



BDMS  
WELLNESS  
CLINIC  
*Retreat*



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01

## ABOUT US

Your sustainable wellness begins at BDMS Wellness Clinic Retreat

BDMS Wellness Clinic Retreat at Anantara Riverside Bangkok Resort is a part of Bangkok Dusit Medical Services (BDMS) network – Thailand’s largest operator of private hospitals with over 50 facilities in Thailand and Cambodia.

We hold a strong belief that prevention is better than cure, and we are committed to helping our guests reach their health goals, adopt a healthier lifestyle, and achieve their optimal wellbeing. We offer comprehensive wellness screenings utilising advanced science and technology that allows our physicians to accurately predict future health issues and help prevent disease while enhancing mental and physical performance and – most importantly – quality of life.

We also offer a range of aesthetic services in facial and body treatments using the latest technologies under the close supervision of our specialised dermatologists.





## 02

### BEAUTY & AESTHETIC TREATMENTS

#### ROYAL RADIANCE SKIN TREATMENT (FACE & NECK)

🕒 90 min

Embark on a luxurious 12-step voyage of skin transformation with our Royal Radiance Skin Treatment, a serene 90-minute experience designed to rejuvenate and restore your skin's natural radiance. The journey begins with a gentle yet effective cleansing using natural extracts, followed by a deep pore cleanse that opens pores for thorough purification. The micro-oxygen bubble cleanse then takes centre stage, gradually eliminating dirt and oil while reducing the risk of acne, leaving your skin soft and smooth.

Next, our moisturising complex provides a soothing embrace, with ampoule moisturiser, cornflower extract, linden, and hyaluronic acid working in harmony to hydrate, heal, and protect your skin from free radicals. As we delve deeper into the treatment, our nourishing collagen gel and hydrating hyaluronic acid gel reveal their magic, reducing wrinkles and enhancing your skin's elasticity and softness. You'll experience the calming touch of aloe vera gel, soothing inflammation and rejuvenating damaged skin, while our eye and lip contour mask enhances hydration and reduces the appearance of wrinkles.

Completing this remarkable journey is the application of SPF 50, PA+++ sunscreen, which not only protects your skin from the harsh effects of the sun but also leaves it with a smooth and radiant finish. Emerging from the Royal Radiance Skin Treatment, your skin will be refreshed, renewed, and ready to face the world with a youthful and healthy glow that radiates from within.

#### ROYAL CRYSTAL SKIN

This needle-free treatment gets the essential vitamins and active ingredients into the deep layers of your face and neck for a brighter, radiant complexion with the use of the Infusion™ device. The pulses it releases stimulate the formation of microchannels in cell membranes to receive active substances, before reverting back to normal after the treatment.

This unique method allows the ingredients to be delivered deeper with less pain and skin irritation, while stimulating skin renewal and nurturing and brightening your complexion to decrease the appearance of surface lines, sunspots, and wrinkles. The programme is especially recommended to anyone looking for fast hydration with a skin-brightening effect.

#### ROYAL ANTI-GRAVITY

Using Viora V30, a medical solution approved by the Food and Drug Administration (FDA) of the United States and Thailand, the one-hour session effectively lifts the skin and reduces fine lines and wrinkles around and under eyes, cheek grooves, lower face, submental triangle, and neck.

Thanks to Viora's CORE™ technology, which has three adjustable levels of radiofrequency, skin concerns can be addressed more effectively with targeted application. By stimulating the treated skin areas with controlled heat, the treatment also helps increase collagen production and boost blood circulation.





## ACNE TREATMENT

🕒 75 min

Our acne treatment is specially designed to effectively restore and rejuvenate acne-prone skin with no side effects. The treatment combines masking and vitamin infusion techniques in three steps:

- A tightening clay mask is applied to cleanse the skin and remove impurities. The mask contains kaolin, which helps absorb dirt and excess sebum on the face, and a combination of witch hazel extract, cucumber extract, and sunflower oil to help heal and moisturise the skin and tighten pores, making the skin soft and radiant.
- Concentrated vitamins specially formulated for acne treatment are delivered into the outermost skin layer via the Infusion™ device, a needle-free treatment using ion wave pulses. The vitamin infusion not only brightens, tightens pores, and nourishes the skin, but also reduces inflammation and redness caused by acne. After the treatment, pores look firmer and skin fresher and more radiant.
- A facial mask with tea tree oil extract is applied to soothe skin, reduce inflammation of acne and skin, tighten pores, inhibit acne-causing bacteria, control excess oil, and reduce clogged pores.

## DEEPLY HYDRATING FACE MASK

🕒 15 min

Using Skin O'Clock's natural skincare products that work in synergy with your body, this calming and hydrating face mask with hydrogel and sodium alginate extracted from kelp will help get sensitised skin back on track.

