



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.

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
Initial TCM Consultation including Treatment (75 min)	1	1	1	1
Traditional Asian Foot Massage with Herbal Foot Soak (90 min)	1	1	1	1
Oriental Detoxifying Scrub and Wrap (75 min)	1	1	1	1
Ozone Therapy (60 min)	1	1	2	3
IV Therapy (Metabolism Boost) (90-120 min)	1	1	2	3
Lymphatic Drainage Therapy (90 min)	1	2	2	3
Traditional Chinese Medicine Session (60 min)	1	2	3	3
Chi Nei Tsang (60 min)	3	3	5	5
Personal Training Session (60 min)	3	4	5	10
Far Infrared Sauna (30 min)	6	7	12	12
Aqua Fitness with Physiotherapist (60 min)		1	1	3
G6PD Enzyme Test			1	1
Vital Essence Oil Massage (90 min)			1	1
Indian Head Massage (60 min)			1	1
The Anti-aging Revive & Awakening Facial (75 min)			1	1
3D Full Body Scan Progress Follow-up (30 min)			1	1
Wellness Program Progress Review			1	2
Myofascial Release Therapy (60 min)			1	2
Initial Traditional Thai Therapeutic Treatment including Consultation (90 min)				1
PACKAGE PRICE (THB)	124,765	154,486	239,723	328,551