

# RXV

## TREATMENT MENU

### WELLNESS CLINIC

#### MEDICAL CONSULTATION & EXAMINATION

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##### Anti-Ageing Wellness Doctor Consultation

30 Min THB 1,650.-

A consultation with our anti-ageing medical doctor in order to evaluate a guest's current health status and develop a personalised wellness programme.

##### Aesthetic Doctor Consultation

Coming Soon

30 Min THB 1,650.-

A consultation with our aesthetic medical doctor to perform a skin analysis for the face and body to create a personalised aesthetic programme.

#### LAB TEST

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##### Micronutrient Test

THB 19,500.-

Micronutrient deficiencies (sub-optimal levels of vitamins and minerals) can be caused by a stressful lifestyle and improper eating habits. Another contributor to micronutrient deficiencies is a reduction in your body's ability to absorb nutrients, usually caused by ageing. Micronutrient deficiencies can lead to long term health issues as well as premature ageing. Undergoing a micronutrient test plays a significant role in identifying specific deficiencies and setting a path to maintaining the proper nutrient levels to sustain healthy organ function and prevent associated illnesses.

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- Effective from 26th July 2023

### Food Intolerance Test

THB 23,000.-

It is relatively common for food intolerances to cause bloating, fatigue, skin disorders, and idiopathic headaches. By detecting IgG antibodies, this test can screen for more than 200 types of underlying food intolerances from a single blood sample. This is not only convenient, but also effective in terms of diagnostic screening when compared to traditional skin prick tests. The results of food intolerance testing are used to create dietary plans that can help you avoid undesirable reactions from specific food intolerances.

### Toxic Heavy Metal Profile (Urine)

THB 5,000.-

The body is exposed daily to toxic heavy metals, usually found in contaminated foods, food containers, drinking water, and even the air we breathe. Over time, these metals can accumulate in the body and impair the function of the fat, protein, and genetic components of cells, leading to cellular disorders. Such prolonged dysfunction of cells can cause damage to various organs as well as stimulate the development of cancerous cells, making this screening all the more important. If high levels of toxic heavy metals are found, Chelation therapy may be recommended to remove these substances.

### Hormone Panel

THB 16,000.-

Stress and ageing are common causes of hormone imbalances. Hormone imbalances within the body may lead to symptoms such as fatigue, weight change because of an impaired metabolism, and sleep deprivation. The screening of vital hormones such as dehydroepiandrosterone (DHEA), oestradiol, testosterone and progesterone is crucial in (i) creating a lifestyle modification plan that restores hormone balance, (ii) prescribing appropriate dietary supplements, and (iii) selecting hormone replacement therapies that can effectively slow down ageing processes.

### Urine Organic Acid Test

THB 14,000.-

The efficiency of a range of internal body functions can be assessed through the analysis of organic acids excreted in morning urine. These acids are by-products of various metabolic processes and can be used to effectively evaluate the efficiency of metabolisms, neurotransmitter balances, gut ecosystems, oxidative damage at the cellular level, and detoxification processes. The results help provide a clearer picture of an individual's health, and can be utilised to make a personalised plan to (i) restore the body's balance (ii) prescribe dietary changes or supplements that improve physical functions.

Oligoscan  
THB 5,500.-

Based on the spectrophotometric principle that each substance absorbs a specific wavelength of light, this device can analyse the levels of minerals, vitamins and toxic heavy metal levels that have accumulated in the tissues around the palm of your hands. This non-invasive screening yields immediate results that generally reflect an individual's long-term habits, including dietary pattern, exposure to heavy metals, prolonged dietary supplement use, or regular smoking. The results can be utilised to develop a lifestyle modification plan, or a customised dietary supplement programme. In case individuals have high levels of toxic heavy metal build-up, chelation therapy may be recommended to remove these substances.

## IV INFUSION

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Oxidative Defense IV  
60 Min THB 7,200.-

The body is exposed daily to free radicals through pollution, improper diet choices, excessive alcohol consumption and metabolic processes inside the body. High amounts of free radicals can cause oxidative stress on the body which triggers inflammation and cellular damage. Antioxidants play a vital role to not only protect cells from harmful free radicals and oxidative stress, but also to slow down the ageing process and improve overall health. Administering intravenous antioxidants such as alpha lipoic acid can help facilitate the removal process of free radicals within and outside cells. Other vitamins and tripeptides in this IV formula also help reduce cellular damage, especially for liver cells.

