



MEET THE WELLNESS EXPERT FOR A “NEW YOU”

6 - 15 February 2017

From 6 to 15 February, The Peninsula Bangkok will host a Guest Holistic Practitioner, Dr. Buathon Thienarrom, who will provide an inspiring programme of holistic wellness therapies. Exclusive natural healing treatments will enable guests to release physical and emotional tensions and achieve a deeper level of spiritual love for themselves as well as their family and friends throughout the Year of the Rooster.

Experience her signature ZenNaTai treatment, designed to improve the flow of energy-giving “qi” throughout the body, release physical tensions and detox the abdominal area.

Private sessions and group sessions for holistic workshops, which will guide you through the breathing technique that promotes healthy body and mind, are available.

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| Breathing Exercise Class 7:00 am - 8:00 am | | 8 Feb | | 10 Feb | | 12 Feb | | 14 Feb | | 16 Feb |
| Meditation Class 5:00 pm - 6:00 pm | 7 Feb | | 9 Feb | | 11 Feb | | 13 Feb | | 15 Feb | |

A 60-minute treatment by Dr. Buathon starts from THB 5,800++.

For treatment and workshop reservations,
please contact The Peninsula Spa at ext. 6020 or e-mail spabk@peninsula.com

Price is in Thai Baht and subject to 10% service charge and applicable government tax.

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THE PENINSULA