



Weight Management

Scientific and sustained weight loss

A customised programme to deliver effective scientific weight loss through lifestyle modification counselling, dietary modification, a non-strenuous physical activity regimen, and safe technology-based appliance usage. Training on post-programme lifestyle practices and follow up online mentoring are also provided. This programme will help you:

- Shed extra weight and keep it off, with healthy lifestyle practices
- Become healthy inside as you shape-up on the outside

Weight Management



	1D	1N	2N	3N	5N	7N
Consultation						
Body Composition Analysis		1	1	1	1	1
Blood Pressure Test			1	1	2	2
Pulse Oximetry Test			1	1	1	1
Electro Cardiogram				1	1	1
Path Test			1	1	1	1
Medical Assessment by Physician			1	1	2	2
Physiotherapy Consultation		1	1	1	1	1
Nutrition & Dietetics						
Nutritional Consultation		1	1	1	2	3
Group Session/Lecture				1	2	3
Live Demo of Healthy Recipes			1	1	1	2
Fitness						
Group Fitness Session			1	3	5	7
Restorative & Relaxation Therapies						
Meditation Session			1	1	2	3
Yoga Session		1	1	2	2	2
Progressive Relaxation Therapy				1	1	1
Reflexology or Acupressure Therapy					1	2
Prakriti Analysis		1	1	1	2	2
Immuno Strengthening Therapy					1	1
Fusion Thai Massage					1	1
VLCC Instant Detox Therapy				1	1	1
Elixir Therapy						1
Seaweed Therapy					1	1
Manual Lymphatic Drainage		1	1	1	1	1
Core Muscle Strengthening Therapy					1	1
Body Contouring						
G5 Treatment		1	1	2	3	4
VShape Treatment			1	2	2	3
Total Price (THB)	6,800	11,500	26,500	38,500	63,500	82,500

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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