Liver Cleanse IV  
60 Min THB 6,400.-

The liver is one of the organs at greatest risk from oxidative damage caused by free radicals and other harmful substances. This is because the liver is responsible for metabolising and detoxifying chemicals found in foods, medicines, toxins, and alcohol. The Liver Cleanse IV's nourishing formula enhances the liver function, especially in detoxification processes, and protects the organ from cellular damage. This treatment is suitable for individuals having fatty liver disease and regular drinkers.

Beauty Glow IV  
60 Min THB 5,200.-

The skin plays a role in protecting the body from external harmful factors, especially UV rays that cause photo-ageing. Rejuvenating the skin begins from the inside out. The Beauty Glow IV's formula is rich in antioxidants that help protect the skin from cellular deterioration and promotes the production of collagen fibres; the main structural component of the skin. This treatment should make your skin more youthful, bright, and radiant.

### Brain Power IV

60 Min THB 7,200.-

Ageing, sleep deprivation, a stressful lifestyle and a poor diet can lead to brain fog, inefficiencies when working, impaired executive function, and memory impairment. The Brain Power IV's formula includes somazina which helps strengthen neuron membranes and enhances the production of neurotransmitters. The tripeptides and B vitamins in the IV formula will also reinforce overall brain functions, including memory retention and increased attention span.

### Energetic IV

60 Min THB 5,200.-

Both natural ageing and hormonal changes can impair your metabolism and energy levels. The Energetic IV, contains L-carnitine that increases the utilisation of fatty acids to generate cellular energy. Increased energy levels help enhance an individual's exercise performance and lift energy expenditure. This treatment is suitable for individuals who aim to lose weight, exercise enthusiasts, and those interested in gaining muscle fitness.

### Immune Booster IV

60 Min THB 5,200.-

The Myers cocktail formula contains vitamin C, B vitamins, calcium, and magnesium that all play key roles in strengthening the immune system. The Immune Booster IV is suitable for individuals who travel frequently and are at risk of infection, those prone to illnesses such as the common cold, and those recovering from infectious diseases

### Chelation IV

Coming Soon

120 Min THB 6,400.-

The body is exposed daily to toxic heavy metals found in contaminated foods, food containers, drinking water, and even the air we breathe. These metals can accumulate in the body and impair the function of fat, protein, and genetic components of cells, leading to cellular disorders. Such prolonged dysfunction of cells results in damage to various organs as well as stimulating the development of potentially cancerous cells. The Chelation IV binds heavy metals chemically and helps remove these toxins from the body.

### Ozone Therapy

30 Min THB 5,200.-

Ozone therapy infuses pure oxygen directly into the bloodstream. The oxygen molecules are then transferred to each cell in the body to help generate cellular energy and reinforce proper cellular functions. The treatment can also help strengthen the immune system. It is suitable for individuals who feel tired, are recovering from infection, or are seeking to strengthen their immunity.

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### NAD+ IV

120 Min THB 7,200.-

Nicotinamide Adenine Dinucleotide, abbreviated as NAD+, is a coenzyme that plays an essential role in energy production at a cellular level. NAD+ is one of the factors responsible for the survival of cells. A reduction in NAD+ levels can be observed during ageing, which in turn can be linked to numerous degenerative diseases. The NAD+ IV aims to slow down ageing processes and maintain cellular metabolism and regeneration. This therapy is suitable for individuals who want to enhance energy levels, boost cognitive function, and is especially suitable for those who are interested in anti-ageing remedies.

## SCIENTIFIC WELLNESS TREATMENTS

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### Colon Hydrotherapy

60 Min THB 4,400.-

Also known as colonic irrigation, colon hydrotherapy helps remove any blockages in the large intestine. The prolonged accumulation of faecal matter can result in hardened, dry stools that are hard to pass. Besides, the remaining faeces could lead to the accumulation of harmful microbes and impair the body's ability to absorb some nutrients from food. Therefore, colon hydrotherapy suits individuals having constipation, especially the elderly, and anyone who drinks and eats an inadequate amount of water and dietary fibres.

