



Medical Wellness
by Hertiude Clinic



Contents

Wellness Centre	2
Medical Wellness by Hertitude Clinic	4
Diagnostics & Assessments	6
Facials & Aesthetics	8
Hair Restoration	14
Body Sculpting	16
Intravenous Therapies	18
Rejuvenation Programmes	22
Supplements & Sachets	26
Introductory Package	28
Medical Wellness by Hertitude Clinic Reminders	32

Wellness Centre

Aman Nai Lert Bangkok

Rising from Nai Lert Park's green embrace amid the skyscrapers of central Bangkok, Aman Nai Lert Bangkok introduces Aman's distinctive serenity to a city renowned for its energy.

Reflecting Thailand's traditional healing lore, as well as Bangkok's status as a global hub for wellness optimisation, the 1,500-square-metre (16,145-squarefoot) Aman Spa & Wellness centre at the hotel's heart brings the Aman Wellness concept to Asia's most iconic gateway city. Two entire floors are dedicated to wellbeing: the Aman Spa on the 10th floor, and the Medical Wellness by Hertitude Clinic on the 8th, which features its own dedicated spa menu.

Medical Wellness by Hertitude Clinic (8th Floor)

Hertitude Clinic, an independent medical provider, operates the Medical Wellness floor as a separate entity in partnership with Aman Nai Lert Bangkok. Overseen by a team of certified medical doctors, the facility includes four private clinic rooms, one examination room and an IV Lounge offering Intravenous Nutrient Infusion Therapy.





Medical Wellness by Hertitude Clinic

Hertitude Clinic offers a discreet and highly personalised approach to wellness. Under the supervision of certified medical doctors, the clinic combines advanced medical expertise with state-of-the-art technology to deliver comprehensive evaluations, incorporating detailed client history assessments and cutting-edge blood panel analysis.

Designed for privacy and exclusivity, Hertitude Clinic provides a serene environment where clients can experience world-class treatments. The IV Lounge offers Intravenous Nutrient Infusion Therapy, while the full-body cryotherapy facilities support optimal wellbeing through advanced recovery and rejuvenation techniques.

Trusted by high-profile individuals and those who seek the highest standards of care, Hertitude Clinic is dedicated to crafting bespoke treatments, ensuring exceptional results with the utmost discretion and professionalism.

Diagnosics & Assessments

Comprehensive Blood Testing

A few days for result

We have a full range of blood tests to cover all health needs, from monitoring cholesterol and checking for diabetes, to assessing vitamins and minerals level or screening for cancer or heart disease. We offer blood analysis options, including routine screening tests, specialised tests for hormones levels or genetic tests, all with accurate results and fast turnaround times.

Revolutionising Cancer Detection

One week for result

We offer advance cancer screening beyond tumour markers. Cancer remains one of the most significant health challenges worldwide, with early detection being a critical factor for improving patient outcomes. In recent years, advances in medical technology have paved the way for early screening methods that are better than tumour markers, by detecting biomarkers APO10 and TKTL1, both of which are linked to cancer cell metabolism and stress responses.

Optimal Health with Urine Organic Acids Testing

One week for result

This test provides a deep insight into your body's metabolic processes. By analysing organic acids, this non-invasive test helps identify imbalances in energy production, detoxification, gut microbiome health and neurotransmitter function. It can detect nutritional deficiencies, oxidative stress and even early signs of chronic conditions. Whether you are facing fatigue, brain fog or unexplained health issues, this test offers a comprehensive view of your body's internal functioning, empowering you with the knowledge to take charge of your health.

Advance Health Insights with Stool Analysis

One week for result

Digestive health is key to overall wellbeing. Comprising trillions of microorganisms that inhabit our bodies, the microbiome plays a crucial role in various aspects of health and disease. This analysis has opened new frontiers in our understanding of human health and disease, revealing the intricate interplay between microbial communities and host physiology.

Micronutrient & Heavy Metals Profile by OligoScan

Five minutes for result

OligoScan is a cutting-edge technology that provides immediate insights into your body's mineral balance and heavy metal toxicity. This non-invasive scan on your palm uses light spectrophotometry to measure the levels of essential vitamins, minerals and toxic elements directly from your tissues, offering real-time results in just minutes. Whether you're looking to optimise your nutrition or detect heavy metal exposure, OligoScan delivers a fast, accurate and personalised analysis.

DNA Methylation & Telomere-Length Analysis

One week for result

Find out your precise biological age with DNA methylation and telomere-length analysis. Biological age estimation has emerged as a powerful tool for unravelling the mysteries of ageing and longevity. By peering into the epigenetic landscape of our DNA, scientists are gaining unprecedented insights into the ageing process and its implications for health and longevity. As research in this field continues to advance, the promise of personalised interventions to promote healthy ageing and extend lifespan grows ever closer, offering hope for a future where age truly becomes just a number.

Facials & Aesthetics

CelluLift™ Laser: Advanced Collagen Activation & Skin Lifting

45 minutes

Rediscover youthful resilience with CelluLift Laser, a cutting-edge diode laser treatment designed to stimulate deep collagen remodelling through light-based photothermal activation. Without the use of radiofrequency, this clinically refined technology gently tightens skin, refines texture and redefines facial contours—restoring natural lift and luminosity with no downtime.

Whether addressing early signs of sagging, dullness or post-summer fatigue, CelluLift delivers visible firmness and vitality from the very first session.

