

FITNESS

Would you like to improve stamina, tone the body, get fit or address specific movement related concerns? This program focuses on assessing your fitness level and blends high and low intensity training and corrections of muscular imbalances with soothing treatments.

WELLNESS PROGRAMS

Rates are exclusive of Wellness cuisine and are subject to 17.4% tax & service charge.

	3 Nights	5 Nights	7 Nights
Fitness	No. Activities	No. Activities	No. Activities
Wellness Screening (45 mins)	1	1	2
Consultation with personal trainer 30 minutes	1	2	2
Personalized Training 60 minutes	2	3	5
Deep Tissue Massage 60 minutes	1	1	1
Thai Massage 60 minutes	1	1	1
Private Stretching Session 30 minutes	x	1	2
Bamboo Massage 90 minutes	x	1	1
Signature Scrub 60 minutes	x	1	1
Program Wrap-up	1	1	1
Price for Package Only			
Price per person USD	442	884	1131
Price per couple USD	884	1768	2262
Price Including Full Board			
Price per person USD	832	1534	2041
Price per couple USD	1664	3068	4082