



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
Fitness & Movement Assessment with 3D Body Scan (90 min)	1	1	1	1	1
Traditional Asian Foot Massage (60 min)	1	1	1	1	1
Personal Training (60 min)	3	4	5	9	12
Far Infrared Sauna (30 min)	4	5	6	8	12
Vital Essence Oil Massage (90 min)	1	1	2	3	4
Myofascial Release Therapy (60 min)	1	1	1	2	4
Traditional Thai Massage (90 min)	1	1	2	3	2
Super Stretching or Yoga (60 min)		1	1	3	5
Revival Exercise (60 min)		1	2	2	3
Initial Osteopathy Session (75 min)			1	1	1
Hyperbaric Oxygen Therapy (75 min)			1	1	1
Therapeutic Head Massage (60 min)			1	1	1
Initial Traditional Thai Therapeutic Treatment with Consultation (90 min)				1	1
Subsequent Traditional Thai Therapeutic Treatment (90 min)				1	1
Follow-up 3D Body Scan (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)	72,869	100,287	147,007	220,505	287,769