ClearPhase™ | Acne Control LASER

30 minutes

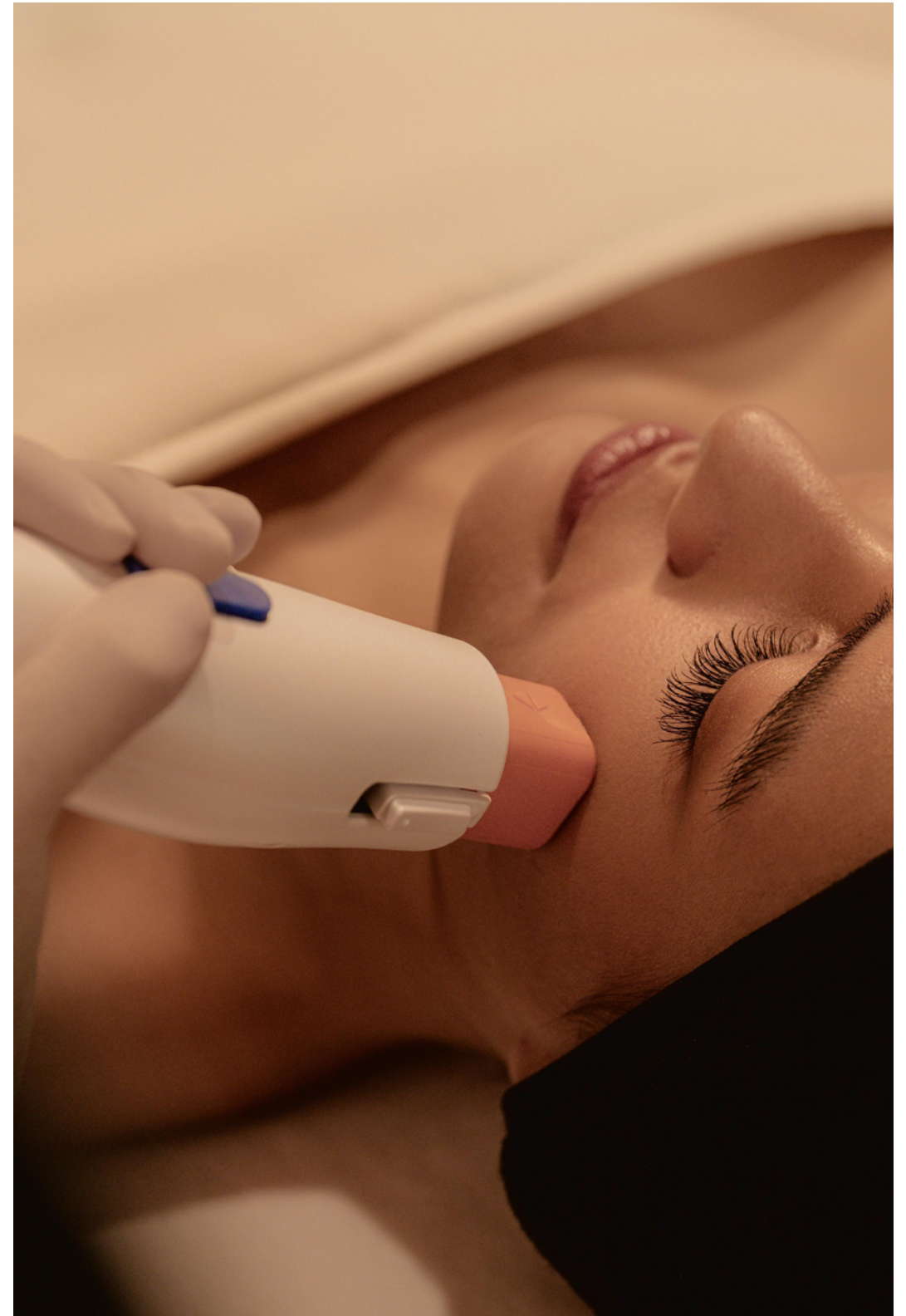
ClearPhase™ offers an intelligent, light-based solution to acne management by targeting overactive sebaceous glands and reducing Propionibacterium acnes at the source. This treatment is designed not only to address active breakouts but also to prevent future flare-ups by calming inflammation and promoting smoother, clearer skin with each session. It helps reduce sebaceous activity, diminishes post-inflammatory pigmentation and supports long-term skin balance for a visibly redefined complexion.

LumiTone™ | Pigment LASER

30 minutes

LumiTone™ is an advanced light-based treatment designed to target age spots, sun damage and uneven melanin distribution, restoring a more harmonious and luminous complexion. Using the precision of selective photothermolysis, this technology effectively lifts unwanted pigmentation while preserving the integrity of surrounding tissues.

The treatment reveals a visibly clearer, more radiant skin tone with no downtime, making it an ideal solution for areas such as the face, hands or décolleté. LumiTone™ is safe for year-round use and delivers noticeable enhancement in clarity, tone and overall skin brilliance.



VISIA® Skin Analysis: Scientific Imaging for Personalised Skin Intelligence

30 minutes

Unlock a new level of insight into your skin with the VISIA® Skin Analysis system—an advanced diagnostic imaging technology that evaluates your complexion with exceptional precision.

