



BASIC OPTIMAL FITNESS

Whether you are new to exercise, seeking motivation to get fit or keen to take your active routine to the next level, enlisting the support of a holistic wellness team will help you reach your fitness goal. The Basic Optimal Fitness program is personalised to you, with one-on-one instructions from personal trainers and physiotherapists to ensure you achieve optimal results. Holistic spa therapies and supportive treatments including far infrared therapy relieve muscle tension and support recovery, while also improving circulation, metabolism, and elimination. This program is ideal for anyone seeking to manage weight, create healthful habits, improve strength, endurance, flexibility and balance.

Basic Optimal Fitness wellness program inclusions	5 nights	7 nights	9 nights	14 nights	21 nights
Wellness Consultation	1	1	1	1	1
Wellness Program Exit & Review	1	1	1	1	1
Holistic Fitness Evaluation with 3D Full Body Scan (60 min)	1	1	1	1	1
Traditional Asian Foot Massage (60 min)	1	1	1	1	1
Far Infrared Sauna (30 min)	4	5	7	10	14
Personal Training Session (60 min)	3	4	6	9	12
Vital Essence Oil Massage (90 min)	1	1	2	3	4
Myofascial Release Therapy (60 min)	1	1	1	3	4
Traditional Thai Massage (90 min)	1	1	2	2	2
Super Stretching (60 min)		1	1	3	5
Revival Exercise (60 min)		1	2	2	3
Ozone Therapy (60 min)		1	1	2	3
Hyperbaric Oxygen Therapy (60 min)			1	2	2
Mid-Wellness Program Follow-up			1	1	2
Indian Head Massage (60 min)			1	1	1
Traditional Thai Therapeutic Treatment (90 min)				2	2
IV Vitamin Infusion (120 min)					1