



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, Therapeutic 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
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
Traditional Asian Hand Massage (45 min)	1	1	1	2	2
Therapeutic Head Massage (60 min)	1	1	1	1	2
Traditional Asian Foot Massage (60 min)	1	1	1	1	2
Far Infrared Sauna (30 min)		1	1	2	2
Vital Essence Oil Massage (90 min)		1	1	1	2
Traditional Thai Massage (90 min)		1	1	1	2
Upper Body Tension Relief Massage (75 min)			1	1	2
Chi Nei Tsang (Taoist Abdominal Massage) (60 min)			1	1	2
Anti-Ageing Renewal Facial (75 min)			1	1	1
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)	46,336	65,901	93,130	118,759	165,516