Using multi-spectral 3D imaging, VISIA assesses key parameters including:

- Pore size and texture
- UV spots and pigmentation
- Wrinkles and fine lines
- Redness and vascular conditions
- Porphyrins (bacteria on skin)
- Skin age versus biological age

The results empower both guest and clinician to create a truly customised skincare and treatment plan—with progress tracking over time to ensure visible, measurable improvements.

Dermal Filler: Advanced Facial Rejuvenation & Lifting

60 minutes

Discover the pinnacle of facial aesthetics with a dermal filler treatment designed to redefine facial contours and revive youthful vibrancy. Rooted in the evidence-based principles of the Visual Aesthetics Methodology (VA Methodology) pioneered by Dr Vorapot, our approach ensures unparalleled precision and tailored outcomes that harmonise seamlessly with your unique facial anatomy and aesthetic aspirations.

Our practitioners are skilled artisans, adept at administering dermal filler injections with a scientific understanding of facial anatomy and the VA Methodology's guiding principles. Through strategic placement and customisation, dermal filler replenishes lost volume, smooths lines and lifts sagging skin with unparalleled precision.

By incorporating a comprehensive understanding of facial proportions, anatomy and individualised patient goals, the VA Methodology ensures that each treatment is optimised for natural-looking results.

Biostimulator: Advanced Collagen Stimulation for Enhanced Skin Vitality

60 minutes

Unlock the secrets of enduring skin rejuvenation with biostimulators, such as Radiesse and UltraCol, revolutionary treatments meticulously engineered to ignite collagen synthesis and elevate skin elasticity. Harnessing the body's innate regenerative potential, biostimulators employ a sophisticated technique known as Target Injection Zones (TIZs) to precisely target specific areas for optimal collagen stimulation and revitalisation.

Our approach to biostimulators is grounded in scientific excellence and innovation. By strategically activating the body's natural collagen production mechanisms, biostimulators restore skin firmness and vitality, delivering results that endure over time.

What sets our biostimulator treatment apart is the utilisation of TIZs, a specialised technique that ensures precise and effective collagen stimulation. By pinpointing key areas of collagen depletion, our skilled practitioners optimise the treatment's efficacy, resulting in enhanced skin texture and resilience.

MSC Elixir Infusion

30 minutes

Embark on a transformative journey to radiant skin with MSC Elixir Infusion, a cutting-edge skin mesotherapy treatment that leverages the unparalleled regenerative potential of Mesenchymal Stem Cell Exosome (MSC Exosome).

Mesenchymal stem cells are renowned for their ability to stimulate tissue repair and regeneration. Exosomes, tiny vesicles secreted by stem cells, contain a potent blend of growth factors, cytokines and signalling molecules that orchestrate cellular communication and rejuvenation.

During MSC Elixir Infusion, these bioactive exosomes are delicately infused into the skin, where they penetrate deep into the dermal layers, initiating a cascade of regenerative processes. This innovative therapy promotes collagen synthesis, enhances skin hydration and diminishes the appearance of fine lines and wrinkles.

Scientific studies have demonstrated the remarkable efficacy of MSC Exosome in revitalising ageing skin, with visible improvements in texture, tone and elasticity. Experience the rejuvenating power of MSC Elixir Infusion and unveil a complexion that radiates youthful vitality and luminosity.

Melaclear: Advanced Pigmentation Correction

30 minutes

Transform your skin with Melaclear, a cutting-edge solution designed to combat uneven skin tone and discolouration. Harnessing the potent brightening properties of tranexamic acid and vitamin, this targeted treatment effectively reduces pigmentation and melasma, unveiling a clearer, more radiant complexion.

Experience the next generation of pigmentation correction as Melaclear targets dark spots and hyperpigmentation with precision. Our expert practitioners utilise a specialised formula to address the root causes of uneven skin tone, promoting cellular turnover and revealing smoother, more luminous skin.

Skin Booster: Revitalise & Enhance Skin Quality

60 minutes

Experience the ultimate hydration and rejuvenation with our skin booster, a transformative treatment meticulously formulated to elevate your skin's vitality and radiance. Designed to replenish moisture levels and enhance overall skin quality, the skin booster treatment revitalises your complexion, leaving it dewy, luminous and smooth.

Our skin booster treatment goes beyond traditional approaches to skincare. With a focus on enhancing hydration and revitalising skin texture, our expert practitioners deliver customised solutions tailored to your unique skincare needs.

Oligio

60-90 minutes

Oligio offers advanced non-invasive skin tightening using cutting-edge radiofrequency (RF) technology to stimulate collagen production, firm sagging skin and refine facial contours. Delivering immediate lifting effects with progressive improvements over time—all with minimal discomfort and no downtime—experience personalised rejuvenation with the Signature Face Lift, Eye Rejuvenation, Jawline Sculpt or Neck Firming treatments.

Botox Bliss

45 minutes

Experience the transformative power of Botox Bliss, a renowned treatment designed to erase wrinkles and fine lines, unveiling a youthful and revitalised visage.

Administered with precision, Botox Bliss injections target the facial muscles responsible for dynamic wrinkles. This targeted approach gently relaxes the muscles, effectively softening the appearance of lines caused by repetitive facial expressions.

Ultherapy PRIME®

60-90 minutes

Embark on a transformative skincare journey with our Ultherapy PRIME®, a cutting-edge ultrasound treatment backed by scientific precision and impressive results. Utilising state-of-the-art ultrasound technology, our Ultherapy PRIME® technique penetrates deep beneath the surface to target the foundational layers of the skin.

