



ENRICHED GUT

The gut plays a central role in our mind-body health and has been referred to as a ‘second brain’ because of its ability to influence physical, mental and emotional wellbeing. The Enriched Gut program improves the digestion function and reduces inflammation, improving immunity and enhancing mind-body balance. A synergy of holistic treatments, therapies and practices are incorporated including naturopathy, nutrition, Traditional Chinese Medicine, pranayamic breathing, one-on-one yoga and Ayurveda. Herbal supplements and remedies further stimulate and support optimal digestive health. This program is for anyone wanting to improve digestion, nurture, enrich their gut and experience a feeling of wellness and vitality.

Enriched Gut 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
Body Bio-Impedance Analysis	1	1	1	1
Herbal Supplements & Remedies (1 set)	1	1	1	1
Traditional Chinese Medicine Session (75 min)	1	1	1	1
Nutritional Guidance (60 min)	1	1	1	1
Traditional Thai Therapeutic Treatment (90 min)	1	1	1	1
Abdominal Organ Therapy (60 min)	1	1	1	1
Bioresonance Therapy (20 min)	2	2	3	4
Private Yoga Session (60 min)	2	2	3	4
Chi Nei Tsang with Ruby Treasure Oil (60 min)	1	2	2	4
Traditional Chinese Medicine Session (60 min)	1	2	2	4
Pranayama (60 min)	1	1	2	3
IV Vitamin Infusion (120 min)	1	1	2	3
Ozone Therapy (60 min)	1	1	2	3
Hyperbaric Oxygen Therapy (60 min)	1	1	2	3
Lanna Abdominal Samunphrai Ron (60 min)	1	1	2	2
Kati Vasti (60 min)	1	1	2	2
Traditional Asian Foot Massage with Herbal Foot Soak (90 min)		1	2	2
Holistic Acupressure Facial Massage (75 min)		1	1	1
Mid-Wellness Program Follow-up		1	1	1
Marma Point Massage (90 min)				1