

# Wellnista

BUSINESS PROPOSAL

**LONGEVITY**

can be created by our hands.

STYLE

*BETTER*  
HEALTHSPAN LIFESPAN

**2025**

Wellnista Co., Ltd.

Wellnista



# General *Package (3 Days)*

## Day 1

9.00 - 13.00

Travel from DMK (Don Mueang International Airport) to  
The Yellowstone camps resort Khao yai

13.00 - 14.00

Check In & Welcome lunch

14.00 - 16.00

Ice Breaking activity

16.00 - 17.00

Ice Bathing session

17.00 - 19.00

Sunset Dinner at the resort

19.00 onwards (Optional)

Visit Midwinter Khao Yai (Festive season)



# WELLNESS FOREST & MOUNTAIN TRIP

Forest Bathing Khaoyai Camp is a three-day wellness journey designed to reconnect people with nature, rest, and self-awareness.

Hosted by Wellnista, this group package combines outdoor adventure, mindfulness practice, and creative workshops in the heart of Khaoyai's lush forest.

Participants begin their journey with a gentle health check and wellness orientation, followed by mindful hiking, forest bathing, and a variety of hands-on wellness activities such as Sound Healing, Ice Bathing, Thai Massage, and Aqua Yoga. Each session is thoughtfully curated to help participants slow down, breathe deeply, and rediscover the balance between body and mind.

The trip also integrates local culture and community experiences from pottery workshops and nature explorations to visits at Korat's cultural landmarks. Forest Bathing Khaoyai Camp offers a restorative retreat designed for corporate teams, wellness groups and friends seeking to reconnect through movement, rest, and meaningful connection

A serene journey to heal, breathe, and simply be, embraced by nature.





# General *Package (3 Days)*

## Day 2

6.00 -11.00

Forest Bathing & Breakfast

11.00 - 12.00

Break

12.00 - 13.00

Healthy Lunch at The Best Veggie.Khaoyai

13.00 - 14.00

Visit Ban Tha Chang spring

14.00 - 15.30

Sound Healing session

15.30 - 16.00

Break

16.00 - 17.00

Terrarium Workshop

17.00 - 18.00

Ice Bathing session

18.00 - 20.00

Dinner and Chill Party (Music)

# FOREST - BATHING KHAOYAI CAMP

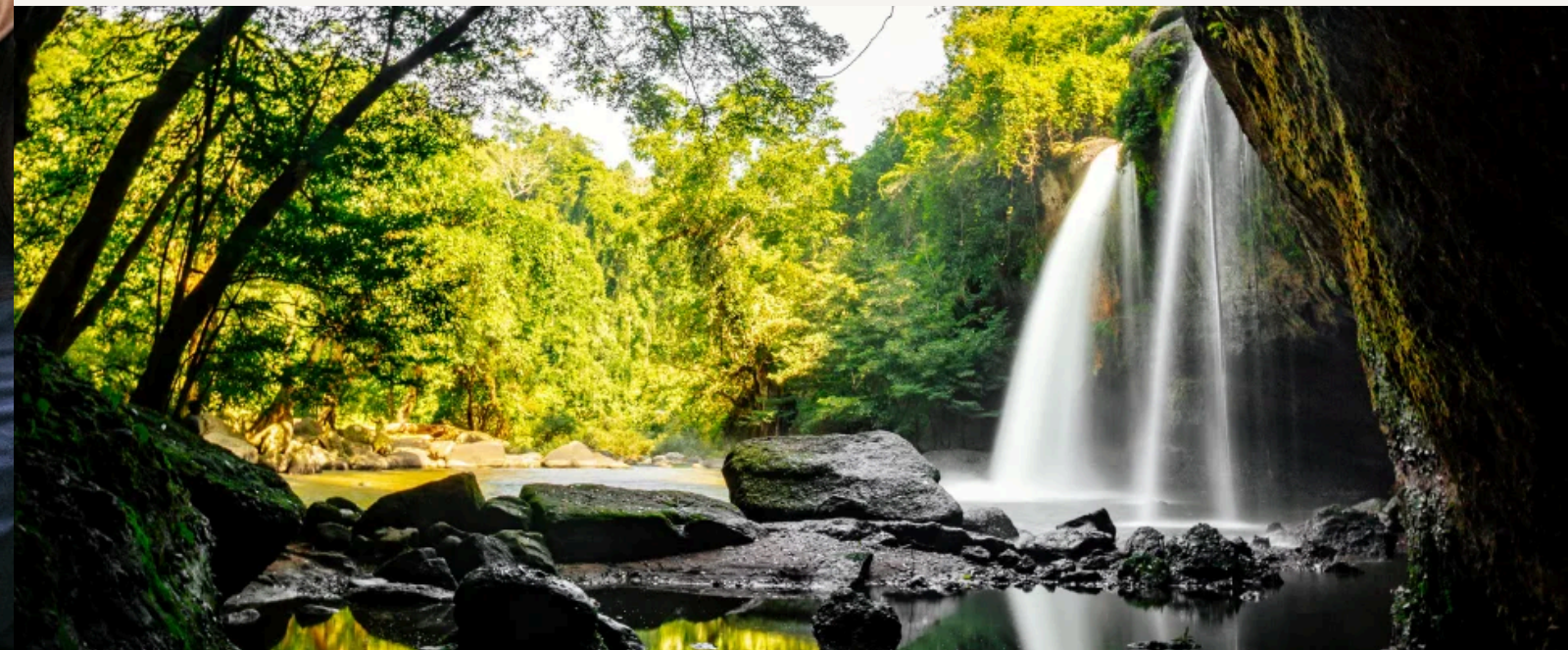
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# General *Package (3 Days)*

## Day 3

- 6.00 - 7.00 (Optional)
  - Mountain view Pilates mat
- 7.00 - 8.00
  - Dopamine Rush activity
- 8.00 - 10.00
  - Check out - Breakfast - Self letter
- 10.00 - 12.00
  - Visit Blossom Bloom (cafe and flower garden)
- 12.00 - 13.00
  - Lunch at Lungrit Hydroponic Vegetable Salad Garden
- 13.00 onwards
  - Travel back to DMK (Don Mueang International Airport)



# NATURE RECONNECT & RELAXED

Day 3 Program: A Nurturing Conclusion  
The final day of the package is a seamless blend of relaxation, reflection, and preparation for your journey home, ensuring you depart with a lasting sense of peace.

The day begins early with an optional Mountain Yoga and Breathworking session (6.00 - 7.00) to center your mind, followed by a Dopamine Rush activity (7.00 - 8.00) designed to boost your mood. The core morning ritual, from 8.00 to 10.00, includes a final wholesome breakfast, check-out, and the creation of a Self Letter, allowing you to capture and carry forward the insights gained during the retreat. Mid-morning features a serene visit to the Blossom Bloom cafe and flower garden (10.00 - 12.00) for beautiful final views, before enjoying a fresh, healthy lunch at the Lungrit Hydroponic Vegetable Salad Garden (12.00 - 13.00). Finally, at 13.00 onwards, you will travel back to DMK (Don Mueang International Airport), concluding your transformative three-day experience.  
Is there a specific element of Day 3 you would like me to emphasize further in this description?





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