

LA VITA SANA - Stress Relief Sanctuary Package

Package for **3 - Days**

7,550 THB / pax

Programs	Durations	Times	Day 1	Day2	Day 3
Consulting with doctor		3	/	/	/
Herbal/Milk Bathing Relaxation	30	1	/		
Onsen	60	1			/
Shirodhara (Indian head massage)	60				
Shirobyanga (Indian Head+Back massage)	90	1	/		
Thai aromatic massage	90	1		/	
Facial detox by Jade stone	60				
Eye poultice + sound bath	30	3	/	/	/**
Foot massage	60	1			/
Nature art therapy	60	1		/	
Yoga	60				
The number of treatment hours per day			2.5	3	2.5

- 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 - 12.30	13.30 - 14.00	Herbal Milk Bath 30 mins
12.00 - 13.30	14.30 - 16.00	Shirobhyanga 90 mins
13.30 - 14.00	15.30 - 16.30	Eye poultice + Sound bath 30 Mins

Day 2 Choose Morning or Afternoon

Time*		Programs
Morning	Afternoon	
9.45	12.45	Pick up To La Vita sana
10.00 - 11.00	13.00 - 14.00	Nature Art therapy 60 mins
11.10 - 11.30	14.10 - 14.30	Doctor consultation
11.30 - 13.00	14.30 - 16.00	Thai aromatic massage 90 mins**
13.00 - 13.30	16.00 - 16.30	Eye poultice + Sound bath 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 - 12.00	13.30- 14.30	Onsen 60 mins
12.00 - 13.00	14.30 - 15.30	Foot Massage 60 mins
13.00 - 13.30	15.30 - 16.00	Eye poultice + Sound bath 30 Mins**

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

** In this program, you may modify the treatment from Thai Aromatic Massage Relaxing Aromatherapy Massage to either Thai Aromatic Massage Relaxing Aromatherapy Massage or Hot Oil Massage. Additionally, Eye poultice + Sound bath can be substituted with a Head and Shoulder Massage.

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