



ASIAN BLISS

Stress can manifest as a range of symptoms from insomnia and fatigue to anxiety, depression and chronic disease. Asian Bliss is a nurturing program for anyone feeling depleted, anxious or overwhelmed. It focuses on the Asian healing traditions of Ayurveda, Traditional Chinese Medicine and Thai therapies to support the nervous system and restore emotional and psychological balance. Signature treatments include Traditional Asian Foot Massage with Herbal Foot Soak and Royal Ayurvedic Traditional Massage, and you choose from private Yoga, Reiki, Pranayama, or Meditation. It is ideal for restoring mental calm and alleviating tension, and provides you with supportive wellness practices for a more balanced life.

WELLNESS PROGRAM INCLUSIONS / NIGHTS	5	8	11	15
Wellness Consultation	1	1	1	1
Wellness Program Departure Review	1	1	1	1
Body Bio-Impedance Analysis	1	1	1	1
Traditional Herbal Compress Massage (90 min)	1	1	1	1
Indian Head Massage (60 min)	1	1	1	1
Royal Ayurvedic Traditional Massage (60 min)	1	1	1	1
Traditional Asian Foot Massage with Herbal Foot Soak (90 min)	1	1	2	2
Traditional Asian Hand Massage (45 min)	1	1	2	3
Chi Nei Tsang (Taoist Abdominal Massage) (30 min)	2	2	2	2
Personal Meditation or Personal Pranayama or Reiki or Personal Yoga Session (60 min)	1	2	3	4
Initial Traditional Thai Therapeutic Consultation & Treatment (90 min)	1	1	1	1
Initial TCM Treatment with Consultation (75 min)		1	1	1
Kati Vasti (60 min)		1	1	1
Lotus Scrub & Wrap (75 min)		1	1	1
Traditional Chinese Medicine Session (60 min)		1	1	2
Shirodhara (60 min)			1	2
Traditional Thai Therapeutic Treatment Subsequent Session (90 min)				1
The Anti-Ageing Revive & Awakening Facial (75 min)				1
Wellness Program Progress Review			1	1
Two Kamalaya meals per night of stay (lunch and dinner), and the Afternoon High Tea	5	8	11	15
PACKAGE PRICE (THB)	66,373	104,438	135,911	183,902