

LA VITA SANA - Serene sleep & Jet lag recovery Package

Package for **5 - Days**

11,000 THB / pax

| Programs | Durations | Times | Day 1 | Day2 | Day 3 | Day 4 | Day 5 |
|---------------------------------------|-----------|-------|-------|------|-------|-------|-------|
| Doctor consulting | | 5 | / | / | / | / | / |
| Herbal bathing | 30 | 2 | / | | | | / |
| Onsen | 30 | 2 | | / | | / | |
| Stepping on the hot brick | 30 | 2 | | / | | / | |
| Foot massage | 30 | 2 | | / | | / | |
| Release muscle tension | 60 | 1 | | / | | | |
| Acupuncture | 30 | 3 | / | | / | | / |
| Abdominal massage By TTM /TCM | 30 | 3 | / | | / | | / |
| Fire rebalance | 30 | 3 | / | | / | | / |
| Aromatherapy massage | 60 | 1 | | | | /** | |
| Herbal eye poultice + Sound bath | 30 | 3 | / | | / | | / |
| The number of treatment hours per day | | | 2.5 | 2.5 | 2 | 2.5 | 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 - 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 | Release muscle tension 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 | Acupuncture 30 mins |
| 11.00 - 12.00 | 14.30 - 15.00 | Abdominal massage 30 mins |
| 12.00 - 12.30 | 15.00 - 15.30 | Fire rebalance 30 mins |
| 12.30 - 13.00 | 15.30 - 16.00 | Eye poultice + Sound bath 30 Mins |

Day 4 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 |
| 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 5 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 |

| Time* | | Programs |
|---------------|---------------|--------------------------------------|
| Morning | Afternoon | |
| 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.

** In this program, you may modify the treatment from Relaxing Aromatherapy Massage to either Thai -Aromatic Massage or Hot Oil Massage. Additionally, the foot massage can be substituted with a Head and Shoulder Massage.

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