



DREAM ISLANDS

BODY | MIND | SOUL

Your dream becomes a reality

Dream Islands – transformative travel platform, wellness & wellbeing retreats on the most authentic south east asian islands!

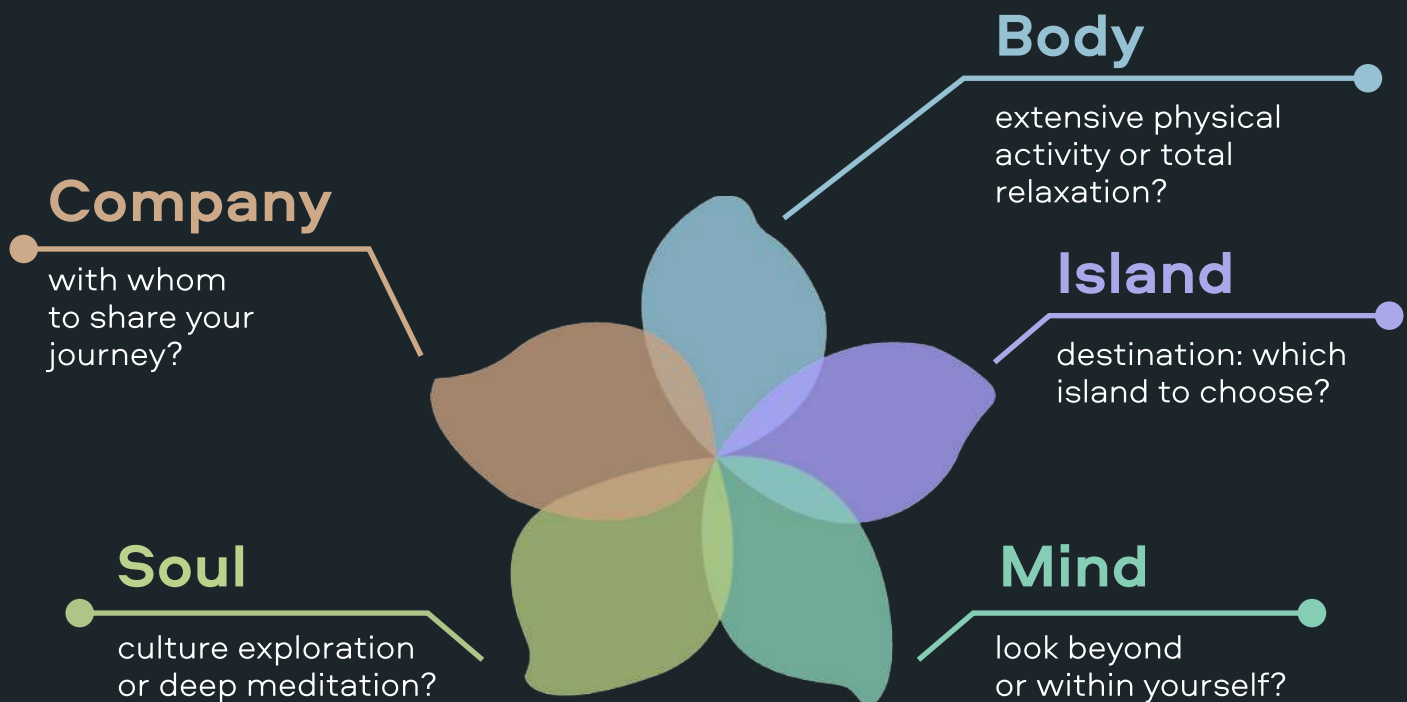
We offer exclusive vacation packages for wellness retreats on the islands of Thailand, Indonesia, the Philippines, and resorts in other countries of the region. Your total relaxation and complete rejuvenation is our priority with a great choice of world-class standards hospitality venues and top-notch services aimed to improve your health and well-being.



Dream Islands: Create your perfect balance

Reboot your body and mind while enjoying unique island resorts for true relaxation.

Wellness tourism today helps city dwellers reduce stress, reconnect with nature, experience the joy of life, and improve their overall well-being



Create your unique program by combining relaxation, discovery, and benefits for your body and soul.

Choosing a wellness retreat with Dream Islands is an opportunity not only to relax but also to significantly improve your quality of life through care for your health and balance with the world around you.

[create your vacation](#)

Body

Focus your attention on your body by choosing between relaxing yoga and spa treatments, active water sports or energetic hiking.

Recharge and restore your strength while enjoying the unique landscapes.