## MICRODERMABRASION

🕒 60 min

This treatment helps revitalise your skin tone and texture and reduces dark spots, wrinkles, enlarged pores, acne scars, and other skin-related problems. It is a painless, non-invasive, skin rejuvenation procedure using a combination of fine crystals or minute diamond-studded tips to abrade the skin and vacuum suction to remove dead skin cells. It promotes blood circulation as well as collagen and elastin generation, resulting in stronger and healthier skin. The treatment is suitable for all skin types and can be done on the face, neck and eyes areas.

## HYALURON HYDRATION

🕒 60 min

A two-step treatment to brighten and deeply nourish the skin and reduce facial wrinkles. The skin is first given a vitamin infusion with our Infusion™ device, which delivers essential vitamins, containing hyaluronic acid, collagen, and aloe vera into the skin via ion wave pulses. This needle-free treatment brightens the skin, stimulates the production of collagen, and reduces the appearance of wrinkles. A collagen mask is then applied to help moisturise the skin, tighten pores, and store the absorbed vitamins.

## BOTOX

Smooth, firm, and brighten your complexion with botulinum toxin under the supervision of professional dermatologists. By temporarily relaxing the facial muscles that cause wrinkles in the forehead and around the eyes, the treatment softens wrinkles and expression lines, as well as preventing excess sweating.





## JUVÉDERM® FILLERS

### Restore volume and rejuvenate your skin

Rejuvenate restore volume to the skin with dermal fillers.

Deep grooves and wrinkles are inevitable with age. Filler injections offer an effective solution by filling deep grooves to make them shallower resulting in skin that is naturally radiant and youthful. We use world-class products by Juvederm, an internationally recognised brand from the United States with more than 30 years of experience and certified by the Food and Drug Administration (FDA). Each Juvederm product is specifically designed to treat a different area:

#### JUVÉDERM ULTRA XC

Ideal for areas with deep lines or wrinkles, with effects lasting for about one year.

#### JUVÉDERM ULTRA PLUS XC

Suitable for the cheek grooves and temporal furrows and for face contouring, lasting about 9-12 months.

#### JUVÉDERM VOBELLA

Ideal for areas with thin skin surface, such as under eyes and superficial wrinkle, lasting about one year.

#### JUVÉDERM VOLIFT

Recommended for the temples and lips to make them plump up, lasting about 12-16 months.

#### JUVÉDERM VOLUMA

Suitable for heavily wrinkled faces in need of lifting, tightening and contouring, with results lasting for two years.

#### RESTITANE VITAL LIGHT

Recommended for the under eyes and lips to make them plump up, lasting about 6-12 months.

## PLATELET-RICH PLASMA (PRP) FOR FACE & HAIR

PRP treatments are safe and effective procedures for keeping skin youthful, reducing wrinkles and deep grooves, as well as for treatment of hair loss and thinning hair, and stimulating new hair growth. Blood is collected by our clinicians, then spun through a centrifuge to extract concentrated platelets with high growth factors, known as Platelet-Rich Plasma (PLP). The PLP is then injected back into the area that is receiving treatment. This is an excellent option for clients allergic to foreign substances, as PRP utilises the clients' own blood.

Treatment areas:

- Face | 75 min
- Hair & Scalp | 75 min

## ROYAL SLIM TREATMENT

### Body Shaping with VIORA V30

The innovative VIORA V30 device is equipped with multi-core™ technology. It transmits 0.85 MHz - 2.45 MHz radiofrequency to the depth of the skin and generates heat in the desired region, melting excess fat, improving body contour, and reducing cellulite. Its vacuum system stimulates lymphatic and blood circulations, inducing cellular exchange of oxygen, nutrients, and waste. It also promotes collagen production, which keeps the skin elastic.

During the treatment, you will feel a massage-like, warm sensation.

Treatment areas:

- Abdomen and waist | 60 min
- Front and inner thighs | 60 min
- Rear thighs and buttocks | 60 min
- Upper arms | 30 min

## BIOSCOR SIGNATURE HAIR WELLNESS TREATMENT

Stimulate blood circulation and hair regrowth, deeply clean hair with our special Scalp Jet Wash machine, and nourish with specially formulated shampoos, conditioners, lotions and serums from Bioscor International.

### BIOSCOR SIGNATURE HAIR WELLNESS TREATMENT PLUS

🕒 80-90 min

- Deep hair and scalp cleansing along with intense nourishing treatment procedures with specialised products from Bioscor international
- A premium nutrition mask is applied to improve hair condition
- A neck and shoulder massage is provided to help reduce muscular tension and ease day-to-day stress.
- Specialised serums are applied to improve hair and scalp condition
- Non-needle mesoporation equipment eases the absorption of serums into the scalp and stimulates blood circulation in the scalp area
- Heat protection spray is applied, then the hair is blown dry and styled.

