



IDEAL WEIGHT

Maintaining a healthy body weight is integral to a healthy mind-body balance. The Ideal Weight program incorporates a holistic lifestyle and metabolic approach to achieving your desired weight. It includes nutritional guidance, one-on-one personal fitness training and holistic therapies. Far infrared sauna sessions and Chi Nei Tsang abdominal massages stimulate blood circulation, boost metabolism and promote the detoxification and elimination process. Ideal Weight is designed to create new fitness habits and map out a long-term weight management strategy. It is suited to anyone seeking weight optimisation, wishing to balance blood pressure and cholesterol, or wanting to be more empowered in living a healthy lifestyle.

Ideal Weight 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
Traditional Chinese Medicine Session (75 min)	1	1	1	1
Traditional Asian Foot Massage with Herbal Foot Soak (90 min)	1	1	1	1
Oriental Detoxifying Scrub & Wrap (75 min)	1	1	1	1
Far Infrared Sauna (30 min)	6	7	12	12
Personal Training Session (60 min)	3	4	5	10
Chi Nei Tsang (60 min)	3	3	5	5
Traditional Chinese Medicine Session (60 min)	1	2	3	3
Lymphatic Drainage Therapy (90 min)	1	2	2	3
Ozone Therapy (60 min)	1	1	2	3
IV Vitamin Infusion (120 min)	1	1	2	3
Aqua Fitness with Physiotherapist (60 min)		1	1	3
Mid-Wellness Program Follow-up		1	1	2
Myofascial Release Therapy (60 min)			1	2
Vital Essence Oil Massage (90 min)			1	1
Indian Head Massage (60 min)			1	1
Revive & Awakening Facial (75 min)			1	1
3D Full Body Scan Follow-up (30 min)			1	1
Traditional Thai Therapeutic Treatment (90 min)				1