



RELAX & RENEW

Stepping back from our day-to-day life can provide an opportunity to recover balance, replenish energy and revive the spirit. The Relax & Renew program invites you to unwind from physical and mental stress, restore equilibrium and feel deeply nurtured. Diverse healing traditions combine with holistic activities to de-stress and restore energy levels while boosting the immune system. Ayurveda, Aromatherapy and Asian therapies include Traditional Asian Hand Massage, Indian Head Massage and Vital Essence Oil Massage to release accumulated emotional stress, reduce muscle tension and induce a state of relaxation and mental clarity. This program is ideal as a retreat from the stresses of everyday life.

WELLNESS PROGRAM INCLUSIONS / NIGHTS	3	5	8	11	15
Wellness Consultation	1	1	1	1	1
Wellness Program Departure Review	1	1	1	1	1
Body Bio-Impedance Analysis	1	1	1	1	1
Lotus Scrub & Wrap (75 min)	1	1	1	1	1
Traditional Asian Hand Massage (45 min)	1	1	1	2	2
Indian Head Massage (60 min)	1	1	1	1	2
Traditional Asian Foot Massage (60 min)	1	1	1	1	2
Chi Nei Tsang (Taoist Abdominal Massage) (30 min)	1	1	1	1	1
Vital Essence Oil Massage (60 min)	1	1	1	1	1
Traditional Thai Massage (60 min)	1	1	1	1	1
Vital Essence Oil Massage (90 min)		1	1	1	2
Traditional Thai Massage (90 min)		1	1	1	2
Far Infrared Sauna (30 min)		1	1	2	2
Upper Body Tension Relief Massage (75 min)			1	1	2
The Anti-Ageing Revive & Awakening Facial (75 min)			1	1	1
Chi Nei Tsang (Taoist Abdominal Massage) (60 min)			1	1	2
Holistic Fitness Session (60 min)				1	2
Myofascial Release Therapy (60 min)				1	1
Wellness Program Progress Review				1	1
Two Kamalaya meals per night of stay (lunch and dinner), and the Afternoon High Tea	3	5	8	11	15
PACKAGE PRICE (THB)	44,826	63,642	89,843	114,443	159,421