### BIOSCOR SIGNATURE HAIR WELLNESS TREATMENT

🕒 60 min

- Deep hair and scalp cleansing along with the profound nourishing treatment procedures with specialised products from Bioscor international.
- A neck and shoulder massage is provided to help reduce muscular tension and ease day-to-day stress.
- Specialised serums are applied to improve hair and scalp condition.
- Non-needle mesoporation equipment eases the absorption of serums into the scalp and stimulates blood circulation in the scalp area.
- Heat protection spray is applied, then the hair is blown dry and styled.

### BIOSCOR HAIR WELLNESS SPA

🕒 60 min

- Deep hair and scalp cleansing along with the profound nourishing treatment procedures with specialised products from Bioscor international.
- A premium nutrition mask is applied to improve hair condition.
- A neck and shoulder massage is provided to help reduce muscular tension and ease day-to-day stress.
- Heat protection spray is applied, then the hair is blown dry and styled.



## PERSONALISED FACE CREAMS (15ML)

### Customised skincare solutions

If skin nourishment and rejuvenation can target and treat an individual's unique requirements, it will solve skin problems efficiently and effectively in the long term. Our dermatologists will inquire about your health history and analyse the detailed results of your blood vitamin test to identify the necessary nutrients your body lacks and needs. We will then formulate a suitable blend of nutrient-rich ingredients and produce a facial and body cream customised to meet your needs. The entire process is held under the close supervision of our professional dermatologists, pharmacists, and specialists, so you can be confident in the quality of our products and services.





## 03

### REHABILITATION THERAPY

#### THAI MEDICAL MASSAGE

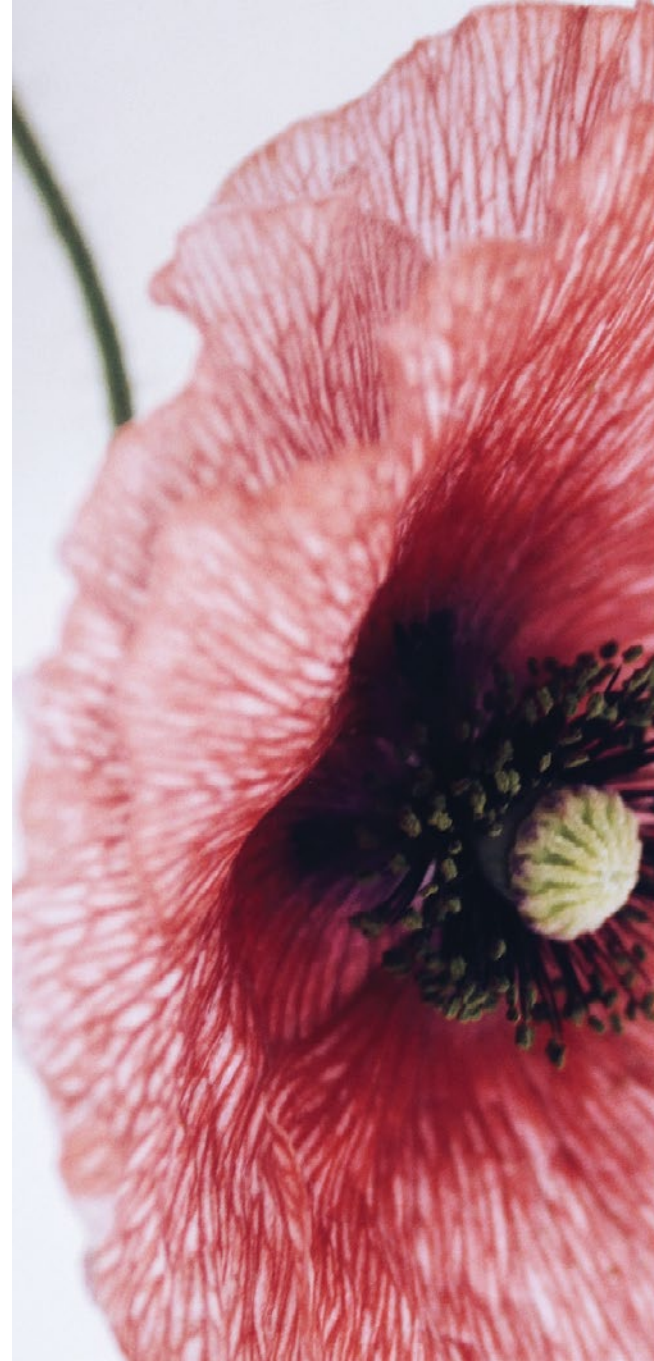
The massage and herbal compress program for therapeutic purposes involves muscle manipulation to identify the causes of pain and utilizes herbal compress techniques after the massage to promote traditional Thai massage healing, as recommended by Thai traditional medicine practitioners. This approach enhances treatment outcomes by combining herbal remedies and heat therapy.

