

Wellness Retreat (Daily)

2,350 Baht.

When your body shows signs of excessive stress from long and continuous work, you need to give yourself a well-deserved reward. With quiet and peaceful surroundings and nature-based facilities, we offer a good way to revitalize your body, mind and spirit.

DETAILS

Rate: 2,350 Baht/person/day

(Program only, No accommodation included)

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Starting in the morning, guided meditation is there to train your mind and spirit in a proper way. The meditation period is 30 minutes. After a 15-minutes break, the yoga class begins. Yoga is a gentle way for body and breathing exercise. Our class is designed to suit all level of yoga skill. No EXPERIENCE required !

A variety of Spa cuisine and raw food menu from our one-of-the-world's-50 best restaurants certified by UK Magazine for healthy restaurants can be chosen for your meal. Compliment a good meal with variety of tasty fruits and vegetable drinks and SPA dessert.

In the afternoon, it is time for Spa treatment. Let's pamper yourself in a little rock herbal steam room and get some massage therapies by well-trained and certified therapists. Apart from that, you can have your relaxing time at our sea salt-treated pool or on the bench beside the pool, reading your favorite book. How happier and more revitalized can it be for yourself.

If the day does not end for you just yet, try walking, jogging or cycling along the quiet roadside of Eastern Koh Chang. Kayaking can also be done but only on certain time of the day (due to the water tide).

What's included in the program : (no accommodation included,)

- Spa cuisine vegetarian, raw food, fruits & juices on breakfast, lunch & dinner (900 baht coupon/day)
- Morning meditation (08.00 – 08.30) and Yoga class (08.45 – 10.15)
- 1 Stream room or far-infrared sauna (30 minutes)
- Massage therapy, coupon for 1,000 baht/day
- Free bicycle and/or Kayak in Salak Kok bay.

Time Schedule (Roughly on how your day will look like)

- 7.00-8.00 Fresh fruit and fresh juice
- 8.00-10.00 Meditation and Yoga
- 10.00-11.00 Spa meal for Brunch
- 13.30-15.00 Spa Treatment (steam room and Massage therapy)
- 15.00-18.00 Swimming, jogging, working out at the gym, kayaking etc
- 18.00-19.00 Spa cuisine and / or raw food for Dinner