

WELLNESS ESCAPES COLLECTION · THAILAND

Aleenta Retreat Chiang Mai

Doi Suthep foothills, Chiang Mai — northern Thailand

A 44-room retreat in shaded woodland below Doi Suthep, opened in 2023 and already a Leading Hotels of the World member with a Michelin Key. Ayurah Wellness runs full-board retreats from three nights, blended with temple meditation, jungle trails and northern Thai culture.

GETTING THERE

Short drive from CNX

Chiang Mai International Airport, close to the old city.

RETREAT LENGTH

3 nights minimum

Signature retreats run over 3, 5 or 7 nights. No two-night option.

BEST MONTHS

November – February

Cool and dry. Avoid March and April, when regional burning affects air quality.

Ayurah signature retreats 3, 5 OR 7 NIGHTS

Spa, Rest & Recovery

Treatment-led rest and sleep restoration

Mind & Body Renewal

Movement, bodywork and mental reset

Nature's Cleanse

Detox programme with skin brushing and lymphatic work

Also available. Mindfulness and meditation retreats, a yoga retreat, and integrative programmes combining Ayurveda with traditional Thai healing.

Please note. A three-night minimum applies year-round, and again over 27 December to 3 January. An end-of-retreat review is included on stays of five nights or more.

Board basis & indicative rates OBSERVED AUGUST 2026

Every retreat is **gourmet full board** — three wellness-cuisine meals daily, or the set cleansing menu, plus daily herbal teas, juices or coconut water.

RETREAT — FULL BOARD, TREATMENTS & CLASSES INCLUDED

INDICATIVE FROM

Per person, per night, single occupancy

€159 – €250

Second guest sharing the room

Discounted supplement

Three-night retreat, Deluxe Balcony room

from approx. S\$700 per person

Choosing your room. Deluxe Balcony rooms offer the best value on a three-night retreat, at roughly S\$700 to S\$900 per person. The one- and two-bedroom pool residences and the four-bedroom teak villa are considerably higher — expect to exceed S\$1,200 per person. Rates are indicative and quoted before service charge and VAT; Victory Travel will confirm one all-inclusive price in writing.

What is included & excluded RETREAT SCOPE

INCLUDED

- Pre-arrival wellness consultation
- Accommodation throughout the retreat
- Three wellness meals daily, or the cleansing menu, plus daily beverages
- One spa treatment for every night of the stay
- Up to two complimentary wellness classes each day
- Body composition analysis, and chakra analysis on selected retreats
- Fitness centre and yoga studio access
- End-of-retreat review on stays of five nights or more

EXCLUDED

- International flights
- Airport transfers, unless specified in your quotation
- Alcoholic beverages
- Treatments beyond the retreat allowance
- Service charge and VAT
- Travel insurance, gratuities and personal expenses

Victory Travel can arrange flights, private transfers and travel insurance as part of a single package.

Therapies & practices AVAILABLE ON RETREAT

Sense of Ayurah oil massage	Traditional Thai massage	Pottali Abhyanga herbal pouch massage	Shirobhyanga head massage
Chi Nei Tsang	Lymphatic massage	Body scrubs & wraps	Facials
Vichy shower	Dry skin brushing	Private yoga	
Qi Gong & Tai Chi	Tibetan sound therapy	Breathwork	

Beyond the retreat NORTHERN THAI CULTURE

- Temple blessing and guided meditation
- Monk-led meditation at Wat Umong
- Vipassana and monastery practice
- Jungle trails in the Doi Suthep foothills
- Thai cooking classes and twilight tea
- Artisan and temple excursions

Your daily schedule is set after the pre-arrival consultation rather than fixed in advance.

The retreat FACILITIES & ACCOMMODATION

- Ayurah Wellness & Spa centre
- Fitness centre and yoga room
- Outdoor pool
- Library and art gallery
- Open-air wellness-cuisine restaurant, tea room and piano bar
- Plastic-free since 2018

ACCOMMODATION — 44 ROOMS

- Deluxe Balcony room — best value on a short retreat
- One- and two-bedroom pool residences
- Four-bedroom teak villa, for private groups

Ready to plan your escape? **Speak with your Victory Travel consultant.**

We package your retreat, flights, private transfers and insurance under one confirmed quotation — for individual travellers, groups of friends and company wellness days.



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Rates and inclusions observed August 2026 and subject to confirmation.