



RESILIENCE & IMMUNITY

We live in a world of change and how we respond can be an indicator of our mind-body balance and inner reserves. The Resilience & Immunity program empowers with its focus on physical health and resilience of heart and mind. It incorporates mindfulness training, meditation and bioresonance therapy to cultivate deep tranquillity as well as Traditional Chinese Medicine, herbal supplements, and functional testing to identify and address areas of imbalance. This program is designed for these challenging times and is ideal for anyone experiencing post-viral fatigue, living with auto-immune conditions or wishing to feel more robust and fortified in the face of life’s uncertainties.

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
Initial TCM Treatment (including consultation) (75 min)	1	1	1	1
Nutritional Guidance (60 min)	1	1	1	1
Therapeutic Lymphatic Drainage (90 min)	1	1	1	1
Rapid In-house Laboratory Screening Test (60-75 min)	1	1	1	1
Neuromodulation Therapy (60 min)	2	2	2	2
Herbal Supplements & Remedies (daily set)	8	11	15	21
Meditation or Pranayama (60 min)	1	1	2	3
Mindfulness Training (60 min)	1	1	2	3
Traditional Asian Foot Massage with Herbal Soak (90 min)	1	2	2	2
Far Infrared Sauna (30 min)	1	2	2	2
Ozone Therapy (45-60 min)	1	1	2	2
Hyperbaric Oxygen Therapy (75 min)	1	1	2	2
Chi Nei Tsang (Taoist Abdominal Massage) with Ruby Treasure Oil (60 min)	1	1	1	2
Subsequent TCM Treatment (60 min)		1	2	3
Bioresonance Therapy (20 min)		2	2	2
IV Therapy (Fortify Immunity) (60-90 min)		1	1	2
Marma Point Massage (90 min)		1	1	1
Traditional Asian Hand Massage (30 min)			1	1
Initial Traditional Thai Therapeutic Treatment with Consultation (90 min)			1	1
Subsequent Traditional Thai Therapeutic Treatment (90 min)				1
Therapeutic Head Massage (60 min)				1
Shirodhara (60 min)				1
Homoeopathic or Bach Flower Consultation (including remedies) (75 min)				1
Wellness Program Progress Review		1	1	2
Two Kamalaya meals per night of stay (lunch and dinner), and the Afternoon High Tea	8	11	15	21
PACKAGE PRICE (THB)	131,501	181,822	244,210	336,096