

# 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  
Male  
THB 65,900++  
Female  
THB 69,900++  
Male & Female (2 Pax)  
THB 129,000++

### > 50 Years Old

Wellness Deluxe  
Male  
THB 89,000++  
Female  
THB 95,000++  
Male & Female (2 Pax)  
THB 179,000++

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	
		Male	Female	Male	Female
Antioxidant, 8 Lipid and water soluble vitamins (HPLC)	Vitamin C (HPLC)	*	*	*	*
	Vitamin A (HPLC)	*	*	*	*
	Vitamin E (HPLC)	*	*	*	*
	Gamma Tocopherol	*	*	*	*
	Beta Carotene	*	*	*	*
	Alpha Carotene	*	*	*	*
	Coenzyme Q10 (HPLC)	*	*	*	*
	Lycopene	*	*	*	*
Micronutrients	Lutein + Zeaxanthin	*	*	*	*
	Beta-Cryptoxanthin	*	*	*	*
	Folate(Serum)	*	*	*	*
	Vitamin B12	*	*	*	*
	Chromium in Blood (Mass spectrometry)	*	*	*	*
	Copper in Blood (Mass Spectrometry)	*	*	*	*
	Vitamin D2/D3 ( 25-OH Vit D2/D3)(LC-MS/MS)	*	*	*	*
	Magnesium	*	*	*	*
Hormones	Selenium in Blood (Mass spectrometry)	*	*	*	*
	Zinc in Blood (Mass Spectrometry) : (ICP-MS)	*	*	*	*
	Luteinizing Hormone (LH)	*	*	*	*
	Folicle Stimulating Hormone (FSH)	*	*	*	*
	Estradiol (E2)	*	*	*	*
	Progesterone	*	*	*	*
	Thyroid Stimulating Hormone (TSH)	*	*	*	*
	Free T3	*	*	*	*
	Free T4	*	*	*	*
	Dehydroepiandrosterone Sulphate (DHEA-S)	*	*	*	*
	IGF1	*	*	*	*
	Testosterone	*	*	*	*
Hematology	Cortisol	*	*	*	*
	Prolactin	*	*	*	*
Hematology	Insulin	*	*	*	*
	CBC	*	*	*	*
Cardio	Electrolyte (Na, K, Cl, CO2)	*	*	*	*
	Ferritin (Lab)	*	*	*	*
	ESR	*	*	*	*
	CRP high sense	*	*	*	*
	Homocysteine	*	*	*	*
	Cholesterol	*	*	*	*
	Triglyceride	*	*	*	*
	HDL	*	*	*	*
Sugar	LDL	*	*	*	*
	Glucose (Fasting)	*	*	*	*
Liver	Glycated Hb (HbA1c)	*	*	*	*
	SGPT	*	*	*	*
	SGOT	*	*	*	*
	Alkaline Phosphatase	*	*	*	*
	Billirubin	*	*	*	*
	Albumin	*	*	*	*
	GGT	*	*	*	*
Renal	Total Protein	*	*	*	*
	BUN	*	*	*	*
	Creatinine (plus GFR)	*	*	*	*
Bone & Joint	Urine Microalbumin (Micro Albumin)	*	*	*	*
	Uric Acid	*	*	*	*
Tumor Markers	Carcinoembryonic Antigen (CEA)	*	*	*	*
	Alphafetoprotein ( AFP )	*	*	*	*
	Cancer Antige 15-3 (Breast Cancer only female)	*	*	*	*
	CA 19-9 (Digestive Tract)(CA 19-9 (Digestive Tract))	*	*	*	*
	Prostatic Specific Antigen (PSA only male)	*	*	*	*
	Free PSA	*	*	*	*
Toxic	CA125 (Plus HE4)(Roche)	*	*	*	*
	Toxic Metals Profile in Blood-Cr, Co, Mn, Ni, Hg, Pb, Cd (ICP-MS)	*	*	*	*
Other labs	Arsenic in Blood (ICP-MS)	*	*	*	*
	Urine Exam	*	*	*	*
X-ray	Stool Exam	*	*	*	*
	Chest X-ray	*	*	*	*
EKG	EKG	*	*	*	*
	Bons Dens	*	*	*	*
Ultrasound Abdomen	Bone Dens Whole Body	*	*	*	*
	Ultrasound Upper Abdomen	*	*	*	*
MRI	Ultrasound Lower Abdomen	*	*	*	*
	MRI Whole Abdomen	*	*	*	*
Pap test	MRI	*	*	*	*
ABI	Pap Test	*	*	*	*
	ABI	*	*	*	*
EST	EST	*	*	*	*
	EST	*	*	*	*
Eyes & Ears	Eyes & Ears Test	*	*	*	*
Fitness Training	Musculoskeletal Training Program	*	*	*	*
Skin Analysis	Skin Analysis	*	*	*	*
IV Treatment	IV Treatment	*	*	*	*
Supplement	Royal App Fast Sachet	*	*	*	*