

asaya



the asaya atelier

Atelier: Our wellness atelier is the center point of Asaya, where we combine balance, personalized care and wellness in a way that speaks directly to you.

We welcome you to sit with one of our wellness experts to experience a hands-on, carefully curated and intuitively guided experience.

Almost every aspect of your wellness ingredients is hand selected, crushed, blended and created just for you.

Come sit, get inspired, create and enjoy all that our atelier has to offer.

wellness retreats

The pressures and demands of our professional, social and family lives can create an imbalance to the quality of our life and our personal health. At Asaya, we understand these imbalances happen and have carefully designed wellness programs to help you re-engage with the loss of that synergy and balance in your life. We believe each individual is unique and requires an assessment through a personal consultation with our wellness coaches. The wellness programs outlined below will be customized to suit you and your lifestyle to achieve your desired goals. We combine personal wellness with fitness and nutrition to ensure we have effective and results-oriented programming. These longer-stay wellness journeys are your own private journey to understanding yourself and how to ensure you are living at an optimal level always.

Our packages include a healthy cooking class and hands-on demonstrations led by our professional chefs to improve your culinary skills and teach you new techniques to adapt your cooking to a healthier lifestyle. The classes are designed to show you how easy it is to prepare delicious, healthy, tasty food that will nourish your body and mind, but without having to spend hours to do so.

international and resident wellness practitioners

asaya wellness offers special workshops and private sessions with our resident wellness practitioner and visiting masters in various wellness disciplines. These coaches, practitioners, healers and guides live with us and visit us from around the world to share their talents and gifts with those who choose to explore and understand the deeper realms of holistic well-being for the body, mind and spirit.

The resident wellness practitioner will be on hand to offer complimentary wellness consultations for every guest. The practitioner will then create a personalized program just for you based on the findings of that consultation. Your personalized program will include curated recipes for either wellness, spa or a combination of both.

MINDFUL EATING

Experience the vast healing potential of foods and the high quality of life that results from nourishing the body, mind and soul — the foundation for daily living. Learning to eat and live mindfully is the key to experiencing health and peace. You will rediscover the joy of eating while creating lasting improvements in your health, eating habits and weight. Our chefs perform informative and healthy cooking demonstrations and share tips and tricks for nutritious meal preparation, along with activities to help improve the way your body processes the food you eat and maintain a healthy lifestyle.

ONE DAY up to 14 DAY PROGRAM OPTIONS

IDEAL BALANCE

The path to wellness is balance in your health and your life. Being in balance may mean something different for each individual. Our wellness professionals will create a program for you to achieve your wellness goals and help you find the balance that is right for you. Combining wellness treatments such as Watsu Therapy, Aroma Balancing Massage, Singing Bowl Therapy and health-giving cuisine along with this program, you will learn easy and effective techniques to check in with yourself and identify ways in which your life has become out of balance and how to address that in the future.

ONE DAY up to 14 DAY PROGRAM OPTIONS

HEALTHY SLEEP

Sleep is vital to our overall well-being and with this personalized program, we will help you establish mindful living techniques to assist you in meeting life's challenges with wisdom and grace and significantly improve the quality of sleep. An important part of sleeping well is a healthy lifestyle. Discover solutions and practical strategies toward achieving mental and emotional well-being. Our wellness practitioners will help you achieve quality sleep by establishing a daily routine that awakens the body's natural, biological rhythms, thereby reducing stress and tension in the mind and body. With your needs in mind, we collaborate with you to nurture a new healing path combining the latest understanding about sleep, holistic wellness treatments such as Reiki, Yoga Nidra, Essential Nurturing Ritual, healthy eating, exercise and mindful practices.

ONE DAY up to 14 DAY PROGRAM OPTIONS

INNER PEACE

The focus is on understanding the root cause of stress, how it affects the body mentally and physically. This program is designed to help you to de-stress, relax and switch off in our tranquil environment. Gain a deeper understanding of the key stressors in your life and learn how to manage your responses to them more effectively. Your practitioner will recommend techniques to help you feel more in control and better able to cope with more clarity in times of stress. Experience a range of wellness treatments and nurturing activities that help create stillness in your mind and body and leave feeling lighter, more empowered, and with a deeper sense of clarity, focus and self-awareness. Holistic treatments such as Emotional Freedom Techniques, Mindfulness Meditation and Aroma Calming Massage are offered.

