

A woman with long brown hair, wearing a brown hat and a grey top with a pink scarf, is laughing joyfully with her mouth wide open. The background is a warm, golden glow. A large, semi-transparent red 'V' shape is overlaid on the right side of the image.

VLCC

COME AS YOU ARE  
**LEAVE TRANSFORMED**

# VLCC

## Welcome!

VLCC transforms lives through its unique and scientific approach to wellness and beauty. Physicians, nutritionists, personal trainers, physiotherapists and cosmetologists formulate personalised programmes for each guest. Wellness treatments are complemented by spa relaxation, aesthetic treatments, hair and beauty services, as well as a modern interpretation of Ayurveda led by our resident Ayurvedic doctor from India. Our promise to you is measurable transformation and deep rejuvenation from within.

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### **Integrated Wellness** | THB 6,500

Designed to help guests reach health goals in the most effective way, this package helps to build a foundation for a healthy and sustainable lifestyle, optimal fitness, ideal weight and de-stressing with sleep enhancement. It includes various holistic health and fitness treatments, healthy food and yoga exercises. Complete physical, mental, social and spiritual wellbeing can be experienced through this comprehensive lifestyle management programme.

Programme includes:

- Body Composition Analysis
- Nutrition consultation
- Yoga Session
- VLCC Instant Detox Therapy
- Healthy Meal

### **Weight Management** | THB 6,800

A customised programme to deliver effective weight loss through lifestyle modification counselling, dietary modification, a physical activity regimen and appliance usage. Training on post-programme lifestyle practices and online mentoring is also provided. Shed that extra weight the healthy way by learning the art of "weight management".

Programme includes:

- Body Composition Analysis
- Physiotherapy Consultation
- Nutrition consultation
- Yoga Session
- Prakriti Analysis
- G5 Body Treatment
- Healthy Meal



## Detoxification Rituals | THB 6,500

Toxins make the body's internal environment acidic, which interferes with the flow of energy, thereby reducing the functional capacity of our vital organs. We end up being lethargic, anxious, depressed and possessing a negative state of mind. Insomnia, eating disorders and weight gain come with toxin accumulation in the body. This programme will help in detoxification and to rejuvenate the mind, body, and soul.

Programme includes:

- Body Composition Analysis
- Nutrition Consultation
- Yoga Session
- VLCC Instant Detox Therapy
- Healthy Meal

## Gut Wellbeing | THB 6,500

We lead a mechanical life without realising that our busy routine and stress levels have taken a toll on our digestion. This programme will help decrease bloating, flatulence, indigestion, acidity/heartburn and gut-related health issues and improve your digestive system considerably.

Programme includes:

- Body Composition Analysis
- Nutrition Consultation
- Yoga Session
- Immuno Strengthening Therapy
- Healthy Meal

## Immunity Support | THB 6,500

A customised programme to enhance immunity and promote self-healing by improving the body's natural defence mechanism. Guests will experience improved blood circulation and oxygen flow, deep cleansing and detoxification, improved energy levels by regulating pH balance, and improved gut health – the seat of our immune response. Mental and physical relaxation routines will help the body rejuvenate and strengthen.

Programme includes:

- Body Composition Analysis
- Nutrition Consultation
- Yoga Session
- Immuno Strengthening Therapy
- Healthy Meal





# BEAUTY PACKAGES

## **Rejuvenation - Skin & Hair** | THB 4,500

Offering a variety of customised packages for top-to-toe rejuvenation, our beauty programmes start with a detailed skin and hair analysis for an insight into any mineral imbalances, signs of sun damage and other factors that cause premature ageing and negatively affect the health of your hair. Choose from a collection of one-day and multi-day rejuvenation packages that address these conditions holistically leaving you with youthful, radiant skin and strong, lustrous hair.

Package includes:

- Glycea De Tan facial | 60 min
- Hair wash, condition, & blow dry | 10 min
- Foot reflexology | 40 min
- Healthy Meal



## Anti-Ageing - Minimally Invasive | THB 3,500

Our anti-ageing programmes are designed to target both intrinsic ageing, which is genetically programmed, and extrinsic ageing caused by environmental factors like sunlight, stress, pollution, smoking and disturbed sleep patterns. For best results with no-to-little downtime, we focus on minimally invasive, cutting-edge treatments such as medi-facials and advanced aesthetic procedures supervised by our experienced dermatologists.

Package includes:

- Fermatique facial | 70 min
- Hair wash, condition, & blow dry | 10 min
- Foot reflexology | 40 min
- Healthy meal

## Pre-Bridal Grooming | THB 4,500

Erasing all signs of stress, our customised pre-bridal facials consider everything from your skin type to humidity levels to ensure your luminous complexion steals the show on your special day. With brightening and polishing treatments for your body, rejuvenating hair masks, as well as indulgent aroma manicures and pedicures, our pre-bridal packages leave no detail to chance.

