

## LA VITA SANA - Serene sleep & Jet lag recovery Package

Package for **3 - Days**

**7,000 THB / pax**

Programs	Durations	Times	Day 1	Day2	Day 3
Doctor consulting		3	/	/	/
Herbal bathing	30	1	/		
Onsen	30	1		/	/
Stepping on the hot brick	30	1		/	
Foot massage	30	1		/	
Release muscle tension	60				
Acupuncture	30	2	/		/
Abdominal massage By TTM /TCM	30	2	/		/
Fire rebalance	30	2	/		/
Aromatherapy massage	60	1		/	
Herbal eye poultice + Sound bath	30	2	/		/
The number of treatment hours per day			2.5	2.5	2

- Complimentary shuttle service is available from the hotel or within a 10-kilometer radius of La Vita Sana Wellness Center. For distances beyond this limit, an additional charge will apply based on the number of kilometers.
- If you wish to reschedule your program, please contact the La vita sana Clinic at 076-428589 or WhatsApp +66899739120
- The program can be adjusted to suit your needs by our doctor. However, if any treatments are removed, the package price cannot be reduced.

**Day 1** Choose Morning or Afternoon

Time*		Programs
Morning	Afternoon	
10.15	12.45	Pick up To La Vita sana
10.30 - 11.00	13.00 - 13.30	Doctor consultation
11.00 - 11.30	13.30 - 14.00	Herbal Milk Bath 30 mins
11.30 - 12.00	14.30 - 15.00	Acupuncture 30 mins
12.00 - 12.30	15.00 - 15.30	Abdominal massage 30 mins
12.30 - 13.00	15.30 - 16.00	Fire rebalance 30 mins
13.00 - 13.30	16.00 - 16.30	Eye poultice + Sound bath 30 Mins

**Day 2** Choose Morning or Afternoon

Time*		Programs
Morning	Afternoon	
10.15	12.45	Pick up To La Vita sana
10.30 - 11.00	13.00 - 13.30	Doctor consultation
11.00 - 11.30	13.30 - 14.00	Onsen 30 mins
11.30 - 12.00	14.30 - 15.00	Stepping on hot brick 30 mins

Time*		Programs
Morning	Afternoon	
12.00 - 13.00	15.00 - 16.00	Aromatherapy massage 60 mins
13.00 - 13.30	16.00 - 16.30	Foot massage 30 mins

**Day 3** Choose Morning or Afternoon

Time*		Programs
Morning	Afternoon	
10.15	12.45	Pick up To La Vita sana
10.30 - 11.00	13.00 - 13.30	Doctor consultation
11.00 - 11.30	13.30 - 14.00	Herbal Milk Bath 30 mins
11.30 - 12.00	14.30 - 15.00	Acupuncture 30 mins
12.00 - 12.30	15.00 - 15.30	Abdominal massage 30 mins
12.30 - 13.00	15.30 - 16.00	Fire rebalance 30 mins
13.00 - 13.30	16.00 - 16.30	Eye poultice + Sound bath 30 Mins

\* You may select a suitable time to attend, either in the morning or in the afternoon.

\*\* If you wish to reschedule your program, please contact the La vita sana Clinic at 076-428589 or WhatsApp +66899739120