

Burnout recovery retreats – 7 Nights Medical and Mental Wellness in Thailand

Burnout & Stress Recovery Retreat Thailand



Bangkok, Thailand May 7, 2026 ([IssueWire.com](https://www.issuewire.com)) - All-Inclusive Burnout Retreat Thailand in a Forest Villa Near Bangkok

Welcome to our flagship [7-day wellness retreat](#) — designed to reset your body, mind, and nervous system through a proven combination of **medical consultation, daily Thai treatments, fitness, and nutritious food**. All of this takes place in a peaceful **forest villa** just 1 hour from Bangkok.

This is not just a vacation. It's a full-body reset guided by health professionals and designed to create lasting change.

What Makes This Retreat Different?

Unlike typical yoga holidays or spa packages, the Health Reset Retreat includes measurable medical insights, a personalized wellness plan, and a powerful structure that supports real transformation:

- **Doctor consultation and examination**
- **Vitamins and medical testing, to balance your body immune system**

- **Workshops to understand the change stress makes in your body**
- **Private consultation, with focus on how to change your life for less stress**
- **Healthy cooking class: “Happy Mind, Healthy Body”, what does food do to your body**
- **Thai herbal steam, salt therapy, hydrothermal detox**
- **Forest bathing, sun therapy & stress release workshops**
- **Anti-inflammatory cuisine – breakfast, lunch, dinner**
- **Fitness and aqua aerobics with sport scientists**

Who Is This For?

This retreat is ideal for:

- **Stressed professionals in need of a full reset**
- **Wellness-minded travelers seeking structure and support**
- **Couples looking for meaningful time together**
- **Solo travelers on a personal growth journey**
- **Anyone who wants more than relaxation – and is ready to feel better**

Whether you're dealing with fatigue, anxiety, poor sleep, inflammation or burnout – this is your chance to take back control of your health.

Where You'll Stay: Private Forest Villa

Your home for the week is a **luxurious, private forest villa** in a serene natural setting. It's designed to support rest, reflection, and recovery — with comfort, privacy, and direct access to nature.

Choose between:

- **Private occupancy** – enjoy complete privacy
- **Double occupancy** – ideal for couples or friends
- Each villa includes en-suite bathroom, terrace, natural surroundings, and daily room service.



Media Contact

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