

SLEEP RESTORATION PROGRAM

Deep sleep is an essential function that allows body and mind to recharge, leaving you feeling refreshed and alert when waking up. Getting sufficient, quality sleep at the right times helps us to function more productively throughout the day. The lack of sufficient or restorative sleep affects virtually every aspect of life.

To help you sleep better, The Sleep Restoration Program is designed to help you restore your sleep, measures your sleep quality and quantity with a sleep test, followed by TeleMed consultation with a trained sleep doctor. We address sleep apnea with the CPAP machine if that's identified from the sleep test.

We further address sleep issues related to stress, anxiety, imbalance in nutrition and difficulty of switching off with spa and wellness services, including mindfulness, nutrition, movement, spa treatments, sleep music and more.

PROGRAMME

DAY 1

- Arrival and check-in
- Meet with the Anantara Spa team
- Online consultation with an expert nutritionist
- Mindfulness Sunset session: choice of private Vinyasa yoga or Tai Chi
- Evening sleep test in the privacy of your room
- Peaceful sleep bath
- Cherry Moon Milk
- Sleep music by Deep Sleep Scientist

DAY 2

- Tele Med consultation with a sleep doctor
- Mindfulness session: choice of private Vinyasa yoga or Tai Chi
- 90 - CBD Restful Slumber Journey
- CPAP equipment is provided during the following nights' stay if diagnosed with sleep apnea
- CBD (Cannabidiol) relaxing bath
- Buddha tea

DAY 3

- Mindfulness session: choice of private Vinyasa yoga or Tai Chi
- 60 - Foot Reflexology Massage
- Online Follow-up consultation with a recommendations sleep plan from an expert nutritionist

Price for 2 nights and 3 days: THB 17,000 net per person*

* excludes accommodation

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