### Cryosauna

3 Min THB 3,000.-

The cryosauna exposes the body to subzero temperatures around -130 degrees Celsius to help reduce the inflammation of muscles and joints. Athletes or exercise enthusiasts who overexert their muscles and have joints that are inflamed or injured, should consider spending time in a cryosauna. After leaving the cryosauna, the body will try to restore its normal temperature of 37 degrees Celsius by accelerating energy expenditure. This process dilates blood vessels to improve circulation, which in turn facilitates calorie burning and enhances the removal of metabolic wastes from tissues in the body. Additionally, the process enables beneficial nutrients to be transported to areas requiring repair and leaves the skin looking fresh and supple.

### Lower Body Contouring with INDIBA

90 Min THB 5,500.-

INDIBA is a technology that utilises radio frequencies to accelerate the metabolism at a cellular level. In this session, INDIBA is used to firm up an individual's legs and the lower part of their body. The INDIBA treatment can help reduce cellulite and fat deposits underneath the skin, resulting in more contoured legs.

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### Core Contouring with INDIBA

60 Min THB 3,900.-

INDIBA is a technology that utilises radio frequencies to accelerate the metabolism at a cellular level. In this session, INDIBA is used to trim and tone up an individual's abdominals and core muscles. The INDIBA treatment can help reduce cellulite appearance and fat deposits underneath the skin, resulting in a more contoured figure.

### Facial Lifting with INDIBA

60 Min THB 3,900.-

The INDIBA technology uses a radio frequency of 448kHz to stimulate production of the collagen and elastin fibres, which are the main structure of the skin, making it firmer and more elastic. Additionally, the treatment can help reduce fat deposits and increase the microcirculation underneath the skin, restoring a youthful appearance, suppleness, and firmness of the facial skin.

### Facial and Body Firming with INDIBA

120 Min THB 7,700.-

The INDIBA technology uses radio waves at a frequency of 448kHz to stimulate production of the collagen and elastin fibres, which are the main structure of the skin, making it firmer and more elastic. Combined with the use of a G5 massager machine and a body firming massage, the treatment effectively helps reduce fat deposits and increases the microcirculation underneath the skin. Our treatment will help restore a youthful appearance, suppleness, and firmness of the skin on your face and body.

### Muscle Building - EMSculpt

45 Min THB 6,700.-

In a single procedure, The EMSculpt technology utilises High-Intensity Focused ElectroMagnetic (HIFEM) waves to stimulate muscle contraction and reduce fat build-up in specific areas. EMSculpt is suitable for individuals who want to build muscles in combination with an existing exercise regime, or for those who want to resume muscular function but cannot exercise due to time constraints or injury.

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# RXV

## WELLNESS JAI

### ALTERNATIVE MEDICINE TREATMENTS

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#### Traditional Thai Medicine Doctor Consultation

30 Min THB 1,000.-

Traditional Thai Medicine centres on a philosophy of 4 elements (Dhatu): earth, water, wind and fire. The screening and consultation is to identify the imbalance of Dhatu from unbalanced lifestyle that makes one feel dis-ease, but not yet a defined disease.

#### Lady Health Therapy

90 Min THB 4,950.-

Ladies' healthcare under the guidance of traditional Thai medicine involves using a heated salt pot combined with a herbal mix to relax the muscles of the womb and genital area. The therapy also includes special abdominal massage techniques to improve circulation, alleviate menstrual cramps, and resume the function of female organs. Additionally, the treatment can be beneficial to women experiencing unwanted vaginal discharge, new mothers looking for the after-childbirth confinement (Yu Fai), and menopausal women experiencing hormonal changes and associated symptoms.

#### Traditional Thai Court-Type Massage

60 Min THB 1,650.-

Traditional Thai Court-Type massage involves applying pressure through the fingertips and hands. In the past, this technique was reserved for members of the Thai Royal Court. It has been passed down through generations as a remedy for alleviating body discomfort, muscle pain, shoulder pain, and joint stiffness. Traditional Thai Royal Court massage focuses on applying pressure on specific points along the principal meridian lines (Sen) throughout the body in order to allow the wind element and blood to flow, relieve tension, and effectively alleviate muscle pains.

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### Traditional Thai Court-Type Massage with House Blend Herbal Compress Ball

90 Min THB 2,750.-

Traditional Thai Court-Type massage is primarily used to force the wind element and blood to flow towards the affected areas where therapeutic benefits are needed. In combination with the use of a house blend Thai herbal poultice, the treatment can provide additional anti-inflammatory and pain-relieving remedies. This therapy is suitable for individuals suffering with chronic muscle pain because of their repetitive work postures or exercise routine.

