



14-NIGHTS TRADITIONAL
THAI WELLNESS RETREAT



Sunshine Prestige Resort & Spa invites you to discover the perfect sanctuary to restore balance, vitality, and inner calm. Over 14 days, immerse yourself in a customized retreat that blends the art pampering you from the heart of our world class Spa.

Enjoy indulgent spa therapies, guided wellness activities, rejuvenating classes, and nourishing cuisine designed to elevate both body and mind.

With every detail thoughtfully curated, this retreat offers you the time, space, and expert care you deserve—helping you slow down, reconnect with yourself, and embrace a natural, relaxed state of wellbeing.

Book: Now - 28 February 2026 **Stay:** November 2025 – April 2026

Program	Room Type (55 sqm)	Price (1 person)	Price (2 persons)	Avani Club Benefits
<i>Traditional Thai Wellness Retreat</i>	<i>Deluxe with balcony</i>	<i>56,910</i>	<i>74,620</i>	<i>Yes</i>
	<i>Deluxe pool view with balcony</i>	<i>62,510</i>	<i>80,220</i>	<i>Yes</i>

(All price is subject to 10% services charge and 7% of government tax)

Package includes:

- 14 Nights' accommodation in Deluxe with balcony or Deluxe pool view with balcony.
- Health Consultation and Medical professional onsite 24 hours.
- Daily Healthy Breakfast
- Healthy Three-Course meal (choose one dish from each selection, one (1) meal per day)
- Four times (4) 60-Minute massage therapies and One time (1) 30-Minute Scrub.
- Access to wellness activities classes.
- Indulge in a tempting 10% discount on all food and beverages at our Green House restaurant (excluding Happy Hour)
- Pamper yourself with a revitalizing 15% discount on our Spa's Packages
- Receive complimentary 10 AM early check-in on the day of your arrival.
- Benefit from complimentary 2 PM late checkout on the day of your departure
- Upgrading for different type of room - additional charge - according request
- Complimentary Beach access to the luxury 5-star Avani Resort & Spa
- Complimentary roundtrip trip from your home in Bangkok to the Sunshine Prestige Retirement Resort & Spa (inclusive of airport pick-up and drop-off from Don Muang or Suvarnabhumi Airport for our international and domestic travelers).

TERMS & CONDITIONS

- A minimum of 14 nights stay is required
- Reservations are guaranteed upon the full payment and the amount due is not refundable even if the booking is cancelled or modified.
- The Offer is subject to availability as limited rooms are available at this rate.
- Cannot be combined with any other offer.
- In order to comply with government regulations, your ID card or passport must be presented upon check-in at our resort. Copies of the identification will then be submitted to the relevant government offices.
- For cancellation policies, taxes, advanced deposit, and credit guarantee policies, please inquire directly with the Resort prior to reservation.



PROGRAM INCLUDES

Day 1 – Arrival into Serenity

- 16.00 Welcome Spa Ritual: A selection of massage therapies (60 mins) at Charn Cheeva Spa
- 18.30 A selection of healthy Three-Course Meal at The Green House Restaurant

Day 2 – Gentle Balance

- 8.00 Health Consultation at Medical Center
 - 9.00 Access to wellness activities class (Function room)
 - 16.00 Access to wellness activities class (Function room)
- *A selection of healthy Three-Course Meal (Lunch or dinner of your choice) at The Green House Restaurant

Day 3 – Awakening the Body

- 8.00 Early Bird Yoga Class (Min 3 persons, for Traditional Thai Wellness Retreat booking only)
 - 9.00 Access to wellness activities class (Function room)
 - 10.30 Spa Ritual: Green Tea Scrub (30 mins) & Aroma massage therapies (60 mins)
 - 16.00 Access to wellness activities class (Function room)
- *A selection of healthy Three-Course Meal (Lunch or dinner of your choice) at The Green House Restaurant

Day 4 – Flow of Energy

- 9.00 Access to wellness activities class (Function room)
 - 16.00 Access to wellness activities class (Function room)
- *A selection of healthy Three-Course Meal (Lunch or dinner of your choice) at The Green House Restaurant

Day 5 – Revitalization

- 8.00 Early Bird Tai-Chi Class (Min 3 persons, for Traditional Thai Wellness Retreat booking only)
 - 9.00 Access to wellness activities class (Function room)
 - 11.00 Deep Tissue massage (60 mins) at Charn Cheeva Spa
 - 16.00 Access to wellness activities class (Function room)
- *A selection of healthy Three-Course Meal (Lunch or dinner of your choice) at The Green House Restaurant

Day 6 – Centering Mind & Body

- 9.00 Access to wellness activities class (Function room)
 - 16.00 Access to wellness activities class (Function room)
- *A selection of healthy Three-Course Meal (Lunch or dinner of your choice) at The Green House Restaurant

