



BDMS Wellness “Weight Loss Retreat” (3 Days 2 Nights)



LINE: @movenpickbdms

Program	Room	Price (1 person)	Price (2 persons)
BDMS Wellness “Weight Loss Retreat”	Wellness Deluxe	THB 52,900++	THB 95,900++

At Mövenpick BDMS Wellness Resort, our weight loss retreat program offers a safe, sustainable and long term solution for you to achieve and maintain healthy body weight. This program is specially developed to control and reduce your weight with an emphasis on the right nutrition, extensive exercise, personalised training sessions, and customised holistic approaches.



Package includes:

- "Weight Loss Retreat" with health check-up program at BDMS Wellness Clinic
- Two nights accommodation in Wellness Deluxe
- Personalised consultations with Nutritionist and Wellness Concierge Team
- Daily wellness breakfast
- Access to wellness activities and personal training sessions
- One time 60-minute Aromatherapy massage
- One healthy craft juice daily (App Fast all plant protein)
- One time healthy minibar
- Club benefits
- Early check-in at 11.00 am and late check-out at 2.00 pm
- 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

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Wellness Deluxe Room
✓ Club Benefits

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THB 52,900++

2 persons
THB 95,900++

Category	Items	Male / Female
Micronutrients	Vitamin B12	•
	Chromium in Blood (Mass spectrometry)	•
	Copper in Blood (Mass Spectrometry)	•
	Folate(Serum)	•
	Magnesium	•
	Vitamin D2/D3 (25-OH Vit D2/D3)(LC-MS/MS)	•
	Ferritin (Lab)	•
Hormones	Thyroid Stimulating Hormone (TSH)	•
	Free T3	•
	Free T4	•
	IGF1	•
	Insulin	•
Hematology	CBC	•
Sugar	Glucose (Fasting)	•
	Glycated Hb (HbA1c)	•
Liver	SGPT	•
	SGOT	•
	Alkaline Phosphatase	•
	Albumin	•
	GGT	•
Renal	BUN	•
	Creatinine (plus GFR)	•
Cardio	Cholesterol	•
	Triglyceride	•
	HDL	•
	LDL	•
	CRP high sense	•
	Homocysteine	•
EKG	EKG	•
EST	EST	•
X-ray	Chest X-ray	•
Dexa	Dexa Whole Body	•
Fitness	Musculoskeletal Training Program	•
Supplement	Royal App Fast 3 Boxes (BOX 10'S)	•
	Royal App Fast Sachets (3 pcs.)	•