



# OSLER HEALTH

## INTERNATIONAL

### **A Journey of Wellness and Renewal**

An exclusive collaboration between Raffles Spa and Osler Health International

#### **Itinerary**

The half-day wellness journey (4 hours) includes the following:

#### **1. Comprehensive Health & Wellness Assessment at Osler Health International optimising your longevity using the Lifestyle Medicine approach**

- Medical Consultation with a Lifestyle Medicine-focused doctor - 1 hour
- (Fasting) blood tests
- Full medical report
- Follow-up medical consultation

#### **2. Revitalising Experience at Raffles Spa**

- Dry brushing and herbal body wrap – 90 minutes
- Refreshments and relaxation at the spa lounge
- Use of the spa facilities before and / or after the spa treatment
- Please contact Raffles Spa at +65 6412 1377 for more details

#### **Pricing:**

\$1499 ++

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**Th following are some additional services / health screening tests that you can consider. Some of these tests can be done on the same day as your initial clinic visit, and others will have to be arranged for another day.**

Optional Medical Service:

- Nutritional assessment and advice provided by our in-house dietitian - 1 hour \$350



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### Optional Nutritional Supplements:

- A 2-month supply of Clinique La Prairie's Holistic Health Purity supplements -\$515

### Optional Health Screening Tests:

- Gut Health Test (stool test) - \$550
- Epigenetics Test (blood test): \$1600
- Multi-cancer early detection test (blood test) - testing for 11 kinds of cancer \$3800
- Pharmacogenomics Test: \$900
- Nutri-genomics Test: \$900
- Cardiac treadmill test/ CT calcium score test (if deemed necessary by the doctor based on your history/ results) (off-site) \$370/ \$495
- Depending on age and sex:
  - PAP smear \$327
  - Mammogram (off-site) \$617
  - Colonoscopy (off-site by Specialist) \$TBC

All prices quoted are not inclusive of the 9% Goods & Services Tax (GST)