

OPTIMAL HEALTH – WEIGHT CONTROL



20 December 2009 to 31 October 2010

Programme Description: Our health specialists will develop a programme to achieve tangible results for you. The objective is to tone and stimulate your system using ayurvedic therapies, including herb compresses, oils and massage. Combined with diet and regime, your body will detoxify naturally and when you leave us you will be slimmer and healthier. Our resort provides a deeply serene atmosphere that will encourage you in your regime, yet you will always enjoy the finest luxury, in our rooms, our cuisine and of course our fabulous spa.

The nightly package includes:

- Minimum of 4 nights accommodation
- Round trip airport transfers
- Full board inclusive of personalised health cuisine (at all outlets, except Farang Ses)
- 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



Daily rates are based on a minimum of 4 consecutive nights.

Room Type / Daily Rates	From	Single Occupancy per night (THB)	Double Occupancy per night (THB)
Colonial or Spa Suite	4-8 nights	26,900	41,800
	9 nights	25,900	40,800
Deluxe Colonial Suite	4-8 nights	28,000	43,500
	9 nights	27,000	42,500
Deluxe Villa	4-8 nights	30,000	45,500
	9 nights	29,000	44,000
Grand Deluxe Villa with Outdoor Jacuzzi	4-8 nights	33,900	49,000
	9 nights	32,500	47,500
Penthouse	4-8 nights	63,800	79,000
	9 nights	59,800	75,000

Remarks:

The therapies recommended in each programme are subject to change, if advised by the specialist. The purpose is to choose the best possible treatment to suit individual needs.

The above rates are quoted in Thai Baht and subject to 18.5% service charge, applicable government tax and provincial tax.



The Dheva Spa

At Mandarin Oriental Dhara Dhevi, Chiang Mai

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