

SAMPLE ITINERARY

THAI TRADITIONAL MEDICINE FOR LIFE

7 NIGHTS

Day 1 | Arrival & Assessment

14:00 – 15:00Wellness Initial Consultation

15:15 – 15:30Continuous Glucose Monitor (CGM) fitting
Sensor worn throughout your stay

Day 3 | Thai Healing Touch

10:00 – 11:00Thai Medicine Workshop — session 1

11:15 – 12:15Lymphatic Drainage Massage — session 1

14:30 – 15:30Rajasamnak Thai Therapeutic Massage — session 1

15:45 – 16:45Sweet Herbal Thai Acupressure — session 1

17:00 – 17:45Group class: Tea Workshop

Day 5 | Deep Release

10:00 – 11:30Thai Tranquil Touch Massage — session 2

14:30 – 15:30Rajasamnak Thai Therapeutic Massage — session 2

17:00 – 17:30Soom Ya – Facial Herbal Steam Therapy
/ Tranquil Thai Herbal Ritual Bath

17:45 – 18:45Craniosacral Therapy

Day 7 | Movement & Strength

10:00 – 11:00Yoga / Tai Chi

11:15 – 12:15Personal Training

14:30 – 15:30Sweet Herbal Thai Acupressure — session 2

15:45 – 16:45Super Stretching

Day 2 | Thai Wisdom Assessment

07:30 – 07:45Blood Test — Sample Collection
Thai Traditional Medicine PLUS — fasting required; please avoid food from midnight

09:30 – 10:00Nutrition Assessment

10:15 – 10:45Moti Dynamic Postural Analysis

14:00 – 14:15Sleep Test: Belun Ring fitting
Worn overnight — please keep on until morning

14:30 – 15:30Thai Medicine Vitality Consultation

Day 4 | Herbal Restoration

10:00 – 11:30Thai Tranquil Touch Massage — session 1

14:30 – 15:30Pao 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 – 16:45Thai Aqua Vitality Ritual

17:00 – 18:30Body Brush & Herbal Detox Ritual

Day 6 | Restoring Balance

10:00 – 11:00Thai Medicine Workshop — session 2

14:30 – 15:30Pao 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 – 16:45Lymphatic Drainage Massage — session 2

Day 8 | Review & Departure

09:30 – 10:00Wellness Follow-Up Consultation

10:15 – 10:35Departure Consultation