

SANTANI WELLNESS RESORT

This is a typical day at Santani Wellness Resort.

TIME	ACTIVITY
07:00 – 08:00	Group Hatha Yoga Session: Start the day with a morning yoga session to help you wake up and energize, enabling you to move into your day feeling centred and balanced.
08:00 – 09:30	Breakfast according to your personalised diet plan.
09:30 – 10:30	Enjoy access to the comprehensive hydrotherapy facilities in the tri-level spa, to warm up your body before treatments. Facilities include a steam room, a cedar wood sauna and an open-air thermal salt soak pool.
10:30 – 12:00	Wellness Treatment (90 mins): Spa treatment are personalised based on the body analysis and consultation.
12:30 – 14:00	Lunch according to your personalised diet plan.
15:00 – 16:30	Guided Hiking: Enjoy a group nature walk with the resort naturalist.
17:00 – 18:00	Group Hatha Yoga Session: The evening yoga session helps you to relax your body and calm your mind at the end of the day, preparing you to transition to a clam, restful night
19:00 – 21:00	Dinner according to your personalised diet plan.