

RELAX AND RECHARGE (FRI – SAT – SUN)

Escape the stress, noise and pollution of the city and come back to nature at Thanyapura Health and Sports Resort. Wake up to fresh air and blue skies, enjoy a healthy breakfast and take part in a yoga class, a bike ride or game of tennis. Relax and recharge your batteries with a massage and some quiet meditation. Do something good for yourself and take a break from the ordinary.

Price:

THB 7,500 / person (excludes accommodation and meal)

What's included?

- 60 Minutes yoga private session x1
- 60 Minutes massage x2
- Unlimited access to all Thanyapura facilities and 100+ group classes per week (subject to availability)
- Sports lifestyle locker room, plus hot and cold baths, sauna and steam room
- 20% discount on physiotherapy treatment

Optional:

- Airport transfer service to Thanyapura (THB 600 / way)
- Bike rental service
- Nutrition consultation (THB 2,500 / hour)
- Vegan lunch buffet at DiLite restaurant (THB 390 / person)
- Variety of massage services at Thanyapura Health & Wellness Centre

Need accommodation?

Visit our website at www.thanyapura.com/booking

FOR BOOKING AND INQUIRIES

Telephone: +66 (0)7633 6000

Email: info@thanyapura.com

Website: www.thanyapura.com