

LA VITA SANA - Stress Relief Sanctuary Package

Package for 7 - Days

20,550 THB/pax

Programs	Durations	Times	Day 1	Day2	Day 3	Day 4	Day 5	Day6	Day7
Consulting with doctor		7	/	/	/	/	/	/	/
Herbal/Milk Bathing Relaxation	30	2	/						/
Onsen	60	3		/		/		/	
Shirodhara (Indian head massage)	60	2	/						/
Shirobyanga (Indian Head+Back massage)	90	1				/			
Thai aromatic massage	90	2		/**			/**		
Facial detox by Jade stone	60	2			/			/	
Eye poultice + sound bath	30	4		/	/		/	/	
Foot massage	60	3	/			/			/
Nature art therapy	60	2		/				/	
Yoga	60	4	/		/		/		/
The number of treatment hours per day			3.5	4	2.5	3.5	3	3.5	3.5

- 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	
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 - 14.00	Herbal Milk Bath 30 mins
12.00 - 13.00	14.00 - 15.00	Shirodhara 60 mins
13.00 - 14.00	15.00 - 16.00	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 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 90 mins **
14.30 - 15.00	17.00 - 17.30	eye poultice + sound bath 30 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 60 mins
12.30 - 13.00	15.30 - 15.00	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 - 12.00	13.30 - 14.30	Onsen 60 mins
12.00 - 13.30	14.30 - 16.00	Shirobhyanga 90 mins
13.30 - 14.30	16.30 - 17.30	Foot massage 60 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 - 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 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	Nature art 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
13.30 - 14.00	16.30 - 17.00	eye poultice + sound bath 30 mins

Day 7 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 - 14.00	Herbal Milk Bath 30 mins
12.00 - 13.00	14.00 - 15.00	Shirodhara 60 mins
13.00 - 14.00	15.00 - 16.00	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 Thai Aromatic Massage to either Relaxing Aromatherapy Massage or Hot Oil Massage.

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