Benefits of this program include:

- Stimulating blood circulation.
- Reducing swelling.
- Alleviating muscle inflammation.
- Relieving general body aches and fatigue.

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REHABILITATION CLINIC



## 04

### PREVENTIVE CARE





## IV THERAPIES

### IMMUNE BOOSTER | 30-60 min

Rich in vitamins and minerals, making it an ideal solution for individuals suffering from fatigue, unhealthy lifestyles, malnutrition, and sleep deprivation. This program provides high doses of vitamin C and other essential nutrients to help boost your immune system and support your overall health.

### NAD IV TREATMENT | 90-120 min

NAD IV Treatment therapy specially designed to help you feel and look more energetic. The perfect mix of natural antioxidants and fluids containing essential nutrients can help boost Nicotinamide Adenine Dinucleotide (NAD+) levels that regulate metabolism and improve mitochondria function – a decrease in this function is a cause of ageing. This helps slow or reverse the ageing process.

### ANTI-AGEING | 60 min

Rich in essential amino acids, which are needed for cellular repair and regeneration, this therapy also contains amino acid derivatives to stimulate glutathione production and metabolism which supports body repair on tissue damage. These essential amino acids, those that the body can't make and non-essential amino acids that the body can create, help the body repair worn parts, build muscle, hormones, and antioxidants.

### HANGOVER REMEDY (DETOX) | 60-120 min

Bounce back quickly with a remedy formulated with vitamins, minerals, and amino acids to increase liver alcohol elimination, replenish essential vitamins that may be lost after drinking, rehydrate the body, and speed up recovery.

### ANTIOXIDANT | 60 min

Fortify your free radical defence with this formula of super antioxidants which are used to break down carbohydrates and sugars to increase your cellular energy. This therapy supports sugar control, the body's fight against free radicals, and inflammation, each a cause of cellular ageing.

### ENERGY BOOSTER | 60 min

Specially formulated to help ease symptoms of fatigue and boost energy. Amino acids such as L-Carnitine can help with muscle weakness and cardiovascular health, as well as accelerating your metabolism, helping you burn more calories and enhancing your athletic performance. If you are tired following a workout at the gym or a long day at work, this energy booster drip is just for you. It's also ideal for sports enthusiasts and athletes who want to perform better and have more energy.

### METABOLISM BOOSTER | 60 min

Contains amino acid derivatives that signal your body to utilise and burn more fat for energy. Together with essential vitamins for energy production, this blend helps increase your power during exercise and supports weight control reducing your excess fat.

### BEAUTY BOOSTER | 40 min

Nourishing from the cellular level to the skin, this multi-vitamin formula is designed to replenish your body with concentrated vitamins to support collagen production and skin radiance. It also contains amino acids that increase glutathione, a powerful antioxidant protecting your skin from free radicals, adjusting and brightening your skin from the inside out.

### IV JET LAG | 60 min

Jet lag symptoms are temporary but can be highly disruptive for the first few days of your trip or upon returning home. The air pressure and lower oxygen levels at high altitudes on the plane, combined with the crossing of multiple time zones, can lead to dehydration, headaches, dizziness, fatigue, brain fog, insomnia, and daytime drowsiness. Rehydrating your body after a long flight is essential to relieving jet lag symptoms. This IV therapy blends fluids, anti-inflammatories, antioxidants, vitamin B12, and other vitamins your body needs to re-energize. You do not have to wait until after you land to get the benefits of IV therapy though. In fact, taking the infusion before your flight may help minimize or even prevent many jet lag symptoms.

### IV STRESS | 45-60 min

Rich in vitamins and minerals that benefit the brain and nervous system. It also helps to regulate nerve endings, relax your body, and relieve brain fatigue, together with the antioxidants to help slow down the damage to the body.

### IV SLEEP | 45-60 min

IV Sleep helps promote better sleep efficiency, reduce anxiety, and regulate neurotransmitters to increase calm. Therefore, it is suitable for those who do not get enough rest.

### IV SEXUAL HEALTH | 45-60 min

Formulated with vitamins, minerals, amino acids, and antioxidants that help improve blood flow and vessel strength. The formula also helps balance the body's function and sensation.





## OUR WELLNESS CHECK-UP PACKAGES

Comprehensive health screenings and evaluations focused on the early detection and prevention of disease.

The journey to restoring and optimising personal health begins with a consultation with one of our experts in Preventive Medicine. During your visit with our physicians, they will ask about your medical history and any risk factors that may run in your family, your lifestyle and diet, exercise habits, sleep quality and any other health concerns that you would like to address, such as improving physical appearance, athletic performance, sexual health, blood pressure, lipid profile, brain health, or weight loss.

