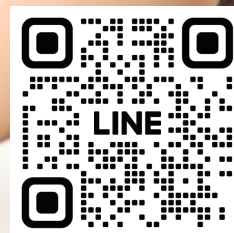


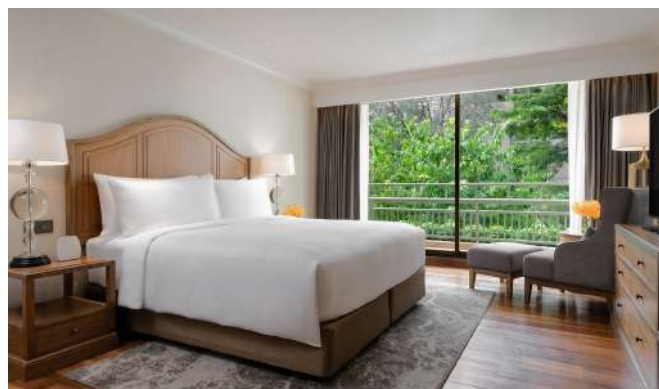
BDMS Wellness “Healthy Renew Retreat” (3 Days 2 Nights)



LINE: @movenpickbdms

Program	Room	Price (1 person)	Price (2 persons)	Club Benefits
BDMS Wellness “Healthy Renew Retreat”	Wellness Deluxe	THB 65,000++	THB 120,000++	✓
	Wellness Suite	THB 68,000++	THB 123,000++	✓

Mövenpick BDMS Wellness Resort offers you the perfect retreat venue to revive and help yourself discover your natural, relaxed state of wellbeing and vitality. Combine your comfort stay with renewing program from world class healthcare services, BDMS Wellness Clinic.



Package includes:

- BDMS Wellness “Healthy Renew Retreat” program
- Doctor consultation
- Private nutritional consultation
- Two nights accommodation in Wellness Deluxe Room
- Daily wellness breakfast
- Club benefits (Chocolate hour and evening cocktail daily)
- Early check-in at 11:00 and late check-out at 14:00
- Two healthy craft drinks daily (App Fast all plant protein)
- 60-Minute Aromatherapy massage
- One time lunch or dinner at Nourish daily
- One time healthy minibar
- Extra choice of pillow menu collection
- iHome sound therapy speaker in room
- Access to wellness class

*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 “Healthy Renew Retreat” (3 Days 2 Nights)

Wellness Deluxe Room ✓ Club Benefits

1 person
THB 65,000++
2 persons
THB 120,000++

Wellness Suite ✓ Club Benefits

1 person
THB 68,000++
2 persons
THB 123,000++

Category	Items	Male	Female
Antioxidants	Vitamin C (HPLC)	•	•
	Vitamin A (HPLC)	•	•
	Vitamin E (HPLC)	•	•
	Vitamin D2/D3 (25-OH Vit D2/D3)(LC-MS/MS)	•	•
	Gamma Tocopherol	•	•
	Beta Carotene	•	•
	Alpha Carotene	•	•
	Coenzyme Q10 (HPLC)	•	•
	Lutein + Zeaxanthin	•	•
	Beta - Cryptoxanthin	•	•
	Lycopene	•	•
Micronutrients	Vitamin B12	•	•
	Zinc in Blood (Mass Spectrometry) : (ICP-MS)	•	•
	Magnesium	•	•
	Folate (Serum)	•	•
	Chromium in Blood (Mass spectrometry)	•	•
	Copper in Blood (Mass Spectrometry)	•	•
	Selenium in Blood (Mass spectrometry)	•	•
	Ferritin (Lab)	•	•
Hormones	Luteinizing Hormone (LH)	•	•
	Folicle Stimulating Hormone (FSH)	•	•
	Thyroid Stimulating Hormone (TSH)	•	•
	Free T3	•	•
	Free T4	•	•
	Dehydroepiandrosterone Sulphate (DHEA-S)	•	•
	IGF1	•	•
	Testosterone	•	•
	Cortisol	•	•
	Insulin	•	•
	Estradiol (E2)	•	•
	Progesterone		•
Hematology	CBC	•	•
Sugar	Glucose (Fasting)	•	•
	Glycated Hb (HbA1c)	•	•
Liver	SGPT	•	•
	SGOT	•	•
Renal	BUN	•	•
	Creatinine (plus GFR)	•	•
Bone & Joint	Uric Acid	•	•
Cardio	CRP high sense	•	•
	Homocysteine	•	•
	Cholesterol	•	•
	Triglyceride	•	•
	HDL	•	•
	LDL	•	•
Dexa Whole Body	Dexa Whole Body (Fat, muscle & bone)	•	•
Fitness Training	Musculoskeletal Training Program	•	•
Skin Analysis	Skin Analysis	•	•
IV Anti-Aging	IV Anti-Aging	•	•
Supplement	Royal App Fast Sachet (4 pcs.)	•	•
	Royal Vita SKN (BOX 30's)	•	•