

WELLNESS RETREAT

THE ESSENCE OF THAILAND RETREAT

The Wellness Club at Mandarin Oriental, Bangkok invites you to experience the true essence of Oriental heritage.

This immersive retreat combines grounding practices, mindful movement, and detox rituals designed to restore balance and enhance your wellbeing – physically, emotionally, and mentally.

Reconnect with your inner harmony and discover the timeless healing traditions of Thailand in an atmosphere of serenity and grace.

Day 1: Arrival & Grounding

Check-In
(early check in 1pm) Welcome drink

3pm Private Lifestyle & Wellness Consultation with our Wellness Coach at the Spa across the river followed by a tour.

4:30pm The Essence of Thailand Treatment Experience
The Region will be recommended by your
wellness coach.

Terms and Conditions:

- Minimum of three-night stay is required.
- Blackout dates apply.
- Rates are subject to 17.7% tax and service charge.
- Offer is subject to availability, not applicable for groups, and cannot be combined with other promotions.
- Rates are subject to change and may vary on certain days of the week.
- A credit card is required at the time of booking.
- Special event cancellation policies may apply.
- Changes to existing reservations are subject to availability and any rate differences.

Day 2: Movement, Healing & Strength

8am Yoga Class.

9:30am Gut Reset Therapy 30 minutes.
Abdominal massage, house made probiotic drinks.

12:30pm Wellness Lunch at The Verandah restaurant, choose from the wellness menu.

4pm A Private Muay Thai Class by a Professional coach.

6pm Muay Thai Warrior Recovery Treatment start with a healing sound therapy. Evening at Leisure, light dinner recommended.

Day 3: Detox & Renewal

8am Yoga Class.

10:30am Miracle Moringa Ritual Treatment.

1pm Closing Wellness Consultation.
Review progress, lifestyle tips, nutrition guidance

2pm Check-out with a wellness gift.