



## COMPREHENSIVE OPTIMAL FITNESS

Strength, flexibility, and alignment are essential for optimal fitness, and so is harmony between mind and body. The Comprehensive Optimal Fitness program includes a blend of one-on-one sessions with fitness trainers, physiotherapists, yoga, and Pilates instructors while incorporating mind-body balance sessions. This program is ideal if you are seeking a holistic fitness practice, striving to reach new fitness goals or develop a stronger mind-body connection. Life Enhancement Mentors assist you to address mental and emotional imbalances that may be manifesting in physical symptoms such as weight gain, exhaustion or insomnia. Restorative therapies complete the program, regulating circulation, reducing tension and enhancing relaxation.

WELLNESS PROGRAM INCLUSIONS / NIGHTS	7	9	14	21
Wellness Consultation	1	1	1	1
Wellness Program Departure Review	1	1	1	1
Holistic Fitness Evaluation with 3D Full Body Scan Assessment (90 min)	1	1	1	1
Nutritional Guidance (60 min)	1	1	1	1
Physiotherapy Session with Assessment (90 min)	1	1	1	1
Traditional Asian Foot Massage with Herbal Foot Soak (90 min)	1	1	1	1
Traditional Herbal Compress Massage (90 min)	1	1	1	1
Vital Essence Oil Massage (90 min)	1	1	1	1
Marma Point Massage (90 min)	1	1	1	1
Royal Ayurvedic Traditional Massage (60 min)	1	1	1	1
Pilates Session (60 min)	2	2	2	2
Private Yoga Session (60 min)	2	2	2	2
Mind-Body Balance (60 min)	2	2	2	2
Wellness Program Progress Review	1	1	2	3
Hyperbaric Oxygen Therapy (60 min)	1	1	2	3
Personal Pranayama or Personal Meditation (60 min)	1	2	2	2
Physiotherapy Session (60 min)	2	3	3	3
Super Stretching (60 min)	2	3	5	7
Personal Training Session (60 min)	5	6	9	14
Far Infrared Sauna (30 min)	5	7	10	15
Indian Head Massage (60 min)		1	1	1
Aqua Fitness with Physiotherapist (60 min)		1	1	1
IV Therapy (Energy & Endurance) (90-120 min)		1	1	2
Initial Traditional Thai Therapeutic Treatment including Consultation (90 min)			1	1
Traditional Thai Therapeutic Treatment Subsequent Session (90 min)			1	1
3D Full Body Scan Progress Follow-up (30 min)			1	1
G6PD Enzyme Test				1
<b>PACKAGE PRICE (THB)</b>	<b>163,065</b>	<b>206,015</b>	<b>273,032</b>	<b>351,926</b>