



ASIAN BLISS

Stress can manifest as a range of symptoms from insomnia and fatigue to anxiety, depression and chronic disease. Asian Bliss is a nurturing program for anyone feeling depleted, anxious or overwhelmed. It focuses on the Asian healing traditions of Ayurveda, Traditional Chinese Medicine and Thai therapies to support the nervous system and restore emotional and psychological balance. Signature treatments include Traditional Asian Foot Massage with Herbal Foot Soak and Royal Ayurvedic Traditional Massage, and you choose from private yoga, reiki, pranayama or meditation. It is ideal for restoring mental calm and alleviating tension, and equips you with supportive wellness practices for a more balanced life.

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
Traditional Herbal Compress Massage (90 min)	1	1	1	1
Indian Head Massage (60 min)	1	1	1	1
Royal Ayurvedic Traditional Massage (60 min)	1	1	1	1
Traditional Asian Foot Massage with Herbal Foot Soak (90 min)	1	1	2	2
Traditional Asian Hand Massage (45 min)	1	1	2	3
Chi Nei Tsang (30 min)	2	2	2	2
Personal Meditation or Personal Pranayama or Reiki or Personal Yoga Session (60 min)	2	3	3	4
Initial Traditional Thai Therapeutic Treatment including Consultation (90 min)		1	1	1
Initial TCM Consultation including Treatment (75 min)		1	1	1
Kati Vasti (60 min)		1	1	1
Lotus Scrub and Wrap (75 min)		1	1	1
Traditional Chinese Medicine Session (60 min)			1	2
Shirodhara (60 min)			1	2
Traditional Thai Therapeutic Treatment Subsequent Session (90 min)				1
The Anti-Ageing Revive & Awakening Facial (75 min)				1
Wellness Program Progress Review			1	1
PACKAGE PRICE (THB)	71,920	113,661	148,388	200,732