



Meet Visiting Practitioner Khun Uaichai

A Journey of Wellness Excellence;

Khun Uaichai’s career spans some of the most prestigious destinations in the world, from Chiva-Som Hua Hin and Dusit Thani Maldives to Six Senses group and Kamalaya Koh Samui. His journey reflects a lifelong dedication to helping guests achieve balance, vitality, and inner harmony. Today, he continues this mission as the founder of U Fitness Pranburi, while sharing his gifts as a visiting practitioner at Anawa.

Internationally Acclaimed Service;

Known for his service-minded attitude, adaptability, and clear communication, Khun Uaichai has worked with guests from all over the world, tailoring each session to individual needs. His approachable personality and professional expertise ensure every encounter is both enriching and memorable.

Experience Wellness with Khun Uaichai;

Whether you seek rejuvenation through yoga, strength through fitness, or relaxation through massage therapies, Khun Uaichai brings a wealth of knowledge and heartfelt dedication to every session. His presence at Anawa is an invitation to embark on a journey of balance, vitality, and transformation.

Holistic Skills & Specializations

Service	Duration	Price
Personal Training	60 mins	1,500 Baht
Thai Boxing Exercise	60 mins	1,500 Baht
Super Stretching	60 mins	1,500 Baht
Boot Camp	60 mins	1,500 Baht
Guided Hiking	90 mins	1,500 Baht
Yoga	60 mins	1,500 Baht
Tai Chi	60 mins	1,500 Baht
Yogilates	60 mins	1,500 Baht
Chi Nei Tsang (Abdominal Massage)	60 mins	1,500 Baht
Sport Massage	60/90 mins	1,500/1,800 Baht

Prices are subject to 10% service charge and 7% vat.

Complimentary group classes are available according to the monthly schedule.

Please contact the reception at



for more information.