



DOCTOR HEALS
Peace of Mind

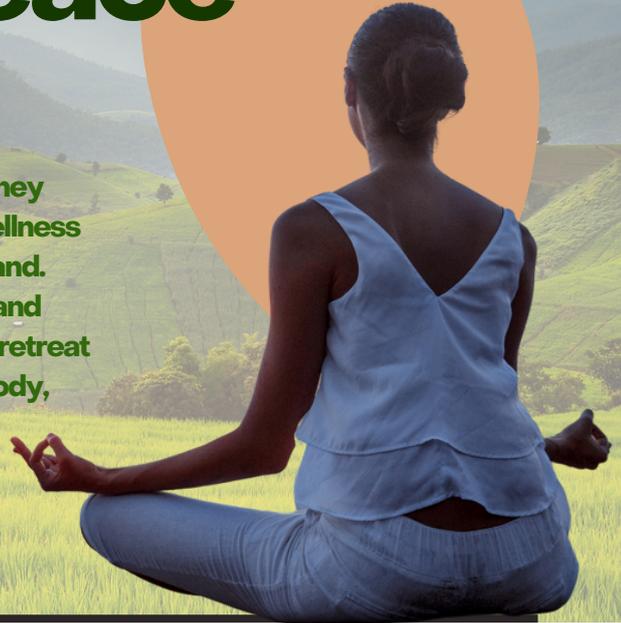
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Doctor Heals Package B

Inner Peace Retreat

Embark on a transformative journey with our Inner Peace Retreat Wellness Programme in Chiang Mai, Thailand. Nestled amidst lush landscapes and tranquil surroundings, our 6-day retreat is designed to rejuvenate your body, mind, and soul.



Who is this for?

Planning a wellness retreat where meditation in a quiet, tranquil environment is key?

Then look no further.

Doctor Heals's Package B: Inner Peace Retreat is thoughtfully put together to take your meditation practice towards transformation and peace.

The retreat environment plays a crucial role in supporting these goals, and this package emphasises the importance of a serene, natural setting—whether it's nestled in a spiritual centre, in nature, or within peaceful, traditional interiors.

Highlights:



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 Cocoa 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.

CONTACT US

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Activities: Choose From Each Category



Choose	Duration	Activity
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

Meditation Retreat Venue: Choose From Each Category

Choose	Duration	Activity
1 Retreat Centre	3-Days 2 Nights	Jesuit Spiritual Retreat (at Seven Fountains Jesuit Spiritual Center, Chiang Mai, Thailand)
	3-Days 2 Nights	Fasting (at Tao Garden Health Spa and Resort, Chiang Mai, Thailand)
	3-Days 2 Nights	Meditation (at Wat Umong, Chiang Mai, Thailand)



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!