Through a painless and precise process, Ultherapy PRIME® stimulates the production of collagen the essential building block of youthful skin. Scientific studies have demonstrated the efficacy of Ultherapy PRIME® in lifting and tightening sagging skin, with noticeable improvements in skin laxity and firmness.

The controlled delivery of energy initiates a cascade of collagen remodelling, resulting in rejuvenated contours and a radiant complexion.

Hair Restoration

Shaven FUE Hair Transplantation

Six-nine hours

Shaven FUE is a hair transplant technique where the donor area (the area with thick hair) is shaved before the hair follicles are extracted and transplanted into areas with thinning or no hair. Shaving the donor area helps the surgeon clearly see and access the follicles for extraction. This method leaves minimal scarring, provides natural-looking results and has a relatively quick recovery time.

Non-shaven FUE Hair Transplantation

Six-nine hours

Non-shaven FUE is a hair transplant technique where the donor area is not shaved. Hair follicles are extracted one by one and transplanted into thinning areas. This method allows the patient to keep their hair long and avoid visible changes right after the procedure.

FUE Long Hair Transplantation

Six-nine hours

Achieve natural-looking hair restoration with FUE Long Hair Transplantation. This state-of-the-art technique harvests individual hair follicles from donor areas and meticulously implants them into balding or thinning areas, providing permanent, undetectable results.

PRP Hair Restoration

45-60 minutes

Stimulate hair growth and rejuvenate your scalp with platelet-rich plasma (PRP) hair restoration. PRP therapy harnesses the healing properties of your own blood to promote hair regrowth, increase hair density and improve scalp health.

SVF Hair Restoration (Regenera)

90 minutes

Regenerate hair follicles and promote hair growth with Stromal Vascular Fraction (SVF) Hair Restoration. This innovative treatment harnesses the regenerative power of SVF cells to stimulate hair follicle activity and rejuvenate the scalp for improved hair density and thickness.

Silken Radiance™ Precision Hair Removal LASER for Velvet Skin

Duration: 15-60 minutes (area-dependent)

Unveil skin that feels as soft as silk with this precision diode laser hair removal treatment. Ideal for all skin tones and types, this next-generation protocol eliminates unwanted hair at the follicular root using medical-grade wavelength modulation for superior comfort and efficacy. Whether sculpting the jawline, refining the underarms or smoothing the bikini zone, each session leaves your skin silky soft and beautifully bare. Silken Radiance™ offers permanent hair reduction with no downtime, making it suitable even for sensitive skin. With each session, skin appears smoother, more even and visibly refined.



Body Sculpting

CoolSculpting Elite: Advanced Body Sculpting

35 minutes

Experience a revolutionary approach to body contouring with CoolSculpting - the original fat reduction treatment meticulously crafted to tone the physique.

Cryolipolysis, commonly known as CoolSculpting, stands at the forefront of scientific advancement in aesthetic medicine. A transformative procedure, it targets stubborn fat deposits using a carefully controlled cooling technique, freezing fat cells while leaving surrounding tissue unharmed. Over time, the cells are naturally metabolised and eliminated, revealing a smoother, more contoured appearance.

Cryolipolysis is distinguished by its ability to deliver remarkable results without the need for surgery or downtime. Each session is tailored to your unique body shape, ensuring precise and optimal aesthetic enhancement. From refining the abdomen to toning the thighs, CoolSculpting offers a safe, effective and long-lasting solution that fosters newfound confidence.





Intravenous Therapies

Intravenous (IV) Therapy helps individuals achieve optimal health, supplying the body the nutrients it needs. Bypassing the digestive system, absorption happens immediately in the blood stream with utilisation of these essential vitamins, minerals and antioxidants supporting intracellular energy and recovery.

For your safety and comfort, please note that excessive amounts of vitamin C should be avoided if you have glucose-6-phosphate dehydrogenase (G6PD) deficiency. If you prefer, we can defer the administration of vitamin C until we receive your test results to avoid any contraindications.

Energy Boost Infusion

45–60 minutes

Recharge your body and combat fatigue with our Energy Boost Infusion. This infusion of electrolytes, vitamins and antioxidants replenishes depleted cells, enhancing energy production and alleviating symptoms of low energy and fatigue. Unlock the potential of intravenous therapy to revitalise your body and enhance your wellbeing.

Liver Detox Infusion

45–60 minutes

Restore your liver's natural detoxification function with a liver detox infusion. Our bodies are constantly exposed to environmental toxins and processed foods, which can strain the liver's detoxification processes. This infusion aims to replenish essential nutrients and support your liver's resilience and resistance to disease.

Superior Antioxidant (ALA) Infusion

60–90 minutes

Alpha lipoic acid (ALA) is a naturally occurring compound that plays a vital role in energy metabolism and acts as a powerful antioxidant. Found in every cell of the body, it helps to convert glucose into energy. Additionally, ALA is unique because it is both water- and fat-soluble, which allows it to work in every part of the cell. This versatility makes it a valuable nutrient with numerous health benefits.

Blood Cleanse (Chelation) Infusion

90-120 minutes

Removing heavy metals in the body after being exposed to an environment contaminated by EDTA, our formula is special. Vitamins are added to the formula to counter lost vitamins.

