



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 citric dynamic scrub (45 min)
- 1 x Green tea wrap for Vigor (45 min)
- 1 x Thai Energy massage (60 Min)
- 2 x Herbal steam sauna (15 min)

Inclusions 5 nights / 6 days:

- 1 x Coffee citric dynamic scrub (45 min)
- 1 x Green tea wrap for Vigor (45 min)
- 1 x Thai Energy massage (60 Min)
- 2 x Balancing massage (60 min)
- 2 x Herbal steam sauna (15 min)

Inclusions 7 nights / 8 days:

- 1 x Coffee citric dynamic scrub (45 min)
- 1 x Vitalizing mud wrap (45 min)
- 1 x Green tea wrap for Vigor (45 min)
- 1 x Toning coconut oil massage (60 min)
- 2 x Thai Energy massage (60 Min)
- 1 x Balancing massage (60 min)
- 3 x Herbal steam sauna (15 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, ayur-facial 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 - either booster wheat grass shots with Triphala or 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
- Health drinks, either booster wheat grass shots with Triphala or Immune evening veggie drinks
- Fresh vegan dinner (non-vegan available)