

VLCC



Integrated Wellness

A holistic approach to wellness

A comprehensive holistic lifestyle management programme designed to help guests reach their health goals in the most effective way. It includes various holistic health and fitness treatments, healthy meals and yoga exercises aimed at enhancing physical, mental, social, and spiritual wellbeing. The Integrated Wellness programme will help you:

- Build a foundation for a healthy and sustainable lifestyle
- Achieve optimal fitness and ideal body weight
- Improve sleep quality through de-stressing

Integrated Wellness



	1D	1N	2N	3N	5N
Consultation					
Body Composition Analysis	1	1	1	1	1
Blood Pressure Test			1	1	1
Pulse Oximetry Test			1	1	1
Electro Cardiogram					1
Path Test			1	1	1
Medical Assessment by Physician			1	1	2
Physiotherapy Consultation				1	1
Nutrition & Dietetics					
Nutritional Consultation	1	1	1	1	1
Group Session/Lecture				1	1
Live Demo of Healthy Recipes			1	1	1
Fitness					
Group Fitness Session			1	3	5
Restorative & Relaxation Therapies					
Meditation Session			1	1	2
Yoga Session	1	1	1	2	2
Progressive Relaxation Therapy			1	2	2
Reflexology or Acupressure Therapy				1	2
Liver Compress Therapy				2	2
Prakriti Analysis				1	1
Immuno Strengthening Therapy					1
Fusion Thai Massage					1
VLCC Jadui Potli Therapy	1				
VLCC Instant Detox Therapy		1	1	1	1
Core Muscle Strengthening Therapy					1
Neuromuscular Therapy			1	1	1
Total Price (THB)	6,500	10,500	25,500	37,500	56,500

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:

T: +66 (0)32 898 989 ext. 3202 | E: vlcc.vhhv@avanihotels.com | Line: @VLCCHuaHin