Beauty Boost Infusion

45-60 minutes

Enhance your skin's health and vitality with our beauty boost infusion. Packed with vitamins, minerals and powerful antioxidants, such as amino acids glycine, cysteine and glutamic acid (GSH), this formula helps eliminate toxins and free radicals, promoting a smoother, more youthful complexion.

Weight Control Infusion

45-60 minutes

A cutting-edge approach to weight management, offering a potent blend of nutrients directly to the body's cellular powerhouse. By leveraging the benefits of intravenous nutrient infusion, this innovative therapy supports metabolic health, enhances nutrient status and promotes overall wellbeing. It has the potential to empower individuals on their journey to achieving and maintaining a healthy weight and vibrant wellness.

Aminoboost Infusion

60-90 minutes

The kidneys play a crucial role in maintaining overall health by filtering waste products and excess fluids from the blood, regulating electrolyte balance, and producing hormones essential for blood pressure regulation and red blood cell production. This infusion can support the kidneys and muscle with vital amino acid and has the potential to empower individuals on their journey to achieving and maintaining optimal kidney health and vitality.

Brain Booster Infusion

60-90 minutes

The Brain Booster Infusion can support cognitive function, optimise brain health and nurture overall wellbeing. It has the potential to empower individuals on their journey to achieving and maintaining optimal brain health and lifelong vitality.

Gut Health Infusion

100-120 minutes

The Gut Health Infusion can support digestive wellness, optimise gut function and nurture a thriving microbiome ecosystem. Containing amino acid that can help gut, it has the potential to empower individuals on their journey to achieving and maintaining optimal gut health and overall wellbeing.

Sleep Enhancement Infusion

60-90 minutes

Recharge your body and mind with the Sleep Enhancement IV Therapy. This infusion is designed to promote relaxation, reduce stress and support deeper, more restful sleep with a blend of essential vitamins, minerals and calming nutrients. Perfect for those struggling with insomnia or looking to improve sleep quality naturally.

Cellular Recharge IV Therapy

60-90 minutes

Boost your energy, enhance mental clarity and support cellular repair with the NAD+ IV Therapy. This powerful infusion helps combat fatigue, slow ageing and improve overall wellness by replenishing vital NAD+ levels, essential for energy production and DNA repair. Ideal for those seeking enhanced vitality and cognitive function.

Exclusive Blood Ozone Infusion

30-45 minutes

Embark on a journey of rejuvenation with the Exclusive Blood Ozone Infusion therapy. Ozone, a powerful activated form of oxygen, permeates your body's tissues, invigorating cellular function and promoting holistic wellness. By infusing ozone into your bloodstream, this therapy stimulates immune function, diminishes inflammation and expedites the healing process of wounds. Experience a renewed sense of vitality and energy as your body is revitalised from within.

Cardiac Support Infusion

90-120 minutes

In the realm of wellness, the importance of heart health cannot be overstated. As a vital organ responsible for circulating oxygen-rich blood throughout the body, the heart plays a central role in overall wellbeing. This infusion has the potential to empower individuals on their journey to achieving and maintaining optimal heart health and lifelong vitality.

Hair Revive Infusion

60-90 minutes

A nourishing IV therapy designed to support healthy hair growth from within. Packed with essential vitamins, minerals and amino acids, this infusion targets hair strength, scalp health and follicle vitality helping you achieve stronger, shinier and more resilient strands.

Custom Formulated IV Vitamin Supplements

45-120 minutes (depending on formula)

The IV Vitamin Supplement is designed to replenish your body with essential nutrients, giving you the energy and vitality you need to thrive. Formulated by our team of experts, our IV Vitamin Supplement delivers a powerful blend of vitamins and minerals directly into your bloodstream, bypassing the digestive system for maximum absorption and effectiveness. Customised according to your blood test, whether you're feeling run down, recovering from illness, or simply looking to boost your overall wellness, the IV Vitamin Supplement can help you feel your best.

Rejuvenation Programmes

Rebalancing Your Body with Allogenic MSCs Programme

One-three days

This programme works to unlock the potential of mesenchymal stem cells (MSCs) derived from cord tissue and amnion tissue to modulate your immune system, reduce inflammation and promote tissue repair and regeneration. From there, our expert team isolates and concentrates the MSCs, which are known for their regenerative properties. These potent stem cells are reintroduced into your body through targeted injections, where they go to work repairing and regenerating damaged tissues, supporting natural healing processes and promoting overall wellness.

Key benefits of the Allogenic MSCs Programme include:

- **Tissue Regeneration:** MSCs have the ability to differentiate into various cell types, helping to regenerate and repair damaged tissues throughout the body.
- **Anti-Inflammatory Effects:** By modulating the immune response, MSCs can reduce inflammation, providing relief from chronic conditions and promoting a healthier environment within the body.
- **Enhanced Healing:** Whether you're recovering from injury, surgery or simply seeking to optimise your health, MSC therapy can accelerate healing and improve recovery outcomes.
- **Improved Functionality:** Experience enhanced mobility, flexibility and overall functionality as MSCs work to restore and optimise bodily functions.

With this Allogenic MSCs Programme, you can rejuvenate your body from the inside out, reclaiming vitality and revitalising your health naturally.

Cellular Renewal Therapy – Illuminate & Revitalise Your Body

60 minutes

A revolutionary treatment that harnesses next-generation bioactive vesicles to repair, restore and regenerate the skin at a cellular level. This advanced therapy enhances collagen production, improves skin elasticity and reduces inflammation, promoting a firmer, more sculpted and youthful looking body.

