



DOCTOR HEALS
Peace of Mind

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25

Doctor Heals Package E Creative Arts with Autistic and ADHD kids

In this 3-day programme, your child will be guided by experienced artists who have worked closely with autistic and ADHD children alongside medical doctors in hospital settings. Through watercolour painting, clay modelling, and printmaking, each session is thoughtfully designed to promote emotional balance, enhance focus, build mental flexibility, and boost self-confidence.



Who is this for?

In this programme, we collaborate with experienced artists who worked with autistic and ADHD children and medical doctors in hospitals.

Experienced artists, Assistant Professor Kraisor Wichaikul (who teaches at the Department of Fine Arts at Rajamangala University of Technology Lanna in Chiang Mai) and Master Trairat Pattapong (who teaches in the Faculty of Art and Architecture, Rajamagala University of Technology Lanna), will conduct the sessions and also share their personal experience in raising ADHD children with art therapy.

Highlights:



ART THERAPY

Your child will work with watercolour painting, clay models and prints, which are specifically designed for their emotional balance, increasing focus, building mental flexibility, and improving self-confidence.



NATURE HEALING

Begin your kids' adventure with a guided tour of our beautiful cacao farm at Skugga Estate, nestled in the quiet village of Baan Pok, deep in the hills of Chiang Mai. Learn about the cultivation, harvesting, and processing of cacao beans. See the trees up close, touch the pods, and understand the delicate art of growing the finest cacao. What's more, you and your family are invited to make your own chocolate!



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	1/2 Day	Cacao Farm and Chocolate Workshop
2 Massages (Adult)	90 Minutes	Ayurveda Massage, Hot Stone Massage or 4 Hands Massage
2 Massages (Child) (5-12 years old)	90 Minutes	Ayurveda Massage, Hot Stone Massage or 4 Hands Massage
2 Art Therapy Classes (Fixed)	2 x 1/2 Days	<p>Assistant Professor Kraisor Wichaikul teaches in the Department of Fine Arts at Rajamangala University of Technology Lanna in Chiang Mai. He was the winner of outstanding award in the 14th Panasonic Contemporary Painting competition, and his painting "Three Women at Tha Phrachan" also received Platinum Award in the 3rd UOB Thailand Painting competition in 2012.</p> <p>Master Trairat Pattapong, who teaches in the Faculty of Art and Architecture, Rajamagala University of Technology Lanna, will join Master Kraisor in our creative arts sessions. He has a child with ADHD and will also share his personal experience in raising ADHD children with art therapy.</p>



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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