# BEAUTY
# *FOR LIFE*

## Cellular Radiance & Graceful Ageing

Beauty for Life is a holistic beauty and wellbeing retreat that enhances natural radiance from within. The programme combines medical-grade skin diagnostics, advanced aesthetic facials, IV nutrient therapy, anti-ageing nutrition, and Thai healing therapies to support cellular rejuvenation, hormonal balance, skin health, and inner vitality, restoring glow, confidence, and a youthful sense of wellbeing.

### Retreat Purpose

Enhance cellular radiance, support inner vitality, and promote graceful ageing.

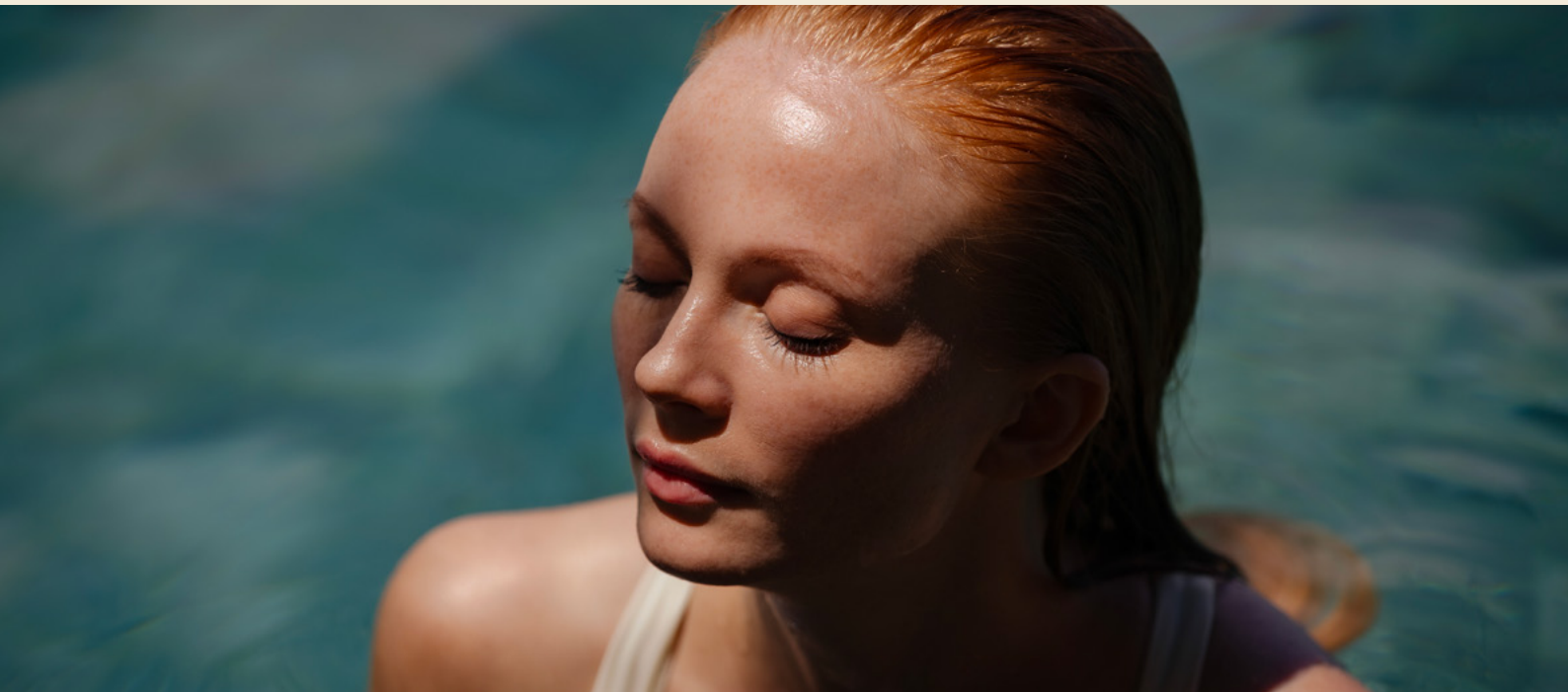
Ideal For

- Skin rejuvenation and radiance improvement
- Anti-ageing and longevity-focused beauty
- Body contouring and skin tone refinement
- Fatigue, dull skin, and burnout-related appearance changes
- Guests seeking confidence and inner–outer renewal

### Guest Outcomes

Guest typically experience:

- Improved skin appearance and hydration
- Brighter complexion
- Enhanced confidence and sense of wellbeing
- Increased energy & vitality



# TREATMENT *INCLUSIONS*

| Treatment / Service | Duration | 3 Nts | 5 Nts | 7 Nts | 10 Nts |
|---|---|---|---|---|---|
| Dermatologist Consultation | 60 | 1 | 1 | 1 | 1 |
| Visia Face Image Consultation | 30 | 1 | 1 | 1 | 1 |
| Nutrition Assessment | 30 | 1 | 1 | 1 | 1 |
| Wellness Initial Consultation | 60 | 1 | 1 | 1 | 1 |
| Wellness Follow Up Consultation | 30 | 0 | 1 | 1 | 2 |
| Metabolic Support Infusion | 60 | 0 | 1 | 1 | 2 |
| Beauty & Skin Rejuvenation Infusion | 60 | 1 | 1 | 2 | 2 |
| Thai Aqua Vitality Ritual | 60 | 0 | 1 | 1 | 2 |
| Maya Abdominal Massage | 30 | 0 | 0 | 1 | 2 |
| Colonic Hydrotherapy | 60 | 0 | 0 | 1 | 2 |
| Hydrafacial Deluxe Facial | 60 | 1 | 0 | 0 | 0 |
| Hydrafacial Platinum | 75 | 0 | 1 | 1 | 1 |
| Advance Light Therapy | 45 | 1 | 1 | 2 | 3 |
| Pilates Plus | 60 | 0 | 1 | 2 | 3 |
| Super Stretching / Yoga | 60 | 0 | 1 | 1 | 2 |
| Tranquil Thai Herbal Ritual Bath | 20 | 0 | 1 | 1 | 2 |
| Lymphatic Drainage Massage | 60 | 0 | 1 | 2 | 2 |
| Venus Legacy Treatment | 60 | 1 | 1 | 2 | 3 |
| Departure Consultation | 20 | 1 | 1 | 1 | 1 |
| Belun Ring Sleep Test | Overnight | 1 | 1 | 1 | 1 |
| Comprehensive Blood Testing | — | 0 | 0 | 1 | 1 |

# BLOOD TEST *PACKAGE*

| Blood Test Item | Turnaround Time |
|---|---|
| **1) Comprehensive Metabolism Panel** | |
| CBC | 1 day |
| Blood Sugar (FBS) | 1 day |
| Liver Function Test | 1 day |
| BUN | 1 day |
| Creatinine (include GFR) | 1 day |
| PSA | 1 day |
| **2) Thyroid Function** | |
| TSH | 1 day |
| Free T4 | 1 day |
| Free T3 | 1 day |
| Gut Microbiome Test | 10 days |
| **3) Hormone Panel** | |
| DHEA | 1 day |
| Cortisol | 1 day |
| **4) Micronutrient Tests** | |
| Micronutrient Profile + Vitamin D2/D3 | 5 days |

**Group Class Recommendations**

- Hatha Yoga
- Sound Healing
- Elastic Exercise
- Nature Discovery
- Wellness Talk
- Mat Pilates
- Juice-Making Workshop
- Tea Workshop