

Ā M A N
SPA & WELLNESS

Medical Wellness
Clinic Menu

Amanpuri Holistic Wellness Centre

The original and most comprehensive Aman Spa worldwide, the Amanpuri Holistic Wellness Centre offers the services of Aman's experts in ancient healing techniques and alternative therapies. With an open-minded holistic ethos and state of the art technology, we leave no stone unturned in our quest to enhance the wellbeing of every guest.

Also on offer are innovative personalised wellness programmes, traditional Thai treatments, and healing practices drawing on TCM, Ayurveda and other ancient wellness systems. Unique contemporary therapies range from results-oriented oxygen facials to Infrared and Finland-style sauna therapy.

Our wellness specialists oversee all nutrition and lifestyle coaching, with wellness cuisine and juices curated by Amanpuri's expert raw/vegan chefs. Movement and fitness sessions are conducted by certified instructors and include Pilates, Muay Thai kickboxing, yoga, beach boot camps and more. Additionally, the spa offers all beauty salon services.

Medical Wellness Clinic

Amanpuri Wellness Centre boasts an integrated medical facility with in-house medical doctors, nurses, physiotherapists and traditional Chinese medicine specialists.

Guests of Amanpuri have access to medical wellness services exclusively managed in collaboration with Thanyapura as part of its wellness offerings. Incorporating the very latest scientific and technological medical innovations with more traditional medical techniques.

Our integrative medical services comprise three broad categories including age reversal & prevention, aesthetic, and sport performance.

Diagnostics & Assessments

A variety of screening tests are used to assess many systems in the body, including the status of your body's cardiovascular system blood sugar levels, liver and kidney function, immune system and hormonal balance. During regular testing, electrolyte levels, mineral balance, size of red blood cell and number are also monitored. In addition, tumour and/or cancer markers that can aid in the detection of cancer early and recommendation of appropriate health intervention.

Advanced Performance Blood Test: Male and Female

10 minutes

Men and women over the age of 35 are more likely to suffer from hormone imbalances, which can increase their risk of other illnesses. Monitoring your hormone levels will help you maintain your metabolic balance.

This blood test's advanced profile also monitors the risk of prostate, ovarian and breast cancers, as well as a complete blood count, diabetic and lipid profile. It also checks kidney and liver functioning, thyroid function, stress and sex hormones, inflammatory markers, and Vitamins D and B12. A minimum of eight hours of fasting is required for this test. Results are available in three days.

Micronutrient Profile with Vitamin D2/D3

10 minutes

An optimal nutritional balance is integral to maintaining optimal health, preventing chronic diseases and managing the ageing process. Micronutrient blood tests are precise, scientifically proven techniques for identifying nutritional deficiencies, which can be corrected through changes in diet and supplementation. Results are available in seven days.

Food Intolerance Test

10 minutes

The majority of antibodies found in circulation are Immunoglobulin G (IgG) antibodies, created and released by plasma B cells. Human serum antibodies are composed of 75% IgG antibodies. The test measures an individual's IgG antibody response to nearly 200 of the most common foods that cause food sensitivities. Refrain from taking the following medications before the test: anti-inflammatory (one day), antihistamine (three days) and steroids (a month). Results are available in seven days.

As we age, the immune system undergoes a remodelling process known as immunosenescence, accompanied by shifts in leukocyte subpopulations and a decline in immune cell functions. The condition is characterised by an increased susceptibility to infections and an increased prevalence of autoimmunity and diseases. The immune system has some adaptive strategies to cope with aging, but in some settings, maladaptive responses speed aging and disease. Poor nutritional status, physical inactivity, and decreased muscle mass contribute to immunosenescence and inflammation.

Natural Killer Cell Count

10 minutes

Testing for NK cell activity involves taking a simple blood sample to measure the number and level of activation of the NK cells. A two-month wait period is required after vaccination or during an infection when taking this test. Test results are available in two weeks.

Natural Killer Cell Activity

10 minutes

Natural killer (NK) cell activity tests can be used to determine the status of antitumor immunity in the body, as they represent the interplay between cancer cells and immune cells and the characteristics of those immune cells. A two-month wait period is required after vaccination or during an infection when taking this test. Test results are available in two weeks.

Biomarkers Apo10 & TKTL1

10 minutes

A blood test for EDIM (Epitope detection in monocytes) consists of two biomarkers: Apo10 and TKTL1. TKTL1 is involved in anaerobic glycolysis of tumour cells, which contributes to the destruction of the basal membrane and metastasis as well as the control of cell cycle. If you have recently received a Covid-19 vaccination, a two-month wait period is required before taking this test. Results are available in three weeks.

