



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 Exercise 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.

WELLNESS PROGRAM INCLUSIONS / NIGHTS	5	7	9	14
Wellness Consultation	1	1	1	1
Wellness Program Departure Review	1	1	1	1
Physiotherapy Session with 3D Full Body Scan Assessment (90 min)	1	1	1	1
Pilates Session with Stretching (60 min)	1	1	1	1
Initial Traditional Thai Therapeutic Treatment including Consultation (90 min)	1	1	1	1
Traditional Asian Foot Massage with Herbal Foot Soak (90 min)	1	1	1	2
Hyperbaric Oxygen Therapy (60 min)	1	1	2	2
Super Stretching with Fitness Trainer (60 min)	1	1	2	3
Revival Exercise with Physiotherapist (60 min)	1	1	2	3
Pilates Session (60 min)	2	2	2	3
Myofascial Release Therapy with Physiotherapist (60 min)	2	2	2	5
Traditional Herbal Compress Massage (90 min)		1	1	1
Upper Body or Lower Body Tension Relief Massage (75 min)		1		
Aqua Fitness with Physiotherapist (60 min)		1	2	2
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
Wellness Program Progress Review			1	1
3D Full Body Scan Progress Follow-up (30 min)				1
PACKAGE PRICE (THB)	81,697	104,968	140,362	195,962