



BASIC OPTIMAL FITNESS

Whether you are new to exercise, seeking motivation to get fit or keen to take your active routine to the next level, enlisting the support of a holistic wellness team will help you reach your fitness goal. The Basic Optimal Fitness program is personalised to you, with one-on-one instructions from Personal Trainers and Physiotherapists to ensure you achieve optimal results. Holistic spa therapies and supportive treatments including Far Infrared Therapy relieve muscle tension and support recovery, while also improving circulation, metabolism, and elimination. This program is ideal for anyone seeking to manage weight, create healthful habits, improve strength, endurance, flexibility and balance.

WELLNESS PROGRAM INCLUSIONS / NIGHTS	5	8	11	15	21
Wellness Consultation	1	1	1	1	1
Wellness Program Departure Review	1	1	1	1	1
Body Bio-Impedance Analysis	1	1	1	1	1
Holistic Fitness Evaluation with 3D Full Body Scan Assessment (90 min)	1	1	1	1	1
Traditional Asian Foot Massage (60 min)	1	1	1	1	1
Myofascial Release Therapy (60 min)	1	1	1	2	4
Traditional Thai Massage (90 min)	1	1	2	3	2
Vital Essence Oil Massage (90 min)	1	1	2	3	4
Personal Training Session (60 min)	3	4	5	9	12
Far Infrared Sauna (30 min)	4	5	6	8	12
Super Stretching or Yoga Session (60 min)		1	1	3	5
Revival Exercise (60 min)		1	2	2	3
Initial Osteopath Session (75 min)			1	1	1
Hyperbaric Oxygen Therapy (75 min)			1	1	1
Indian Head Massage (60 min)			1	1	1
Initial Traditional Thai Therapeutic Consultation & Treatment (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
Wellness Program Progress Review			1	1	2
Two Kamalaya meals per night of stay (lunch and dinner), and the Afternoon High Tea	5	8	11	15	21
PACKAGE PRICE (THB)	70,516	96,811	142,126	213,657	278,487