



RESILIENCE & IMMUNITY

We live in a world of change and how we respond can be an indicator of our mind-body balance and inner reserves. The Resilience & Immunity program empowers with its focus on physical health and resilience of heart and mind. It incorporates mindfulness training, meditation and bioresonance therapy to cultivate deep tranquility as well as Traditional Chinese Medicine, herbal supplements, and functional testing to identify and address areas of imbalance. This program is designed for these challenging times and is ideal for anyone experiencing post-viral fatigue, living with auto-immune conditions or wishing to feel more robust and fortified in the face of life's uncertainties.

Resilience & Immunity 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
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
Kamalaya Immunity Blood Test Panels	1	1	1	1
Lymphatic Drainage Therapy (90 min)	1	1	1	1
Bioresonance Therapy (20 min)	1	2	2	3
Traditional Asian Foot Massage with Herbal Foot Soak (90 min)	1	2	2	3
Personal Meditation or Pranayama or Reiki or Yoga Session (60 min)	1	1	2	3
Mindfulness Training (60 min)	1	1	2	3
Chi Nei Tsang with Ruby Treasure Oil (30 min)			2	3
Chi Nei Tsang with Ruby Treasure Oil (60 min)	1	1		
Far Infrared Sauna (30 min)	1	2	2	2
Ozone Therapy (60 min)	1	1	2	2
Hyperbaric Oxygen Therapy (60 min)	1	1	2	2
IV Vitamin Infusion (120 min)		1	2	3
Traditional Chinese Medicine Session (60 min)		1	2	2
Mid-Wellness Program Follow-up		1	1	2
Marma Point Massage (90 min)		1	1	1
Traditional Thai Therapeutic Treatment (90 min)			1	2
Traditional Asian Hand Massage (30 min)			1	
Indian Head Massage (60 min)				1
Shirodhara (60 min)				1