Package includes:

- Oxygenique facial | 60 min
- Hair wash, condition, & blow dry | 10 min
- L'Oréal hair spa | 40 min
- Healthy meal

## Face-Body Brightening and Hair Care | THB 7,500

Combating conditions caused by sun overexposure, pollution, medication or stress, our skin brightening and hair care packages target dryness, flakiness and discoloration for healthy, glowing skin as well as focusing on restoring your damaged tresses to their former glory. For face and body brightening, we recommend cutting-edge treatments that use lactic acid as an active ingredient to deliver instant, lasting results.

Package includes:

- LED face mask | 20 min
- Glycolic or lactic acid peel | 60 min
- Aroma pedicure | 60 min
- Aroma manicure | 60 min
- Healthy meal

## Skin Resurfacing and Instabright | THB 4,000

Bright, even skin tone is now within reach thanks to a combination of potent therapies that target hyper-pigmentation, acne marks, dark elbows and uneven skin on the back. Skin is instantly brightened through the use of LED therapy combined with a host of active ingredients that work in concert to give you an even complexion, reduce puffiness and provide relief to strained eyes.

Package includes:

- Seed Affinity facial | 60 min
- LED face mask | 20 min
- Healthy meal





**PRP TREATMENT - FACE** | 90 min | THB 5,000

Platelet-rich plasma (PRP) is a form of blood plasma that has been enriched with platelets and growth factors. This encourages cellular growth, stimulates healing, and gives a youthful appearance to the skin.

**Q SWITCH** | 60 mins - face THB 4,000 | 90 min - arms, legs, back THB 4,000

For a refined skin tone and flawless complexion, Q-switch laser clears the skin of blemishes, scarring and pigmentation, encouraging a smooth texture and even skin tone.

**BOTOX™** | 60 min - starts from 20 units | THB 5,600

Look in the mirror and smile at a younger looking you. Botox is a safe, painless, US FDA-approved procedure that enhances facial features and restores plumpness of the skin. It visibly reduces fine lines and wrinkles, making your face look and feel young in a matter of minutes. This treatment can be used for contouring the face, nose, jawline, cheeks, lips and for smoothing skin under the eyes.

**V-SHAPING** | 60 min - face lift THB 3,000 | 60 min - body THB 3,000

V-shaping is a 100% non-invasive, laser-based, spot fat reduction and body contouring system. V-Fit is a photobiomodulation procedure and it is efficient in reducing localised fat, girth and oedema. The infrared RF vacuum roller combines four different technologies, including IR (infrared), bipolar RF (radiofrequency) and mechanical tissue manipulation using pulsed vacuum and massage rollers. IR and vacuum-coupled RF technologies cause deep heating of the connective tissue, including the fibrous septae, which in turn promotes an increase in collagen depositing and local cellular metabolism, resulting in a localised reduction in skin laxity and volume.





### HIFU - FACE CONTOURING | 90 min - starts from 200 lines | THB 15,000

High-intensity focused ultrasound, commonly known as HIFU, is an anti-ageing skin-lifting treatment especially for the face and neck. Ultrasonic waves like the ones used in a USG machine are used, though the intensity is greater, and these waves are focused on the deeper dermal layers. When these waves pass through the skin, they create heat which stimulates a controlled tissue damage that further leads to neo-collagenesis. This new collagen formation leads to a firming of previously loose skin, therefore improving the appearance of that section of the skin.

### PEELS | 60 min - glycolic THB 4,000 | 60 min - lactic acid THB 4,000

Perfect for compromised complexions or skin showing its first signs of ageing, Seed Affinity Essencious reveals a rejuvenated, youthful-looking complexion. A powerhouse of seeds, each handpicked for their deeply nourishing properties, and soya bean protein, olive lipids, and omega 3, 6 and 9 fatty acids work in harmony to hydrate, firm and plump up facial contours.

### FILLERS

Enhance, lift and correct your facial features with revolutionary facial fillers by Juvederm from the house of Allergan. Fillers can treat and/or add volume to a different area of the face, filling in fine lines, smoothing out wrinkles, raising the cheeks, erasing the nasolabial folds and plumping the lips. The procedure is safe and performed by trained staff with doctors in consultation. The results are instant and very natural.

Our fillers:

- Juvederm Voluma with Lidocaine (2ml) THB 50,000
- Juvederm Volbella with Lidocaine (2ml) THB 40,000
- Juvederm Volift with Lidocaine (2ml) THB 40,000
- Juvederm Volite (2ml) THB 35,000
- Juvederm Ultra Plus XC (2ml) THB 35,000

### INTRAVENOUS THERAPY (IV DRIP)

Intravenous therapy, also known as IV therapy, is the delivering of nutrients and hydration directly into the bloodstream for immediate absorption and use by the body. IV therapy is the fastest way to deliver nutrients to the body, because it bypasses the digestive system and goes directly into the organs, resulting in a 90-100% absorption rate (as opposed to only 20-50% possible orally).

