



The Mangosteen

Ayurveda & Wellness Resort, Phuket

Wellness Escape – “Vigor” Package

Highlights:

- Accommodation in a spacious, comfortable [Mangosteen Villa](#)
- Daily morning and afternoon yoga classes, soul healing meditation practices
- Additional yoga and meditation classes on demand
- Freshly made morning ginger shot
- Shuttle service to the beach during free time
- Daily spa massages and / or body treatments
- Access to the herbal steam sauna
- Access to Himalayan rock salt infrared sauna during public hours
- Daily nourishing meals (vegan and [non-vegan available](#)) and life-drinks

Inclusions all duration of stay:

- Stay in comfortable Mangosteen Villa
- Daily Breakfast, wholesome vegan lunch, fresh vegan dinner (non-vegan alternative menu available)
- Freshly made morning ginger shot
- Daily healthy morning drink and immune evening veggie drink
- Daily morning & afternoon yoga classes incl. soul healing meditation or prana breathing (2x 60 Min)

Inclusions 3 nights / 4 days:

1 x Coffee scrub (40 min) + Herbal Steam Sauna
1 x Homemade mung bean wrap (40 min) + Herbal Steam Sauna
1 x Thai Energy massage (55 Min)

Inclusions 5 nights / 6 days:

1 x Coffee scrub (40 min) + Herbal Steam Sauna
1 x Homemade mung bean wrap (40 min) + Herbal Steam Sauna
1 x Thai Energy massage (55 Min)
2 x Balancing massage (55 min)

Inclusions 7 nights / 8 days:

1 x Coffee scrub (40 min) + Herbal Steam Sauna
1 x Vitalizing mud wrap (40 min) + Herbal Steam Sauna
1 x Homemade mung bean wrap (40 min) + Herbal Steam Sauna
1 x Toning coconut oil massage (55 min)
2 x Thai Energy massage (55 Min)
1 x Balancing massage (55 min)

Extra Nights:

Unlimited extra nights can be booked. Inclusions per extra night are:
1 x Morning and afternoon yoga session (Incl. meditation or breathing)
1 x Breakfast, vegan lunch, vegan dinner (non-vegan alternative menu available)
1 x Daily Spa treatment (Body wrap, scrub, or massage)
1 x Immune evening veggie drink or health shots

Itinerary for Wellness Escapes (min. stay of 3 nights)

Check in day:

- Check-in (14:00 hrs.)
- Introduction to the resort and the program
- Health Drinks - Immune veggie drink
- Afternoon yoga session including meditation or breathing
- Healthy Vegan Dinner (non-vegan available)

Check out day:

- Morning yoga session including meditation or breathing
- Healthy breakfast
- Check out (11:00 hrs.)
- Light vegan lunch (non-vegan available)

Any other day of the retreat between check in and check out day:

- Morning yoga session including meditation or breathing
- Healthy breakfast
- Body wrap or massage (depending on the inclusion of your program)
- Herbal steam sauna
- Vegan lunch (non-vegan available)
- Afternoon yoga session including meditation or breathing
- Immune evening veggie drinks
- Fresh vegan dinner (non-vegan available)

Remarks:

- All treatments are approximately 55 minutes, which includes shower time, changing of clothes and steam sauna (for body scrub and wraps). Treatment times for scrubs and wraps include 15 minutes of steam sauna and guests are required to shower afterwards. Please arrive 5 minutes before the scheduled time at the spa reception. Late arrival will be subject to reduced treatment time.