



ASIAN BLISS

Stress can manifest as a range of symptoms from insomnia and fatigue to anxiety, depression and chronic disease. Asian Bliss is a nurturing program for anyone feeling depleted, anxious or overwhelmed. It focuses on the Asian healing traditions of Ayurveda, Traditional Chinese Medicine and Thai therapies to support the nervous system and restore emotional and psychological balance. Signature treatments include Traditional Asian Foot Massage with Herbal Foot Soak and Royal Ayurvedic Traditional Massage, and you choose from private yoga, reiki, pranayama or meditation. It is ideal for restoring mental calm and alleviating tension, and equips you with supportive wellness practices for a more balanced life.

Asian Bliss wellness program inclusions	5 nights	7 nights	9 nights	14 nights
Wellness Consultation	1	1	1	1
Wellness Program Exit & Review	1	1	1	1
Body Bio-Impedance Analysis	1	1	1	1
Traditional Herbal Compress Massage (90 min)	1	1	1	1
Indian Head Massage (60 min)	1	1	1	1
Royal Ayurvedic Traditional Massage (60 min)	1	1	1	1
Chi Nei Tsang (30 min)	2	2	2	2
Personal Meditation or Pranayama or Reiki or Yoga Session (60 min)	2	3	3	4
Traditional Asian Hand Massage (45 min)	1	1	2	3
Traditional Asian Foot Massage with Herbal Foot Soak (90 min)	1	1	2	2
Thai Traditional Therapeutic Treatment (90 min)		1	1	2
Traditional Chinese Medicine Session (75 min)		1	1	1
Kati Vasti (60 min)		1	1	1
Lotus Scrub & Wrap (75 min)		1	1	1
Traditional Chinese Medicine Session (60 min)			1	2
Shirodhara (60 min)			1	2
Mid-Wellness Program Follow-up			1	1
Revive & Awakening Facial (75 min)				1