ONE DAY up to 14 DAY PROGRAM OPTIONS

MEDITATION AND YOGA IMMERSION

This program is designed to assist you in gaining more control over your physical and mental health, by helping you to create strength, awareness and harmony in both the mind and body. Our experienced practitioners will customize one to one sessions throughout a series of daily yoga and meditation sessions, so we can help you experience a sense of physical, mental and emotional well-being. This customized session includes physical posture and breathing techniques, to help you balance your energy and improve upon your mindfulness to assist you in your meditative practice.

To enhance the self-awareness process, a carefully selected series of complementing wellness therapies are offered, such as Traditional Thai Massage and Watsu Therapy.

ONE DAY up to 14 DAY PROGRAM OPTIONS

LIFE ENERGIZED

Life Energized is a personalized fitness program designed to combine personal fitness, boot camp, High-Intensity Interval Training (HIIT) workouts, Mat Pilates and therapeutic wellness treatments to create a complete rejuvenating and strengthening experience. The overall concept of this program is to combine fitness and fun. Our fitness experts will evaluate your current fitness level and identify activities best suited to both your physical condition and the experience you seek. Restorative wellness therapies in this program, such as Deep Tissue Massage, and Traditional Thai Massage, stretch and tone muscles to complement the fitness sessions. Our customized healthy menus deliver a satisfying balance of high protein, healthy fats, fiber and carbohydrates to fuel the body, for overall health and optimum performance.

ONE DAY up to 14 DAY PROGRAM OPTIONS

asaya alternative therapies

Alternative therapies offer deeper levels of well-being that cannot always be achieved through touch. Achieving balanced energy is vital to maintaining a healthy diet, healthy lifestyle and managing stress. Energy balancing is extremely effective in improving vitality, awareness, energy and relaxation. We offer you direct exposure to true therapies that have been practiced for centuries throughout the world.

WATSU THERAPY 60 MINUTES

Watsu is a deeply nurturing experience emulating the safety and nurturing of the womb. Watsu is a gentle form of body therapy performed in warm water (around 35 degrees Celsius.) It combines elements of massage, joint mobilization, shiatsu, muscle stretching and dance. While you are floating effortlessly in the water, your Watsu therapist will continuously support you while being floated, cradled, rocked and stretched in fluid movements throughout the water to reach a deep state of relaxation — a truly uplifting experience.

REIKI HEALING 60 MINUTES

A centuries-old energy practice that promotes a complete balance of mind, body and spiritual energy. Reiki uses the universal life force to release energy blockages within the body, allowing healing energy to flow again freely and encourage the body's natural ability to heal itself. Reiki helps to reduce stress and anxiety and brings the energy and spirit of oneself into balance. Reiki is a true reflection of how the power of intention can profoundly change your life.

CHI NEI TSANG 60 MINUTES

Detoxify and strengthen your organs, improve digestion and boost your immune system with this traditional Taoist healing therapy that restores balance and energy to the entire body through massaging key points. This synergy of Chinese and Thai massage and meditation techniques unblocks congestion in the abdomen and guides healing energy flow or "Qi" throughout the whole system for an incredible sense of well-being.

LIFE FORCE HEALING THERAPY 60 MINUTES

Life Force Healing Therapy is a Taoist healing method for breathing. Breath is the true foundation in providing life to the body; our patterns and quality of breath can affect our overall health and immune system. This ancient healing practice is an effective therapy for releasing tension in the chest and respiratory muscle to improve your quality of breath and its direct impact on your vital energy.

sound therapy

CHAKRA BALANCING

Our responses to daily living are deeply impacted by our senses, which is why Sound Therapy has profound impacts on our body. Embark on a unique journey, during which Tibetan singing bowls are placed on and around your body as your energy fields are balanced and enhanced through the resonating sound and vibrations. This therapy improves overall relaxation, bringing your brain wave frequency into an alpha or theta state. These frequencies are used to heal on a cellular level and stimulate the chakra energy centers for overall balance and harmony. This energy balancing treatment is a perfect remedy for those seeking total relaxation of the body, mind and spirit.

Options:

Seven Bowl Therapy 60 MINUTES

Three Bowl Therapy 30 MINUTES

Pair this at the beginning or end of a traditional treatment for maximum results or include any of the express treatments listed below directly into your treatment.

asaya movement and lifestyle

Identifying your path to wellness is gaining insight into what inspires you, comforts you and fuels your desire for living a healthy and conscientious lifestyle. Asaya offers incredible fitness and lifestyle experiences that help you to further identify with your Purpose, Intention and Hope in wellness.