Body development



- Healthy body and tone



- Youth and beauty



- Detox programs and wellness



- Water sports and active ecotourism

Healthy body and fitness

90%

of guests report improvements in cardiovascular health

30%

increase in flexibility and endurance with regular sports activities

70%

of participants continue maintaining active lifestyle after traveling with Dream Islands



*according to the
Global Wellness Institute



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EMPOWERING WELLNESS WORLDWIDE

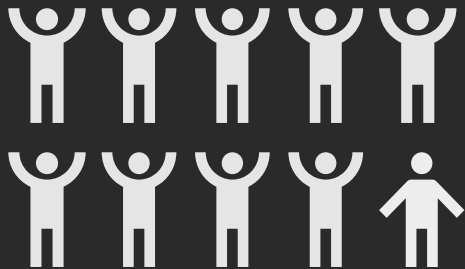
Youth and beauty

9 out of 10 participants notice improvements in skin condition and a visible rejuvenating effect*

+

Weight loss

Cell regeneration



Weight decreases by

3-5%

from the initial body weight

25%

acceleration in cell
regeneration and renewal
processes



*according to the
Global Wellness Institute



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Detox programs and health



80%

of guests report improved well-being and increased levels of energy after **7 days** of the program

85%

report improvements in clinical blood test results



Mind

Focusing on the mind and inner state during a vacation on the islands offers unique opportunities for stress reduction and deep self-discovery. Dream Islands offers a variety of practices to help you explore both the local culture and meditation and mindfulness techniques

Mind development



- Meditation and mindfulness



- Stress reduction and healthy sleep



- Relationships and communication

Mental health and mindfulness



86%

of guests report improved sleep quality and reduced stress levels

78%

report a continuous sense of harmony after returning from their vacation*

- Memory (brain)
- Stress reduction
- Sleep

Discover how to improve your life starting from now



*according to the
Global Wellness Institute



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Soul

By directing your focus inward, you open the doors to a deeper understanding of your thoughts and emotions. Meditation practices, art therapy and meaningful connections with masters create a powerful combination to achieve inner balance.

Allow yourself to immerse in this transformative process and discover new horizons of your "self".

Soul development



- Energy practices



- New discoveries



- Spiritual retreats



- Cultural and educational tours

Spiritual development and inner harmony



3 out of **4** participants discover new life goals and strengthen their sense of inner balance

92%

of guests feel a deeper connection with nature and their inner world

50%

increase in life satisfaction and happiness

Benefits from stress reduction:



- **Improved mental health:**
reducing stress enhances mood and increases overall life satisfaction
- **Peace with yourself:**
immersion in meditative practice helps start an inner dialogue and achieve the sense of balance
- **Cultural enrichment:**
exploring new cultures broadens life experience and fosters personal growth

Dream Islands resorts



Samui

Exclusive distributor of Tanya Samui

*Flights from Bangkok and Phuket every hour



Phangan

Exclusive distributor of Dragon Soul

*The magical island on rose quartz



Tao

The hotspot for diving and snorkeling



Bali

- Direct flights from Moscow
- Private villas availability



Boracay

- The best beaches
- Exclusive programs

Exclusive offers

With care for your health and well-being



TANYA SAMUI

Programs of **6 / 8 / 11** days
From **1100\$**
*all-inclusive

Intensive wellness and recovery program combining yoga, meditation, and detox for balance of body and mind on a tropical island

[discover more](#)

DRAGON SOUL PHANGAN

Programs from **3** days
From **500\$**
*all-inclusive

A deep spiritual retreat focused on inner transformation for achieving harmony and emotional balance

[discover more](#)

*flight and logistics to the island are not included in the price, but we will always assist in planning the optimal route to the resort

Reviews

Victoria Shmeleva,
Head of Ginza Sky



The Tanya Samui program exceeded all my expectations! The detox process was deep and effective. I feel a sense of lightness and energy that I had been missing in my everyday life. The setting and atmosphere of the island helped me fully relax and immerse myself in the experience. I will definitely return and have already brought some oil with me to maintain the effects at home.

Olga Pekarevskaya,
Founder of Maya Gemstones
and Ginza Prime



Currently, Khun Kob hosts up to 800 people a day; some come for treatment, others for detox. I've witnessed her curing 3 people from cancer and how a person with Alzheimer's started walking again! I came to the island of Samui to undergo a detox program with oils and herbs. Fasting and drinking oil is certainly not easy, but the results are truly incredible! I sincerely thank Khun Kob for giving people hope for life and restoring their health.

Evgeny Buyev,
Founder of Backstage Crossfit



Khun Kob provided me with an incredible detox experience. The results are truly remarkable — the feeling of lightness and energy lasts for at least 6 months. The atmosphere on the island helped me fully recover and recharge for new achievements.

Mark Semenov,
Entrepreneur



I completed the program twice, each time for 8 days. The first time, my kidneys and liver were completely detoxed, and I was able to quit smoking. The second time, I reinforced the results — my tests were excellent, my body was clean, and the meditations with the Thai monk from the center in Basel helped me find more peace and mindfulness. Meeting the monk, who was staying with Khun Kob, was a significant event for me.



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Need help in making the right choice?

Contact our consultant to find
the perfect vacation for you

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dreamislandstravel.com