Benefits:

- Stronger immunity (warding off a cold or flu)
- Enhanced mood
- Increased sports recovery
- More energy
- Improved concentration and mental focus
- Increased calmness and relaxation
- Improved sleep patterns
- Improved jet lag symptoms
- Improved hangover symptoms

Our IV Drips:

- Liver Detoxification | 30 min | THB 3,500
- Weight Management | 30 min | THB 3,000
- Brightening | 30 min | THB 3,000
- Immunity & Energy Booster | 60 min | THB 3,500
- Skin Lightening & UV Protection | 30 min | THB 3,000
- Personalised IV Treatment | 30 min | THB 3,000
- Hair Care Treatment | 30 min | THB 3,000





### CRYSTAL THERAPY FOR BALANCE OF CHAKRAS | 115 min | THB 3,200

Crystal therapy can be as simple as wearing precious stones and minerals as bracelets and necklaces, placing crystals in the room where you work and sleep or being treated by a crystal therapist, who can identify which stones can work to stimulate the seven chakras, or 'energy points', around the body.

### UDWARTHANAM | 60 min | THB 2,500

This deep massage with medicated powder improves the blood circulation and opens the channels. It reduces kapha, melts fat, strengthens the body and enhances skin quality. It refreshes and rejuvenates, bringing a sense of lightness to the body.

### PODIKIZHI | 90 min | THB 3,000

Following a full-body massage with dosha-specific oils, therapeutic sweating is induced by the application of warm herbal poultices. It increases circulation, eliminates toxins and relieves neurological disorders, rheumatism, arthritis and sports injuries.

### JANU VASTI | 90 min | THB 3,200

Janu Vasti is a part of panchakarma in Ayurvedic treatment. The term janu refers to the knee joint. It is the procedure whereby medicated oil is retained in the knee joint for a particular duration. Benefits of janu vasti are pain relief, relaxation of muscles, easing of knee fluid problems, increased circulation, lubrication of the joints and increased flexibility.

### KATI VASTI | 90 min | THB 3,200

The ideal treatment for back pain, spondylitis, spondylosis, spondylolisthesis, and muscular sprains. Warm medicated oil is poured into the depression created by a ring of paste. The oil soothes the muscular tissues, relieves pain and lubricates the intervertebral discs and the nerves.

### GRIVA BASTI | 90 min | THB 3,200

The ideal treatment for pain in the cervical area, with a relaxing effect on your cervical bone that helps relieve pain and spinal disorders.



### SHIRODHARA | 60 min | THB 3,500

During this treatment, warm herbal oil is poured in an even stream onto the forehead, especially the ‘third eye’ and temples, to pacify and revitalise the mind and body. In addition to its intense rejuvenating and anti-ageing effects, it improves memory, normalises sleep patterns, and helps with neurological disorders.

### TAKRADHARA | 90 min | THB 3,200

Takradhara is an Ayurvedic sudation therapy using medicated buttermilk to help the brain and mind relax and reduce stress. In takradhara, as in shirodhara, the milk will be poured continuously onto the forehead or over the entire body.

### ABHYANGAM | 60 min | THB 2,500

A whole-body massage performed by two therapists using exclusive, dosha-specific oil blends. The massage is followed by a steam bath and a hot shower. The treatment improves physical consistency, helps in detoxification and relaxation, whilst normalising blood pressure and eliminating impurities.

### SHIRO-ABHYANGAM | 120 min | THB 5,000

Shiro-abhyanga, a Sanskrit term, is a combination of two words – shiro, meaning head, and abhyanga, meaning massage. This rejuvenating Ayurvedic procedure involves massaging with dosha-specific, herb-infused oils. The massage oil is usually pre-mixed with potent, natural herbs which alleviate specific conditions. Regular head massage prevents hair loss and greying, dandruff and diseases of vata-origin in the head and strengthens the jaw and neck muscles.

### KAIVALYAM | 90 min | THB 3,200

This therapy involves exfoliating the skin with kitchen herbs like ginger, sesame, cardamom, clove and other powders mixed in red rice and then applied in an herbal pack, mainly constituting licorice, over the whole body. Licorice is an anti-tan herb which also helps in removing pigmentation.

### NAVRAKIZHI | 90 min | THB 3,200

Red rice and milk are cooked together with herbs to make a pudding (kheer) and collected in boluses (potli) and massaged over the skin. The treatment acts as an intense invigorating therapy and is advised for general weakness and low energy. The treatment is also used as an herbal body polish especially for brides-to-be.

### SAYUJAM | 90 min | THB 3,200

This therapy involves body scrubbing with tamarind, red rice and herbs followed by a tamarind and yoghurt splash. The body is then covered in banana or herbal leaves to create a body wrap. The synergistic effect of tamarind making the tan less prominent and yoghurt “bleaching” the skin results in overall brightening of the skin.

### SOUNDARYAVARDHANAM | 150 min | THB 4,500

Soundaryavardhana is a head-to-toe therapy which improves the complexion, preventing pimples and dark spots. A relaxing head massage and a full-body polish are administered together, in a synchronised way. Emerge with healthy, glowing skin nurtured by natural herbs and rebalanced with essential oils.





