



ENRICHED GUT

The gut plays a central role in our mind-body health and has been referred to as a ‘second brain’ because of its ability to influence physical, mental and emotional wellbeing. The Enriched Gut program improves the digestive function and reduces inflammation, improving immunity and enhancing mind-body balance. A synergy of holistic treatments, therapies and practices are incorporated including naturopathy, nutrition, Traditional Chinese Medicine, Pranayamic breathing, one-on-one yoga and Ayurveda. Herbal supplements and remedies further stimulate and support optimal digestive health. This program is for anyone wanting to improve digestion, nurture, enrich their gut and experience a feeling of wellness and vitality.

WELLNESS PROGRAM INCLUSIONS / NIGHTS	8	11	15	21
Wellness Consultation	1	1	1	1
Wellness Program Departure Review	1	1	1	1
Body Bio-Impedance Analysis	1	1	1	1
Initial TCM Treatment with Consultation (75 min)	1	1	1	1
Nutritional Guidance (60 min)	1	1	1	1
Initial Traditional Thai Therapeutic Consultation & Treatment (90 min)	1	1	1	1
Abdominal Organ Therapy (60 min)	1	1	1	1
Herbal Supplements & Remedies (daily set)	8	11	15	21
Lanna Abdominal Samunprai Ron Massage (60 min)	1	1	2	2
Kati Vasti (60 min)	1	1	2	2
Meditation or Pranayama (60 min)	1	1	2	3
IV Therapy (Cleanse & Purify) (90 min)	1	1	2	3
Ozone Therapy (45-60 min)	1	1	2	3
Chi Nei Tsang (Taoist Abdominal Massage) with Ruby Treasure Oil (60 min)	1	1	2	3
TCM Subsequent Treatment (60 min)	1	2	2	4
Bioresonance Therapy (20 min)	2	2	3	4
Private Yoga Session (60 min)	2	2	3	4
Holistic Acupressure Facial Massage (75 min)		1	1	1
Traditional Asian Foot Massage with Herbal Foot Soak (90 min)		1	1	2
Vital Essence Oil Massage (90 min)		1	1	1
G6PD Test			1	1
Marma Point Massage (90 min)				1
Wellness Program Progress Review		1	1	1
Two Kamalaya meals per night of stay (lunch and dinner), and the Afternoon High Tea	8	11	15	21
PACKAGE PRICE (THB)	132,121	170,397	235,196	323,519