

INTEGRATED WELLNESS

A customised wellness programme designed to help guests reach health goals in the most effective way. It provides a foundation for a healthy and sustainable lifestyle, optimal fitness, ideal weight and de-stressing with sleep enhancement. It includes various holistic health and fitness treatments, healthy food and yoga exercises. Complete physical, mental, social and spiritual wellbeing can be experienced through this comprehensive lifestyle management programme.

OUR PROGRAMME INCLUDES:

1. Health and Wellness Consultation
2. Accommodation as per selection
3. Three wellness cuisine meals or detox meals per person and per night of stay
4. Complimentary healthy drinks, herbal tea and fresh seasonal fruits
5. Complimentary general physical examination
6. Complimentary daily fitness and leisure activities
7. Complimentary group classes including Meridian stretching / Tai Chi / Yoga / Zumba / Meditation as per schedule
8. Specific treatments as listed in the programme

About VLCC Wellness

The first VLCC wellness and beauty clinic in Southeast Asia is brought to you exclusively by Avani+. Founded over 30 years ago in Delhi, especially for Asian skin types and physiques, today over 200 clinics can be found across Asia and the Middle East.

VLCC transforms lives through its unique and scientific approach to wellness and beauty. Physicians, nutritionists, personal trainers, physiotherapists and cosmetologists formulate personalised programmes for each guest. Wellness treatments are complemented by spa relaxation, aesthetic treatments, hair and beauty services, as well as a modern interpretation of Ayurveda led by our resident Ayurvedic doctor from India. What results is measurable transformation and deep rejuvenation from within.

AVANI+
Hua Hin

VLCC



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INTEGRATED WELLNESS PACKAGES

1 NIGHT INCLUSIVE

2 NIGHTS INCLUSIVE

3 NIGHTS INCLUSIVE

5 NIGHTS INCLUSIVE

CONSULTATION

1 Body Composition Analysis
1 Blood Pressure Test
1 Pulse Oximetry Test
1 Path Test
1 Doctor Consultation
1 Physiotherapy Consultation
1 Nutritionist Consultation

1 Body Composition Analysis
1 Blood Pressure Test
1 Pulse Oximetry Test
1 Path Test
1 Doctor Consultation
1 Physiotherapy Consultation
2 Nutritionist Consultation

1 Body Composition Analysis
1 Blood Pressure Test
1 Pulse Oximetry Test
1 Electro Cardiogram
1 Path Test
2 Doctor Consultation
2 Physiotherapy Consultation
3 Nutritionist Consultation

1 Body Composition Analysis
2 Blood Pressure Test
2 Pulse Oximetry Test
1 Electro Cardiogram
1 Path Test
2 Doctor Consultation
2 Physiotherapy Consultation
5 Nutritionist Consultation

PHYSIOTHERAPY

1 Posture Training

1 Posture Training
1 Craniosacral Therapy

1 Posture Training
1 Craniosacral Therapy

1 Posture Training
1 Craniosacral Therapy

RESTORATIVE AND RELAXATION THERAPY

1 Mediation Session
1 Yoga Session
1 Pranayama Session
1 Jacobson Progressive Relaxation
1 Prakriti Analysis

2 Mediation Session
2 Yoga Session
2 Pranayama Session
2 Jacobson Progressive Relaxation
1 Prakriti Analysis
1 Liver Compress
1 Immuno Strengthening Therapy
1 Neuromuscular Therapy

3 Mediation Session
3 Yoga Session
3 Pranayama Session
3 Jacobson Progressive Relaxation
1 Prakriti Analysis
2 Liver Compress
1 VLCC Instant Detox Therapy
1 Immuno Strengthening Therapy
1 Manual Lymphatic Drainage Therapy
1 Neuromuscular Therapy
1 Acupressure
1 Reflexology
1 Cranio Sacral Therapy

4 Mediation Session
4 Yoga Session
4 Pranayama Session
4 Jacobson Progressive Relaxation
1 Prakriti Analysis
3 Liver Compress
1 VLCC Instant Detox Therapy
1 Elixir Therapy
1 Immuno Strengthening Therapy
1 Manual Lymphatic Drainage Therapy
1 Neuromuscular Therapy
2 Acupressure
2 Reflexology
1 Cranio Sacral Therapy
1 Bamboo Magic Therapy
1 Fusion Thai Massage
1 Core Muscle Strengthening Therapy

NURTRITION AND DIETETICS

1 Live Healthy Recipe Demonstration

2 Live Healthy Recipe Demonstration
1 Label Reading Class

3 Live Healthy Recipe Demonstration
1 Label Reading Class

BODY AND FACE

1 V-Shape Session
1 G10 Session

1 V-Shape Session
1 G10 Session
3 G5 Session

1 V-Shape Session
2 G10 Session
5 G5 Session

1 V-Shape Session
2 G10 Session
8 G5 Session

STARTING FROM

THB: 23,000++ Single occupancy
THB: 43,000++ Double occupancy

STARTING FROM

THB: 40,000++ Single occupancy
THB: 74,000++ Double occupancy

STARTING FROM

THB: 62,500++ Single occupancy
THB:116,000++ Double occupancy

STARTING FROM

THB: 92,500++ Single occupancy
THB: 170,000++ Double occupancy