### Thai Massage

60 Min THB 1,650.-

Thai massage, simply known as Nuad Thai or Nuad Cha-Loei-Sak, is the most well-known massage in Thailand. Passed down through generations, therapists use different parts of their body, including hands, fingers, elbows, and knees, in combination with the relaxing techniques of pressing, treading, pulling, and twisting, to allow the wind element to flow properly. This releases the tension of tight muscles and fascia and improves body circulation.

### Thai Warrior Massage

Coming Soon

60 Min THB 2,200.-

Thai warrior massage is designed to stretch muscles and joints to improve flexibility. The Thai warrior massage is a combination of a Thai massage, Thai hermit exercise (Ruesi Dadton), and yoga. The massage techniques in our treatment involve pressing, pulling, and stretching in motion, alongside breathing techniques to increase its overall efficacy. The treatment is suitable for individuals with muscle stiffness and pain caused by repetitive work postures as well as those with mental stress in their daily lives.

### Aromatic Thai Herbal Steam

30 Min THB 1,100.-

Our Thai herbal steam treatment is derived from a full repertoire of medicinal plants, steamed together to produce therapeutic vapours. These vapours are beneficial to the respiratory system and can ease breathing difficulties. Herbal steam also helps secrete fluid waste via the sweat glands, while the heat improves blood circulation and relaxes tight muscles, leaving recipients with glowing skin.

### Thai Pure Nutrient Hair and Scalp Massage

60 Min THB 2,200.-

Our scalp massage, with its special technique, aims to improve blood circulation and deliver vital nutrients to hair follicles. We combine our scalp massage with a hair mask that utilises Thai herbs which have cooling properties, such as neem, Andrographis and butterfly pea. The combined treatment reduces scalp inflammation, and relieves tension and stress, leaving you feeling relaxed and refreshed.

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### Ya Pok

30 Min THB 850.-

Ya Pok is a therapeutic eye mask made from herbs with cooling properties, duck egg white and nutrient rich mud. The therapeutic eye mask absorbs heat, alleviates tension and relieves inflammation around the eyes and face. This therapy unwinds tension and stress, leaving the face and the area around the eyes refreshed.

### RXV Belly and Gut Massage

60 Min THB 3,300.-

RXV's belly and gut massage is modified from the traditional Chi Nei Tsang treatment developed by the White Cloud Taoist Monks who believe that the abdominal area is the centre of vital energy or Chi (also written as Qi). This therapeutic massage enhances the flow of Qi throughout the body. Our treatment promotes overall physical well-being, strengthens internal organs, and activates the parasympathetic nervous system which helps relax the body. Additionally, this massage can support gastrointestinal functions and rebalance the energy around the solar plexus chakra.

### RXV Ayurvedic Massage

Coming Soon

60 Min THB 3,300.-

Abhyanga is the Sanskrit term for 'oil massage' involving the use of therapeutic oil and a massage technique that is applied in a rhythmic stroke to relax muscle stiffness and enhance the flow of pranic energy, also known as vital energy. This Ayurvedic treatment is ideal for individuals seeking muscle pain relief and improvement in blood and lymphatic circulation..

### Chakra Balancing with Crystal Bowl Healing

Coming Soon

60 Min THB 3,300.-

According to traditional Indian wisdom, the body has seven main chakras, also known as energy points, located from the bottom of the spine, through the sacral area, abdomen, heart, neck and third eye, to the crown. It is believed that when these chakras are misaligned, the body will be out of balance, increasing the likelihood of health problems. To restore a balanced alignment of these chakras, our energy healer will use crystal chakra bowls to provide vibrational frequencies to convert stressful waves to relaxing, meditative ones. Our treatment is recommended for individuals facing chronic stress and anxiety.

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## SPA

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### Head & Scalp Massage

60 Min THB 1,650.-

The head & scalp massage is recommended for the individuals experiencing headaches due to work-related stress or those who suffer occasional migraines. It involves stimulating the specific pressure points where there is most tension, specifically, those located in the scalp, temple, and forehead. By enhancing blood circulation to these areas, this massage helps relieve pain, reduce tension, and promote a more restful sleep for the recipient.

### Neck & Shoulder Massage

60 Min THB 1,650.-

An improper sitting posture results in imbalanced head positioning, which puts strain on the neck and shoulders, resulting in pain in that area. The neck and shoulder massage helps enhance blood circulation in the affected region, serving as a remedy for fixing postural problems around the neck and shoulders.

