

Raw Food Delight Retreat: 7n8d Package

20,500 Baht.

Enjoy your healthy holiday at The Spa Koh Chang Resort with all raw food meals. Get your fresh & delicious food & drinks, together with some exercises like yoga, cycling, swimming, walking, kayaking and meditation.

Experience the SPA's Raw Food & Smoothie by private cooking class. You will see how EASY cooking for your raw menu could be, and how revitalized your body and mind feel afterward.

DETAILS

What's included

- Breakfast, Lunch, Dinner for all raw or other healthy food (Food coupon total 5,500 baht)
- 3 Times of Raw food cooking class (9 dishes)
- 3 Times of Raw smoothie class (6 Glasses)
- Massage & Spa Treatment Coupon (3,500 baht)
- 1 Time Herbal Hot Compress massage (1.5 Hour)
- 7 Times Herbal Steam or Far Infrared Sauna
- 7 Times Yoga & Meditation class
- Use of the facilities; swimming pool, bicycle, kayak, fitness gym
- Round trip transfer from/to Koh Chang pier- The Spa Kohchang Resort