

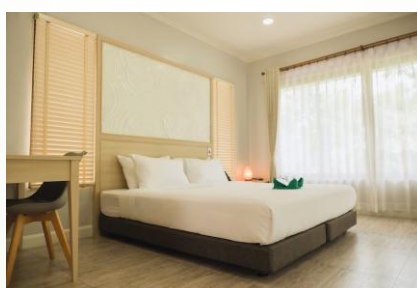


Burnout & Stress Recovery Retreat in Thailand 7 nights to Regain Balance, Energy & Joy

Are you struggling with burnout or chronic stress and searching for a way to reset your health and energy. Our burnout recovery retreat in Thailand offers a complete 7-night program designed to help you regain balance through professional guidance, holistic treatments, and a peaceful natural environment. Located just a short drive from Bangkok, this retreat is the perfect way to recover from work burnout, restore energy, and start fresh. Whether you are coming from the USA, UK, Australia, or Europe, our stress recovery retreat in Thailand is tailored for international guests seeking both professional care and a life-changing experience.

Burnout Recovery Pricing	Private Villa	Price per person
Private Bungalow	1 person	1.995 \$ USD
Shared Bungalow	2 persons sharing	1.695 \$ USD

Max 12 people per course



All-Inclusive Retreat Includes:

- Private Forest Villa Accommodation
- General Practitioner consultations
- Workshop: "What burnout really is – and how to recover"
- Healthy cooking class: Happy Mind – Healthy Body
- Workshop: "Preventing relapse – lasting recovery"
- Private coaching (stress triggers & boundaries)
- Full-board Healthy Thai Meals & Detox Snacks
- Thai Massage, Aroma Therapy & Herbal Steam
- Daily Yoga, Mindfulness or Meditation
- Fitness Sessions with Certified Sport Scientists
- Hydrothermal Therapy & Himalayan Salt Room
- Forest Bathing, Sunbathing & Aqua Aerobics
- Roundtrip Airport Transfer from Suvarnabhumi



Itinerary

Saturday – Arrival & Initial Reset

- Pickup from Bangkok (airport/hotel)
- Welcome drink & check-in to Forest Villa
- Medical consultation
- Orientation & gentle breathing session
- Early light dinner
- Mindfulness wind-down

Sunday – Understanding Stress

- Morning yoga & herbal tea breakfast
- Workshop: "What burnout really is – and how to recover"
- Thai herbal steam + herbal compress massage
- Lunch & rest
- Guided forest bathing
- Dinner
- Evening sound healing session

Monday – Calming the Body & Mind

- Sunrise mindfulness walk
- Himalayan pink salt therapy
- Fitness with sport scientist
- Lunch
- Private coaching (stress triggers & boundaries)
- Sunbathing / rest
- Dinner
- Evening breathing techniques workshop

Tuesday – Building Resilience

- Morning yoga
- Hydrothermal therapy
- Thai massage
- Lunch
- Healthy cooking class: *Happy Mind – Healthy Body*
- Guided sleep meditation
- Dinner
- Optional stargazing walk

Wednesday – Mid-Week Review

- Morning breathwork
- Mid-week medical check-in & updated stress profile
- Forest hike
- Outdoor lunch
- Hydrotherapy or salt therapy (choice)
- Dinner
- Reflection circle

Thursday – Integration & Prevention

- Morning yoga
- Workshop: "Preventing relapse – lasting recovery"
- Aqua aerobics with sport scientist
- Lunch
- Thai herbal steam + full-body massage
- Dinner – closing celebration meal
- Evening gratitude meditation

Friday – Preparing for Home

- Gentle stretch & breathwork
- Final medical consultation & recovery plan
- River sailing & group sharing
- Farewell dinner & early rest

Saturday – Departure

- Sunrise yoga / mindfulness
- Doctor talk (closing insights)
- Breakfast
- Check-out & transfer to Bangkok



Why Choose Our Stress Recovery Program?

Unlike typical wellness holidays, this program is dedicated specifically to burnout and stress recovery.

Most retreats offer either yoga classes or spa treatments. We believe real recovery comes from a holistic combination of approaches – and that's what makes our retreat unique.

General Medicine – Medical consultations, stress assessments (including vital signs review) ensure your program is personalized to your health needs.

Traditional Thai Medicine – Herbal steam, compress therapy, Thai massage, and Himalayan pink salt therapy to restore balance and release tension.

Yoga & Mindfulness – Daily sessions designed to calm the nervous system, improve sleep, and build resilience against future stress.

Nutrition & Lifestyle – Anti-inflammatory meals, healthy drinks, and cooking lessons help you reset your body and continue healthy habits at home.

Nature & Mind-Body Practices – Forest bathing, sun therapy, and meditation connect you back to natural rhythms and reduce stress hormones.

This **7-night burnout program in Thailand** blends the best of **modern medicine, traditional healing, and evidence-based mind-body practices**.

FAQs – Burnout & Stress Recovery Retreat

What is included in the burnout recovery retreat in Thailand?

Our 7-night retreat includes private accommodation, full meals, daily yoga, meditation, holistic treatments, and wellness consultations.

How does the stress recovery program in Thailand work?

We combine relaxation, mindfulness, physical activities, coaching with medical evaluation including vitamins and minerals to help you recover from stress and burnout in a structured way.

Is this retreat suitable for burnout from work or personal stress?

Yes, our program is designed for both work-related burnout and personal life stress.

Why choose Thailand for burnout recovery?

Thailand offers world-class wellness expertise, tropical nature, and affordable pricing compared to retreats in Europe or the US.

How many people join the burnout program?

Our retreats are limited to small groups for personal attention, making it ideal for individuals or couples.



BANGKOK HEALTH SERVICE

HEALTH JOURNEY WITH HEART



Burnout & Stress Recovery – Upcoming Dates

Retreat Start Date	Notes
November 8 – 2025	7-Night Program (Sat–Sat)
November 22 – 2025	7-Night Program (Sat–Sat)
December 6 – 2025	7-Night Program (Sat–Sat)
December 13 – 2025	7-Night Program (Sat–Sat)
January 10 – 2026	7-Night Program (Sat–Sat)
January 24 – 2026	7-Night Program (Sat–Sat)
February 7 – 2026	7-Night Program (Sat–Sat)
February 21 – 2026	7-Night Program (Sat–Sat)

Send us a message for more information and booking

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