Immune-Boosting Therapy with NK Cells

30 minutes

Unlock the power of your immune system with NK (Natural Killer) Cells Therapy to enhance your body's natural defences against disease. NK cells play a crucial role in identifying and destroying harmful cells. By harnessing these powerful immune cells, the therapy works to strengthen your immune system.

Please note, a visit to the clinic 2-3 weeks prior to your planned procedure is required for the lab to collect and then cultivate your NK cells.

Cellular Radiance for the Face – Timeless Skin Renewal Exosome Therapy

30-60 minutes

This advanced regenerative treatment utilises extracellular vesicles derived from stem cells to promote skin rejuvenation. These tiny particles contain growth factors, proteins and genetic material that enhance collagen production, reduce inflammation and improving skin texture. Exosomes help repair damaged cells, increase skin hydration and minimise fine lines and wrinkles, making them a powerful non-invasive solution for anti-ageing and skin revitalisation.

Plasma Growth Factors

10-30 minutes

Harness the healing power of plasma growth factors with this regenerative treatment. Rich in natural growth factors, this therapy stimulates collagen, accelerates tissue repair and promotes healthier skin, hair and joints. Experience a natural boost in rejuvenation and recovery.

PeptiVive – Advanced Peptide Therapy

10-30 minutes

Elevate your wellness with PeptiVive, our science-driven peptide infusion designed to optimise your body at the cellular level. This powerful blend promotes muscle recovery, enhances energy, supports hormone balance and encourages tissue regeneration. Ideal for those seeking improved performance, accelerated healing or graceful aging, PeptiVive works beneath the surface to restore vitality, clarity and strength from within.

Placenta Extract Rejuvenating Programme

10-30 minutes

Unlock the secrets of youthful vitality with our Placenta Extract Rejuvenating Programme. Harnessing the power of placenta extract, known for its rich concentration of growth factors, peptides and nutrients, this innovative programme offers a holistic approach to rejuvenation and revitalisation.

Our programme begins with a comprehensive consultation to understand your unique needs and goals. From there, our expert team customises a rejuvenating regimen tailored to optimise your results.

Key features of our Placenta Extract Rejuvenating Programme include:

- **Cellular Regeneration:** Placenta extract stimulates cellular renewal, promoting the growth of healthy new cells and tissues for a revitalised appearance.
- **Collagen Production:** Rich in amino acids and peptides, placenta extract stimulates collagen synthesis, helping to improve skin elasticity, firmness and texture.
- **Hydration and Nourishment:** Placenta extract is packed with vitamins, minerals and antioxidants that deeply hydrate and nourish the skin, restoring its natural radiance and vitality.
- **Anti-Ageing Benefits:** Experience a reduction in the appearance of fine lines, wrinkles and other signs of ageing as placenta extract supports skin repair and rejuvenation.

Our placenta extract rejuvenating programme is safe, effective and non-invasive, offering a natural solution for restoring youthful beauty from within.

Bioidentical Hormone Replacement Therapy (BHRT)

30 minutes

As we age, hormonal fluctuations can disrupt our sense of wellbeing, leading to a variety of symptoms such as fatigue, mood swings, weight gain and decreased libido. BHRT offers a natural and personalised approach to hormone optimisation, helping individuals reclaim vitality, balance and wellbeing as they age. By restoring hormonal balance with hormones that mimic the body's natural chemistry, BHRT can alleviate symptoms, reduce health risks and improve quality of life.

Plasmapheresis (DFPP)

120-180 minutes

Also known as plasma exchange, DFPP is a medical procedure used to treat various autoimmune, neurological and hematologic disorders including lipid profile. It involves removing the blood's plasma, treating it to remove harmful substances and then returning the treated plasma to the patient. Plasmapheresis is a valuable treatment that offers significant benefits for patients with specific conditions, helping to manage symptoms and improve quality of life.

Intramuscular Ozone Therapy (Prolozone)

10-30 minutes

Ozone can increase oxygen levels in muscles, relax muscles, promote healing and decrease inflammation. It can serve as an alternative treatment for 'office syndrome' or tight muscles.

Cryotherapy

Three minutes

Literally translated as 'cold therapy', cryotherapy involves exposing the body to extremely cold temperatures, at -85°C, for up to three minutes each session. It uses an enclosed chamber that surrounds you, leaving an opening for your head. One cryotherapy session can provide some benefits, but it's most effective when used regularly. A minimum of 10 sessions over a two- or three-week period is recommended. This therapy helps with:

- Pain relief and muscle healing, along with weight loss
- Inflammation reduction, immune system enhancement
- Alleviates anxiety and depression
- Treatment of migraines and improved symptoms of eczema



Supplements & Sachets

Personalised Oral Supplement

Two-three days

Personalised oral supplements are tailored nutritional formulations designed to meet the specific health needs and goals of an individual. Unlike generic supplements, our personalised supplement plans are designed to fill nutrient gaps, boost energy and support overall wellness. Experience the benefits of targeted, high-quality supplements crafted specifically for you and your body.

Customised Probiotic Sachet

One-two weeks

Each person has different microbiomes in their body. Customised probiotics are tailored probiotic formulations designed to meet the specific needs of an individual's unique gut microbiome. Whether for digestive health, immune support, mental wellbeing or skin health, personalised probiotics represent a significant advancement in the field of microbiome science. Experience the difference with probiotics crafted just for you.