Telomere Length

10 minutes

Telomere length decreases with age. Telomere shortening leads to senescence, apoptosis, or oncogenic transformation of somatic cells, affecting an individual's health and lifespan. Telomere shortening has been associated with an increased risk of diseases and a poorer survival rate. Test results are available in two weeks.

Sirtuin Protein

10 minutes

Sirtuins are essential for DNA repair, control of inflammation, and anti-oxidative defence, which makes them viable anti-senescence/anti-ageing targets. Test results are available in two weeks.

You are at risk of toxicity if your body accumulates excessive amounts of heavy metals. The accumulation of excess heavy metals in your body tissue can cause toxicity that leads to more serious conditions. Heavy metal toxicity and mineral imbalances can lead to fatigue, brain fog, numbness, abdominal pain, dehydration, heart irregularities, and other health concerns.

Heavy Metal Test-Oligoscan

5 minutes

The OligoScan technology provides an almost instantaneous and precise analysis of minerals, trace elements, and heavy metals in body tissues. The measurement is performed using a portable spectrophotometer that transmits data using a light beam to the OligoScan off-site server. Results are delivered within 60 seconds, which is a fast turn-around for mineral analysis.

There are tests made available to determine if a bacterial imbalance is present. Typically, two tests are done if the test shows a strong positive and you present severe gut symptoms, then a Complete Digestive Stool Analysis (CDSA) is conducted to determine which bacteria are out of balance and whether any parasites or yeast/fungi are present. Damage to the gastrointestinal wall lining affects absorption, your health, and may cause Leaky Gut Syndrome.

Urine Organic Profile

5 minutes

This urine test will reveal the levels of neurotransmitters, vitamins and minerals, metabolic function, antioxidants, bacterial and fungal balance, and environmental toxins in the body. Imbalances in these levels may cause fatigue, mood disorders, digestive issues, and other health concerns. A mid-stream urine sample requires on the first morning of the test. Results are available in ten days.

Comprehensive Digestive Stool Analysis (3+)

5 minutes

CDSA is a non-invasive evaluation of digestive function. Besides pinpointing imbalances in inflammation, gut flora, enzymes, fatty acids, bacterial overgrowth, and beneficial gut flora, it can also screen for parasites. It requires a stool sample collection in a provided kit. Antibiotics should not be taken during this test for accurate results. Test results are available in 30 days.

Medical Consultation

60 minutes

Most of us only visit our doctors when we have a specific medical problem. On the other hand, at Amanpuri, the medical wellness doctor and his team look at the whole picture to gain a full understanding of your health. Diagnostic screening tools such as blood tests, DNA testing and live blood analysis help them assess your health from head to toe, identifying potential problems before they manifest and customising a targeted, results-oriented personal programme to address these issues while optimising the function of all the systems. This all-around medical wellness assessment can be beneficial to those without any symptoms of imbalance or ill-health.

Physiotherapy Initial Consultation

60 minutes

Focusing on the function of joints, muscles, and nerves, the effects of acute and chronic injuries, daily wear and tear on the body, and changes caused by aging. Our Physiotherapist will use appropriate techniques in assessment involving range of motion movements, posture and balance, as well as muscle strength and coordination. Treatment and activities that will reinforce the natural healing process and improve performance will be recommended.

Treatments

Intravenous Therapy

Intravenous (IV) therapy helps individuals achieve optimal health. Through the direct administration of essential vitamins, minerals, amino acids, oxygen, and ozone into the blood stream, it can correct intracellular nutrient deficiencies.

Glucose-6-phosphate dehydrogenase or G6PD deficiency can cause haemolysis so excessive amounts of vitamin C should be avoided. A test for G6PD test is required for IV therapy presented with an asterisk (*).

Should you prefer to receive your blood test result before the IV, we will omit the Vitamin C until we receive your test results to avoid any contraindication.

Liver Detox Infusion* **90 minutes**

Antioxidants to support the detoxification of the liver.

Energy Infusion* **90 minutes**

Reduces fatigue, increases strength and shortens recovery time.

Beauty Boost Infusion* **90 minutes**

It contains antioxidants and restores collagen production which improves the appearance of your skin.

Personalised Infusion **90 minutes**

A prescribed cocktail based on your specific health needs and blood test results.

Multivitamins Push **10 minutes**

Vitamin pushes and liquid vitamins provide essential vitamins and minerals in a convenient and time efficient manner, providing an ideal solution for those seeking maximum results in a short amount of time.

An intravenous push also recharges you with energy in preparation for a celebration, and minimise hangover symptoms. Our medical doctor will speak with you if a specific test is required before administering this protocol.

Post Party Infusion **60 minutes**

After-party hydration IV speed up recovery and help you feeling better; packed with vitamins and minerals that alleviate symptoms such as hangover, nausea, fatigue and hydration. Our medical doctor will speak with you if a specific test is required before administering this protocol.