Day 7 – Harmony & Renewal

- 8.00 Early Bird Yoga Class (Min 3 persons, for Traditional Thai Wellness Retreat booking only)
 - 9.00 Access to wellness activities class (Function room)
 - 11.00 Healing Thai Herbal Compress Massage (60 mins) at Charn Cheeva Spa
 - 16.00 Access to wellness activities class (Function room)
- *A selection of healthy Three-Course Meal (Lunch or dinner of your choice) at The Green House Restaurant

Day 8-13 – Daily Rituals of Wellness

- 9.00 Access to wellness activities class (Function room)
 - 16.00 Access to wellness activities class (Function room)
- *A selection of healthy Three-Course Meal (Lunch or dinner of your choice) at The Green House Restaurant

Day 14 – Farewell in Tranquility

- 9.00 Access to wellness activities class (Function room)
- 12.00 Departure from sunshine prestige

The three-course meal is served with a choice of starters, main dishes and dessert as well as juice





HEALTHY THREE-COURSE MEAL

Menu

CHOOSE ONE DISH FROM EACH SELECTION

APPETIZER

LIME POMELO FRUIT SERVED WITH BIG PRAWN

สลัดส้มโอผักอโภคภัณฑ์ใหญ่

GRILLED CHICKEN BREAST WITH FRUIT SALAD

อกไก่ย่าง เสริฟคู่กับสลัดผลไม้

TOFU SALAD MIX TWICH MANGO WITH LIME VINAIGRETTE

สลัดเต้าหู้กับมะม่วง

SAVOURY SARACE LOTUS LEAF WRAPS

เนี่ยงคำกลีบบัว

MAIN COURSE

STEAMED SEA BASS WITH SOY SAUCE, MIX SALAD & RICEBERRY

ปลากระพงนึ่งซีอิ้ว กับข้าวไร้เบอร์รี่

TERIYAKI SNOW FISH WITH MASHED PUMKIN, CRISPY GINGER AND ROCKET SALAD

ปลาทิมะ ย่างซอส เทอริยากิ กับฟักทองบด ขิงทอดกับ rocket เกตสลัด

ROASTED SPICY CHICKEN THIGH WITH MILLET STREAM CARROT,

CARIFLOWER & MASHED POTATOES

สะโพกไก่อบสมุนไพร ผักนึ่ง & มันบด

YAKISOBA PAD THAI TOFU WITH CABBAGE, BEAN SPROUT AND GREEN MANGO

เส้นยาكيโซะ ผัดไทย

DESSERT

SOYBEAN PANACOTTA WITH BUTTERFLY

พานาคotta น้ำเต้าหู้ & ดอกอัญชัน

SMOOTHIE BOWL & MIX FRUIT BERRY

สมูทตี้บอร์ กับ ผลไม้เบอร์รี่

LOTUS ROOT IN SWEET SYRUP

รากบัวเต้าหิง ร้อนและเย็น

BANANA OATS & ALMOND CAKE

เด็กกลัวย กับล้วนอัลมอนด์

****The three-course meal is served with a choice of starters, main dishes and dessert as well as juice****



VITAL BOOST DRINKS

Menu

(Berry Mix Antioxidant)

FRESH BLUEBERRIES, FRESH STRAWBERRIES, FRESH RASPBERRIES, HONEY, MINERAL WATER RICH IN ANTHOCYANINS, VITAMIN C, AND FIBER, HIGH IN ANTIOXIDANTS, HELPS SLOW DOWN AGING, SUPPORTS BRAIN FUNCTION AND EYE HEALTH

(Green Tea with Lemon & Ginger)

GREEN TEA, HOT WATER, FRESH GINGER SLICES, FRESH LEMON JUICE, HONEY CATECHINS FROM GREEN TEA PROVIDE POWERFUL ANTIOXIDANTS, GINGER STIMULATES BLOOD CIRCULATION, LEMON ADDS VITAMIN C AND BOOSTS THE IMMUNE SYSTEM

(Carrot Orange Vitality)

FRESH CARROTS, FRESH ORANGES, A SPLASH OF LIME JUICE, HONEY BETA-CAROTENE FROM CARROTS HELPS SUPPORT EYE HEALTH, HIGH IN VITAMIN C, STRENGTHENS IMMUNITY, AIDS DETOXIFICATION AND BOOSTS ENERGY

(Pandan Coconut Antioxidant)

PANDAN LEAVES, FRESH COCONUT WATER, YOUNG COCONUT FLESH, STEVIA PANDAN HELPS RELAX THE BODY AND MAY REDUCE BLOOD PRESSURE, COCONUT WATER CONTAINS ANTIOXIDANTS AND REFRESHES THE BODY, RESTORES HYDRATION AND PROMOTES OVERALL WELLNESS

****The three-course meal is served with a choice of starters, main dishes and dessert as well as juice****