# BODY TREATMENTS



# Body Treatments

## **BAMBOO MAGIC THERAPY** | 100 min | THB 3,000

An unusual, but very beneficial, type of holistic treatment. Bamboo massage has many healing properties: alleviating muscle tension, pains, and aches, improving joint function, increasing circulation, and enhancing quality of sleep.

## **VLCC INSTANT DETOX** | 130 min | THB 3,200

This therapy enhances blood circulation and lymphatic drainage besides toning and firming the body. It provides a gentle stretching action to both the muscles and connective tissue, helping keep their elasticity, and improving skin condition by keeping it lubricated. Also effective for delivering weight and circumference loss in a short time, especially around the abdomen.

## **VLCC SIGNATURE THERAPY** | 150 min | THB 3,200

Our very special combination therapy with multifold benefits. It is an amalgamation of a fusion therapy, the application of unique products and advanced technology to yield instant and visible results – weight loss, body shaping, detoxification, body polishing and skin firming.

## **PROGRESSIVE RELAXATION THERAPY** | 30 min | THB 1,200

Progressive muscle relaxation is a technique for managing stress and achieving a deep state of relaxation. Tensing and then releasing various muscle groups throughout the body has a host of beneficial effects, from helping you to sleep, to reducing anxiety and depression, to easing headaches, stomach aches and fatigue, to lowering blood pressure.

## **ELIXIR THERAPY** | 90 min | THB 2,500

A premium weight-loss and body-shaping therapy which is a unique combination of radiofrequency technology, detox oil and detox powder specially prepared to accelerate weight loss and ensure skin tightening.

## **PORCELAIN LUXE THERAPY** | 90 min | THB 2,900

An all-round body therapy that smoothens, polishes and cushions skin with its therapeutic ingredients such as the Silky Yoghurt Peel that contains enzymatic active papain. This wraps your skin in luxury, gently exfoliating and refining it. The special therapy also ensures that your body receives a sufficient number of vitamins and moisture to help its natural regeneration.

## **SEAWEED THERAPY** | 95 min | THB 2,900

Helps in skin firming and body contouring of the specific area with overall toning. Useful for detoxification, cellulite reduction, lipolysis and stimulating the metabolism.

## **CRANIOSACRAL THERAPY** | 30 min | THB 1,500

Relieves pain by gentle manipulation of various points on the head and spine. Also helps relieve tensions deep in the body, improving overall body health. Especially recommended for insomnia and other sleep disorders.

## **VLCC JADUI POTLI THERAPY** | 90 min | THB 2,500

Potli massage therapy is done using heated herbal pouches, also known as potlis (or poultices), that are used to rejuvenate, relax, and nourish the affected area. The potlis have a therapeutic effect when placed on the body.





**AROMATHERAPY MASSAGE** | 90 min | THB 2,500

Using a combination of strokes and classical movement techniques, along with the specially blended aromatherapy oil of your choice, this gentle massage is a wonderful way to completely relax the mind and body.

**BALINESE MASSAGE** | 60 min | THB 1,900

Balinese massage involves a combination of massage techniques including palm pressure, short and long strokes, and gentle stretching to relieve tension, improve blood circulation, ease stress, and promote harmony of body, mind and soul.

**DEEP TISSUE MASSAGE** | 90 min | THB 2,500

A vigorous yet relaxing massage that works deeply into the muscles to stretch fibres and release tension, resulting in improved mobility and flexibility, relief from sore or pulled muscles and the restoration of healthy circulation.

**LYMPHATIC MASSAGE** | 60 min | THB 1,900

A treatment for water retention and oedema, sports injuries and obesity or rheumatoid arthritis, osteoarthritis and chronic fatigue syndrome. This dry massage is a combination of Thai massage, yoga, reflexology, and manual lymphatic drainage techniques.

**TRADITIONAL THAI MASSAGE** | 90 min | THB 1,900

Passed down through generations, this unique technique is known by many as 'passive yoga'. Our expert therapists ease tension and stiffness through a range of movements while you enjoy a wealth of stretching, flexibility, and vitality benefits.



# HOLISTIC HEALING



## **MEDITATION** | 60 min | THB 1,000

Meditating helps you attain a balanced state of mind and peace, recharges your energy and helps maintain physical and emotional wellbeing.

## **YOGA** | 60 min | THB 1,000

Yoga seeks to achieve personal growth and harmony between body, mind and spirit. It helps in gaining strength, good posture, losing weight, is spiritual and helps in managing stress, alleviating pain and much more.

## **PRANAYAMA** | 30 min | THB 700

Yoga-based breathing techniques help in breathing the right way, and benefits include increased lung capacity, more effective physical activity, a revitalised body, improved digestion and the managing of anxiety and emotions.

## **LIVER COMPRESS** | 15 min | THB 400

A technique to support detoxification and overall health of the liver.





# FACIALS





## Facials

### OXYGENIQUE | 60 min | THB 2,600

Oxygenique therapy acts as the ultimate system for delivering vitamins, minerals and nutrients deep into the skin, thereby increasing the benefits of topically applied skincare solutions exponentially. Powered with fermented sweet black tea extract, O2 spheres and sodium hyaluronate, this skin treatment stimulates the skin's healing ability and vitality.

