BASIC OPTIMAL FITNESS

Whether you are new to exercise, seeking motivation to get fit or keen to take your active routine to the next level, enlisting the support of a holistic wellness team will help you reach your fitness goal. The Basic Optimal Fitness program is personalised to you, with one-on-one instructions from personal trainers and physiotherapists to ensure you achieve optimal results. Holistic spa therapies and supportive treatments including far infrared therapy relieve muscle tension and support recovery, while also improving circulation, metabolism, and elimination. This program is ideal for anyone seeking to manage weight, create healthful habits, improve strength, endurance, flexibility and balance.

WELLNESS PROGRAM INCLUSIONS / NIGHTS	5	8	11	15	21
Wellness Consultation	1	1	1	1	1
Wellness Program Departure Review	1	1	1	1	1
Body Bio-Impedance Analysis	1	1	1	1	1
Holistic Fitness Evaluation with 3D Full Body Scan Assessment (90 min)	1	1	1	1	1
Traditional Asian Foot Massage (60 min)	1	1	1	1	1
Vital Essence Oil Massage (90 min)	1	1	2	3	4
Myofascial Release Therapy (60 min)	1	1	1	3	4
Traditional Thai Massage (90 min)	1	1	2	2	2
Personal Training Session (60 min)	3	4	6	9	12
Far Infrared Sauna (30 min)	4	5	7	10	14
Super Stretching or Yoga Session (60 min)		1	1	3	5
Revival Exercise (60 min)		1	2	2	3
Hyperbaric Oxygen Therapy (75 min)			1	1	1
Indian Head Massage (60 min)			1	1	1
Initial Traditional Thai Therapeutic Treatment including Consultation (90 min)				1	1
Traditional Thai Therapeutic Treatment Subsequent Session (90 min)				1	1
3D Full Body Scan Progress Follow-up (30 min)				1	1
Wellness Program Progress Review			1	1	2
PACKAGE PRICE (THB)	75,074	104,104	152,437	225,778	296,079