BODY STRETCHING

60 MINUTES

Stretching has a profound effect on the body. Body stretching is a form of physical exercise in which specific muscles and tendons are purposefully stretched to improve muscle elasticity and mobility. The focus on stretching in our everyday lives is often overlooked but is incredibly important to how our bodies feel overall. The result is a feeling of increased muscle control, flexibility and improved range of motion.

MAT PILATES

60 MINUTES

Pilates is an exercise that focuses on building strength without bulk, improving flexibility and agility, and helping to prevent injury. It involves a series of controlled movements that engage both your body and mind. Pilates helps with your ability to reach beyond your limits to reach greater results. This fitness experience is done alongside an instructor to ensure a personalized approach is a part of every experience. Gain greater awareness of the spine, proper breathing, core strength and flexibility.

PERSONAL TRAINER

60 MINUTES

Our personal training sessions involve planning an ideal fitness experience that meets your personal lifestyle and fitness preferences. Identify your goals and create a fun and energizing program, which is why working with a personal trainer is ideal when embarking upon a fitness program of your own. Set goals, receive feedback, measure your progress and get continued support for any changes or needs you need in your fitness routine.

YOGA AND MEDITATION

60 MINUTES

Our experienced yoga and meditation teachers are trained to listen to your personal objectives and goals during your stay. They will then design a bespoke yoga and meditation program to assist you in your quest to achieve a balanced self.

HIIT TRAINING

60 MINUTES

High-Intensity Interval Training (HIIT) is a system of organizing cardio-respiratory training, which calls for repeated bouts of short duration, high-intensity exercise intervals intermingled with periods of lower intensity intervals of active recovery. This is the ideal fat-burning form of exercise, which is why if you are looking to feel stronger and leaner, this is a very effective approach to weight loss. Keep your mind engaged during this fast and responsive workout experience.

asaya atelier body path

All treatments are thoughtfully paired to allow a natural progression of a wellness evolution to occur. Incorporating your customized atelier products, we expand your personalized experience beyond expectation.

SOOTHING BODY PATH

2.5 HOURS

This soothing ritual reboots energy levels and restores the body's natural equilibrium. An ideal combination of a customized Coconut Body Scrub, Rice for Life Body Wrap and an Aroma Tension Relief Massage to help target areas of stress and tension. This trio of wellness offerings is an ideal combination for those seeking much-needed attention to their entire body. The journey will relax aching muscles, deeply moisturize your body and relieve stress and fatigue.

includes | Customized Body Scrub | Customized Body Wrap |
Aroma Tension Relief Massage

REVITALIZING BODY PATH

3.5 HOURS

Beginning with a Lemongrass Body Scrub that refreshes emotionally and relieves fatigue, an Aroma Revitalizing Massage follows this personalized treatment and concludes with our EviDenS de Beaute Facial Ritual that will highlight, nurture, energize and invigorate your skin, placing the

finishing touches on your quest for deep and vibrant relaxation.

includes | Customized Body Scrub | Aroma Revitalizing Massage |
Evidens de Beaute Facial Ritual

DETOX BODY PATH

4 HOURS

Leave the busy world behind and revitalize your body and mind with a Signature combination of replenishing treatments: Himalayan Salt Scrub, Purifying Volcanic Clay Body Wrap, Invigorating Detox Massage and Essential Detox Ritual Facial. This unforgettable combination of treatments will detoxify your body, increase blood circulation, and leave you feeling revitalized, rejuvenated and ready to conquer anything that may come your way.

includes | Customized Body Scrub | Customized Body Wrap |
Invigorating Detox Massage | Essential Detox Ritual Facial

ASAYA ATELIER BODY TREATMENT

Starting at 60 MINUTES

Understanding your Intention and Purpose are key to identifying the most appropriate blend of herbs, clays and muds. A personal consultation will ensure that you receive a unique treatment incorporating a combination of raw ingredients and nature's pantry to achieve your desired experience. Perfect as a stand-alone treatment or as a precursor to a massage.

asaya atelier massage

Incorporating all the personalized touches of your custom-created atelier experience, embark upon a massage experience that is just for you, by you.

ASAYA BESPOKE MASSAGE

120 MINUTES

This unique, personalized bodywork session includes an array of therapeutic massage styles combined with the powerful benefits of custom-blended aromatic oils tailored specifically for you. Your therapist will assist you in choosing the oil best suited for you to encourage deep relaxation along with treatment of specific conditions.

