

## LA VITA SANA - Stress Relief Sanctuary Package

Package for **5 - Days**

**14,550 THB / pax**

| Programs                               | Durations | Times | Day 1 | Day2 | Day 3 | Day 4 | Day 5 |
|--|-----------|-------|-------|------|-------|-------|-------|
| Consulting with doctor                 |           | 5     | /     | /    | /     | /     | /     |
| Herbal/Milk Bathing Relaxation         | 30        | 2     | /     |      |       |       | /     |
| Onsen                                  | 60        | 2     |       | /    |       | /     |       |
| Shirodhara (Indian head massage)       | 60        | 1     | /     |      |       |       |       |
| Shirobyanga (Indian Head+Back massage) | 90        | 1     |       |      |       | /     |       |
| Thai aromatic massage                  | 90        | 2     |       | /**  |       |       | /**   |
| Facial detox by Jade stone             | 60        | 1     |       |      | /     |       |       |
| Eye poultice + sound bath              | 30        | 3     | /     |      | /     |       | /     |
| Foot massage                           | 60        | 2     | /     |      |       |       | /     |
| Nature art therapy                     | 60        | 1     |       | /    |       |       |       |
| Yoga                                   | 60        | 3     | /     |      | /     |       | /     |
| The number of treatment hours per day  |           |       | 4     | 3.5  | 2.5   | 2.5   | 4.5   |

- 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 - 12.30 | 14.00 - 15.00 | Shirodhara 60 mins                   |
| 12.30 - 13.00 | 15.00 - 15.30 | Eye poultice + Sound bath<br>30 mins |
| 13.00 - 14.00 | 15.30 - 16.30 | Foot massage 60 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 - 12.30 | 14.30 - 15.30 | Onsen 60 mins                      |
| 12.30 - 14.00 | 15.30 - 17.00 | Thai aromatic massage<br>90 mins** |

**Day 3** 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 | Yoga class 60 mins                    |
| 11.10 - 11.30 | 14.10 - 14.30 | Doctor consultation                   |
| 11.30 - 12.30 | 14.30 - 15.30 | Facial detox by Jade stone<br>60 mins |
| 12.30 - 13.30 | 15.30 - 16.00 | Eye poultice + Sound bath<br>30 mins  |

**Day 4** Choose Morning or Afternoon

| Time*         |               | Programs                |
|---------------|---------------|-------------------------|
| Morning       | Afternoon     |                         |
| 9.45          | 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 - 13.30 | 14.30 - 16.00 | Shirobhyanga 90 mins    |

**Day 5** 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 | Yoga class 60 mins                   |
| 11.10 - 11.30 | 14.10 - 14.30 | Doctor consultation                  |
| 11.30 - 12.00 | 14.30 - 15.00 | Herbal Milk Bath 30 mins             |
| 12.00 - 13.30 | 15.00 - 16.30 | Thai aromatic massage<br>90 mins **  |
| 13.30 - 14.00 | 16.30 - 17.00 | Eye poultice + Sound bath<br>30 mins |
| 14.00 - 15.00 | 17.00 - 18.00 | Foot massage 60 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 Thai Aromatic Massage to either Aromatherapy 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