Following the consultation, you and your doctor will determine a screening programme that meets your needs and expectations for optimising your health. This may include comprehensive blood tests, indicators of micronutrient and antioxidant level, hormone imbalance, food intolerance, and even genetic testing to reveal potential health risks in your DNA.

Your lab results will be benchmarked against established guidelines for different age groups, including that for hormone levels, to determine if an intervention or personalised supplement may be advised.

Once your data has been analysed and risk factors have been identified, our wellness team will help you fully understand your health risks and work with you to tailor a wellness programme designed for your individual requirements to help prevent disease and promote longevity.

### TELECONSULTATIONS

For the convenience of our guests visiting the clinic while on a business trip or holiday, a physician specialising in Preventive Medicine will conduct a teleconsultation at a date and time of the guests' choice.





## DIAMOND SIGNATURE

A comprehensive wellness assessment programme aimed at the early detection and prevention of diseases. The programme also analyses signs of biological and bio-chemical ageing processes to improve your health and help you maintain a healthy and balanced lifestyle, slow the ageing process, and increase your longevity.

This head-to-toe physical assessment incorporates a range of examinations and tests including complete blood work, diagnostic imaging tests, diet and nutritional assessment hormone testing, exercise stress testing, fitness assessment, hearing and vision screening, and vital signs such as weight, height, blood pressure, heart rate, and respiration.

The programme also measures the length of your DNA telomeres to determine the body's biological age on a cellular level, as well as NK cell, toxic metal and EDIM tests and determining antioxidant levels in your body.

\* Please note: diagnostic imaging tests will be conducted at our facility on Wireless Rd - the BDMS Wellness Clinic.

## PLATINUM SIGNATURE

In this assessment programme, we will focus on early detection and prevention of diseases while delaying the ageing process. It involves comprehensive laboratory testing, hormone testing, diet and nutritional assessment, and a detailed physical examination.

The programme also measures the length of your DNA telomeres to determine the body's biological age on a cellular level, as well as assessing functional performance of internal organs, identifying tumour markers and determining antioxidant levels. In addition, the programme tests for immunity to allow your doctor to develop a precise health plan.

## GOLD SIGNATURE

As we age, hormone levels change. Having too much or too little of certain hormones can affect the health of your body and mind. In addition to comprehensive blood work, diet and nutritional assessment, this package screens for hormonal imbalances that might cause fatigue, skin issues, weight gain, decreased cognitive function, mood swings and sleep disorders.

A small amount of blood will be drawn to assess the levels of thyroid hormone, cortisol hormone, sex hormone, DHEA hormone and insulin. Based on the results, your physician will develop a therapy plan best suited to your needs, which includes hormone replacement therapy, a nutrition plan and exercise schedule to restore vitality and youthfulness. At BDMS Wellness Clinic Retreat, we use supplements that have the same composition as the natural hormones in your body.

## SILVER SIGNATURE

This health check-up programme offers laboratory testing and a detailed physical examination to identify early signs of health issues. It also includes a nutritional assessment to measure the levels of essential vitamins and minerals, including vitamin C, A and E, beta carotene and zinc.

Vitamins and minerals are vital to the function of every cell and system in the body. Lack of vitamin C in your diet, for instance, is linked to an increased risk of infection and can lead to impaired wound healing.

The test reveals which vitamins and minerals you lack and which you get enough from natural sources. Knowing how much and which you should take can help you use them safely and avoid a toxic build-up. Knowing your vitamin and mineral levels is also instrumental in building an effective weight management plan, introducing changes to your exercise regime, and promoting good sleep.





## WEIGHT LOSS SIGNATURE

Our specialists in obesity medicine will work with you closely to build a sustainable weight management programme to help you achieve better health and greater confidence. After identifying the cause of your weight issues with a series of tests, the therapists will work together with sport physicians to design a personalised exercise routine for a more effective weight control, thereby reducing the risk of complications associated with obesity.

## IMMUNE SIGNATURE

Immune Signature is a comprehensive programme aimed at strengthening your immune system by screening for immunity (via a blood test) and stimulating the immune system. Our antioxidant-rich Detox IV drip is administered intravenously to nourish your body and boost your immunity, while customised immune support supplements will be prescribed based on the results of your screenings.

## WELLNESS CHECK-UP

Annual health check-ups are essential for detecting any irregularities before they become difficult to treat, as external factors can do a lot of gradual damage to your health without you realising it. Other risk factors are associated with individual lifestyle choices such as sedentary lifestyle, overeating, high alcohol consumption, smoking, stress, and insufficient rest. Our annual health check-up programme is perfect for health-conscious individuals who wish to keep track of their health and prevent health issues.

