

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



LINE: @movenpickbdms

Program	Genders	Rooms	<= 50 Years Old	> 50 Years Old	Club Benefits
<b>BDMS Wellness “CEO &amp; Executives Retreat”</b>	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++	Wellness Suite Male THB 65,900++
Female THB 68,000++	Female THB 69,900++
Male & Female (2 Pax) THB 125,000++	Male & Female (2 Pax) THB 129,000++

### > 50 Years Old

Wellness Deluxe Male THB 89,000++	Wellness Suite Male THB 91,900++
Female THB 95,000++	Female THB 97,900++
Male & Female (2 Pax) THB 179,000++	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	•	•	•	•
	Lutein + Zeaxanthin	•	•	•	•
	Beta-Cryptoxanthin	•	•	•	•
Micronutrients	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	•	•	•	•
	Selenium in Blood (Mass spectrometry)	•	•	•	•
Zinc in Blood (Mass Spectrometry) : (ICP-MS)	•	•	•	•	
Hormones	Luteinizing Hormone (LH)	•	•	•	•
	Folicle Stimulating Hormone (FSH)	•	•	•	•
	Estradiol (E2)	•	•	•	•
	Progesterone		•		•
	Thyroid Stimulating Hormone (TSH)	•	•	•	•
	Free T3	•	•	•	•
	Free T4	•	•	•	•
	Dehydroepiandrosterone Sulphate (DHEA-S)	•	•	•	•
	IGF1	•	•	•	•
	Testosterone	•	•	•	•
	Cortisol			•	•
	Prolactin			•	•
Insulin	•	•	•	•	
Hematology	CBC	•	•	•	•
	Electrolyte (Na, K, Cl, CO2)	•	•	•	•
Cardio	Ferritin (Lab)	•	•	•	•
	ESR	•	•	•	•
	CRP high sense	•	•	•	•
	Homocysteine	•	•	•	•
	Cholesterol	•	•	•	•
	Triglyceride	•	•	•	•
	HDL	•	•	•	•
LDL	•	•	•	•	
Sugar	Glucose (Fasting)	•	•	•	•
	Glycated Hb (HbA1c)	•	•	•	•
Liver	SGPT	•	•	•	•
	SGOT	•	•	•	•
	Alkaline Phosphatase			•	•
	Billirubin			•	•
	Albumin	•	•	•	•
	GGT			•	•
	Total Protein			•	•
Renal	BUN	•	•	•	•
	Creatinine (plus GFR)	•	•	•	•
	Urine Microalbumin (Micro Albumin)			•	•
Bone & Joint	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	Pap Test		•		•
ABI	ABI			•	•
EST	EST	•	•	•	•
Eyes & Ears	Eyes & Ears Test	•	•	•	•
Fitness Training	Musculoskeletal Training Program	•	•	•	•
Skin Analysis	Skin Analysis	•	•	•	•
IV Anti-Aging	IV Anti-Aging	•	•	•	•
Supplement	Royal App Fast Sachet	•	•	•	•