



## BASIC BALANCE & REVITALISE

Prolonged stress can result in constant fatigue, low immunity, blood pressure issues and emotional states of apathy, despair and irritability. The Basic Balance & Revitalise program is Kamalaya's mid-level stress and burnout program and is designed to calm the nervous system, replenish energy, and support recovery from burnout. A naturopath, Traditional Chinese Medicine practitioner and Life Enhancement Mentor will aid you in identifying and addressing stressors in your life and provide practical techniques to restore your mind-body balance. Energising and healing treatments include Ayurvedic massage, and bioresonance therapy.

WELLNESS PROGRAM INCLUSIONS / NIGHTS	7	9	14
Wellness Consultation	1	1	1
Wellness Program Departure Review	1	1	1
Body Bio-Impedance Analysis	1	1	1
Nutritional Guidance and Naturopathic Lifestyle Consultation (90 min)	1	1	1
Stress Management Consultation (90 min)	1	1	1
Ozone Therapy (60 min)	1	1	1
Vital Essence Oil Massage (90 min)	1	1	2
Shirodhara (60 min)	1	1	3
Royal Ayurvedic Traditional Massage (60 min)	1	2	2
Indian Head Massage (60 min)	2	2	2
Chi Nei Tsang (60 min)	2	2	2
Traditional Asian Hand Massage (45 min)	2	2	2
Traditional Asian Foot Massage (60 min)	2	2	3
Personal Meditation or Personal Pranayama or Reiki (60 min)	2	2	3
Holistic Acupressure Facial Massage (75 min)		1	1
Wellness Program Progress Review		1	1
IV Therapy (Sleep & Tranquillity) (90-120 min)		1	1
Physiotherapy Session with Assessment (90 min)			1
Lower Body Tension Relief Massage (75 min)			1
Stress Management Session (60 min)			2
<b>PACKAGE PRICE (THB)</b>	<b>120,246</b>	<b>144,034</b>	<b>215,524</b>