## ANTIOXIDANT SIGNATURE

This comprehensive blood analysis covers ten different types of vitamins and antioxidants to establish if you are getting enough essential nutrients from your diet or dietary supplements. Understand what your body needs to better fight disease, slow down ageing, prevent cognitive decline and ensure your organs function as they should.

## INVESTIGATION CHECK-UP

An in-depth assessment of blood vessels, heart, abdomen, muscles, fat levels, and breast tissue in women, the programme is designed to detect irregularities and address them promptly. Using advanced diagnostic imaging tests, including mammograms, abdominal ultrasound, EKG, echocardiogram, exercise stress test and bone density scan (but no blood work), the check-up helps assess risks for diseases with great precision.

After discussing your test results with you in detail, your doctor will recommend lifestyle changes and a treatment plan as well as ordering additional diagnostic imaging tests, if any potential problems requiring further evaluation are identified. If you carry a risk of heart problems, your doctor may order EKG and exercise stress test to screen for cardiovascular diseases, while a mammogram can be used to screen for breasts tumour.

*\* Please note: diagnostic imaging tests will be conducted at our facility on Wireless Rd - the BDMS Wellness Clinic (Headquarter).*

## HORMONES AND VITAMIN SIGNATURE

An anti-ageing add-on programme measuring the function of vitamins, antioxidants, and hormones. Our Preventive Medicine specialist will provide an analysis and health advice alongside an individual customised plan to maintain balanced and optimal levels of vitamins and hormones.

## HORMONE SCREENING

Hormone testing can detect and evaluate hormonal imbalances that can affect your overall health, such as an increased risk of heart disease, mood swings, abnormal weight gain and insomnia. Our Preventive Medicine specialist will tailor a programme to suit your specific health and lifestyle requirements.





## DNA PREMIUM TEST

Know your DNA today for better health tomorrow.

Gain insights into your unique genetic blueprint with our premium DNA test providing 500+ reports with 20 categories to help you properly plan for and take control of your future health. You will learn how DNA influences your personal qualities and abilities, as well as allowing you to:

- Understand your inherited risks for disease and cancers and take preventative action early on
- Discover your optimal diet and exercise requirements to effectively manage your weight loss or other fitness goals
- Get to know yourself better. Learn how DNA influences your personal qualities and abilities
- Improve the health of your skin by decoding your genetic skin information and selecting proper treatments according to your personal genetic details
- Manage stress and sleep better with actionable data on your stress tolerance, sleep quality and genetic chronotype
- Protect your family. Over 80% of children with inherited traits are born to parents who do not know they have the mutated gene.

## TELOMERE LENGTH TEST

Telomeres are specific regions at the end of our chromosomes or 'genetic blueprint' that determines your degenerative status. The 'longer' your telomeres, the 'slower' the ageing process and the 'lower' the risk of developing many debilitating diseases. According to the 2009 Nobel-winning theory, cells with long telomere lengths have longer life expectancy. Studies have shown that individuals with short telomere lengths have a higher chance of developing life-threatening diseases than individuals with normal or long telomere length.

With advances in medical technology, telomere length can now be measured with your blood sample. Once your telomere length is determined, a personalised preventative protocol will be advised by our Medical Specialist to help delay the degenerative and ageing process.

## ANTI-AGEING SIGNATURE (NON-FASTING)

Balanced levels of vitamins and minerals are essential for overall wellbeing, healthy ageing, and radiant skin. To determine the levels of essential nutrients and any imbalances in your body, this anti-ageing programme includes a physical examination, counselling with a detailed dietary plan, and a nutritional assessment using a blood sample measuring the levels of 18 nutrients, including vitamins, minerals, and antioxidants.

Your results, presented in an easy-to-read format of numbers and graphs, will be used to design a programme to balance your vitamin and mineral levels for optimal health. The findings will allow the doctor to gauge if you have any deficiencies, thus enabling our experts to determine the personalised supplements you need. Anti-Ageing Signature programme is beneficial for adults and children alike. For adults it may help delay the ageing process, while in children it can support healthy growth and development.

## TOXIC HEAVY METAL URINE TEST

Without realising it, you might have dangerously high levels of toxic heavy metals in your body – whether from the environment, food, medicine or water. This quick test will check your heavy metal levels before they cause any damage to the functioning of your body. Depending on the results, your doctor might recommend chelation therapy to remove these metals so they don't make you sick.

## CANCER SCREENING

An important screening programme for the early detection of cancerous or abnormal cells that may become cancerous. Screening tests can help find cancer at an early stage before symptoms appear. When abnormal tissues or cancer is found early, it may be easier to treat or cure.



