

LA VITA SANA - Serene sleep & Jet lag recovery Package

Package for 7 - Days

14,000 THB/pax

Programs	Durations	Times	Day 1	Day2	Day 3	Day 4	Day 5	Day6	Day7
Doctor consulting		7	/	/	/	/	/	/	/
Herbal bathing	30	2	/						/
Onsen	30	3		/		/		/	
Stepping on the hot brick	30	2			/		/		
Foot massage	30	4		/	/**		/	/**	
Release muscle tension	60	2			/**		/**		
Acupuncture	30	3	/			/			/
Abdominal massage By TTM /TCM	30	3	/			/			/
Fire rebalance	30	3	/			/			/
Aromatherapy massage	60	2		/**				/**	
Herbal eye poultice + Sound bath	30	5	/	/		/		/	/
The number of treatment hours per day			2.5	2.5	2	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 (day 2)
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 - 12.30	14.30 - 15.30	Aromatherapy Massage 60 mins**

Time*		Programs (day 2)
Morning	Afternoon	
12.30 - 13.00	15.00 - 16.00	Foot massage 30 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 - 11.30	13.30 - 14.00	Stepping on hot brick 30 mins
11.30 - 12.30	14.30 - 15.30	Release muscle tension 60 mins**
12.30 - 13.00	15.00 - 16.00	Foot massage 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	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 5 Choose Morning or Afternoon

Time*		Programs (day 5)
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	Stepping on hot brick 30 mins

Time*		Programs (day 5)
Morning	Afternoon	
11.30 - 12.30	14.30 - 15.30	Release muscle tension 60 mins **
12.30 - 13.00	15.00 - 16.00	Foot massage 30 mins

Day 6 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 - 12.30	14.30 - 15.30	Aromatherapy Massage 60 mins **
12.30 - 13.00	15.00 - 16.00	Foot massage 30 mins**
13.00 - 13.30	16.00 - 16.30	Eye poultice + sound bath 30 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 - 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.

** In this program, you may modify the treatment from Relaxing Aromatherapy and Release muscle tension to either Thai Aromatic Massage 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