



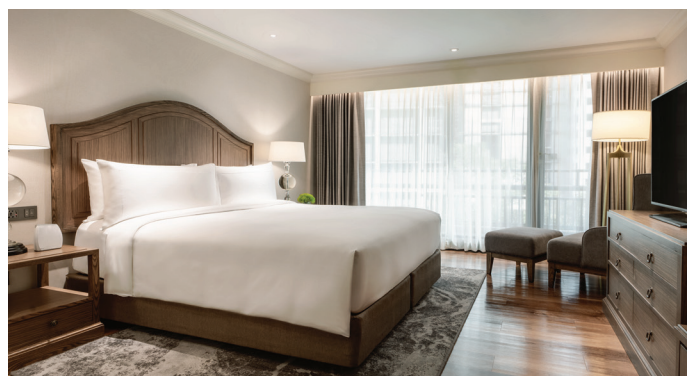
BDMS Wellness “CEO & Executives Retreat” (3 Days 2 Nights)

Program	Genders	Rooms	<= 50 Years Old	> 50 Years Old	Club Benefits
BDMS Wellness “CEO & Executives Retreat”	Male	Wellness Deluxe	THB 64,000++	THB 89,000++	✓
	Female	Wellness Deluxe	THB 68,000++	THB 95,000++	✓
	Male & Female (2 Pax)	Wellness Deluxe	THB 125,000++	THB 179,000++	✓
	Male	Wellness Suite	THB 65,900++	THB 91,900++	✓
	Female	Wellness Suite	THB 69,900++	THB 97,900++	✓
	Male & Female (2 Pax)	Wellness Suite	THB 129,000++	THB 199,000++	✓

Take a moment to reflect, you may be feeling the pressure and demands of Executive life. It could be time for you to engage in our CEO & Executives Retreat Program. Engage with our team of onsite experts and discover your personalised program to maintain a healthy and balanced lifestyle.

Package includes:

- BDMS Wellness “CEO & Executives Retreat” with health check-up program
- Two nights accommodation in Wellness Deluxe or Wellness Suite
- Personalised consultations with Nutritionist and Wellness Concierge team
- Daily wellness breakfast
- Access to wellness activities and personal training sessions



- Club benefits
- One time lunch or dinner at Nourish
- Roundtrip airport transfers
- Curated wellness amenities in room (Pillow menus, iHome light and sound therapy, “ME Time” meditation and stretching items)

**Terms and conditions apply*

**All above prices are subject to government tax and service charge*

**Advance reservation is required prior to arrival and subject to availability*

Program

BDMS Wellness
“CEO & Executives
Retreat”
(3 Days 2 Nights)

< = 50 Years Old

Wellness Deluxe
Male
THB 64,000++
Female
THB 68,000++
Male & Female (2 Pax)
THB 125,000++

Wellness Suite
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THB 65,900++
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< = 50 Years Old

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Wellness Suite
Male
THB 91,900++
Female
THB 97,900++
Male & Female (2 Pax)
THB 199,000++

