



STRUCTURAL REVIVAL

Postural alignment can be affected by natural ageing, behavioural patterns and trauma and can manifest in a myriad of ways from tightness, limited mobility and chronic pain. The Structural Revival program assists in realigning the body and improving posture to reduce tension, rehabilitate injuries and restore a higher level of function and vitality. Revival Exercise with Physiotherapists as well as one-on-one Pilates strengthen the body and stabilise joints, while holistic therapies such as myofascial release, assisted stretching and massages release tight muscles, restore movement and promote relaxation. This functional program promotes blood circulation, organ function and energy flow, positively impacting your emotional and psychological wellbeing.

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
Physiotherapy Session with 3D Body Scan Assessment (90 min)	1	1	1	1
Pilates with Stretching (60 min)	1	1	1	1
Initial Traditional Thai Therapeutic Treatment with Consultation (90 min)	1	1	1	1
Traditional Herbal Compress Massage (90 min)	1	1	1	1
Initial Osteopathy Session (75 min)	1	1	1	1
Myofascial Release Therapy (60 min)	1	1	2	4
Super Stretching (60 min)	1	1	2	3
Revival Exercise (60 min)	1	1	2	3
Pilates Session (Mat or Reformer) (60 min)	1	1	2	3
Hyperbaric Oxygen Therapy (75 min)	1	1	2	2
Traditional Asian Foot Massage with Herbal Soak (90 min)	1	1	1	2
Aqua Fitness Session (60 min)		1	1	2
Upper or Lower Body Tension Relief Massage (75 min)		1	1	1
Abdominal Organ Therapy (60 min)		1	1	1
Holistic Acupressure Facial Massage (75 min)			1	1
Follow-up 3D Body Scan (30 min)				1
Wellness Program Progress Review			1	2
Two Kamalaya meals per night of stay (lunch and dinner), and the Afternoon High Tea	5	8	11	15
PACKAGE PRICE (THB)	82,662	109,043	147,760	197,907