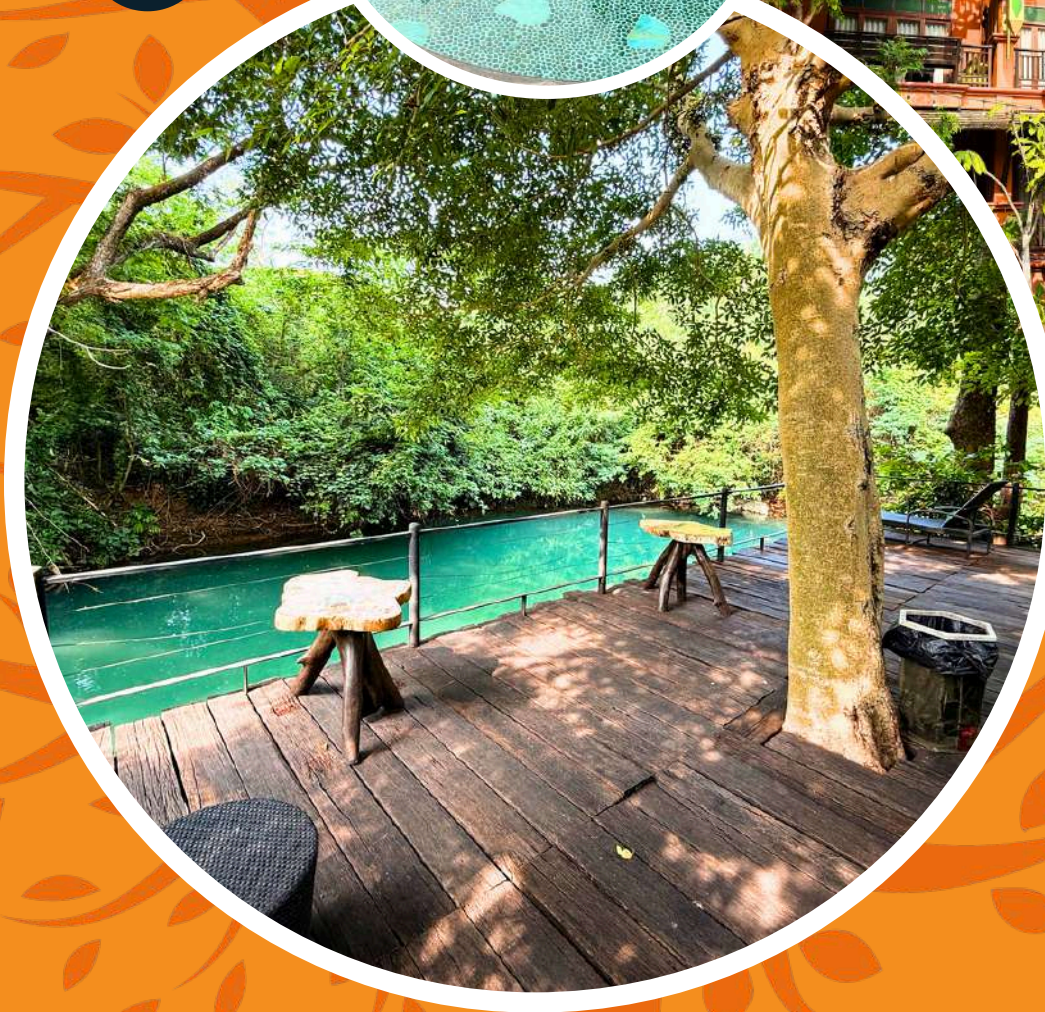
HOLINA HEALING CENTER

**Your Journey through Pain Recovery,
Trauma Resolution, and Wellness.
Back to Yourself.**

www.holinahealing.com



**HOLINA
HEALING**
HOLISTIC HEALING CENTER
Back To Yourself



Located alongside the quiet river of
Khao Yai National Park, Thailand.

2025

Welcome to Holina Healing



Get Back to Yourself



Holina Healing curates your transformation in the lush sanctuary of Khao Yai, Thailand. Designed for those seeking more than just a wellness retreat, our center blends leading-edge medical technologies—such as Hyperbaric Oxygen Chamber, Stem Cell Therapy, Neuro-feedback, and IV Infusion Suites —with our signature Holina holistic practices.

Trauma & Pain Recovery programs start from **4 weeks**, whilst many choose the full **12-week Master Restorative Treatment program**.

- **Wellness programs** are available for **2 week and beyond**.
Health detoxes are configured over **10 days**, if appropriate.

Investing in Your Recovery

Beyond Traditional Healing

From chronic pain recovery, trauma resolution, wellness journeys, to longevity programs and midlife resets; each experience is precision-personalized and deeply immersive. This is not a break from life-it's a return Back to Yourself.



- Restore yourself amongst lush natural environments supported by specialized staff and tailored healing programs.
- Stay in a luxurious resort with a pool, ice bath, jacuzzi, sauna, steam room, state of the art fitness center, clinical rooms, Grand Sala, and both indoor (air-conditioned) and outdoor dining-all in a peaceful riverside location away from city noise and stress.

All-Inclusive Holina Healing Programs Feature



Tailored To Your Healing Journey

Our comprehensive offerings include:

- Pain Recovery & Trauma Resolution
- Somatic Therapies
- Polyvagal Informed Treatment
- Massage Therapy
- Yoga & Fitness Classes
- Inner-Walking© Meditation
- Mindfulness Practices
- Sound Bowl Healing
- Movement & Corrective Exercises
- Chi Gong
- Sauna, Steam Room & Ice Bath
- Personal Training Sessions
- Nutritional Guidance



Signature Wellness Programs

Bundle your a-la-carte treatment

- Hyperbaric Oxygen Therapy
- Stem Cell Treatment
- IV Rejuvenating Vitamin & Mineral
- Infusions (Incl. NAD+)
- IV Blood Resetting using Plasma
- Integrative Aquatic Therapies
- Yoga for Pain Relief
- Bio-Feedback
- Ayurvedic Medicine and Treatments
 - Naturopathic Medicine
- Body Detox & Cleanse
- Weight Loss Programs



Luxurious High-End Accommodations

Reside in Comfort

Luxury Accommodations include:



King-Sized
Beds



Jacuzzi



Large Private
Terraces



Air-Conditioning



Smart TVs



Superb
Wi-Fi



Serene
Surroundings



Riverside &
Poolside Rooms

Daily housekeeping, gorgeous rooms, luxurious linens, all en-suite. On-site catering included (3 healthy & nutritious meals per day) + so much more.



Start The Healing Journey

Thank you for considering Holina Healing.
We're committed to your recovery journey.
Contact us today to begin your healing process.



**HOLINA
HEALING**
HOLISTIC HEALING CENTER
Back To Yourself

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A Center of Excellence in Health and Wellness