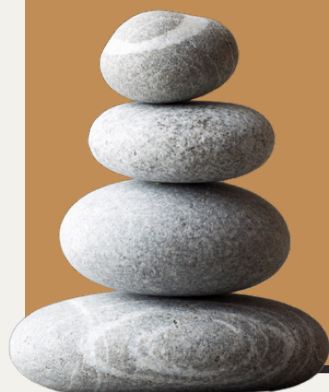




DOCTOR HEALS
Peace of Mind

20
25



Doctor Heals Package A Relaxation Getaway

Escape to the serene landscapes of Chiang Mai, Thailand, for a 5-day, 4-night wellness retreat that promises relaxation and rejuvenation for the senses. From taking nature walks to art therapy classes to indulging in authentic Thai massages, it's time to let your hair down and find your inner zen.



Who is this for?

If you are feeling the weight of work-related stress, grappling with the exhaustion of daily responsibilities, or simply craving a break from the hustle and bustle of everyday life, then **Doctor Heals's Package A: Relaxation Getaway** is designed for you.

Whether you're dealing with burnout, feeling overwhelmed, or just in need of a peaceful retreat to recharge, this package offers the perfect solution to help you unwind, rejuvenate, and reconnect with yourself.

Our Relaxation Getaway is tailored for anyone seeking to soothe the mind, body, and spirit, providing an escape that allows you to temporarily leave behind the stresses of work and life. This is your opportunity to indulge in serenity, creative pursuits and self-care—ideal for those who want to de-stress, improve their mental well-being, or simply find time for relaxation away from their busy routine.

No matter your lifestyle or career, this getaway is for anyone in need of a mental reset or those looking for a simple and effective way to rejuvenate without the complexity of planning an elaborate trip.



ART THERAPY

Immerse yourself in creativity with any two of our half-day art therapy classes, where you can express yourself through various artistic mediums and find inner peace through creative exploration. From wood carving to ceramics making, there's bound to be something that catches your eye!



NATURE HEALING

Connect with nature through any one of our nature programmes, designed to help you rejuvenate amidst Chiang Mai's stunning natural landscapes. Choose between a visit to a Cacao Farm and Chocolate Workshop or visit Thailand's highest peak standing at 2,565 meters (8,415 feet) above sea level, Doi Inthanon National Park, with its stunning waterfalls and picturesque nature trails.



SPA RELAX

Indulge in ultimate relaxation with our signature massages of your choice, including traditional Ayurveda Massage, Hot Stone Massage and Four Hands Massage therapy to soothe your body and mind. Leave your worries to our therapeutic hands and give yourself a much-needed moment of bliss.

Choose	Duration	Item
1 Nature Activity	1 Day	Doi Inthanon National Park
	1/2 Day	Cacao Farm and Chocolate Workshop
2 Art Therapy Classes	1/2 Day (About 3~4 hours)	Wood Carving Class, Flower Arrangement, Ceramic Class, Printing Class, Painting Class
1 Massage	90 Minutes	Ayurveda Massage, Hot Stone Massage or 4 Hands Massage



MEDICAL: INCLUDES 1 (ONE) MEDICAL CONSULTATION SESSION WITH A DOCTOR

It does not include laboratory tests, diagnostic investigations, or treatment. You can discuss with the doctor to select different choices from integrative anti-aging to Traditional Thai to Chinese TCM options..

Choice of Clinic:

- Absolute Health Regenerative Clinic
- Thai Traditional and Complementary Medicine Center
- Pakua Polyclinic in Tao Garden



BESPOKE VIP ADD-ONS (OPTIONAL WITH EXTRA FEES)

Fancy something out of the ordinary? Then you're in for a treat – Catered for discerning individuals, Doctor Heals' exclusive Bespoke VIP Wellness Programme offers a highly customisable and deeply enriching wellness journey to allow participants to immerse themselves in the refined tapestry of Northern Thailand's Lanna arts and cultural heritage.

Rediscover your balance, recharge your spirit, and return home with a smile on your face and peace in your heart – it's time to treat yourself to a well-deserved wellness vacation!

CONTACT US

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