Choose from one of the following blends:

Signature Massage Blend for mental clarity

Relaxing Blend

Detox Blend

Muscle Release Blend

Energizing Blend

TRADITIONAL THAI MASSAGE 90 MINUTES | 120 MINUTES

This traditional Thai treatment is applied with grace, mindfulness and a spirit of generosity. Blissfully nurturing nuad pan boran is a rhythmic oil-free massage that has been practiced for more than 2,500 years. A blend of passive stretching and acupressure in meditative surroundings enables this healing art to simultaneously evoke a feeling of total relaxation and renewed energy. Comfortable, loose fitting pants and top are provided for this exquisite, traditional experience.

Our two-hour treatment includes the Thai Herbal Compress. Enjoy the healing powers of heat combined with a blend of therapeutic Thai herbs to enhance their effectiveness.

ASAYA DEEP TISSUE

90 MINUTES

Focus on those overworked muscles living well below the surface.

A deeply restorative full body massage that aids in releasing deeply held patterns of tension, removing toxins, relaxing, soothing and thereby encouraging muscles to operate at full capacity. The techniques used in this massage create a prolonged state of reduced muscular tension by applying deep muscle compression and cross-fiber friction to increase blood and lymphatic flow.

THAI FOOT MASSAGE

60 MINUTES

Thai foot massage uses the ancient art of Thai foot massage to provide an enjoyable, relaxing and rejuvenating experience. During the Thai foot massage, pressure is applied to specific areas of the soles of the feet, helping to clear the natural energy flows throughout the body while also helping to increase natural blood flow. This treatment is highly effective in helping the rest of the body to relax and release full body tension.

asaya body

Inspired by the centuries-old traditions of the European and French wellness culture, Asaya offers you wellness experiences steeped in French tradition.

MAISON CAULIÈRES SIGNATURE TREATMENTS

MAISON CAULIÈRES is the emblem of the French "lifestyle" and "well-being." All the ingredients found in the products of this traditional and luxuriously effective product line offer the highest respect for all that goes into creating each product and treatment. Living off the Land is essential for the creation of the products and the treatments found within this section, paying homage and respect to centuries of wellness in France.

MAISON CAULIÈRES SIGNATURE TREATMENT 120 MINUTES LIGHTS OF THE SEASONS

unique sensations of a poetic journey throughout the seasons

A more playful and holistic care ritual inspired by the cycle of the seasons, starting with a purifying fig, bergamot and rose full body scrub rinsed with hot towels, then a reassuring head, face, hand and foot massage, followed by a cold application on legs with mint and cut grass perfumed towels and an invigorating leg massage, and finally a stimulating stomach, upper chest, back and arm massage with broom flower and honey scented dry oil. Various and surprising sensations to purify, calm, invigorate and stimulate the body.

LIKE A FERTILE LAND

90 MINUTES

a deeper sensation of being yourself

A full body massage focusing on healing properties, freely inspired by Deep Tissue. Two versions of this exclusive Signature massage are offered in reference to the MAISON CAULIÈRES seasonal universe: a comforting, creamy touch with citrus notes or a broom flower and honey scented warm and enchanting dry oil sensation on the skin. Deep pressure and stretching massage techniques are applied to relieve muscle tension, enhance circulation and stimulate the metabolism for detoxification. A "firmer feeling of the moment."

TIME FOR A DREAM

90 MINUTES

le temps d'un songe — solar and enchanting sensation

Inspired by the summer fields, this energizing treatment is intended to build up energy, warm the body and enhance the mood. With a delicious fragrance of broom flower and honey, a gourmet sugar scrub exfoliates the whole body to promote circulation and cellular renewal. Then a warm, dry oiling softens the skin and an energetic massage of the legs, back and arms stimulates the body from toe to head for a sun-like sensation.

ODE TO REST and HANDS AT THE ORIGIN

120 MINUTES

sensation of deep protection and pure softness for a global letting go

A reassuring and enveloping massage targeted on the upper body (back, neck, shoulders and arms) with a nourishing body cream. Thanks to a rich texture and notes of citrus fruit, the body feels protected and gently carried by benevolent hands. Then, the flagship hand treatment, true to the origins of MAISON CAULIÈRES and inspired by hand reflexology, begins with a creamy hand scrub, followed by a comforting moisturizing mask and a relaxing hand massage to eliminate muscle tension and encourage body and mind to balance by stimulating the hand reflex points. An invitation to a global sensation of well-being to complete this cocoon-like sensation of care.

asaya face

a fusion of Japanese and French perfection

A glowing complexion comes from within, most of the time. EviDenS de Beauté created a thoughtful ritual of intention around its skin care philosophy, combining technical excellence and advanced formulations to deliver radiant youthful complexions. Inspired by the “Kagayaki No Saho” ancestral tea ceremony where each stage, dosage and gesture is of key importance, we articulate our skincare rituals in precise successive stages for in-depth action and visible long-lasting results.

