



DOCTOR HEALS
Peace of Mind

20
25

Doctor Heals Package D

Painting Therapy

Immerse yourself in a 6-day painting therapy retreat guided by anthroposophic principles — where art becomes a pathway to self-discovery and inner balance. Guided by experienced art therapists, you'll explore the subtle language of color, light, and form to harmonize body, soul, and spirit.

Each brushstroke reflects your inner world, transforming emotion into expression and stillness into renewal. No artistic experience is needed — only an open heart.



Who is this for?

Package D focuses on Anthroposophic Painting Therapy, which restores emotional distress to proper balance in the hospital and medical clinics.

This art therapy is commonly used in young children with difficulty in expressing emotions, teenagers with emotional distress, and adults who want to activate self-healing capacities.

Highlights:



PAINTING THERAPY

It uses the Anthroposophic approach to restore harmony, balance, and healing with the system of Anthroposophic medicine developed by Rudolf Steiner (1861-1925) in Europe, and under the supervision of a certified Painting Therapist.



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.

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
1 Painting Therapy Class (Fixed)	3 Days	Anthroposophic Art Therapy conducted by Master Anupan Pluckpankhajee, who is one of the earliest recognised pioneers of Painting Therapy in Thailand. He studied arts and Anthroposophic art therapy in Germany, following the path of Therapeutikum am Kräherwald in Stuttgart.
1 Massage	90 Minutes	Ayurveda Massage, Hot Stone Massage or 4 Hands Massage



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!

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