



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
Therapeutic Head Massage (60 min)	1	1	1	1
Royal Ayurvedic Traditional Massage (60 min)	1	1	1	1
Initial TCM Treatment (including consultation) (75 min)	1	1	1	1
Chi Nei Tsang (Taoist Abdominal Massage) (30 min)	2	2	2	2
Meditation or Pranayama (60 min)	1	2	3	4
Traditional Asian Hand Massage (45 min)	1	1	2	3
Traditional Asian Foot Massage with Herbal Soak (90 min)	1	1	2	2
Subsequent TCM Treatment (60 min)		1	1	2
Initial Traditional Thai Therapeutic Treatment with Consultation (90 min)		1	1	1
Kati Vasti (60 min)		1	1	1
Lotus Scrub & Wrap (75 min)		1	1	1
Shirodhara (60 min)			1	2
Subsequent Traditional Thai Therapeutic Treatment (90 min)				1
Anti-Ageing Renewal 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)	68,444	107,443	139,850	188,961