

Luxury Wellness Retreat Phuket: Detox, Spa & Thai Therapeutics

Prepared by TourGrids

Destination
Thailand

Duration
10 Nights 11 Days

Starting from
Rs. 1,75,000 / person

ITINERARY ROUTE

Phuket · 10N

<https://tourgrids.com/packages/thailand/thailand-10-nights-11-days-package-937>

Overview

Luxury Wellness Retreat Phuket: Detox, Spa & Thai Therapeutics — 10 Nights / 11 Days

Experience a restorative escape on this premium Thailand tour package tailored for couples and solo travelers seeking deep relaxation, professional detox guidance, and authentic Thai healing. This Thailand Honeymoon tour package blends luxury beachfront accommodation in Phuket, traditional Thai therapeutic treatments, world-class spa protocols, yoga, personalized nutrition, and curated island experiences. Perfect for couples looking for a romantic, health-focused getaway — this Thailand Honeymoon package balances quiet, intimate wellness time with curated cultural and island explorations.

Highlights:

- Private beachfront villa or 5-star resort stay in Phuket
- Daily spa therapies including Thai massage, herbal compress & detox treatments
- Personalized wellness & nutrition consultations with a certified therapist
- Sunset cruise to Phi Phi Islands & snorkeling
- Holistic programs: yoga, meditation, sound bath, and breathing workshops
- Authentic experiences: Phuket Old Town, Big Buddha visit, Thai cooking class

This 10 and 11 Thailand Honeymoon tour package is designed for relaxation, rejuvenation, and intimate adventures — ideal for honeymooners, anniversaries, or anyone seeking a luxury wellness reset.

✓ What's Included

- ✓ 10 nights accommodation in a luxury beachfront villa or 5-star resort in Phuket
- ✓ Daily healthy breakfasts and selected detox-friendly meals
- ✓ Welcome and farewell wellness consultations with a certified therapist
- ✓ Personalized detox program and meal plan
- ✓ Daily spa therapies (scheduled mix of massages, herbal compress, wraps) — as per itinerary
- ✓ Unlimited access to yoga classes, meditation sessions, and group workshops
- ✓ One full-day Phi Phi Island cruise with snorkeling (private or small-group)
- ✓ Thai cooking class and cultural visits (Phuket Old Town & Big Buddha)
- ✓ Thermal therapies and sound bath session
- ✓

✗ Not Included

- ✗ International or domestic flights to/from Thailand
- ✗ Visa fees, travel insurance, and personal expenses
- ✗ Optional excursions not listed as included (e.g., private yacht charters, some Phang Nga Bay trips)
- ✗ Gratuities for guides, drivers, and therapists (recommended)
- ✗ Medical clearances or special medical treatments not included
- ✗ Peak-season surcharges, additional nights, or room upgrades
- ✗ Note: This Thailand Honeymoon tour package can be customized; contact us for add-ons and room-type preferences.

Private or shared transfers: airport arrival and departure

- ✓ Wellness departure kit and post-retreat recommendations
- ✓ All applicable taxes and service charges

Day-by-Day Itinerary

Day

1

Arrival, Welcome & Wellness Consultation

Arrive at Phuket International Airport and transfer to your luxury beachfront villa or 5-star resort. Settle in and enjoy a welcome wellness tea. Meet your resident wellness therapist for a comprehensive initial health assessment and personalized program briefing (detox goals, allergies, activity level).

Evening: Enjoy a light, detox-friendly dinner and a gentle introductory yoga nidra session to relax after travel.

Tip: Early arrivals can request an in-room herbal steam to refresh.

Day

2

Detox Program Kickoff & Traditional Herbal Spa

Morning: Begin the detox program with a guided breathing workshop and a nutrient-rich breakfast designed by your nutritionist.

Midday: Experience a signature Thai herbal compress followed by a detox body wrap to stimulate circulation and lymphatic drainage.

Afternoon: Rest time with a short guided walk along the beach.

Evening: Group or private talk on detox nutrition and gentle sleep-promoting practices.

Important: Therapies are adjusted to your health profile; please disclose any medical conditions.

Day

3

Gentle Yoga, Nutritional Workshop & Thermal Therapy

Start with a sunrise Vinyasa-slow flow adapted to all levels, focusing on mobility.

Late morning: Interactive nutrition workshop covering anti-inflammatory foods, hydration strategies, and a sample meal plan tailored for couples (great for a Thailand Honeymoon tour package looking to maintain wellness post-trip).

Afternoon: Thermal therapies — sauna or steam followed by a cooling hydrotherapy plunge.

Evening: Candlelit healthy tasting menu at the resort's restaurant.

Note: Non-alcoholic beverage pairings available.

Day

4

Cultural Immersion & Phuket Old Town Stroll

Morning: Transfer to Phuket Old Town for a guided walking tour of Sino-Portuguese architecture, street art, and boutique shops.

Lunch: Taste curated Thai flavors during a healthy street-food tasting (clean, chef-selected options).

