



The Mangosteen

Ayurveda & Wellness Resort, Phuket

Room & Retreat Rates 2022/23

Room Rates (excluding program), incl. breakfast

Room Type	Occupancy	THB per night 01. May 22 – 31. Oct. 22	THB per night 01 Nov. 22 - 30. Apr. 23	THB per night 01. May 2023 - 31. Oct. 2023
Superior Garden Villa	1	3,700	5,600	3,700
Superior Garden Villa	2	4,300	6,200	4,300
Superior Jacuzzi Villa	1	4,400	6,000	4,400
Superior Jacuzzi Villa	2	5,000	6,600	5,000
Deluxe Jacuzzi Villa	1	5,000	6,800	5,000
Deluxe Jacuzzi Villa	2	5,600	7,400	5,600
Deluxe Jacuzzi Villa	3	6,200	8,000	6,200
Royal Jacuzzi Villa Garden	1	6,100	7,600	6,100
Royal Jacuzzi Villa Garden	2	6,700	8,200	6,700
Royal Jacuzzi Villa Garden	3	7,300	8,800	7,300
Royal Jacuzzi Villa Balcony	1	6,700	8,300	6,700
Royal Jacuzzi Villa Balcony	2	7,300	8,900	7,300
Royal Jacuzzi Villa Balcony	3	7,900	9,500	7,900
Royal Jacuzzi Suite (2 Bedrooms)	3	11,700	14,800	11,700
Royal Jacuzzi Suite (2 Bedrooms)	4	12,300	15,400	12,300

Program Rates (excluding accommodation):

Program	THB p. person p. night until 31. Oct. 22	THB p. person p. night from 1. Nov. 22	Min. nights	Max. nights
Ayurveda Medic+	8,400	8,400	14	none
AyurYoga Panchakarma	6,250	6,500	7	none
AyurYoga Sampoorna	4,750*/6,250**	5,000*/6,500**	14	none
Ayurveda Wellbeing Retreat	4,500	4,500	28	28
Wellness Escape	2,600	2,800	3	none
Pure Yoga Retreat	1,800	2,000	3	none
Ananda Healing Retreat	5,500	5,500	3	10
Burnout Prevention Retreat	4,495	4,850	7	7
Weekend Retreat	4,600	4,950	3	3
Reward of Life	2,700	2,900	2	2

- Rates are selling rates, inclusive of 10% service charge, 7% value added tax and 1% provincial government tax.
- AyurYoga Sampoorna *for one hour, **for two hours daily treatments
- All rates and taxes are quoted in local currency Thai Baht (THB).

The room rate combined with the program rate results in the desired package. You can combine different retreat programs if each minimum length is respected. Room rates are only valid in conjunction with a retreat program.

Mangosteen Ayurveda & Wellness Resort

99/4 Moo 7, Rawai, Phuket 83130, Tel +66 76 289399 Fax + 66 76 289389
www.mangosteen-phuket.com – www.mangosteen-ayurveda.com



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Mangosteen Retreat Program – Inclusions Summary

There are more inclusions in each program, please refer to each webpage for full detail. This is just a summary of the most important retreat inclusions for easier differentiation.

All retreat programs include:

- Daily breakfast, vegan lunch, and dinner (non-vegan options available), Life-Drinks.
- Daily Yoga & Meditation, 2 x 60 min at Mangosteen Prana Yoga Sala
- Access to Himalayan Rock Salt Infrared Sauna during public hours
- Access to Herbal Steam Sauna during public hours

Ayurveda Medic+ Retreat (min. 14 nights) - <https://mangosteen-ayurveda.com/ayurveda-medic/>

- Ayurveda consultations throughout the retreat period
- Serological Analysis (PRE & POST **blood test** for specific parameters to the intentions of healing)
- Authentic Ayurveda treatments daily 120 min
- Ayurveda Shodhana colon irrigation cleanses after the Virechana Panchakarma with traditional Ayurveda herbs
- PRE & POST retreat Ayurveda screening and developmental follow-up evaluations with a questionnaire
- 1 private introductory meditation and breathwork class, 2 daily energy drinks - Post retreat herbal supplement kit

AyurYoga Panchakarma (min. 7 nights) - <https://mangosteen-ayurveda.com/ayurveda-panchakarma/>

- Ayurveda consultations throughout the retreat period
- Authentic Ayurveda treatments daily 120 minutes
- Virechana Panchakarma with traditional Ayurveda herbs

AyurYoga Sampoorna (min. 14 nights) - <https://mangosteen-ayurveda.com/ayurveda-sampoorna/>