Introductory Package

Elite MSC Knee Regeneration Experience

One-two weeks

Utilising Mesenchymal Stem Cells (MSC), this next-generation treatment accelerates knee recovery, reduces inflammation and restores optimal mobility with minimal downtime. Crafted for high-performance lifestyles, it seamlessly integrates advanced science with holistic wellbeing, offering unparalleled results in a setting of absolute privacy and refinement.

- MSC five million cells
- PRP one time

OxyFlex Shoulder & Back Pain Relief™ Advanced Ozone & IV Therapy for Ultimate Pain Relief & Recovery

45-60 minutes

OxyFlex Shoulder & Back Pain Relief™ is a premium regenerative therapy programme designed to alleviate chronic pain, muscle stiffness and inflammation using a dual approach:

- Ozone Intramuscular Therapy – Targets pain points in the shoulders and back, reduces inflammation and enhances oxygenation for deep tissue healing
- IV Myers' Cocktail – Infuses essential vitamins and minerals to support nerve health, muscle recovery and overall wellness.

Ideal for: Athletes, office workers, postural strain, muscle tension, fibromyalgia and chronic back pain sufferers.

Ultimate Facial Rejuvenation: Exosome + Placenta + MSC Advanced Cellular Regeneration for Ageless Beauty

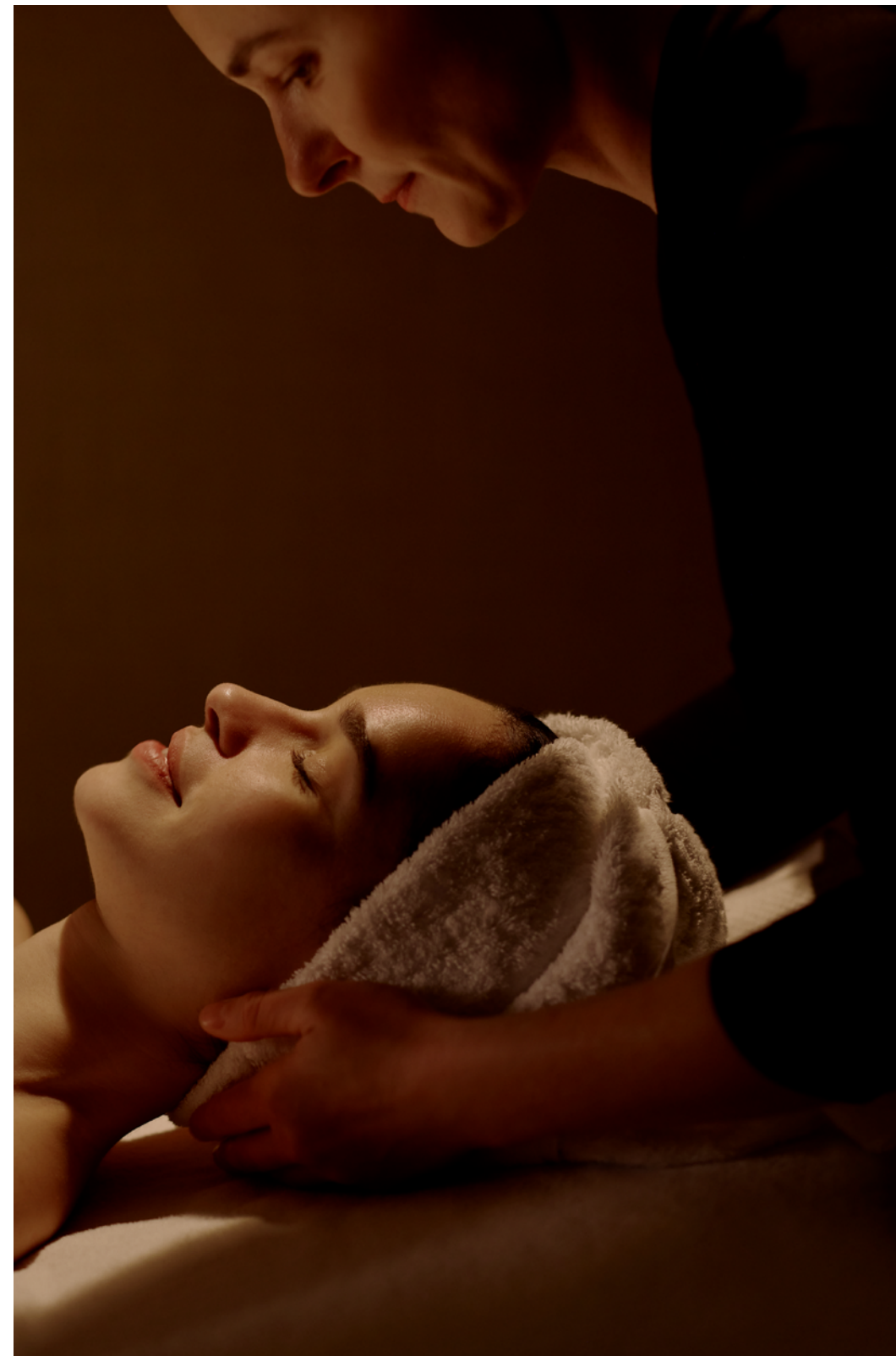
30-45 minutes

The Ultimate Facial Rejuvenation programme harnesses the power of Exosomes, Placenta Extract and Mesenchymal Stem Cells (MSC) to restore, regenerate and revitalise your skin at a cellular level.