### OUTBREAK EXTINGUISHER | 60 min | THB 2,900

The instant rescue for oily and acne-prone skin, this treatment purifies and provides relief to aggravated skin. Gentle but efficacious, lactic and mandelic acid are used to remove dead skin cell build-up, unclog pores and stimulate skin renewal. The treatment prevents outbreaks by regulating sebum secretion, helping to keep skin matte, smooth and shine-free. Wild yam extract, rosa damascena flower water and volcanic-origin clay help harmonise and balance the skin.

### FERMATIQUE BRILLIANCE ESSENCIOUS | 60 min | THB 2,600

Best suited for dull and lacklustre skin, Fermatique Brilliance Essencious instantly unveils youthful translucence. Active Precious Culture Dew delivers vitamins from yeast, amino acids, minerals, lipids, vitamin E and phyto stem cells. The power of fermentation makes all the difference – helping nutrients break through resistant barriers in the skin to drive deeper into its layers.

### GLYCEA DE TAN | 60 min | 2,600

The Glycea treatment, which combines licorice, spirulina and aromatic compounds, not only helps fade freckles, but also helps lighten and even out the skin tone. The treatment aims to reduce pigmentation so that you can flaunt a healthier, naturally flawless skin.

### FIRMING FACIAL | 60 min | THB 2,600

The firming treatment uses seda plant hormones that stimulate the structure and properties of skin fibres collagen and elastin to give firmness and elasticity to the skin. These concentrated oxy-rich plant extracts give extra hydration to further firm the skin texture.

### SEED AFFINITY ESSENCIOUS FACIAL | 60 min | THB 2,500

Perfect for compromised complexions or skin showing its first signs of ageing, Seed Affinity Essencious reveals a rejuvenated, youthful-looking complexion. A powerhouse of seeds, each handpicked for their deeply nourishing properties, and soya bean protein, olive lipids, and omega 3, 6 and 9 fatty acids work in harmony to hydrate, firm and plump up facial contours.





## WAXING

The days of painful waxing sessions are long gone. At VLCC, we make the waxing experience a pleasurable one. You can opt for a basic honey wax or choose the flavour you most like from our range of premium waxes. These can also be chosen based on specific skin types so that the end result is a smooth and long-lasting sheen to the skin.

- |             |           |             |           |
|-------------|-----------|-------------|-----------|
| • Full arms | THB 900   | • Underarms | THB 600   |
| • Full legs | THB 900   | • Bikini    | THB 900   |
| • Full back | THB 1,500 | • Brazilian | THB 1,500 |
| • Chest     | THB 1,500 | • Full body | THB 3,500 |

## HANDS & FEET

VLCC H&F Essentials keep your hands and feet clean and maintained. All our mani-pedicures include scrubbing and deep skin exfoliation to get you baby-soft hands and feet. What's more, you will enjoy all our treatments in massage chairs with your feet dipped in a bubble bath and great sensorials working to give you complete relaxation.

### FOOT REFLEXOLOGY | 60 min | THB 1,000

Pressure-point therapy to boost the immune system, increase circulation, cleanse toxins from the body, and balance energy.

### AROMA PEDICURE | 60 min | THB 1,000

### AROMA MANICURE | 60 min | THB 1,000

## HAIR TREATMENTS | 60 min

Don't have the time to style and set your hair? We are here for you. Get a super-volume blow dry or temporary straight look with ironing. We are here to cater to all your hair styling and setting needs for every occasion and mood.

- |                         |         |                     |           |
|-------------------------|---------|---------------------|-----------|
| • Hair Wash & Blow Dry  | THB 500 | • Deep Conditioning | THB 700   |
| • Hair Wash & Condition | THB 700 | • Hair Styling      | THB 2,000 |





# WELLNESS PROGRAMMES



## Integrated Wellness

Designed to help guests reach health goals in the most effective way, this package helps to build a foundation for a healthy and sustainable lifestyle, optimal fitness, ideal weight and de-stressing with sleep enhancement. It includes various holistic health and fitness treatments, healthy food and yoga exercises. Complete physical, mental, social and spiritual wellbeing can be experienced through this comprehensive lifestyle management programme.

	1N	2N	3N	5N
<b>Consultation</b>				
Body Composition Analysis	1	1	1	1
Blood Pressure Test		1	1	1
Pulse Oximetry Test		1	1	1
Electro Cardiogram				1
Path Test		1	1	1
Medical Assessment by Physician		1	1	2
Physiotherapy Consultation			1	1
<b>Nutrition &amp; Dietetics</b>				
Nutritional Consultation	1	1	1	1
Group Session/Lecture			1	1
Live Demonstration of Healthy Recipes		1	1	1
<b>Fitness</b>				
Group Fitness Session		1	3	5
<b>Restorative &amp; Relaxation Therapies</b>				
Meditation Session		1	1	2
Yoga Session	1	1	2	2
Progressive Relaxation Therapy		1	2	2
Reflexology or Acupressure Therapy			1	2
Liver Compress Therapy			2	2
Prakriti Analysis			1	1
Immuno Strengthening Therapy				1
Fusion Thai Massage				1
VLCC Instant Detox Therapy	1	1	1	1
Core Muscle Strengthening Therapy				1
Neuromuscular Therapy		1	1	1
<b>Total Price</b>	<b>10,500</b>	<b>25,500</b>	<b>37,500</b>	<b>56,500</b>



## Weight Management

A customised programme to deliver effective weight loss through lifestyle modification counselling, dietary modification, a fitness regimen and aesthetic treatments. Training on post-programme lifestyle practices and online mentoring is also provided. Shed that extra weight the healthy way by learning the art of “weight management.”