### Hand Massage

60 Min THB 1,650.-

Our hand and finger massage aims to address myofascial pain associated with locked fingers and palm pain. The massage increases flexibility in the joints of the fingers and reduces the muscle tension capable of causing discomfort. Our treatment is suitable for individuals who engage in prolonged use of their hands and arms for work or exercise, the elderly who suffer with hand spasms or locked fingers, individuals suffering from carpal tunnel syndrome, and those who spend long periods of time using electronic devices.

### Foot Massage

60 Min THB 1,650.-

Our foot massage is effective in relieving muscle tension, enhancing blood circulation, and reducing water retention in the feet and calf areas. It is particularly beneficial for individuals who frequently wear high heels, have to stand for extended periods, or those with plantar fasciitis. This massage technique can also stimulate the sensitivity of peripheral sensory neurons in diabetic feet.

### Body Active Firming Massage

Coming Soon

90 Min THB 4,950.-

Our body firming massage utilises the G5 massager to reduce the appearance of cellulite and break down fat deposits underneath the skin. Our treatment is recommended for individuals who have sagging skin or cellulite problems. The technique also promotes the microcirculation of blood and lymphatic system to help excrete metabolic waste and reduce water retention, leaving the recipients with a firmer body.

### Good - Night - Sleep Massage

90 Min THB 4,950.-

Our Good Night Sleep Massage seamlessly blends the benefits of a soothing massage with the therapeutic effects of sound healing. During the massage, Ayurvedic acupressure techniques are utilised along with the application of aroma oils to restore balance to the body, while the sound vibrations from a crystal bowl alleviate mental stress. Together they enhance the quality of your sleep. Our treatment is well-suited for individuals who are experiencing sleep deprivation due to stress and anxiety.

### Botanical Aromatherapy Massage

60 Min THB 2,200.-

A gentle and rhythmic massage performed with aroma oils chosen for their effectiveness in alleviating both physical and mental stress. The aromas derived from these herbal extracts not only provide olfactory stimulation but also aid in relieving emotional stress. Our treatment results in relaxed muscles, nourished skin, and enhanced blood and lymphatic circulation.

### Rice Grain Body Scrub

30 Min THB 1,950.-

This body scrub is used to remove dead cells from the skin to stimulate new cell production. The scrub, made from organic rice grains, also helps unblock and purify skin pores. After the treatment, the skin will be soft, smooth, supple, glowing and shining.

### Coconut Shea Butter Body Mask

30 Min THB 1,950.-

Our treatment moisturises and revitalises the skin, making it soft to touch, while preventing the early onset of wrinkles. Coconut Shea butter is rich in vitamin E, which helps to prevent dry skin, making our treatment especially suitable for individuals who are prone to dry skin or have skin allergies. Additionally, vitamin E from shea butter possesses anti-inflammatory properties which helps soften scar tissues.

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### Skin and Body Therapy

60 Min THB 3,850.-

Our signature Skin and Body Therapy is ideal for individuals who pay special attention to their skin. It involves a salt-based scrub that removes waste products blocking the skin pores as well as dead skin cells. This prepares the skin to better absorb the nourishing nutrients and minerals from the shea butter and coconut oil body mask. The nutrients will be absorbed into the skin's deepest layers, resulting in skin that stays hydrated for longer. The skin will also become stronger, more radiant, and free from fine lines.

## FACIAL - ORGANIC PHARMACY

### Rose Crystal Lymphatic Facial

60 Min THB 4,400.-

This skincare regimen combines traditional Chinese Gua Sha with a facial acupuncture massage to help improve the microcirculation of blood and lymph. This improvement in microcirculation plays a key role in both removing metabolic waste from the skin tissue and relieving facial puffiness. In the final step of this treatment, a face mask packed with antioxidants derived from rosehip and collagen, is applied to help enhance the skin's suppleness and firmness.

### Brightening Facial

60 Min THB 4,400.-

This brightening regimen focuses on removing dead skin cells using a special peel containing papaya-derived enzymes, vitamin C and a full repertoire of natural acids obtained from fruits. The combining effects of these ingredients can rapidly bring back the radiance and glowing complexion of the skin. This facial treatment is recommended for individuals who have dull skin or experience skin discolouration.