- Exosome Therapy – Boosts collagen, enhances skin elasticity and repairs damage.
- Placenta Extract – Nourishes, hydrates and promotes skin regeneration.
- Mesenchymal Stem Cells (MSC) – Activates deep tissue repair and reduces signs of ageing.

Benefits:

- Diminishes wrinkles and fine lines
- Improves skin texture and firmness
- Reduces pigmentation and scars
- Enhances skin hydration and glow



Time Zone Tune-Up & Energy Booster Rapid Recovery & Rejuvenation for Jet Lag & Fatigue

45-60 minutes

The Time Zone Tune-Up & Energy Booster™ is a premium IV therapy designed for frequent travellers, busy professionals and those battling jet lag, fatigue and low energy levels. This advanced treatment recharges your body at a cellular level using:

- Ozone IV Therapy – Enhances oxygen circulation, detoxifies and boosts immunity.
- Myers' Cocktail – A powerful blend of vitamins and minerals for instant energy and hydration.
- NAD+ Infusion – Fuels mitochondrial energy, sharpens mental clarity and fights fatigue.

Benefits:

- Rapid jet lag recovery
- Increased energy and mental focus
- Reduced inflammation and oxidative stress
- Enhanced cellular repair and longevity

Supreme Liver Detox™ Ultimate Cellular Cleanse & Liver Rejuvenation

45-60 minutes

The Supreme Liver Detox™ is a powerful IV therapy designed to detoxify, repair and rejuvenate your liver, promoting optimal health, energy and longevity. This advanced protocol combines:

- Alpha Lipoic Acid (ALA) – A potent antioxidant that supports liver regeneration and reduces oxidative stress.
- Liver Detox Blend – Enhances liver function, supports bile flow and promotes toxin elimination.
- Ozone IV Therapy – Boosts oxygenation, reduces inflammation and accelerates cellular detox.
- Glutathione (two doses) – The master antioxidant that detoxifies the liver, brightens skin and strengthens immunity.

Benefits:

- Deep liver detoxification and cellular repair
- Improved energy and metabolism
- Enhanced skin clarity and anti-ageing effects
- Strengthened immune function

Elite Brain Enhancement™ Advanced Neuro-Rejuvenation for Peak Mental Performance

45-60 minutes

The Elite Brain Enhancement™ IV therapy is designed to optimise cognitive function, sharpen focus and boost mental clarity using a cutting-edge blend of neuro-nutrients and cellular regenerators:

- NAD+ Infusion – Fuels brain cells, enhances memory and supports neuroplasticity.
- Myers' Cocktail – A powerhouse of vitamins and minerals to improve nerve function and reduce brain fog.
- Brain Booster/Kidmin – A specialised blend that enhances cognitive speed, mental stamina and neurotransmitter balance.

Benefits:

- Boosts memory, focus and concentration
- Enhances mental clarity and energy
- Supports brain health and neuroprotection
- Reduces brain fog and mental fatigue

MetaBalance™ – Weight & Wellness Optimisation Advanced Metabolic Support for Sustainable Weight Maintenance

120-180 minutes

MetaBalance™ is a premium IV therapy designed to support metabolism, enhance fat-burning and promote overall wellbeing through a science backed blend of powerful nutrients:

- Superior Antioxidants – Protects cells from oxidative stress, reducing inflammation and supporting metabolic efficiency.
- Weight Control Formula – Enhances fat metabolism, curbs cravings and balances energy levels.
- Kidmin – A specialised nutrient blend to support digestion, hormonal balance and long-term weight maintenance.

Benefits:

- Supports a healthy metabolism and weight balance
- Reduces oxidative stress and inflammation
- Enhances energy and fat utilisation
- Promotes long-term wellness and vitality

Medical Wellness by Hertitude Clinic Reminders

Operating Hours

11.30am to 7.30pm

Appointments

Advance booking is recommended to ensure a choice of time and services are available. Please contact the spa with any enquiries.

Treatment Preparation

We recommend guests arrive 15 minutes prior to scheduled treatments, allowing time to complete a holistic consultation and relax in the Medical Wellness by Hertitude Clinic.

Medical Wellness by Hertitude Clinic Environment

The minimum age for medical wellness treatments is 16. Guests under the age of 16 are required to have parental consent prior to their booking being accepted.

Guest Attire

Proper attire is required for all fitness and wellness activities. Undergarments and bathrobes are provided for wellness treatments.

Valuables

Please leave valuables in the safe in your suite

Cancellation Policy

We understand that schedules change and we will do our best to accommodate them. Once your consultation time is reserved, we kindly ask for a minimum cancellation notice of 24 hours for wellness activities. Cancellations made within the respective notice period will be subject to a 50% charge for the booked service.

Special Considerations

Our holistic consultation form must be completed and signed to ascertain any allergies or previous injuries and avoid any discomfort during the treatment. Please contact a member of staff with any medical or health concerns.

Pricing

Clinic reservations out of operation hours are subject to an additional 50% surcharge.





AMAN NAI LERT BANGKOK

1 Soi Somkid, Lumpini, Pathumwan,
Bangkok 10330, Thailand

Tel: +66 (0)2 035 1111

Email: anlb.spa@aman.com