SIGNATURE EXTREME 360 DEGREE RITUAL 90 MINUTES

THE EXTREME LINE | Developed to smooth and visibly reduce the signs of aging. Designed to specifically target the most sensitive areas of the face. This treatment has been developed for mature, dehydrated, tired and dull skin looking for an immediate solution to slow down advanced aging. An Asaya Exclusive Ritual starring the EviDenS de Beauté premium Global Anti-Aging solution.

THE ULTIMATE JAPANESE LIFTING RITUAL 90 MINUTES

RESHAPE | FIRM | ANTI-AGING | Specifically designed for collagen loss in aging skin that is particularly lacking firmness and tonicity. This treatment is recommended on a monthly basis for a visibly long-lasting lifting effect. An ultimate anti-wrinkle ritual to smooth fine lines and reshape facial contours.

THE ESSENTIAL NURTURING RITUAL 60 MINUTES

HYDRATE | CALM | SOOTH | A ritual of intent that specifically targets dry and uncomfortable skin types. Effectively restoring optimal hydration, this carefully designed treatment focuses on nurturing and soothing the skin. Particularly adapted for after sunbathing and exposure to external aggressions like cold and harsh climates, this ritual is highly effective in restoring the skin's natural hydration. A “Cellular Renewal Booster” for deep nutrition, long-lasting protection and a youthful glow.

THE ESSENTIAL DETOX RITUAL 60 MINUTES

PURIFY | OXYGENATE | REBALANCE | Dedicated to combination, oily and blemish-prone skin to fight and reduce excess shine, congestion, enlarged pores and inflammation. Highly effective during the change of seasons or twice a month, for sustained skin rebalancing. A deep-cleansing “Skin Perfecting” treatment inspired by Japan purifying tradition for a flawless complexion.

asaya man

HOMMAGE FACE AND BODY GROOMING RITUAL 120 MINUTES

The ultimate face and body grooming ritual is designed to pamper, soothe and indulge the most discerning gentleman. The treatment commences with a relaxing Hommage "Back Facial" followed by a full-body massage incorporating smooth, warm oiled river rocks to release tensions at the deepest level. The finale of this unforgettable experience is the Hommage Age Defense mini facial. You will be perfectly groomed from head to toe.

HOMMAGE AGE DEFENSE FACIAL 60 MINUTES

The ultimate in skin maintenance. A truly bespoke facial designed to diminish fine lines and brighten tired complexions. Hands and feet are cleaned, exfoliated and massaged while our Signature face, neck and shoulder massage will induce deep relaxation.

HOMMAGE TONIC MASSAGE 60 MINUTES

This tension-relieving massage uses the Signature blended "meditate" massage oil to completely calm the mind and rejuvenate the body. Delivered with strong, concentrated pressure to increase blood flow and circulation, this is an ideal massage to ease stiffness due to stress, sports and travel and to improve well-being.

asaya villa experience

FOUR HOURS ASAYA VILLA RENTAL

Enhance your treatment experience by requesting your treatments within our Asaya Villa.

The Private Asaya Villa will be your haven of tranquility. Consisting of a spacious double treatment room, Watsu pool, Himalayan salt sauna with steam shower, outdoor private Yoga Sala, outdoor soaking tub and rain shower, oversized day bed and a personalized selection of drinks and indigenous bites inspired to complement your wellness journey. Select and combine any of the treatments from our menu, simply choose the duration of your journey and leave the rest to us. This is the ideal setting where you can heighten your emotional connection with the one you love, discovering an improved quality in your time spent together.

Enjoy one hour of relaxation time, light food and beverage options, bathing and your desired treatments.

Please note that all treatments are an additional charge.

asaya etiquette

GENERAL INFORMATION

Our programs incorporate a combination of meal planning, fitness and lifestyle experiences, alternative therapies and international spa therapies. We suggest that you contact the Asaya wellness host directly to discuss and plan your ideal program. Our wellness coaches will recommend the ideal programming for your Purpose, Intention and Hope. Your Asaya consultation will include a full spectrum review of the possibilities, all of which can be crafted just for you.

