



COMPREHENSIVE OPTIMAL FITNESS

Strength, flexibility, and alignment are essential for optimal fitness, and so is harmony between mind and body. Comprehensive Optimal Fitness includes a blend of one-on-one sessions with Fitness Trainers, Physiotherapists, Yoga, and Pilates Instructors while incorporating mind-body balance sessions. This program is ideal if you are seeking a holistic fitness practice, striving to reach new fitness goals or develop a stronger mind-body connection. Life Enhancement Mentors assist you to address mental and emotional imbalances that may be manifesting in physical symptoms such as weight gain, exhaustion or insomnia. Restorative therapies complete the program, regulating circulation, reducing tension and enhancing relaxation.

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
Fitness & Movement Assessment with 3D Body Scan (90 min)	1	1	1	1
Nutritional Guidance (60 min)	1	1	1	1
Initial Physiotherapy Session with Assessment (90 min)	1	1	1	1
Traditional Asian Foot Massage with Herbal Soak (90 min)	1	1	1	1
Traditional Herbal Compress Massage (90 min)	1	1	1	1
Vital Essence Oil Massage (90 min)	1	1	1	1
Marma Point Massage (90 min)	1	1	1	1
Royal Ayurvedic Traditional Massage (60 min)	1	1	1	1
Initial Osteopathy Session (75 min)	1	1	1	1
Pilates Session (Mat or Reformer) (60 min)	2	2	2	2
Yoga Private Session (60 min)	2	2	2	2
Mind-Body Balance Session (60 min)	2	2	2	2
Personal Training (60 min)	4	6	8	12
Far Infrared Sauna (30 min)	4	6	8	12
Super Stretching (60 min)	3	3	5	7
Subsequent Physiotherapy Session (60 min)	1	2	3	3
Hyperbaric Oxygen Therapy (75 min)	1	1	2	3
Meditation or Pranayama (60 min)	1	2	2	2
IV Therapy (Energy & Endurance) (60-90 min)		1	1	2
Therapeutic Head Massage (60 min)		1	1	1
Aqua Fitness Training (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
Subsequent Osteopathy Session (60 min)				1
Wellness Program Progress Review	1	1	2	3
Two Kamalaya meals per night of stay (lunch and dinner), and the Afternoon High Tea	8	11	15	21
PACKAGE PRICE (THB)	166,669	213,860	275,024	346,148