



IDEAL WEIGHT

Maintaining a healthy body weight is integral to a healthy mind-body balance. The Ideal Weight program incorporates a holistic lifestyle and metabolic approach to achieving your desired weight. It includes nutritional guidance, one-on-one personal fitness training and holistic therapies. Far Infrared Sauna sessions and Chi Nei Tsang stimulate blood circulation, boost metabolism and promote the detoxification and elimination process. Ideal Weight is designed to create new fitness habits and map out a long-term weight management strategy. It is suited to anyone seeking weight optimisation, wishing to balance blood pressure and cholesterol, or wanting to be more empowered in living a healthy lifestyle.

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 TCM Treatment (including consultation) (75 min)	1	1	1	1
Traditional Asian Foot Massage with Herbal Soak (90 min)	1	1	1	1
Oriental Herbal Detoxifying Scrub & Wrap (75 min)	1	1	1	1
Herbal Supplements & Remedies (daily set)	8	11	15	21
Far Infrared Sauna (30 min)	4	5	8	10
Personal Training (60 min)	3	4	5	8
Chi Nei Tsang (Taoist Abdominal Massage) (60 min)	2	3	4	5
Subsequent TCM Treatment (60 min)	1	1	3	3
Therapeutic Lymphatic Drainage (90 min)	1	2	2	3
Ozone Therapy (45-60 min)	1	1	2	3
IV Therapy (Metabolism Boost) (60-90 min)	1	1	2	3
Vital Essence Oil Massage (90 min)	1	1	2	2
Mind-Body Balance Session (60 min)	1	1	1	2
Aqua Fitness Session (60 min)		1	1	2
Myofascial Release Therapy (60 min)			1	2
Therapeutic Head Massage (60 min)			1	1
Anti-Ageing Renewal Facial (75 min)			1	1
Follow-up 3D Body Scan (30 min)			1	1
Initial Traditional Thai Therapeutic Treatment with Consultation (90 min)				1
Wellness Program Progress Review			1	2
Two Kamalaya meals per night of stay (lunch and dinner), and the Afternoon High Tea	8	11	15	21
PACKAGE PRICE (THB)	139,269	174,878	256,380	347,655