Our Asaya practitioners and wellness coaches are incredibly instrumental in the creation of each experience on our wellness menu. Any deviation from the standard offerings would need the prior approval of the wellness director or wellness coaches.

LOCATION

Asaya is situated adjacent to the hotel arrival area.
Telephone extension 885

RESERVATIONS

Treatments are available from 10 a.m. to 10 p.m. Reservations can be made in person or by dialing extension 885

HEALTH CONSIDERATIONS

A health questionnaire should be filled in by you prior to all Asaya treatments. Please be sure to notify the Asaya hosts if you suffer from any physical ailments, or if you are pregnant. No treatments can be offered to women in their first trimester. You must be 16 years of age to enjoy Asaya.

APPOINTMENTS AND CANCELLATIONS

We encourage you to arrive at least 30 minutes prior to your scheduled treatment time. We want to ensure that you have plenty of time to properly prepare for your wellness experience.

Should you arrive late for your appointment, we will try to accommodate the full duration of your treatment if we can; otherwise, we will need to adhere to the originally scheduled time frame.

Any cancellation within four hours of your scheduled appointment will incur a 50 percent cancellation fee. Full charges will be imposed for a no-show.

asaya

asaya alternative therapies

		price
watsu therapy		5,500.00
reiki healing		5,500.00
chi nei tsang		5,500.00
life force healing therapy		5,500.00
sound therapy seven bowls	60 minutes	5,500.00
sound therapy three bowls	30 minutes	3,000.00

asaya movement and lifestyle

		price
body stretching		2,000.00
mat pilates		2,000.00
personal trainer		2,500.00
hiit training		3,500.00
yoga and meditation		2,000.00

asaya atelier body path

		price
soothing body path	2.5 hours	10,350.00
revitalizing body path	3.5 hours	12,600.00
detox body path	4 hours	14,850.00
asaya atelier body treatment	60 minutes	3,000.00

asaya atelier massage

		price
asaya bespoke massage	120 minutes	8,000.00
traditional thai massage	90 minutes	4,500.00
traditional thai massage	120 minutes	6,500.00
asaya deep tissue massage	90 minutes	7,000.00
thai foot massage	60 minutes	3,500.00

asaya villa experience

		price
asaya villa experience	4 hours	10,000.00

asaya body - maison caulières treatments

		price
maison caulières signature treatment	120 minutes	9,000.00
like a fertile land	90 minutes	7,000.00
time for a dream	90 minutes	7,000.00
ode to rest and hands at the origin	120 minutes	10,000.00

asaya face

		price
asaya signature extreme 360° ritual	90 minutes	7,500.00
the ultimate japanese lifting ritual	90 minutes	6,500.00
the essential nurturing ritual	60 minutes	6,000.00
the essential detox ritual	60 minutes	6,000.00

asaya man

		price
hommage face & body grooming ritual	120 minutes	7,500.00
hommage age defense facial	60 minutes	6,000.00
hommage tonic massage	60 minutes	3,500.00

All rates are subject to 17.7 % services charges and V.A.T.

wellness programs

		price
mindful eating	1 day	16000.00
mindful eating	3 day	40000.00
mindful eating	5 day	68000.00
mindful eating	7 day	95000.00
mindful eating	14 day	190,000.00
ideal balance	1 day	22000.00
ideal balance	3 day	55000.00
ideal balance	5 day	82000.00
ideal balance	7 day	115000.00
ideal balance	14 day	230,000.00
healthy sleep	1 day	22000.00
healthy sleep	3 day	65000.00
healthy sleep	5 day	78000.00
healthy sleep	7 day	95000.00
healthy sleep	14 day	190,000.00

wellness programs

		price
inner peace	1 day	18000.00
inner peace	3 day	50000.00
inner peace	5 day	80000.00
inner peace	7 day	99000.00
inner peace	14 day	198,000.00
meditation and yoga immersion	1 day	17000.00
meditation and yoga immersion	3 day	50000.00
meditation and yoga immersion	5 day	88000.00
meditation and yoga immersion	7 day	120000.00
meditation and yoga immersion	14 day	240,000.00
life energized	1 day	16000.00
life energized	3 day	45000.00
life energized	5 day	72000.00
life energized	7 day	95000.00
life energized	14 day	190,000.00

All rates are subject to 17.7 % services charges and V.A.T.

