



WELLBEING SABBATICAL

When we embrace a new sense of wellness of body and mind, we unlock a wellspring of fresh perspectives and ideas. Reinvigorate your mind and body with an extended stay, free from distractions, to enhance your wellbeing while making progress on creative projects or professional endeavours. Partner with our Life Enhancement Mentors to awaken your full potential, enhancing your natural capabilities while enjoying a tailored schedule of holistic wellness treatments designed to optimise your physical health, mental clarity, and focus.

WELLNESS PROGRAM INCLUSIONS / NIGHTS	21
Wellness Consultation	1
Wellness Program Departure Review	1
Body Bio-Impedance Analysis	1
Nutritional Guidance & Naturopathic Lifestyle Consultation (90 min)	1
Stress Management or Personal Mentoring Session (90 min)	1
Ozone Therapy (45-60 min)	1
Holistic Acupressure Facial Massage (75 min)	1
IV Therapy (Sleep & Tranquillity) (60-90 min)	1
Physiotherapy Session with 3D Body Scan Assessment (90 min)	1
Lower Body Tension Relief Massage (75 min)	1
Vital Essence Oil Massage (90 min)	2
Royal Ayurvedic Traditional Massage (60 min)	2
Therapeutic Head Massage (60 min)	2
Chi Nei Tsang (Taoist Abdominal Massage) (60 min)	2
Traditional Asian Hand Massage (45 min)	2
Brain Stimulation Therapy (60 min)	2
Transcranial Photobiomodulation Therapy (30 min)	2
Shirodhara (60 min)	3
Traditional Asian Foot Massage (60 min)	3
Meditation or Pranayama (60 min)	3
Wellness Program Progress Review	2
Two Kamalaya meals per night of stay (lunch and dinner), and the Afternoon High Tea	21
PACKAGE PRICE (THB)	239,653