



## STRUCTURAL REVIVAL

Postural alignment can be affected by natural ageing, behavioural patterns and trauma and can manifest in a myriad of ways from tightness, limited mobility and chronic pain. The Structural Revival program assists in realigning the body and improving posture to reduce tension, rehabilitate injuries and restore a higher level of function and vitality. Revival Exercises with physiotherapists as well as one-on-one Pilates strengthen the body and stabilise joints, while holistic therapies such as myofascial release, assisted stretching and massages release tight muscles, restore movement and promote relaxation. This functional program promotes blood circulation, organ function and energy flow, positively impacting your emotional and psychological wellbeing.

Structural Revival wellness program inclusions	5 nights	7 nights	9 nights	14 nights
Wellness Consultation	1	1	1	1
Wellness Program Exit & Review	1	1	1	1
Physiotherapy Session with 3D Full Body Scan (60 min)	1	1	1	1
Pilates Session with Stretching (90 min)	1	1	1	1
Traditional Thai Therapeutic Treatment (90 min)	1	1	1	1
Myofascial Release Therapy (60 min)	2	2	2	5
Pilates Session (60 min)	2	2	2	3
Super Stretching (60 min)	1	1	2	3
Revival Exercise (60 min)	1	1	2	3
Hyperbaric Oxygen Therapy (60 min)	1	1	2	2
Traditional Asian Foot Massage with Herbal Foot Soak (90 min)	1	1	1	2
Aqua Fitness with Physiotherapist (60 min)		1	2	2
Traditional Herbal Compress Massage (90 min)		1	1	1
Upper Body or Lower Body Tension Relief Massage (75 min)		1		
Upper Body Tension Relief Massage (75 min)			1	1
Lower Body Tension Relief Massage (75 min)			1	1
Holistic Acupressure Facial Massage (75 min)			1	1
Mid-Wellness Program Follow-up			1	1