

HEALTHY LIVING PROGRAMME



Aleenta Retreat Chiang Mai, together with Ayurah Wellness, have partnered to offer an exceptional life changing programme to address the pre and post diabetes in a way that will reduce your dependency on heavy medications.

The programme takes a research proven cues to lifestyle change and nutritional approach to curve your dependency on heavy medication for those living with diabetes or those who may have tendency to develop the symptoms.

Included

- *Luxury accommodation
- *Pre-arrival - wellness assessment
- *Upon arrival - doctor consultation, wellness assessment & medical check up
- *Daily breakfast, lunch & dinner
- *One Wellness cooking classes so that you can take your favorite recipes home
- *Detox juice to start the day
- *Daily movement & exercise sessions tailored to your needs by a personal trainer with options Including: Yoga, Qi Gong, Personalized Training Exercise (one hour per day)
- *Daily mindfulness practice to promote better breathing & sleep
- *Daily immunity boosting spa treatment (one hour)
- *Roundtrip airport transfer service
- *Integrative medicine treatment, if needed, prescribed by naturopath or medical doctor (cost of Medicine to be advised at time of prescription)

Adventure, tour and additional activities can be arranged throughout the stay at additional cost. This may include national park hikes, various local farms visits, etc.

From THB 16,920 net per night for double occupancy

From THB 12,450 net per night for single occupancy

For Reservation:

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