Afternoon: Visit Big Buddha for a meditative session and panoramic views.

Evening: Return to resort for a restorative foot reflexology session.

Highlight: This day combines local culture with mindful pacing – ideal for couples enjoying a Thailand Honeymoon package.

Day

5

Phi Phi Island Cruise & Snorkeling Excursion

Full-day private or small-group luxury speedboat cruise to Phi Phi Islands. Snorkel crystal-clear waters, visit Maya Bay viewpoint (subject to local regulations), and enjoy a picnic with wellness-friendly options on a secluded beach.

Optional: Light hike to a viewpoint for panoramic photos.

Return by late afternoon for an evening aromatherapy massage to soothe muscles after a day on the water.

Important: Bring reef-safe sunscreen and biodegradable insect repellent.

Day

6

Full-Day Spa Immersion: Traditional Thai Therapies

Devote a day to deep restoration: traditional Thai massage, Tok Sen or guided cupping (as available), and an intensive lymphatic drainage session. Therapists coordinate to provide a seamless treatment flow.

Between sessions: Herbal tea, light detox meals, and quiet lounge time.

Evening: Private beachside sound bath or guided meditation to integrate the day's work.

Note: Some modalities like cupping are optional and adapted per guest consent.

Day

7

Mindful Movement: Hike, SUP & Sunset Sound Bath

Morning: Guided coastal hike focusing on breathwork and grounding exercises.

Midday: Stand-up paddleboard (SUP) session in calm bay waters — gentle core work and balance.

Afternoon: Free time to enjoy the resort pool or an additional private therapy.

Evening: Sunset sound bath on the beach with crystal bowls and guided visualization.

Tip: Wear comfortable shoes for the hike and bring a change of clothes for SUP.

Day

8

Thai Cooking Class & Personalized Spa Time

Morning: Hands-on Thai cooking class focusing on balanced, detox-friendly dishes and techniques you can recreate at home — led by an executive chef and wellness nutritionist.

Afternoon: Personalized spa time (choose from facial rejuvenation, lymphatic drainage, or energizing body scrub).

Evening: Romantic private dinner for two with a customized wellness menu (perfect for honeymooners in a Thailand Honeymoon tour package).

Highlight: Receive a recipe booklet and suggested ingredient swaps for local markets.

Day

9

Free Day — Optional Excursions & Private Treatments

A day to choose your own pace. Optional add-ons include: a day trip to Phang Nga Bay, a private yacht charter, additional spa packages, deep-tissue sessions, or simply relax at the villa.

Wellness team available for pop-up mini sessions: 30-min massages, guided meditations, and nutritional Q&A.

Note: Optional excursions may have additional fees and require advance booking.

Day

10

Farewell Ritual, Final Consultation & Leisure

Morning: Final wellness consultation to review progress, provide a personalized post-retreat plan, and discuss long-term tips for detox maintenance.

Afternoon: Choose a favorite therapy reprise (short massage or facial) and enjoy leisure time.

Evening: Farewell sunset toast and light ceremony acknowledging your wellness journey.

Tip: Ask for a packaged list of local suppliers and online resources for continued practice at home.

Day

11

Departure & Transfer

Morning at leisure to pack, enjoy a last slow breakfast, and receive a departure wellness kit (sample herbal teas, recipe cards, and a follow-up contact for virtual check-ins).

Private transfer to Phuket International Airport for your onward journey.

Important: Allow sufficient time for domestic or international flight check-ins; inform the concierge of your flight to arrange the best departure time.

? Frequently Asked Questions

? When is the best time to visit Thailand from India?

The best time to visit Thailand is during the cool/dry season from November to February, when temperatures range from 24-30°C with clear skies and minimal rainfall. This is perfect for beach activities on the Andaman coast (Phuket, Krabi) and sightseeing in Bangkok and Chiang Mai. However, this is peak season with higher prices and crowds. The hot season (March-June) offers good deals but temperatures can reach 35°C. During monsoon (June-October), the Andaman side experiences rough seas, but the Gulf side (Koh Samui) is often better July-September. Northern Thailand (Chiang Mai) can get quite cool in winter mornings (15-20°C), so pack layers. Book early for November-February travel.

❓ **How can I reach Thailand from India?**

Flying is the most convenient option with direct flights from major Indian cities including Delhi, Mumbai, Kolkata, Chennai, Bengaluru, and Hyderabad to Bangkok (BKK/DMK), Phuket (HKT), and seasonal flights to Chiang Mai and Krabi. Flight times are short: Kolkata (2.5 hours), Chennai/Bengaluru (3.5–4 hours), and Delhi/Mumbai (4–5 hours). Airlines like Thai Airways, IndiGo, Air India, and budget carriers operate these routes. There's no direct rail connection, and overland travel via Myanmar requires complex permits and is only recommended with specialist operators. Once in Thailand, domestic flights, trains, and buses connect major destinations efficiently.

