



COMPREHENSIVE OPTIMAL FITNESS

Strength, flexibility, and alignment are essential for optimal fitness, and so is harmony between mind and body. The Comprehensive Optimal Fitness program includes a blend of one-on-one sessions with fitness trainers, physiotherapists, yoga, and Pilates instructors while incorporating mind-body balance sessions. This program is ideal if you are seeking a holistic fitness practice, striving to reach new fitness goals or develop a stronger mind-body connection. Life Enhancement Mentors assist you to address mental and emotional imbalances that may be manifesting in physical symptoms such as weight gain, exhaustion or insomnia. Restorative therapies complete the program, regulating circulation, reducing tension and enhancing relaxation.

Comprehensive Optimal Fitness wellness program inclusions	7 nights	9 nights	14 nights	21 nights
Wellness Consultation	1	1	1	1
Wellness Program Exit & Review	1	1	1	1
Holistic Fitness Evaluation with 3D Full Body Scan (60 min)	1	1	1	1
Nutritional Guidance (60 min)	1	1	1	1
Physiotherapy Session with Assessment (90 min)	1	1	1	1
Traditional Asian Foot Massage with Herbal Foot Soak (90 min)	1	1	1	1
Vital Essence Oil Massage (90 min)	1	1	1	1
Traditional Herbal Compress Massage (90 min)	1	1	1	1
Marma Point Massage (90 min)	1	1	1	1
Royal Ayurvedic Traditional Massage (60 min)	1	1	1	1
Private Pilates Session (60 min)	2	2	2	2
Private Yoga Session (60 min)	2	2	2	2
Mind-Body Balance (60 min)	2	2	2	2
Far Infrared Sauna (30 min)	5	7	10	15
Personal Training Session (60 min)	5	6	9	14
Super Stretching (60 min)	2	3	5	7
Physiotherapy Session (60 min)	2	3	3	3
Hyperbaric Oxygen Therapy (60 min)	1	1	2	3
Personal Pranayama or Meditation (60 min)	1	2	2	2
Mid-Wellness Follow-up	1	1	1	3
Ozone Therapy (60 min)		1	2	2
IV Vitamin Infusion (120 min)		1	1	2
Indian Head Massage (60 min)		1	1	1
Aqua Fitness (60 min)		1	1	1
Traditional Thai Therapeutic Treatment (90 min)			1	2
3D Full Body Scan Follow-up (30 min)			1	1