

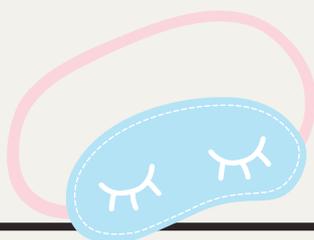


DOCTOR HEALS  
Peace of Mind

## Doctor Heals Package F

# Sleep in Peace

Struggling with sleepless nights? Package F is specially-designed 7-day programme for individuals experiencing insomnia, helping you regain deep, restorative sleep under the care of trusted healthcare professionals.



### Who is this for?

Your journey begins with a comprehensive clinical assessment conducted by sleep specialists and medical doctors at Chiang Mai's premier hospital.

Through advanced diagnostic tools and personalised evaluation, our experts identify the underlying causes of your sleep difficulties—from stress and lifestyle patterns to potential medical conditions.

### Highlights:



#### SLEEP ASSESSMENT

Medical: Include 1 (one) sleep assessment and overnight polysomnography study (sleep study) with video monitoring by trained hospital staff in Lanna Hospital Chiang Mai. It includes basic health consultation and clinical assessment by sleep specialist and medical doctor. Based on the results of your assessment, any subsequent treatment or extra tests will need additional fees and payment.



#### NATURE HEALING

Embark on an immersive farm tour and witness the magic behind your favourite chocolate. Explore real cacao trees and fruits, and dive into the fascinating process of cacao fermentation and drying. Enjoy a unique, hands-on experience where you'll mould your own chocolate under the expert guidance of skilled chocolatiers.



#### 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	Duration	Activity
2 Nature Activities	1/2 Day	Cacao Farm and Chocolate Workshop
	1 Day	Doi Inthanon National Park
1 Massage	90 Minutes	Ayurveda Massage, Hot Stone Massage or 4 Hands Massage
2 Art Therapy Classes	1/2 Day (About 3~4 hours)	Wood Carving Class, Flower Arrangement, Ceramic Class, Printing Class, Painting Class
Extra Bespoke VIP	1 Day	Any 1 (One) of our Bespoke VIP experience



### 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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