

SLEEP RESTORATION PROGRAM

DAY

1

- Arrival and check in
- Meet with Anantara Spa team
- Online consultation with an expert nutritionist
- Mindfulness Sunset : Private yoga
- Evening sleep test in the privacy of your room
- CBD (Cannabidiol) relaxing bath at Spa
- Golden Turmeric Milk for a restful sleep
- Sleep music by our Deep Sleep Scientist

DAY

2

- Tele Med consultation with a sleep doctor
- Mindfulness Sunset : Private yoga
- 90 – minute Cannabis Slumber Journey
- CPAP equipment is provided during the following nights' stay if diagnosed with sleep apnea

DAY

3

- Mindfulness Sunset : Private yoga
- 60 – Indian head massage
- Online follow – up consultation with a recommendations sleep plan from an expert nutritionist

PRICE THB 17,000.- NET PER PERSON (EXCLUDING ACCOMMODATION)