Category	Items	< = 50 Years Old			> 50 Years Old		
		QTY	Male	Female	QTY	Male	Female
Antioxidant, 8 Lipid and water soluble vitamins (HPLC)	Doctor Fee	1	•	•	1	•	•
	Vitamin C (HPLC)	1	•	•	1	•	•
	Vitamin A (HPLC)	1	•	•	1	•	•
	Vitamin E (HPLC)	1	•	•	1	•	•
	Gamma Tocopherol	1	•	•	1	•	•
	Beta Carotene	1	•	•	1	•	•
	Alpha Carotene	1	•	•	1	•	•
	Coenzyme Q10 (HPLC)	1	•	•	1	•	•
	Lycopene	1	•	•	1	•	•
	Lutein + Zeaxanthin	1	•	•	1	•	•
	Beta-Cryptoxanthin	1	•	•	1	•	•
Micronutrients	Folate(Serum)	1	•	•	1	•	•
	Vitamin B12	1	•	•	1	•	•
	Chromium in Blood (Mass spectrometry)	1	•	•	1	•	•
	Copper in Blood (Mass Spectrometry)	1	•	•	1	•	•
	Vitamin D2/D3 (25-OH Vit D2/D3)(LC-MS/MS)				1	•	•
	Magnesium	1	•	•	1	•	•
	Selenium in Blood (Mass spectrometry)	1	•	•	1	•	•
	Zinc in Blood (Mass Spectrometry) : (ICP-MS)	1	•	•	1	•	•
Hormones	Luteinizing Hormone (LH)	1	•	•	1	•	•
	Folicle Stimulating Hormone (FSH)	1	•	•	1	•	•
	Estradiol (E2)	1	•	•	1	•	•
	Progesterone	1		•	1		•
	Thyroid Stimulating Hormone (TSH)	1	•	•	1	•	•
	Free T3	1	•	•	1	•	•
	Free T4	1	•	•	1	•	•
	Dehydroepiandrosterone Sulphate (DHEA-S)	1	•	•	1	•	•
	IGF1	1	•	•	1	•	•
	Testosterone	1	•	•	1	•	•
	Cortisol				1	•	•
	Prolactin				1	•	•
	Insulin	1	•	•	1	•	•
Hematology	CBC	1	•	•	1	•	•
	Electrolyte (Na, K, Cl, C02)	1	•	•	1	•	•
Cardio	Ferritin (Lab)	1	•	•	1	•	•
	ESR	1	•	•	1	•	•
	CRP high sense	1	•	•	1	•	•
	Homocysteine	1	•	•	1	•	•
	Cholesterol	1	•	•	1	•	•
	Triglyceride	1	•	•	1	•	•
	HDL	1	•	•	1	•	•
	LDL	1	•	•	1	•	•
Sugar	Glucose (Fasting)	1	•	•	1	•	•
	Glycated Hb (HbA1c)	1	•	•	1	•	•
Liver	SGPT	1	•	•	1	•	•
	SGOT	1	•	•	1	•	•
	Alkaline Phosphatase				1	•	•
	Billirubin				1	•	•
	Albumin	1	•	•	1	•	•
	GGT				1	•	•
	Total Protein				1	•	•
Renal	BUN	1	•	•	1	•	•
	Creatinine (plus GFR)	1	•	•	1	•	•
	Urine Microalbumin (Micro Albumin)				1	•	•
Bone & Joint	Uric Acid	1	•	•	1	•	•
Tumor Markers	Carcinoembryonic Antigen (CEA)	1	•	•	1	•	•
	Alphafetoprotein (AFP)	1	•	•	1	•	•
	Cancer Antige 15-3 (Breast Cancer only female)	1		•	1		•
	CA 19-9 (Digestive Tract)(CA 19-9 (Digestive Tract))				1	•	•
	Prostatic Specific Antigen (PSA only male)	1	•				
	Free PSA				1	•	
	CA125 (Plus HE4)(Roche)				1		•
Toxic	Toxic Metals Profile in Blood-Cr, Co, Mn, Ni, Hg, Pb, Cd (ICP-MS)				1	•	•
	Arsenic in Blood (ICP-MS)				1	•	•
Other labs	Urine Exam	1	•	•	1	•	•
	Stool Exam	1	•	•	1	•	•
X-ray	Chest X-ray	1	•	•	1	•	•
EKG	EKG	1	•	•	1	•	•
Bons Dens	Bone Dens Whold Body	1	•	•	1	•	•
Ultrasound Abdomen	Ultrasound Upper Abdomen	1	•	•	1	•	•
	Ultrasound Lower Abdomen	1	•	•	1	•	•
MRI	MRI Whole Abdomen	1	•	•	1	•	•
Pap test	Pap Test	1	•	•	1	•	•
ABI	ABI	1	•	•	1	•	•
EST	EST	1	•	•	1	•	•
Eyes & Ears	Eyes & Ears Test	1	•	•	1	•	•
Fitness Training	Muculoskeletal Training Program	1	•	•	1	•	•
Skin Analysis	Skin Analysis	1	•	•	1	•	•
BWC Package IV Treatment	Package IV Treatment	1	•	•	1	•	•
Supplement	Royal App Fast Sachet	3	•	•	3	•	•