



AYURVEDIC BALANCE

Duration: 3 – 21 days
Hours of Treatments per Day: 4 hours



Programme Description:

Our unique Ayurvedic Healing programmes cater to individual needs. Natural and preventative in nature, they provide a balanced approach to good health and well-being. All treatments offered have their roots in natural healing sciences. Our knowledgeable health specialists who play the role of a facilitator, counselor and friend, guide you at every step. The specialist helps create personalised life regimes which include diet, exercise, massage and beauty therapies. It is a very individual approach focusing on delivering tangible positive results.

Depending upon your current dosha (energy) analysis, our health specialists plot a series of Ayurvedic therapies combining the finest oils, herbs and techniques in order to balance the increased or decreased dosha levels. The core of this programme is to eliminate the root cause of the imbalanced doshas, aided by few complimentary therapies. The recommended life regimes and the dietary instructions followed during this programme while enjoying the peaceful and tranquil environment of our resort would leave you feel ultimately relaxed, with a clear mind and a balanced body.

This package includes

- ☞ Minimum of 3 day period (12 hrs split as 4 hrs each day)
- ☞ Personalised health assessment
- ☞ Prescribed therapeutic head and body works by health specialist
- ☞ Back and foot therapies
- ☞ Wellness education
- ☞ Life regimen
- ☞ Daily participation in physical and spiritual activities
- ☞ Complimentary use of steam and chromo bath and fitness facilities

Ayurvedic Balance Programme	Price
3-Day Programme	THB 39,800*
5-Day Programme	THB 66,400*
7-Day Programme	THB 88,000*
14-Day Programme	THB 176,000*
21-Day Programme	THB 264,000*

Remarks:

TERMS AND CONDITIONS

- The meals in this programme are not included, but all the food recommendations are advised.
- This package includes only the cost of the treatments.

*Price is subject to 10% service charge and 7% government tax.

For more information please contact The Dheva Spa and Wellness Centre at mocnx-dhevaspa@mohg.com