### Rejuvenating Facial

60 Min THB 4,400.-

This revolutionary facial regimen provides outstanding results by improving the microcirculation to better deliver nourishing nutrients and antioxidants to the deep layers of the skin. The skin will also be repaired, revitalised and rejuvenated by using a massage technique that simultaneously helps enhance the cutaneous microcirculation and tightness of the skin. Our treatment will leave you with youthful and glowing skin.

# RXV

## WELLNESS GAYA

### CONSULTATION & SCREENING

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#### Postural Analysis & Physiotherapy Assessment

30 Min THB 1,650.-

Postural analysis performed by a physiotherapist.

#### Fitness Strength Assessment

45 Min THB 1,650.-

The assessment of physical strength, fitness, and performance.

#### Physiotherapy Ultrasound Scan

30 Min THB 1,650.-

This assessment uses ultrasound technology as a way to assess muscle engagement during exercise. An ultrasound scan can also be used to evaluate the efficacy of muscle performance before and after treatments, offering a more accurate diagnosis than an individual's subjective reports. This screening can also be implemented to monitor the long-term efficacy of treatments on those who regularly undergo muscle related treatments.

#### Spine Health Analysis

30 Min THB 1,650.-

This analysis utilises a scanning device that is wheeled over the spine from the cervical vertebrae (C7) down to the sacrum (S3), to evaluate the spine curvature, inclination, posture and mobility. The results are displayed as 3D images without the use of x-rays.

### Grid Analysis

30 Min THB 900.-

Grid analysis is a form of postural analysis using a digital application to assess an individual's posture based on images encompassing front, back and side views. The Posture "app" evaluates the body's alignment, the symmetry of various parts such as the neck, shoulder blades, back and pelvis, and calculates the extra head weight that the cervical vertebrae is supporting in cases of a forward head posture. The comprehensive assessment can be used to both improve posture and fix poor posture.

### Body Composition Analysis - Styku

30 Min THB 1,650.-

Using infrared technology, Styku is a 3D body composition analysis that yields highly accurate results comparable to those of a DEXA scan. Individual's body measurements, fat mass, muscle mass, bone mass and fat distribution are fully illustrated with 3D images and comprehensive reports, all in one step. When compared to bioelectrical impedance analysis, Styku is the safest and most suitable for individuals who have implanted medical devices such as a pacemaker.

## MOVEMENT THERAPY

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### Yoga

60 Min THB 1,650.-

Practising yoga reinforces body strength and mindful breathing skills, providing both physical and mental benefits. Practitioners will feel more at ease, more flexible, and more in tune with their bodies. A private yoga session is suitable for those who are looking for a personalised yoga sequence from alignment adjustments to achieving their asana goals.

### Yoga Fly Stretch

Coming Soon

60 Min THB 2,200.-

This exercise combines body strengthening and the flexibility of yoga through the use of a suspended hammock to partially support individuals' body weight while standing on the floor. The hammock helps you stretch and balance effectively. This workout also strengthens muscles and supports movement while practising.

### Regenerative Exercise

60 Min THB 2,200.-

Our Regenerative Exercise offering is designed by physiotherapists with the aim of rehabilitating muscles, bones, tendons, and joints after injury. It is suitable for individuals looking for solutions to physical complications as a result of injuries or surgeries, and the elderly who want to improve body functions and movement.

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### Personalised Functional Training

60 Min THB 2,200.-

Our Personalised Functional Training offering is designed by sports scientists with the aim of helping individuals reach their health goals in terms of strength, range of motion, flexibility, and endurance. Those who partake in this exercise will also gain the necessary skills to develop their own programme, reduce their risk of injury, and optimise their exercise regime.

### Neuromuscular & Brain Activation Exercise

60 Min THB 2,200.-

This exercise focuses on the coordination of three elements: sensory inputs, brain reactions, and motor outputs by using various sensory stimuli, including colours and lights. After practising, individuals will be trained to effectively respond to daily activities and other exercises to reduce their risk of injury. This workout is suitable for anyone, especially children who need to develop their sensory and motor skills, and the elderly who want to stay cognitively and physically active.

### Tai Chi

60 Min THB 1,650.-

Developed from ancient Chinese martial arts, Tai Chi is an exercise that combines physical exercise with mental focus through movements that require mindful breathing techniques. The results of this workout includes a healthy balance between the body and mind, an increase in hip, knee, ankle and joint strength, and mental benefits that help you feel more relaxed.

