



VILA VITA SPA
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PARIS

PAULNEEL JAUHAINEN
THAI THERAPIES

VISITING PRACTITIONER



THAI THERAPIES WITH PAULNEEL JAUHIAINEN

23 March - 01 May | 15 July - 30 August 2026

By appointment only

Vila Vita Spa by Sisley Paris

Paulneel Jauhiainen brings to life the ancestral art of Thai Massage — manual therapies rooted in body manipulation and assisted stretching. They seek to rebalance the patient's body, energy and structure, addressing dysfunctions believed to stem from blockages along the sen lines, the meridian pathways of life energy.

Thai Massage traces its origins to the self-care traditions of rural Thai communities, where local healers tended to the aches of villagers after long days in the fields. These ancient practices have since evolved, gaining recognition within Thailand's healthcare system, and today are honoured as an Intangible Cultural Heritage of Humanity.

As a Thai Massage practitioner, Paulneel works to harmonise the body's four elements - earth, water, wind and fire. Using hands, elbows, knees and feet, he focuses on opening stagnant routes and restoring natural flow. At Vila Vita Parc, Paulneel Jauhiainen honours this legacy with every treatment — inviting guests to rediscover balance, tradition and the quiet power of healing touch.

MYOFASCIAL THAI MASSAGE

Duration: 60 | 90 min

150€ | 215€ per person

The fascia is composed of collagen and elastin and forms the body's connective tissue. It is a strong, three dimensional network that extends from head to toe, enveloping and linking muscles, bones, blood vessels and organs into an integrated system. One of the fundamental principles of Thai Massage is to stimulate blood circulation, encouraging the release of muscular tension by increasing blood flow to areas of restriction. By combining Myofascial Release with Thai Massage techniques, the body is gently guided back toward its natural balance, a state known as homeostasis, a profound sense of ease, leaving you restored and aligned.

MERIDIANS' AWAKENING THAI DEEP

Duration: 60 | 90 min

150€ | 215€ per person

This treatment is performed on the full body, using Thai massage to awaken the meridians (Sen Sib) along the body. By stimulating the Sen Sib, you will feel lighter, with more mobility and energy. It is recommended for specific areas of your body, or for persons who have never tried Thai massage before, but are interested in something between a Deep Tissue and a Thai Massage experience.

THAI STRETCHING MASSAGE

Duration: 60 | 90 min

150€ | 215€ per person

Considered Intangible Cultural Heritage of Humanity, there are many ways to perform traditional Thai Massage, and different schools teach it differently, but applying the same basis (Sen Sib). The Northern style Thai massage focuses on stretching and mobility, and it is usually performed on the floor, with the patient fully clothed and without the use of oil. This intensive stretching massage can be well complemented with the Myofascial Thai Massage.

THAI FOOT REFLEXOLOGY

Duration: 60 | 75 min

150€ | 185€ per person

In Thai Medicine, the feet are understood as a gateway to rest and balance. Within them lie 64 recognised reflex areas, or meridians, which, when gently stimulated, release tension, ease foot discomfort such as plantar fasciitis, and guide the body into a state of deep relaxation. Ideal for those seeking improved sleep and profound calm, the treatment concludes with the application of precise pressure points that allow the nervous system to settle fully. The result is a grounded, unhurried sense of ease, where the body softens, the mind quiets, and rest comes naturally.

MYOFASCIAL THAI MASSAGE & FACE MANUAL LYMPHATIC DRAINAGE

Duration: 90 min

215€ per person

This combined experience gently guides the body back into balance and harmony. It supports natural detoxification, eases tension, and awakens a profound sense of calm that flows through the body. Jet lag melts away, the sinuses breathe freely, swelling softens, and the skin is soothed and radiant. Each movement encourages the body to release, the mind to quieten, and energy to flow effortlessly. By the end, you emerge renewed, grounded, and quietly restored, feeling lighter, clearer, and wholly at ease.

THAI DEEP & REFLEXOLOGY OR MYOFASCIAL THAI & REFLEXOLOGY

Duration: 90 | 120 min

215€ | 275€ per person

Massage enthusiasts and anyone seeking profound relaxation will appreciate one of these two harmonious combinations. Both experiences help release tension, awaken circulation, and ease body and mind into a state of calm. Each movement is designed to restore balance, while the reflexology element encourages a gentle flow of energy, supporting overall well-being and vitality. By the end, you feel deeply rejuvenated, aligned, and fully restored - your body relaxed, your mind quieted, and a serene sense of ease settling throughout.







ABOUT *PAULNEEL JAUHIAINEN*

From a young age, Paulneel Jauhiainen was introduced to the art of Thai massage through his family roots – a tradition carefully passed down from generation to generation. Driven by a deep desire to honour and expand this ancestral knowledge, he completed his formal training at the Thai Medicine Society in Bangkok.

After several years of professional practice, Paulneel felt a strong calling to return to the authentic roots of Thai therapy. Delving deeply into the traditional medicine of his homeland, he became a certified Thai Medicine Assistant. His travels through various regions of Thailand allowed him to explore and refine a wide range of healing techniques. Among his specialisations are Pha Kao Ma – stretching techniques using a cloth – and Tok Sen, the rhythmic and deeply therapeutic hammer massage.

At Vila Vita Parc, Paulneel Jauhiainen shares not only his extensive expertise but also the sincerity and passion that guide his practice. Each session reflects his commitment to enhancing the well-being of others – a quiet devotion that reveals itself through every mindful movement and intentional touch.

Vila Vita Parc

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Vila Vita Spa by Sisley Paris
Rua Anneliese Pohl, Alporchinhos · P-8400-450 Porches · Algarve · Portugal
Tel: +351 282 320 351/2 - National landline call | Ext. 3400 · spa@vilavitaparc.com

vilavitaparc.com