

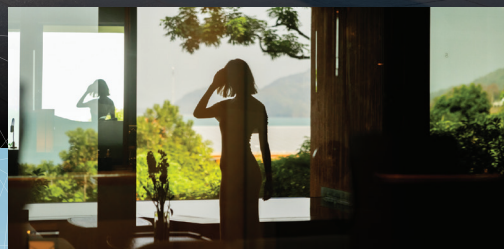


BDMS
WELLNESS
CLINIC

x Sri Panwa
PHUKET



The Holistic Wellness Retreat



A Complete HEALTH JOURNEY

Designed for those who prioritize their health and well-being, where prevention and long-term wellness unfold in the tranquil embrace of Phuket's tropical elegance

Toxic Metals Test

Screens for 8 key heavy metals that may impact your energy, focus, and overall health—helping detect hidden risks for targeted care.

Essential Vitamin, Micronutrient & Hormone Profile

An advanced assessment of vitamins, antioxidants, and hormones, with a personalized plan to support vitality and healthy aging.

Personalized Supplement

A customized vitamin plan based on your test results and lifestyle, delivering the right nutrients in the right doses for your body.

Telomere Testing

Measures telomere length, a key marker of cellular aging, to assess your biological age and support long-term health planning.

Metabolic Health Early Risk Screening

Screens blood glucose, lipid profile, and liver and kidney function to identify early risks of metabolic and cardiovascular conditions.

Skin Radiance Treatment (90 mins)

A 12-step intensive facial that detoxifies, hydrates, and revitalizes—revealing smoother, brighter, and more radiant skin.

Vitamin Therapy

Essential nutrients are delivered directly into the bloodstream for fast absorption, with formulas tailored to your wellness goals.

*Note : For safety reasons, Vitamins Therapy formulas will be advised according to the individual's body by our preventive medicine specialist before receiving the service.



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MEMBER OF BDMS

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Available in 4 Days & 3 Nights or 7 Days & 6 Nights

This retreat allows you to personalize each day with your choice of wellness experiences. Your experience may include:



	4 Days & 3 Nights	7 Days & 6 Nights
Personalized Wellness Consultation		
Personalized Vitamins (3 Months)	1	1
Toxic Metals Test Blood-Cr,co, Mn, Ni, Hg, Pb, Cd(ICP-MS) and Arsennic in Blood (ICP-MS)	1	1
Essential Vitamin, Micronutrient & Hormone Profile	1	1
Telomere Testing	1	1
Metabolic Health Early Risk Screening	1	1
Vitamin Therapy	2	5
Skin Radiance Treatment	1	2
Wellness Penthouse (140 sq. m. + Private Pool)	3	6
Full-Board Personalized Dining	8	14
Airport Transfer	4	4
Mindfulness Sessions	2	3
Spa	1	2
Active Wellness Sessions	2	5
Thermal	3	5
	350,000 THB Per Person	550,000 THB Per Person

Select activities that suit your needs

Mindfulness Sessions

Resonance Therapy
Mindful Unplug
Energy Alignment
Island Wanderlust

Spa

Aroma Thai Oil
Thai Massage
Signature Spa
Treatments

Active Wellness Sessions

First Light Ritual
Combat Rhythm
Court Mastery
Physical Strategist

Thermal

Sub-Zero Recovery
The Herbal Cloud
Infrared Sanctuary

Essential Vitamin, Micronutrient & Hormone Profile

Category	Items	Male	Female
Antioxidants	Vitamin C (HPLC)	●	●
	Vitamin A (HPLC)	●	●
	Vitamin E (HPLC)	●	●
	Gamma Tocopherol	●	●
	Beta Carotene	●	●
	Alpha Carotene	●	●
	Coenzyme Q10 (HPLC)	●	●
	Lycopene	●	●
	Lutein + Zeaxanthin	●	●
	Beta-Cryptoxanthin	●	●
Micronutrients	Vitamin B12	●	●
	Zinc in Blood (Mass Spectrometry) : (ICP-MS)	●	●
	Magnesium	●	●
	Vitamin D2/D3 (25-OH Vit D2/D3)(LC-MS/MS)	●	●
	Folate(Serum)	●	●
	Chromium in blood (Mass spectrometry)	●	●
	Copper in Blood (Mass Spectrometry)	●	●
	Selenium in Blood (Mass Spectrometry)	●	●
	Ferritin	●	●
Bone & Joint	Calcium	●	●
	Phosphate (Inorganic phosphate)	●	●
Hormones	Luteinizing Hormone (LH)	●	●
	Follicle Stimulating Hormone (FSH)	●	●
	Thyroid Stimulating Hormone (TSH)	●	●
	Free T3	●	●
	Free T4	●	●
	Dehydroepiandrosterone Sulphate (DHEA-S)	●	●
	IGF1	●	●
	Testosterone	●	●
	Cortisol	●	●
	Insulin	●	●
	Estradiol (E2)	●	●
	Progesterone		●

Metabolic Health Early Risk Screening

Category	Items	Male	Female
Hematology	CBC	●	●
Sugar	Glycated Hb (HbA1c)	●	●
	Glucose (Fasting)	●	●
Liver	SGPT	●	●
	SGOT	●	●
Renal	BUN	●	●
	Creatinine (plus GFR)	●	●
Bone & Joint	Uric Acid	●	●
Cardio	CRP high sense	●	●
	Homocysteine	●	●
	Cholesterol	●	●
	Triglyceride	●	●
	HDL	●	●
	LDL	●	●