### Pilates 1-on-1

60 Min THB 2,200.-

Pilates is a resistance exercise that relies on body weight to strengthen core muscles and small muscle groups. Our one-on-one training utilises Reformer and Cadillac machines to support the body weight and help control muscle movements. This exercise can make the body more flexible while strengthening the targeted muscle groups at the same time. Pilates is also beneficial to individuals looking to correct their posture.

### Mat Pilates

60 Min THB 1,650.-

Mat Pilates is a resistance exercise that relies on body weight in combination with intensive breathing techniques to control the quality of body movement. This workout focuses on strengthening core muscles and small muscle groups that are often overlooked during regular training programmes. This workout is recommended for individuals who want to strengthen their core muscles and correct their posture.

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### Bone Health Exercise

Coming Soon

60 Min THB 2,200.-

Bones are constantly undergoing change throughout our lives, with the continual formation and resorption processes. This exercise increases the vertical load on bones alongside other training techniques aimed at strengthening the bones, meaning it is suitable for children and adolescents looking for height gain, menopausal women, and the elderly who are at the high risk of osteoporosis.

### Active Fascia Release

60 Min THB 2,200.-

Fascia acts like bandages wrapping muscles, nerves, and blood vessels altogether. When the body is in a sedentary state for a prolonged period, fascia can become dehydrated and contract, which affects the range of motion and could cause painful symptoms. The active fascia release exercise aims at rehydrating the fascia in order to relax any contractions, restore the range of motion and alleviate myofascial pain.

### Breath Work & Movement Exercise

60 Min THB 2,200.-

This exercise focuses on effective breathing to restore the respiratory mechanism of individuals. The movements alongside powerful breathing techniques can help improve muscle and joint strength, and calm the nervous system at the same time. This exercise is therefore suitable for individuals who have a tendency for shallow breathing and stress, office workers, and the elderly who are prone to get tired easily.

### Total Body Stretch

60 Min THB 1,650.-

Our Total Body Stretch is led and monitored by a sports scientist, who will guide you through a full stretch of your body, from the cervical region to the fascia of soles, increasing body flexibility. This session helps relieve muscle tension caused by sports or daily activities. It is ideal for individuals who are active in sports and who want to relieve body tension or stretch out their body after exercise

## PHYSIOTHERAPY TREATMENTS

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### Myofascia Release Massage

60 Min THB 3,300.-

Myofascia release massage is performed by a professional physiotherapist, who works on relieving tension in surface and deeper muscle groups. As those muscles relax, circulation improves and any pain tends to disappear, so this programme is suitable for individuals with body tension, including those who regularly play sports and are experiencing pain as a result of previous injury.

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### Myofascia Release with INDIBA

60 Min THB 3,850.- / 90 Min THB 5,500.-

INDIBA is a technology that utilises radio frequencies to relax the deep layer of fascia, which is a major cause of chronic myofascial pain. As the fascia tension is alleviated, the pain will be relieved, and the range of motion will be restored. This treatment is also supplemented with deep tissue massage for more effective results. Therefore, individuals who have recovered from injuries and want to correct their poor postures, including crooked back and rounded shoulders, are suited to this treatment.

### INDIBA for Running Lover

60 Min THB 3,850.-

INDIBA is a technology that utilises radio frequencies to relax tight muscles and fascia around the lower back and legs, making it especially suitable for runners, hikers, and individuals who spend much time walking and standing, including golfers. This treatment is also supplemented with deep tissue massage for more effective results, alleviating the back and leg tension and improving the blood circulation at a tissue level. Consequently, chronic pain is relieved and the tension around thighs, calves and lower back is remedied.

### INDIBA Office Syndrome Release

60 Min THB 3,850.-

Our Office Syndrome Treatment focuses on the tight muscles and fascia around the neck, shoulder and back, making it ideal for those experiencing discomfort and pain due to spending a significant amount of time at a desk. Our treatment uses INDIBA complemented by deep tissue massage for better results, alleviating neck, shoulder, arm, palm, and finger tension and improving blood circulation at the tissue level.

### Physiotherapy Treatment

60 Min THB 3,850.-

Our treatment is customised by a physiotherapist to meet the health conditions and goals of each individual. The physiotherapist will assess and select the most suitable treatment case by case to ensure the utmost efficacy is achieved.

## GROUP CLASS

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60 Min THB 750.-

## BOR NAAM (HYDROTHERAPY)

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60 Min THB 850.-

## KID ACTIVITY

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120 Min THB 550.-

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