



## AYURAH WELLNESS BREATHING RECOVERY & IMMUNITY BOOSTING PROGRAMME

Aleenta Phuket, together with Ayurah Wellness, have partnered to offer an exceptional programme to prepare you for the Post Epidemic Lifestyle. Boost your immune system, promote stronger lung function and better breathing, learn new eating habits that protects, leans and cleans.

Gain knowledge in movement and physical routine that suits your physical performance and body needs while enjoying the chance to relax, recompose, refocus and ready your mind to be able to brave the new world.

THB 14,000++ per person per night double occupancy

THB 17,000++ per person per night single occupancy

\*Minimum 7 nights booking

### THE PROGRAMME INCLUDES:–

- \*Pre arrival wellness assessment
- \*Doctor consultation, wellness assessment and medical check up upon arrival
- \*3 meals a days planned by certified nutritionist with full plant base options
- \*Detox juice and meal supplement is served throughout the day as required
- \*Oxygen Therapy (3 times during stay)
- \*Chest Massage and exercise by certified Osteopath (3 times during stay)
- \*Personalised movement and exercise by personal trainer includes yoga, power beach walk, strength and conditioning program, Muay Thai, etc (one hour per day)
- \*Mindfulness Practice (one hour per day) to promote better breathing and sleep
- \*Psychotherapist consultation optional and available upon request\*
- \*Integrative Medicine Treatment as prescribed by medical doctor as needed
- \*Hydrotherapy spa treatment (once during stay)
- \*Immunity Boosting Spa Treatment Daily

The programme is available for 7, 14, or 30 days. For those who wish to have a more permanently lasting results, a longer stay will allow a new habits to be formed.

### WHAT CAN YOU EXPECT FROM THE PROGRAMME:–

- \*Stronger and healthier body and mind
- \*Those who wish to lose weight will experience weight loss and be more able to keep it off long term
- \*Those with type 2 diabetes will obtain a new way to control the symptoms, reduce need for medication, and some may be able to stop using medication completely.
- \*Pain management using integrative medicine
- \*Better sleep, feeling more calm and rested

Adventure, tour and additional activities can be arranged throughout the stay at additional cost. This may include national park hikes, various local farms visits, wellness cooking classes so that you can take your favourite recipes home, etc.



For reservation, please email: [AYURAH@aleenta.com](mailto:AYURAH@aleenta.com)

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