

La
Vita
Sana

BODY and MIND in HARMONY

MIND & BODY RECHARGE

HALF-DAY PACKAGE

Recharge your body and mind with a revitalizing wellness journey featuring stretching & breathwork, ice bath, onsen, and sound healing therapy.

This experience helps stimulate blood circulation, release tension, and restore inner freshness. Complete your retreat with a relaxing afternoon tea to end the day on a soothing note.



TERMS & CONDITIONS

1. This program requires advance booking at least 1 day prior to the service date.
2. In case of cancellation, the deposit is non-refundable.
3. A deposit of 1,000 THB is required to confirm the booking.
4. Operating hours:
Daily from 12:00 – 14:30, subject to availability based on the number of bookings.
5. For this package, usage of the Onsen and Ice Bath is limited to a maximum of 4 sessions per day.
6. All facilities are shared pools.

4,000.^{THB}-
Per Person

FOR MORE INFORMATION, KINDLY CONTACT

☎ 076-428-589

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