❓ **Do Indian citizens need a visa for Thailand?**

Visa requirements for Indian passport holders change frequently, so always check the latest policies before travel. Thailand has offered various schemes including visa exemption periods, visa on arrival, and e-visa options for Indians. Currently, you may be eligible for visa-free entry for short stays or visa on arrival, but policies can change based on diplomatic agreements. Keep multiple passport-sized photos handy and ensure your passport has at least 6 months validity with blank pages. Check with the Royal Thai Embassy or consulate in India, or visit the official Thai immigration website for the most current requirements. It's advisable to have proof of return tickets and accommodation bookings.

❓ **What are the local transportation options in Thailand?**

Thailand offers excellent transportation options. In Bangkok, use the BTS Skytrain, MRT subway, and Airport Rail Link for efficient city travel. Get a Rabbit Card for quick payments. Metered taxis, tuk-tuks, and Grab (ride-hailing) are widely available. For intercity travel, domestic flights are quick and affordable. The State Railway offers comfortable overnight sleepers to destinations like Chiang Mai and Surat Thani. VIP buses provide good connectivity between cities. For islands, ferries and speedboats are essential – book through reputable operators. In tourist areas, songthaews (shared pickup trucks) are common. Always insist taxi drivers use the meter, and compare Grab prices. Motorbike taxis are available but use caution and wear helmets.

❓ **Where should I stay in Thailand and what accommodation options are available?**

Thailand offers accommodations for every budget. In Bangkok, stay near BTS stations in Sukhumvit (shopping/nightlife), Silom (business district), or riverside areas for convenience. Chiang Mai's old city puts you near temples and markets. For beaches, Phuket offers variety from Patong (nightlife) to quieter Kata/Karon. Krabi's Railay Beach provides stunning limestone scenery. Koh Samui has family-friendly resorts and boutique properties. Options range from budget hostels (₹500-1500/night) and mid-range hotels (₹2000-6000/night) to luxury resorts (₹10000+/night). Popular chains include Anantara, JW Marriott, and InterContinental. Book early for peak season (November-February). Consider location carefully - beach proximity, transport links, and nearby attractions matter more than just price.

❓ **What are the must-visit attractions in Thailand?**

Thailand's top attractions span culture, nature, and adventure. In Bangkok, visit the Grand Palace and Wat Pho temple, then explore floating markets and take a Chao Phraya river cruise. Ayutthaya's UNESCO ruins make an excellent day trip. Chiang Mai offers the old city's temples, Doi Suthep mountain temple, and vibrant markets. For beaches, Phuket and Phang Nga Bay provide island-hopping to James Bond Island. Krabi's Railay Beach offers world-class rock climbing and stunning limestone karsts. Koh Samui features palm-fringed beaches and Ang Thong Marine Park. Don't miss Kanchanaburi's Bridge on River Kwai and Erawan Falls. Sukhothai's quieter ruins are perfect for cycling. Each region offers unique experiences - temples in the north, beaches in the south, and urban energy in Bangkok.

❓ **What Thai food should I try and where can I find good restaurants?**

Thai cuisine offers incredible variety beyond the familiar Pad Thai. Must-try dishes include Tom Yum Goong (spicy-sour soup), Green/Red/Massaman curry (Massaman is milder), Som Tam (papaya salad), and Khao Soi (Chiang Mai's coconut curry noodles). Don't miss Mango Sticky Rice for dessert. For vegetarians, say 'gin jay' for vegan options without fish sauce. Top dining spots include Raan Jay Fai (Bangkok) for legendary crab omelette, Thipsamai for classic Pad Thai, and Gaggan Anand for progressive Indian-Thai fusion. In Chiang Mai, try Khao Soi Khun Yai for authentic northern flavors. Street food is generally safe at busy stalls with high turnover. Start with milder dishes and gradually increase spice levels. Always drink bottled water and eat at crowded local spots for the freshest food.

★ **Traveller Reviews**



Suman Verma

★★★★★ 5/5

A Perfect Mix of Relaxation and Fun

This tour struck the right balance between relaxation on the beaches and adventure in the cities. I appreciated the variety in activities.



Tarun Singh

★★★★★ 5/5

A Foodie's Delight

Food lovers will find Thailand irresistible! The variety of flavors and dishes we experienced on this tour was phenomenal.



Jasmin Ali

★★★★★ 5/5

Cultural Richness

The depth of culture and tradition in Thailand is remarkable. The tour offered plenty of opportunities to immerse ourselves in local customs.



Kavya Gupta

★★★★★ 5/5

Thrilling Activities

From scuba diving to zip-lining, every activity in this tour package was exhilarating. An adventure-seeker's dream come true!



Ajay Kapoor

★★★★★ 5/5

A Journey of a Lifetime

Thailand was an incredible destination with amazing experiences. This tour truly made it a journey of a lifetime.

Why Choose TourGrids?

Because your dream vacation deserves the best! From expert advice to personalized trips, easy booking, and unbeatable deals — we make travel stress-free and fun!

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Personalized guidance from verified travel experts who understand your needs.

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