- Ayurveda consultations throughout the retreat period
- Authentic Ayurveda treatments daily 60 minutes in the first week, 120 minutes in second week
- Virechana Panchakarma with traditional Ayurveda herbs

Burnout Prevention Retreat (min 7 nights) - <https://mangosteen-ayurveda.com/burnout-prevention/>

- Chakra Meditation, Magnesium Baths, Morning Hike, Singing Bowl Meditation, Beach Yoga
- Ayurvedic Cooking Class with Ayurveda Doctor
- Visit Buddhist Temple, donations, chanting with monks
- 360 min Spa treatments, 720 min Yoga & Meditation, 60 min Cardio or Zumba, 2 x Magnesium Bath, approx. 130 min hiking and temple
- Weekend Retreat is part of the Burnout Prevention Retreat

Ananada Healing Retreat (min 3 nights) - <https://mangosteen-ayurveda.com/ananda-healing-retreat/>

- Depending on duration of stay: Sunrise Meditation, Temple Visit, Soi Dog or Elephant Sanctuary
- Ayurveda Consultation and Authentic Ayurveda Treatments
- Reiki Healing Session(s)

Wellness Escape Retreat (min 3 nights) - <https://mangosteen-ayurveda.com/wellness-escape/>

- Daily 60 min Mangosteen Spa Treatments
- Soul healing meditation practices, wheat grass booster

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Pure Yoga Retreat (min 3 nights) - <https://mangosteen-ayurveda.com/mangosteen-yoga-retreats/>

- Breathwork meditation sessions
- Wheatgrass booster
- 30 min Mangosteen Spa treatment (1x)

Reward of Life (min 2 nights) - <https://mangosteen-ayurveda.com/yoga-wellness-retreat/>

- Daily 60 min Mangosteen Spa treatments
- Soul healing meditation practices

Ayurveda Wellbeing Retreat (min 28 nights) - <https://mangosteen-ayurveda.com/ayurveda-wellbeing/>

Inclusions & activities during the 1st week:

- Daily self-guided morning meditation
- Daily morning and afternoon Yoga, according to schedule
- Jala Neti training session
- Daily Breakfast Buffet with lots of healthy choices, Vegan Lunch and Dinner (non-vegan option available)
- Evening visit to local Buddhist temple to offer alms and prayers
- 2 times hiking to a beautiful viewpoint or evening walk at the Nai Harn Lake
- 3 times 30 minutes access to the Himalayan Rock-Salt Infrared Sauna
- 2 times 30 minutes soothing back massage or relaxing foot massage
- Ayurveda consultation with doctor, training to prepare herbal teas, steam inhalers and application of Aabyanjana oil.

Inclusions & activities during the 2nd week:

- Daily self-guided morning meditation
- Daily morning and afternoon Yoga, according to schedule
- Daily Breakfast Buffet with lots of healthy choices, Vegan Lunch and Dinner (non-vegan option available)
- Evening visit to local Buddhist temple to offer alms and prayers
- times hiking to a beautiful viewpoint or evening walk at the Nai Harn Lake
- times 30 minutes access to the Himalayan Rock-Salt Infrared Sauna
- 2 times 30 minutes soothing back massage or relaxing foot massage or 1 Nangshi treat for female
- 2 times 55 minutes Ayurveda Indian Head massage or relaxing Swedish massage or a detox body wrap treatment

Inclusions & activities during the 3rd week:

- Daily self-guided morning meditation
- Daily morning and afternoon Yoga, according to schedule
- Daily 5 juices or 3 juices & 2 salads (or optional meals as in week 1 and 2)
- Evening visit to local Buddhist temple to offer alms and prayers
- times hiking to a beautiful viewpoint or evening walk at the Nai Harn Lake
- times 30 minutes access to the Himalayan Rock-Salt Infrared Sauna
- 1 time 55 minutes Ayurveda Abhyangam massage
- 1 time 55 minutes Shirodhara Ayurveda experience

Inclusions & activities during the 4th week

- Daily self-guided morning meditation
- Daily morning and afternoon Yoga, according to schedule
- Daily Breakfast Buffet with lots of healthy choices
- Evening visit to local Buddhist temple, meditation, and chanting
- Hiking to the nearest viewpoint walk around the Nai Harn Lake in the evening.
- 2 times 30 minutes access to the Himalayan Rock-Salt Infrared Sauna.
- 2 times 55 minutes Ayurveda Navarakhizi or Podi Kizhi.



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