



DOCTOR HEALS  
Peace of Mind



## Doctor Heals Package C

# Detox & Rejuvenation

Begin your self-care journey to a healthier you with our comprehensive 6-day well-being programme in a serene resort in Chiang Mai, Thailand. Experience a healthy fluid diet, detox therapy, colon hydrotherapy, and slimming massages, all designed to restore balance and vitality to your life.



### Who is this for?

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### 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.

## Overview



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



### DETOX WELLNESS RETREAT @ TAO GARDEN HEALTH SPA & RESORT

Tao Garden Health Spa & Resort in Chiang Mai, Thailand, offers a comprehensive detox wellness retreat designed to rejuvenate and revitalise the body and mind. The retreat includes a combination of well-being practices, modern health treatments, and natural therapies. Guests can enjoy activities like yoga, Tai Chi, meditation, and various spa treatments. The resort is set in a serene environment, providing a peaceful atmosphere conducive to relaxation and healing.



### 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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