	1N	2N	3N	5N	7N
<b>Consultation</b>					
Body Composition Analysis	1	1	1	1	1
Blood Pressure Test		1	1	2	2
Pulse Oximetry Test		1	1	1	1
Electro Cardiogram			1	1	1
Path Test		1	1	1	1
Medical Assessment by Physician		1	1	2	2
Physiotherapy Consultation	1	1	1	1	1
<b>Nutrition &amp; Dietetics</b>					
Nutritional Consultation	1	1	1	2	3
Group Session/Lecture			1	2	3
Live Demonstration of Healthy Recipes		1	1	1	2
<b>Fitness</b>					
Group Fitness Session		1	3	5	7
<b>Restorative &amp; Relaxation Therapies</b>					
Meditation Session		1	1	2	3
Yoga Session	1	1	2	2	2
Progressive Relaxation Therapy			1	1	1
Reflexology or Acupressure Therapy				1	2
Prakriti Analysis	1	1	1	2	2
Immuno Strengthening Therapy				1	1
Fusion Thai Massage				1	1
VLCC Instant Detox Therapy			1	1	1
Elixir Therapy					1
Seaweed Therapy				1	1
Manual Lymphatic Drainage	1	1	1	1	1
Core Muscle Strengthening Therapy				1	1
<b>Body Contouring</b>					
G5 Treatment	1	1	2	3	4
VShape Treatment		1	2	2	3
<b>Total Price</b>	<b>11,500</b>	<b>26,500</b>	<b>38,500</b>	<b>63,500</b>	<b>82,500</b>



## Detoxification Rituals

Toxins make the body's internal environment acidic, which interferes with the flow of energy, thereby reducing the functional capacity of our vital organs. We end up being lethargic, anxious, depressed and possessing a negative state of mind. Insomnia, eating disorders and weight gain come with toxin accumulation in the body. This programme will help in detoxification and a rejuvenated mind, body, and soul.

	1N	2N	3N	5N
<b>Consultation</b>				
Body Composition Analysis	1	1	1	1
Blood Pressure Test		1	1	2
Pulse Oximetry Test		1	1	1
Electro Cardiogram			1	1
Path Test		1	1	1
Medical Assessment by Physician		1	1	1
<b>Nutrition &amp; Dietetics</b>				
Nutritional Consultation	1	1	1	1
Group Session/Lecture		1	1	1
Live Demonstration of Healthy Recipes		1	1	1
<b>Fitness</b>				
Group Fitness Session		1	3	5
<b>Restorative &amp; Relaxation Therapies</b>				
Meditation Session		1	1	2
Yoga Session	1	1	2	2
Progressive Relaxation Therapy			1	1
Reflexology or Acupressure Therapy			1	2
Liver Compress Therapy			2	2
Prakriti Analysis			1	1
VLCC Instant Detox Therapy	1	1	1	1
Seaweed Therapy				1
Manual Lymphatic Drainage		1	2	3
<b>Total Price</b>	<b>10,500</b>	<b>26,500</b>	<b>37,500</b>	<b>58,500</b>



## Gut Wellbeing

We lead a mechanical life without realising that our busy routine and stress levels have taken a toll on our digestion. This programme will help decrease bloating, indigestion, acidity/heartburn, and gut-related health issues and improve your digestive system considerably.

	1N	2N	3N	5N
<b>Consultation</b>				
Body Composition Analysis	1	1	1	1
Blood Pressure Test		1	1	1
Electro Cardiogram				1
Path Test		1	1	1
Medical Assessment by Physician		1	1	1
<b>Nutrition &amp; Dietetics</b>				
Nutritional Consultation	1	1	1	1
Group Session/Lecture			1	1
Live Demonstration of Healthy Recipes		1	1	1
<b>Fitness</b>				
Group Fitness Session		1	3	5
<b>Restorative &amp; Relaxation Therapies</b>				
Meditation Session		1	1	2
Yoga Session	1	1	1	2
Reflexology or Acupressure Therapy			1	2
Liver Compress Therapy		1	3	3
Prakriti Analysis			1	1
Immuno Strengthening Therapy	1	1	1	1
Cranio Sacral Therapy				1
Manual Lymphatic Drainage		1	2	3
VLCC Jadui Potli Therapy				1
<b>Total Price</b>	<b>10,500</b>	<b>25,500</b>	<b>37,500</b>	<b>54,500</b>



## Immunity Support

A customised programme to enhance immunity and promote self-healing by improving the body's natural defence mechanism. Guests will experience improved blood circulation and oxygen flow, deep cleansing and detoxification, improved energy levels by regulating pH balance, and improved gut health– the seat of our immune response. Mental and physical relaxation routines will help the body rejuvenate and strengthen.