## NK CELL ACTIVITY TEST

NK cells or Natural Killer Cells are white blood cells that help guard the body from viruses and tumour cells. Therefore, the function of your NK cells determines how good your immune function is. Poor NK cell activity reflects an impaired immune function. Common causes of poor NK cell activity are:

- Cancer / Family history of cancer
- Unhealthy habits and lifestyle factors such as heavy cigarette smoking, sleep deprivation, high stress, obesity
- Poor nutrition such as insufficient intake of fruit and vegetables, low protein intake etc.
- Specific medications such as immunosuppressive agents, chemotherapy drugs
- Post-surgery

A high NK cell activity is an indicator of a strong, functioning immune system. However, if the level is abnormally high, one must suspect the presence of infection or autoimmune diseases such as SLE or rheumatoid arthritis.

## NK CELL VACCINE

NK cell vaccination is a treatment with a mix of immune cells functioning in the human body's immune system. The immune cells detect and kill germs including viruses infecting and damaging cells in the body.

A function of immune cells or white blood cells is to destroy pathogens. There are many categories of immune cells performing different functions, and they work together in transferring signals to activate the immune system. Based on such different functions, a treatment approach is developed by mixing and enhancing activation of signal transfers to boost the effectiveness and strengthen the functions of the immune cells and recover the balance of the immune system.

The NK Cell Vaccine consists of a mix of immune cells as follows:

- Natural killer cells: They play a major role in killing cancer cells and virus-infected cells. Unlike other types of white blood cells, natural killer cells have the ability to recognise stressed cells marked by the major histocompatibility complex (MHC) without activation by other immune cells.
- Cytokine-induced killer cells: White blood cells activated by antigens and/or cytokine that can destroy cancer cells without markers of the major histocompatibility complex (MHC)
- T cells: A type of white blood cells which, when activated by
- antigens, turn into helper T cells (CD4) and cytotoxic T cells (CD8) to kill cancer cells.





## IgG4 FOOD INTOLERANCE TEST

Immunoglobulin G4 food intolerance test is designed to detect any hidden sensitivities to 232 everyday food items. In contrast to other types of allergies, food intolerance symptoms are often delayed and may take several days to manifest, making them difficult to diagnose without testing.

Repetitive ingestion of certain types of food that the body's immune system cannot recognise leads to formation of toxic substances that can stimulate many unwanted symptoms such as:

- Migraine, chronic headaches
- Fatigue
- Frequent upper respiratory tract infections
- Moodswings
- Chronic acne
- Weight gain
- Indigestion
- Attention deficit disorder (ADD)
- Constipation, diarrhoea or IBS
- Muscle and joint pain
- Skin rash, urticaria, allergies
- Abnormal menstrual cramps

## GUT MICROBIOME

Healthy gut, healthy life - Our intestinal health check-up packages help you to plan your own health care comprehensively. Chronic flatulence and diarrhea, poor metabolism, or allergy problems can be caused by an imbalance in the intestinal microflora.

## ESSENTIAL GUT MICROBIOME

Examines nine main microorganisms and six probiotics. This package is suitable for individuals with the following health concerns:

- Asthma
- Immunocompromised
- Inflammation of the gastrointestinal tract such as ulcerative colitis or Crohn's disease
- Constipation and chronic diarrhoea
- Food allergies

## COMPREHENSIVE GUT MICROBIOME

Examines six main microorganisms, five harmful bacteria and twelve probiotics. Suitable for people with the following health concerns:

- A desire to check intestinal health and the balance of microorganisms in detail.
- Swelling and inflammation of the digestive tract together with toxic residues
- Allergy problems or a desire to improve skin health
- Unhealthy diet of processed foods, red meat, high sugars, high fats, refined carbohydrates, etc.
- Overweight or suffering from a metabolic disease.

## ALLERGY AND SKIN MICROBIOME

Examines two main microorganisms, four harmful bacteria and five probiotics. This package is ideal for individuals with the following health concerns:

- Allergic rhinitis, sneezing, runny nose
- Skin allergies or a desire to improve skin health
- Asthma
- Food allergies

## SLEEP TEST

Sleep disorders can increase the likelihood of chronic diseases such as high blood pressure, brain disease and heart disease. Sleep testing device can monitor the Apnea-Hypopnea Index (AHI), blood oxygen level, nasal flow, and snoring. This test can accurately diagnose potential issues, and our physician will consult with you to plan a proper treatment plan to address any concerns.

The Sleep Test is ideal for individuals with the following conditions:

- Abnormal snoring problems
- Excessive daytime sleepiness, despite getting enough sleep
- Sleep apnea, or a risk of sleep apnea
- Not feeling refreshed after waking up in the morning or having a headache
- Other abnormal sleep behaviours such as grinding teeth, sleepwalking, nightmares, limb twitching, or being startled awake

\*Remark: We provide three specific types of sleep tests. For the best result and personalized to your sleep profile, you will be recommended by a medicine specialist to receive appropriate treatment based on your physical condition and individual needs. A suitable type of device is subject to the doctor's discretion.



