THAI TRADITIONAL MEDICINE *FOR LIFE*

Traditional Wisdom & Personalised Wellness

Thai Traditional Medicine for Life is a personalised wellness programme inspired by the principles of Thai Traditional Medicine. It combines traditional assessment and therapies with lifestyle guidance, movement and holistic wellbeing practices to support balance, vitality and sustainable wellbeing.

Retreat Purpose

Improve overall wellbeing through a personalised approach rooted in Thai Traditional Medicine.

Ideal For

- Guests interested in traditional Thai wellness and holistic care
- Individuals seeking personalised lifestyle and wellbeing guidance
- Guests looking to reconnect with balance, movement and self-care

Guest Outcomes

Guest typically experience:

- A greater understanding of their individual wellbeing needs
- Practical guidance for daily self-care and healthy routines
- Traditional Thai wellness practices tailored to their needs
- A personalised approach to supporting long-term wellbeing



TREATMENT *INCLUSIONS*

Treatment / Service	Duration	3 Nts	5 Nts	7 Nts	10 Nts
Wellness Initial Consultation	60	1	1	1	1
Sleep Test	15	1	1	1	1
CGM — Continuous Glucose Monitor	15	1	1	1	1
Nutrition Assessment	30	1	1	1	1
Moti Dynamic Postural Analysis	30	1	1	1	1
Wellness Follow Up Consultation	30	0	0	1	2
Thai Medicine Workshop	60	1	1	2	2
Thai Medicine Vitality Consultation	60	1	1	1	2
Rajasamnak Thai Therapeutic Massage	60	1	1	2	2
Pao Ya – Heated Herbal Therapy/ Goy Mod Look / Burut Vitality Therapy/ Herbal Salted Clay Pot Revitalization/ Goy Thong Therapy (Gut Health Abdomen Massage)	60	1	1	2	2
Sweet Herbal Thai Acupressure (with head massage)	60	1	1	2	2
Thai Tranquil Touch Massage	90	0	1	2	3
Body Brush And Herbal Detox Ritual	90	0	1	1	2
Lymphatic Drainage Massage	60	0	1	2	2
Soom Ya – Facial Herbal Steam Therapy / Tranquil Thai Herbal Ritual Bath	30	0	1	1	2
Thai Aqua Vitality Ritual	60	1	1	1	2
Craniosacral Therapy	60	0	1	1	2
Yoga / Tai Chi	60	0	1	1	2
Personal Training	60	0	1	1	2
Super Stretching	60	0	0	1	2
Departure Consultation	20	1	1	1	1
Belun Ring Sleep Test	Overnight	1	1	1	1
Blood Testing Package	—	0	0	1	1

BLOOD TEST *PACKAGE*

Blood Test Item	Turnaround Time
1) Comprehensive Metabolism Panel	
CBC	1 day
Blood Sugar (FBS)	1 day
BUN	1 day
Creatinine eGFR	1 day
Liver Function Test	1 day
Electrolytes	3 day
2) Coagulation Profile	
Coagulation Profile (PT/INR)	1 day

Group Class Recommendations

- Hatha Yoga
- Full Body Stretch
- Nature Trail
- Tea Workshop
- Herbal Workshop
- Sound Healing
- Nature Discovery Walk
- Tai Chi
- TTM Hermit Exercise Workshop