

MINDFUL RETREAT

FOR BETTER SLEEP

PROGRAM INCLUDES:

- Welcome Drink upon Arrival
- Consultation with Wellness Consultant
- One-Day Onsen Pass
- 90-min PAÑPURI Signature Massage
- 30-min Deep Sleep Head Massage
- 45-min Class: **PAÑPURI WELLNESS** x **Daring to Rest™**
Yoga Nidra with Rest Specialist Youmin Yap
- Grilled Salmon with Organic Vegetables
in Pomelo Dressing
- Choice of Cold-pressed Juice

PRICE: THB 5,000 **DURATION:** 6 HOURS

AVAILABLE FROM MARCH 7-15, 2019
at PAÑPURI WELLNESS, 12th Floor Gaysorn Tower

Terms and conditions apply.