	1N	2N	3N	5N
<b>Consultation</b>				
Body Composition Analysis	1	1	1	1
Blood Pressure Test		1	1	2
Electro Cardiogram				1
Path Test		1	1	1
Medical Assessment by Physician		1	1	1
<b>Nutrition &amp; Dietetics</b>				
Nutritional Consultation	1	1	1	1
Group Session/Lecture			1	1
Live Demonstration of Healthy Recipes		1	1	1
<b>Fitness</b>				
Group Fitness Session		1	3	5
<b>Restorative &amp; Relaxation Therapies</b>				
Meditation Session		1	1	2
Yoga Session	1	1	2	2
Reflexology or Acupressure Therapy			1	2
Prakriti Analysis		1	1	1
Immuno Strengthening Therapy	1	1	1	2
Manual Lymphatic Drainage		1	1	1
Neuromuscular Therapy		1	1	1
<b>Total Price</b>	<b>10,500</b>	<b>25,500</b>	<b>34,500</b>	<b>49,500</b>







# BEAUTY PROGRAMMES



## Rejuvenation - Skin & Hair

Offering a variety of customised packages for top-to-toe rejuvenation, our beauty programmes start with a detailed skin and hair analysis for an insight into any mineral imbalances, signs of sun damage and other factors that cause premature ageing and negatively affect the health of your hair. Choose from a collection of one-day and multi-day rejuvenation packages that address these conditions holistically leaving you with youthful, radiant skin and strong, lustrous hair.

	1N	2N	3N	5N	7N
<b>Consultation</b>					
Skin & Hair Analysis		1	1	1	1
<b>Skin &amp; Hair Enhancement Treatments</b>					
<b>Skin Treatments</b>					
Seed Affinity Facial				1	1
Visionergy Facial		1	1	1	1
Glycia / Detan Facial	1				
LED Face Mask		1	1	2	3
Hydra Facial					1
<b>Hair Treatments</b>					
Hair Wash, Condition & Blow Dry	1	1	1	2	2
L'Oreal Hair Spa		1	1	1	2
Indian Traditional Scalp Oil Treatment				2	2
Indian Traditional De-Stress Massage				1	2
LLLT Helmet		1	1	3	4
<b>Body Nourishing &amp; Relaxation</b>					
Porcelain Luxe Therapy				1	1
Shiro-Abhyangam			1	1	1
<b>Hands &amp; Feet Care</b>					
Aroma Pedicure	1	1	1	1	1
Aroma Manicure		1	1	1	1
Foot Reflexology	1			1	2
<b>Nutrition</b>					
Nutrition Consultation				1	1
Group Session/Lecture				1	1
<b>Fitness</b>					
Yoga		1	1	1	2
Meditation		1	1	1	1
Progressive Relaxation Therapy			1	1	2
<b>Total Price</b>	<b>9,500</b>	<b>22,000</b>	<b>35,500</b>	<b>59,000</b>	<b>80,500</b>



## Anti-Ageing / Minimally Invasive

Our anti-ageing programmes are designed to target both intrinsic ageing, which is genetically programmed, and extrinsic ageing caused by environmental factors like sunlight, stress, pollution, smoking and disturbed sleep patterns. For best results with no-to-little downtime, we focus on minimally invasive, cutting-edge treatments such as medi-facials and advanced aesthetic procedures supervised by our experienced dermatologists.

	1N	2N	3N	5N	7N
<b>Consultation</b>					
Skin & Hair Analysis		1	1	1	1
<b>Skin &amp; Hair Enhancement Treatments</b>					
<b>Skin Treatments</b>					
Fermatique	1	1	1	1	1
Visionergy Facial		1	1	1	1
LED Face Mask		1	1	2	2
RF Face Lift/ 8 in 1 studio centre( Face)		1	1	1	1
Face Contouring (H) - Hifu / 200 lines					1
PRP Treatment (Face)				1	1
<b>Hair Treatments</b>					
Indian Traditional Scalp Oil Treatment				1	1
Indian Traditional De-Stress Massage				1	1
<b>Body Nourishing &amp; Relaxation</b>					
Porcelain Luxe Therapy			1	1	1
<b>Nutrition</b>					
Nutrition Consultation			1	1	1
Group Session/Lecture			1	1	1
<b>Fitness</b>					
Yoga			1	2	2
Meditation			1	2	2
Progressive Relaxation Therapy				1	1
<b>Total Price</b>	<b>7,500</b>	<b>22,500</b>	<b>38,500</b>	<b>57,500</b>	<b>84,000</b>



## Pre-Bridal Grooming

Erasing all signs of stress, our customised pre-bridal facials consider everything from your skin type to humidity levels to ensure your luminous complexion steals the show on your special day. With brightening and polishing treatments for your body, rejuvenating hair masks, as well as indulgent aroma manicures and pedicures, our pre-bridal packages leave no detail to chance.

