



## Vedic Journey

Duration: Minimum of 3 days  
Hours of Treatments per Day: 4 hours

Price: 3 days at THB 23,500++



## Programme Description:

Each of us must overcome our everyday challenges at work, home and with our relations. We are challenged by behaviour issues and all of these occupy our time both mentally and physically. We often spare no time to look inwards and discover our real potential or our optimum creativity. Mandarin Oriental Dhara Dhevi invites those with a preference for elegance, luxury and the desire for wellness to immerse themselves in our Vedic Journey—a time to explore the infinite you. Resting in nature's arms and the peaceful surroundings of Mandarin Oriental Dhara Dhevi, learn ancient Ayurvedic techniques to:

- Find the balance and harmony in your life
- Handle everyday challenges
- Overcome behavioural challenges and emotional traps
- Align yourself to nature's rhythm of its highest consciousness

## Remarks:

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

## Terms and Conditions:

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

## This programme includes:

- Minimum of 3 day period
- 4 hours of treatment per day
- Personalised health assessment
- Prescribed therapeutic head and body works by health specialist
- Back and foot therapies
- Wellness education
- Life regimen
- Daily participation in wellness activities
- Complimentary use of steam and chromo bath and fitness facilities

\*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](mailto:mocnx-dhevaspa@mohg.com)