

Detox Schedule Program

Time	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
7:00	500 ml Water with Lime	500 ml Water with Lime	500 ml Water with Lime	500 ml Water with Lime	500 ml Water with Lime	500 ml Water with Lime	500 ml Water with Lime
7:30	Yoga Class	Yoga Class	Yoga Class	Yoga Class	Yoga Class	Yoga Class	Yoga Class
9:00	Detox Breakfast & Shake	Detox Breakfast & Shake	Detox Breakfast & Shake	Detox Breakfast & Shake	Detox Breakfast & Shake	Detox Breakfast & Shake	Detox Breakfast & Shake
10:30	Detox Shake with fresh fruit	Detox Shake with fresh fruit	Detox Shake with fresh fruit	Detox Shake with fresh fruit	Detox Shake with fresh fruit	Detox Shake with fresh fruit	Detox Shake with fresh fruit
11:00-12:00	Thai traditional Massage	Foot Reflexology	Lanna Signature Oil Massage	Thai traditional Massage	Foot Reflexology	Head & Back Massage	Lanna Signature Oil Massage
12:00-13:00	Relaxing & Meditating Pool side	Relaxing & Meditating Pool side	Relaxing & Meditating Pool side	Relaxing & Meditating Pool side	Relaxing & Meditating Pool side	Relaxing & Meditating Pool side	Relaxing & Meditating Pool side
13:00	Detox Shake with Water	Detox Shake with Water	Detox Shake with Water	Detox Shake with Water	Detox Shake with Water	Detox Shake with Water	Detox Shake with Water
13:00	Detox Lunch	Detox Lunch	Detox Lunch	Detox Lunch	Detox Lunch	Detox Lunch	Detox Lunch
14:30	Thai Herbal Steam & Sauna	Thai Herbal Steam & Sauna	Thai Herbal Steam & Sauna	Thai Herbal Steam & Sauna	Thai Herbal Steam & Sauna	Thai Herbal Steam & Sauna	Thai Herbal Steam & Sauna
16:30	Detox Shake with Coconut	Detox Shake with Coconut	Detox Shake with Coconut	Detox Shake with Coconut	Detox Shake with Coconut	Detox Shake with Coconut	Detox Shake with Coconut
16:45	Low Intensity activity*	Low Intensity activity*	Low Intensity activity*	Low Intensity activity*	Low Intensity activity*	Low Intensity activity*	Low Intensity activity*
18:30	Detox Dinner	Detox Dinner	Detox Dinner	Detox Dinner	Detox Dinner	Detox Dinner	Detox Dinner
18:30	Detox Shake with Water	Detox Shake with Water	Detox Shake with Water	Detox Shake with Water	Detox Shake with Water	Detox Shake with Water	Detox Shake with Water
18:30	Personal Time and relaxing	Personal Time and relaxing	Personal Time and relaxing	Personal Time and relaxing	Personal Time and relaxing	Personal Time and relaxing	Personal Time and relaxing

*More activities can be booked at reception:

- Jungle Treks
- Sunset paddle boarding
- Zip lining
- Water fall safari
- Jet skiing
- Kayaking
- Snorkeling
- Fishing
- Scuba diving

This is a proposed schedule but we can accommodate a guests specific schedule if necessary



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