



SLEEP RESTORATION PROGRAMME

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 and difficulty of switching off with spa and wellness services, including mindfulness, movement, spa treatments, sleep music and more.

PROGRAMME

DAY 1

- Arrival and check-in
- Meet with the Anantara Spa team
- Stress release massage
90 minutes
- Peaceful sleep bath
- Cherry Moon Milk
- Evening sleep test in the privacy
of your room
- 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
- Chi Nei Tsang Abdominal massage
60 minutes
- 60 minutes Foot Reflexology Massage
- CPAP equipment is provided during
the following nights' stay if diagnosed
with sleep apnea
- Buddha tea – CBD tea

DAY 3

- Indian Head massage 60 minutes
- Himalayan Singing bowl therapy

Price for 2 nights and 3 days – THB 29,000 net per person (excluding accommodation)