

SAMPLE ITINERARY
THAI TRADITIONAL MEDICINE FOR LIFE
7 NIGHTS

Day 1 | Arrival & Assessment

14:00 – 15:00 Wellness Initial Consultation
15:15 – 15:30 Continuous Glucose Monitor (CGM) fitting
Sensor worn throughout your stay

Day 3 | Thai Healing Touch

10:00 – 11:00 Thai Medicine Workshop — session 1
11:15 – 12:15 Lymphatic Drainage Massage — session 1
14:30 – 15:30 Rajasamnak Thai Therapeutic Massage — session 1
15:45 – 16:45 Sweet Herbal Thai Acupressure — session 1
17:00 – 17:45 Group class: Tea Workshop

Day 5 | Deep Release

10:00 – 11:30 Thai Tranquil Touch Massage — session 2
14:30 – 15:30 Rajasamnak Thai Therapeutic Massage — session 2
17:00 – 17:30 Soom Ya – Facial Herbal Steam Therapy
/ Tranquil Thai Herbal Ritual Bath
17:45 – 18:45 Craniosacral Therapy

Day 7 | Movement & Strength

10:00 – 11:00 Yoga / Tai Chi
11:15 – 12:15 Personal Training
14:30 – 15:30 Sweet Herbal Thai Acupressure — session 2
15:45 – 16:45 Super Stretching

Day 2 | Thai Wisdom Assessment

07:30 – 07:45 Blood Test — Sample Collection
Thai Traditional Medicine PLUS — fasting required; please avoid food from midnight
09:30 – 10:00 Nutrition Assessment
10:15 – 10:45 Moti Dynamic Postural Analysis
14:00 – 14:15 Sleep Test: Belun Ring fitting
Worn overnight — please keep on until morning
14:30 – 15:30 Thai Medicine Vitality Consultation

Day 4 | Herbal Restoration

10:00 – 11:30 Thai Tranquil Touch Massage — session 1
14:30 – 15:30 Pao Ya – Heated Herbal Therapy — session 1
*Or choose: Goy Mod Look • Burut Vitality Therapy
• Herbal Salted Clay Pot Revitalization
• Goy Thong Therapy (Gut Health Abdomen Massage)*
15:45 – 16:45 Thai Aqua Vitality Ritual
17:00 – 18:30 Body Brush & Herbal Detox Ritual

Day 6 | Restoring Balance

10:00 – 11:00 Thai Medicine Workshop — session 2
14:30 – 15:30 Pao Ya – Heated Herbal Therapy — session 2
*Or choose: Goy Mod Look • Burut Vitality Therapy
• Herbal Salted Clay Pot Revitalization
• Goy Thong Therapy (Gut Health Abdomen Massage)*
15:45 – 16:45 Lymphatic Drainage Massage — session 2

Day 8 | Review & Departure

09:30 – 10:00 Wellness Follow-Up Consultation
10:15 – 10:35 Departure Consultation