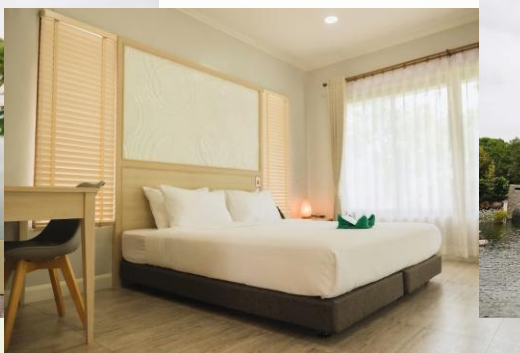




Sanpudard Health and Wellness Club All-Inclusive Packages

Welcome to Sanpudard Health & Wellness Club – a serene wellness haven just outside Bangkok, surrounded by forest, silence, and healing energy. Our exclusive wellness retreats combine Thai healing traditions with modern wellness science. Whether you stay for two days or a full week, every moment is designed for deep, holistic renewal. **Packages only available form Bangkok Health Service.**

Program	Duration	1 Person (THB)	2 Persons (THB)
Program 1	2 Days / 1 Night	9,900	15,900
Program 2	3 Days / 2 Nights	21,900	33,900
Program 3	3 Days / 2 Nights	23,900	37,900
Program 4	5 Days / 4 Nights	42,900	66,900
Program 5	7 Days / 6 Nights	59,900	94,900



✔ All-Inclusive Retreat Features

- 🏠 Private Forest Villa Accommodation
- 🍽️ Full-board Healthy Thai Meals & Detox Snacks
- 🧘 Daily Thai Massage, Aroma Therapy & Herbal Steam
- 🏋️ Fitness Sessions with Certified Sport Scientists
- 🧴♂️ Hydrothermal Therapy & Himalayan Salt Room
- 🌿 Forest Bathing, Sunbathing & Aqua Aerobics
- 🧬 Optional Health Assessments (Bioscan)
- 🚗 Roundtrip Airport Transfer from Suvarnabhumi (2,000 THB)



All-Inclusive Packages Include

Experience	Program 1	Program 2	Program 3	Program 4	Program 5
Forest Villa Stay	✓	✓✓	✓✓	✓✓✓✓	✓✓✓✓✓ ✓
Thai Massage	-	✓	✓	✓	✓✓
Aroma Massage	-	-	-	✓	✓
Fitness with Sport Scientist	✓	✓✓	✓✓	✓✓✓✓	✓✓✓✓✓ ✓
Aqua Aerobics	-	✓	✓	✓	✓
Hydrothermal Therapy	✓	✓✓	✓✓	✓✓✓✓	✓✓✓✓✓ ✓
Forest Bathing & Sunbathing	✓	✓✓	✓✓	✓✓✓✓	✓✓✓✓✓ ✓
Meals (B/L/D + healthy snacks)	✓/-/✓	✓/✓/✓	✓/✓/✓	✓✓✓	✓✓✓✓✓ ✓
Detox Appetizers & Drinks	-	✓✓✓✓	✓✓✓✓	✓✓✓✓✓ ✓✓✓	✓x12

☀️ Why Sanpudard?

- 🏞️ Tranquil, forested setting – a true digital detox
- 💰 Affordable wellness retreat near Bangkok
- 👤 Programs crafted by experts, not templates
- 🥗 Meals that heal – no calorie counting, just clean nourishment
- 🔒 All-inclusive with no hidden fees
- 🗨️ 24/7 local support in English & Thai
- 🎯 Whether you want to **de-stress**, **reset**, **slim down**, or simply **disconnect**, we'll guide you every step of the way.

Send us a message and will help you book

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