

# VLCC



## Gut Wellbeing

Improved digestive health and immunity

Healthy gut function has been linked to normal central nervous system functioning. It is a well known fact that an imbalance in the healthy bacteria, overgrowth of potentially disease-causing bacteria or an inflammation in the gut may contribute to a wide range of health issues. Our programme helps you:

- Boost your energy and immune response
- Improve gut health through deep cleansing and detox
- Continue your wellness journey with dietary planning, de-stressing practices, and healthy exercise routines

# Gut Wellbeing

	1D	1N	2N	3N	5N
<b>Consultation</b>					
Body Composition Analysis	1	1	1	1	1
Blood Pressure Test			1	1	1
Electro Cardiogram					1
Path Test			1	1	1
Medical Assessment by Physician			1	1	1
<b>Nutrition &amp; Dietetics</b>					
Nutritional Consultation	1	1	1	1	1
Group Session/Lecture				1	1
Live Demo of Healthy Recipes			1	1	1
<b>Fitness</b>					
Group Fitness Session			1	3	5
<b>Restorative &amp; Relaxation Therapies</b>					
Meditation Session			1	1	2
Yoga Session	1	1	1	1	2
Reflexology or Acupressure Therapy				1	2
Liver Compress Therapy			1	3	3
Prakriti Analysis				1	1
Immuno Strengthening Therapy		1	1	1	1
Crystal Therapy for Balance of Chakras	1				
Cranio Sacral Therapy					1
Manual Lymphatic Drainage			1	2	3
VLCC Jadui Potli Therapy					1
Total Price (THB)	6,500	10,500	25,500	37,500	54,500

Please note:

- All prices for overnight stays above include cost of one room based on single occupancy, and specifically curated breakfast, lunch, and dinner for one adult
- One day (1D) packages include healthy meal
- All prices are in Thai Baht and are subject to a 10% Service Charge and applicable Government Tax

For reservations or more information, please contact:

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