## PERSONALISED SUPPLEMENTS

For clients who have undergone a check-up to analyse antioxidants, micronutrients, hormones and genetic factors, our pharmacy can develop personalised supplements designed to address your specific needs and cellular deficiencies.

In our proprietary lab, physicians and pharmacists develop a range of supplements that address key health concerns related to disease prevention and health optimisation. Customised supplements are packaged into morning, afternoon, and evening sachets to help provide balance to body systems.



# Price List



## BEAUTY & AESTHETICS

<b>Platelet Rich Plasma (PRP) Treatment</b>	<b>1 Tube</b>	<b>3 Tubes</b>
Face	22,000	57,500
Hair / Scalp	22,000	57,500
<b>Acne Treatment</b>	<b>1 Session</b>	<b>10 Sessions</b>
	4,300	40,000
<b>Hyaluron Hydration</b>	<b>1 Session</b>	<b>10 Sessions</b>
	3,900	35,000
<b>Botox</b>	<b>50 Units</b>	<b>100 Units</b>
	23,000	40,000
<b>Facials</b>		
Royal Radiance Skin Treatment – Face & Neck		9,000
Royal Anti-Gravity		8,600
Royal Crystal Skin		3,400
Microdermabrasion		3,000
Deep Hydrating Mask Face		1,000
<b>Personalise Face Cream (15ML)</b>		
Day Cream		2,900
Night Cream		3,200

## BEAUTY & AESTHETICS

<b>JUVÉDERM® Fillers</b>		
JUVÉDERM® Ultra XC		24,000
JUVÉDERM® Ultra Plus XC		25,000
JUVÉDERM® Vobella		29,000
JUVÉDERM® Volift		28,000
JUVÉDERM® Voluma		30,000
Restylane Vital Light		23,000
<b>Royal Slim Treatment – Body Shaping with VIORA V30</b>	<b>1 Session</b>	<b>10 Sessions</b>
Royal Slim Abdomen and Waist	7,300	53,000
Royal Slim Front & Inner Thighs	7,300	53,000
Royal Slim Rear Thighs & Buttocks	7,300	53,000
Royal Slim Arms (Upper Arms)	7,000	52,000
<b>Hair Therapy</b>		
Hair Cleansing (30 - 45 mins)		1,300
Bioscor Signature Hair Wellness Treatment Plus (80 - 90 mins)		4,000
Bioscor Signature Hair Wellness Treatment (60 mins)		3,400
Bioscor Hair Wellness Spa (60 mins)		3,000

# Price List



## REHABILITATION THERAPY

Thai Medical Massage (60 mins)	2,500
Thai Medical Massage (90 mins)	3,000

## PREVENTIVE CARE

Vitamin IV Therapies	1 Session	5 Sessions	10 Sessions
IV Immune Booster	4,500	18,500	35,500
IV Energy Booster	5,400	26,000	50,000
IV Antioxidant	5,400	26,000	50,000
NAD IV Treatment	9,600	46,000	90,000
IV Anti-Ageing	6,600	31,800	61,000
IV Metabolism Booster	3,400	15,500	29,000
IV Hangover Remedy (Detox)	3,400	15,500	29,000
IV Beauty Booster	3,400	15,500	29,000
IV Jet Lag	3,400	15,500	29,000
IV Stress	3,400	15,500	29,000
IV Sleep	3,400	15,500	29,000
IV Sexual Health	3,400	15,500	29,000

Wellness Check-Up	Male	Female
Wellness Diamond Signature	200,000	210,000
Wellness Platinum Signature	90,500	93,500
Wellness Gold Signature	40,500	40,900
Wellness Silver Signature	28,900	28,900

## PREVENTIVE CARE

Wellness Check-Up	Male	Female
Weight Loss Signature	26,400	26,400
Immune Signature	18,000	18,000
Antioxidant Signature	15,000	15,000
Anti-Ageing Signature	24,400	24,400
Hormones and Vitamin Signature	26,500	26,500
Hormone Screening	18,500	18,500
Wellness Check-up	10,800	11,200
Investigation Check-up	31,500	36,400
Cancer Screening	5,900	8,900

Advance Health Discovery	Male	Female
IgG4 Food Intolerance		35,900
Circle DNA Premium Test		30,000
Telomere Length Test		13,900
NK Cell Activity Test		25,000
NK Cell Vaccine		220,000
Sleep Test	Start from	14,900
Toxic Heavy Metal in Urine		6,100
Gut Microbiome		
• Essential Gut Microbiome		12,800
• Allergy and Skin Microbiome		12,800
• Comprehensive Gut Microbiome		28,000





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