

LA VITA SANA - Body detoxification Package

Package for 7 - Days

16,900 THB/pax

Programs	Durations	Times	Day 1	Day2	Day 3	Day 4	Day 5	Day6	Day7
Doctor consulting		7	/	/	/	/	/	/	/
Onsen/ sauna	60	3		/		/		/	
herbal milk bath	60	1	/*						
Coconut body scrub	60	2	/						/
Relaxing aromatherapy (body detoxing massage)	60	2			/**		/**		
Chinese cupping	60	2		/				/	
Facial detox by jade stone	60	3		/		/		/	
Herbal wrap	60	2	/						/
Foot massage(reflexology)	30	4	/*		/**		/**		/**
Yoga class	60	3		/		/		/	
The number of treatment hours per day			3.5	4	1.5	3	1.5	4	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 - 12.00	13.30 - 14.30	Herbal milk bath 60 mins*
12.00 - 13.00	14.30 - 15.30	Body scrub 60 mins
13.00 - 14.00	15.30 - 16.30	Body wrap 60 mins
14.00 - 14.30	16.30 - 17.30	Foot Massage Reflexology 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	Yoga class 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 - 13.30	15.30 - 16.30	Chinese cupping 60 mins
13.30 - 14.30	16.30 - 17.30	Facial detox by Jade stone 60 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	Relaxing Aromatherapy 60 mins **
12.00 - 12.30	14.30 - 15.00	Foot Massage Reflexology 30 Mins**

Day 4 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	Onsen 60 mins
12.30 - 13.30	15.30 - 16.30	Facial detox by Jade stone 60 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 - 12.00	13.30- 14.30	Relaxing Aromatherapy 60 mins**
12.00 - 12.30	14.30 - 15.00	Foot Massage Reflexology 30 Mins**

Day 6 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	Onsen 60 mins
12.30 - 13.30	15.30 - 16.30	Chinese cupping 60 mins
13.30 - 14.30	16.30 - 17.30	Facial detox by Jade stone 60 mins

Day 7 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	Body scrub 60 mins
12.00 - 13.00	14.30 - 15.30	Body wrap 60 mins
13.00 - 13.30	15.30 - 16.00	Foot Massage Reflexology 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