



## RESILIENCE & IMMUNITY

We live in a world of change and how we respond can be an indicator of our mind-body balance and inner reserves. The Resilience & Immunity program empowers with its focus on physical health and resilience of heart and mind. It incorporates mindfulness training, meditation and bioresonance therapy to cultivate deep tranquility as well as Traditional Chinese Medicine, herbal supplements, and functional testing to identify and address areas of imbalance. This program is designed for these challenging times and is ideal for anyone experiencing post-viral fatigue, living with auto-immune conditions or wishing to feel more robust and fortified in the face of life's uncertainties.

WELLNESS PROGRAM INCLUSIONS / NIGHTS	8	11	15	21
Wellness Consultation	1	1	1	1
Wellness Program Departure Review	1	1	1	1
Body Bio-Impedance Analysis	1	1	1	1
Holistic Fitness Evaluation with 3D Full Body Scan Assessment (90 min)	1	1	1	1
Initial TCM Treatment with Consultation (75 min)	1	1	1	1
Nutritional Guidance (60 min)	1	1	1	1
Lymphatic Drainage Therapy (90 min)	1	1	1	1
Herbal Supplements & Remedies (daily set)	8	11	15	21
Ozone Therapy (45-60 min)	1	1	2	2
Hyperbaric Oxygen Therapy (75 min)	1	1	2	2
Personal Meditation or Personal Pranayama or Reiki or Yoga Session (60 min)	1	1	2	3
Mindfulness Training (60 min)	1	1	2	3
Far Infrared Sauna (30 min)	1	2	2	2
Neuromodulation Therapy (60 min)	2	2	2	2
Traditional Asian Foot Massage with Herbal Foot Soak (90 min)	1	2	2	2
Chi Nei Tsang (Taoist Abdominal Massage) with Ruby Treasure Oil (60 min)	1	1	1	2
Bioresonance Therapy (20 min)		2	2	2
Marma Point Massage (90 min)		1	1	1
IV Therapy (Fortify Immunity) (60-90 min)		1	1	2
Traditional Chinese Medicine Session (60 min)		1	2	3
Traditional Asian Hand Massage (30 min)			1	1
Initial Traditional Thai Therapeutic Treatment with Consultation (90 min)			1	1
Traditional Thai Therapeutic Treatment Subsequent Session (90 min)				1
Indian Head Massage (60 min)				1
Shirodhara (60 min)				1
Homoeopathy or Bach Flower Consultation with Remedies (75 min)				1
G6PD Enzyme Test				1
Wellness Program Progress Review		1	1	2
Two Kamalaya meals per night of stay (lunch and dinner), and the Afternoon High Tea	8	11	15	21
<b>PACKAGE PRICE (THB)</b>	<b>126,633</b>	<b>176,020</b>	<b>237,005</b>	<b>328,860</b>