	1N	2N	3N	5N	7N
<b>Consultation</b>					
Skin & Hair Analysis		1	1	1	1
<b>Skin &amp; Hair Enhancement Treatments</b>					
<b>Skin Treatments</b>					
Visionergy Facial		1	1	1	1
Oxygenique Facial	1	1	1	1	1
Glycia / Detan Facial					
LED Face Mask				1	1
RF Face Lift/ 8 in 1 studio centre( Face)				1	1
<b>Hair Treatments</b>					
Hair Wash, Condition & Blow Dry	1	1	1	1	1
L'Oreal Hair Spa	1	1	1	1	1
LLLT Helmet				1	1
<b>Body Hair Epilation</b>					
Full Body Rica Waxing	1	1	1	1	1
<b>Body Nourishing &amp; Relaxation</b>					
Porcelain Luxe Therapy			1	1	1
<b>Hands &amp; Feet Care</b>					
Aroma Pedicure		1	1	1	1
Aroma Manicure		1	1	1	1
Foot Reflexology			1	1	1
<b>Total Price</b>	<b>11,500</b>	<b>21,000</b>	<b>31,500</b>	<b>48,000</b>	<b>59,500</b>



## Face - Body Brightening & Hair Care

Combating conditions caused by sun overexposure, pollution, medication or stress, our skin brightening and hair care packages target dryness, flakiness and discoloration for healthy, glowing skin as well as focusing on restoring your damaged tresses to their former glory. For face and body brightening, we recommend cutting-edge treatments that use lactic acid as an active ingredient to deliver instant, lasting results.

	1N	2N	3N	5N	7N
<b>Consultation</b>					
Skin & Hair Analysis		1	1	1	1
<b>Skin &amp; Hair Enhancement Treatments</b>					
<b>Skin Treatments</b>					
Clarifique Facial		1	1	1	1
Visionergy Facial			1	1	1
LED Face Mask	1	1	2	2	2
Q-Switch Face					1
Q-Switch Large Body Parts (Arms/ Legs / Back )					1
Skin MTX Peel	1	1			
Lactic Acid Peel			1	1	1
<b>Hair Treatments</b>					
Hair Wash, Condition & Blow Dry		1	1	1	1
L'Oreal Hair Spa		1	1	1	1
LLLT Helmet		1	1	1	1
<b>Body Nourishing &amp; Relaxation</b>					
Porcelain Luxe Therapy				1	1
Shiro-Abhyangam				1	1
<b>Hands &amp; Feet Care</b>					
Aroma Pedicure	1	1	1	1	1
Aroma Manicure	1	1	1	1	1
Foot Reflexology	1	1	1	1	1
<b>Total Price</b>	<b>12,000</b>	<b>24,500</b>	<b>35,500</b>	<b>51,500</b>	<b>69,500</b>



## Skin Resurfacing & Instabright

Bright, even skin tone is now within reach thanks to a combination of potent therapies that target hyper-pigmentation, acne marks, dark elbows and uneven skin on the back. Skin is instantly brightened through the use of LED therapy combined with a host of active ingredients that work in concert to give you an even complexion, reduce puffiness and provide relief to strained eyes.

	1N	2N	3N	5N	7N
<b>Consultation</b>					
Skin & Hair Analysis		1	1	1	1
<b>Skin &amp; Hair Enhancement Treatments</b>					
<b>Skin Treatments</b>					
Seed Affinity Facial	1	1	1	1	1
Visionergy Facial	1	1	1	1	2
LED Face Mask	1	1	1	2	2
Hydra Facial				1	1
Lactic Acid Peel					1
<b>Body Nourishing &amp; Relaxation</b>					
Porcelain Luxe Therapy		1	1	1	1
<b>Total Price</b>	<b>10,500</b>	<b>20,500</b>	<b>29,500</b>	<b>44,500</b>	<b>61,500</b>





## General Information

OPENING HOURS: EVERY DAY 9:00AM - 9:00PM

Avani+ Hua Hin Resort  
1499 Petchkasem Road, Cha-am, Phetchaburi 76120

### Information and Reservations

We look forward to welcoming you to VLCC at Avani+ Hua Hin. To schedule an appointment, or for more information, please contact our reservation team who will be able to help you choose the perfect treatment.

Email: [vlcc.vhhv@avanihotels.com](mailto:vlcc.vhhv@avanihotels.com)  
Phone: +66 (0)32 898 989 ext. 3202

### Cancellation Policy

A 24-hour cancellation notice is required to help us reschedule your appointment, subject to availability at the spa. Any cancellation/rescheduling with less than a 3 hours' notice will incur a 50% cancellation fee. The entire charge of the treatment booked will be levied in case of a "No Show" without any prior cancellation as specified above. The entire charge will also be levied for cancellation of a 30-minute treatment.

All prices are in Thai baht and are subject to 10% service charge and applicable government tax.

# VLCC

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