



## STRUCTURAL REVIVAL

Postural alignment can be affected by natural ageing, behavioural patterns and trauma and can manifest in a myriad of ways from tightness, limited mobility and chronic pain. The Structural Revival program assists in realigning the body and improving posture to reduce tension, rehabilitate injuries and restore a higher level of function and vitality. Revival Exercise with Physiotherapists as well as one-on-one Pilates strengthen the body and stabilise joints, while holistic therapies such as myofascial release, assisted stretching and massages release tight muscles, restore movement and promote relaxation. This functional program promotes blood circulation, organ function and energy flow, positively impacting your emotional and psychological wellbeing.

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
Physiotherapy Session with 3D Full Body Scan Assessment (90 min)	1	1	1	1
Pilates Session with Stretching (60 min)	1	1	1	1
Initial Traditional Thai Therapeutic Consultation & Treatment (90 min)	1	1	1	1
Traditional Asian Foot Massage with Herbal Foot Soak (90 min)	1	1	1	2
Hyperbaric Oxygen Therapy (75 min)	1	1	2	2
Super Stretching with Fitness Trainer (60 min)	1	1	2	3
Revival Exercise with Physiotherapist (60 min)	1	1	2	3
Pilates Session (60 min)	1	1	2	3
Myofascial Release Therapy with Physiotherapist (60 min)	1	1	2	4
Traditional Herbal Compress Massage (90 min)	1	1	1	1
Initial Osteopath Session (75 min)	1	1	1	1
Aqua Fitness with Physiotherapist (60 min)		1	1	2
Upper Body or Lower Body Tension Relief Massage Choice (75 min)		1	1	1
Abdominal Organ Therapy (60 min)		1	1	1
Holistic Acupressure Facial Massage (75 min)			1	1
3D Full Body Scan Progress Follow-up (30 min)				1
Wellness Program Progress Review			1	1
Two Kamalaya meals per night of stay (lunch and dinner), and the Afternoon High Tea	5	8	11	15
<b>PACKAGE PRICE (THB)</b>	<b>80,309</b>	<b>105,568</b>	<b>142,879</b>	<b>191,247</b>