Blood Ozone Infusion **45 minutes**

Increase oxygenation and stimulates the immune system to defend against infection. A G6PD test is also required for this infusion to ensure that oxidative treatment is well tolerated.

Chelation Therapy Infusion **120 minutes**

A chelator binds to metals in the bloodstream to form a compound, which is then processed by the kidneys and excreted in urine. A prescription for detoxifying the body of toxic heavy metals. An evaluation of your urinary elimination requires a kidney function test, creatinine and blood urea nitrogen.

Curcumin Therapy **60 minutes**

A number of pro-inflammatory diseases, including cardiovascular disease and arthritis, have shown promising effects from curcumin.

Alpha Lipoic Acid (ALA) **30 minutes**

ALA is unique in that it is both soluble in water and fat. The supplement has the ability to both deliver energy immediately and store it for later use. It recycles antioxidants, including vitamins C and E.

Nicotinamide Adenine Dinucleotide (NAD+) **60 minutes**

NAD+ is an essential pyridine nucleotide that serves as an essential cofactor and substrate for cellular processes such as oxidative phosphorylation, ATP production, DNA repair, epigenetically modulated gene expression, intracellular calcium signalling, and immunological functions.

Resveratrol Therapy **90 minutes**

Resveratrol is an antioxidant and anti-inflammatory that protects you against diseases including cancer, diabetes, and Alzheimer's. The anti-inflammatory properties of resveratrol make it a useful remedy for arthritis and inflammation of the skin.

MSC Therapy

60 minutes

Mesenchymal stem cells (MSCs) are multipotent cells that are currently being studied clinically as a potential new treatment for diseases that are associated with the immune system. A regenerative therapy originally used for tissue repair, MSCs have recently been found to modulate endogenous tissues and immune cells. A complete blood count test *or* blood test and a three-day advanced confirmation are required for preparation and administration of the therapy.

Exosome Therapy

60 minutes

It contains valuable signalling cytokines, and proteins. Exosomes are powerful elements that can restore cells throughout the body. The cells are able to communicate more effectively, which is essential for their health. More growth factors means better ability to restore and revitalise target cells. A complete blood count test *or* blood test and a three-day advanced confirmation are required for preparation and administration of the therapy.

Hormones control most of your body's basic functions. These hormones serve as a way for the body's cells to communicate internally. All of your functions related to digestion, growth, appetite, immune response, mood, and libido are coordinated by them. Even a slight imbalance in your hormones can have a dramatic effect on your health and well-being.

Testosterone Replacement Therapy

10 minutes

Testosterone replacement therapy is prescribed to treat a number of male health problems caused by low testosterone levels. A complete blood count test *or* blood test is required for preparation and administration of the therapy.

Human Growth Hormone

10 minutes

Human growth hormone is considered to be the fountain of youth hormone and naturally declines as we age. Our energy levels, muscle mass, hair, skin and nail quality, immune function, and more depend on it. A complete blood count test *or* blood test is required for preparation and administration of the therapy.

Vitamin D3

10 minutes

There are more than 2,000 genes in the body that are affected by vitamin D3, it affects more aspects of health than many realise. Each cell contains vitamin D receptors. When vitamin D binds to a receptor, genes are turned on or off, causing changes. This occurs on a cellular level.

A number of important body processes are impacted by this, including bone health, insulin control, blood pressure stabilisation, disease prevention, heart health, and mood balance. A complete blood count test *or* blood test is required for preparation and administration of the therapy.

Methylcobalamin - Vitamin B12

10 minutes

Vitamin B12 is a nutrient that helps your body's blood and nerve cells remain healthy and helps make DNA, the genetic material in each cell. Taking vitamin B12 can also prevent megaloblastic anaemia, a condition that causes fatigue and weakness.

L-Carnitine

10 minutes

L-carnitine is a chemical that is synthesised in the brain, liver, and kidneys. It helps the body burn fat for energy. L-carnitine is essential for heart and brain function, muscle movement, and many other physiological processes.

Peptides

10 minutes

Act as messenger in the body, signalling cells to perform a certain function. Peptides can be used for recovery from injuries, improving immune function, weight loss, sexual function, promote longevity and more. A complete blood count test *or* blood test is required for preparation and administration of the therapy.

Colon Hydrotherapy

45 minutes

Our medical staff administers colon hydrotherapy, which is the gentle and safe infusion of warm water into the deeper part of the colon, up to the cecum, to remove compacted faeces and mucus.

A thorough cleanse allows for increased absorption of vital nutrients through the large intestine, leaving you feeling rejuvenated and healthier. Colon hydrotherapy can improve elimination, skin disorders, indigestion, allergies, fatigue, constipation, diarrhoea, bloating, excessive gas, poor concentration, headaches, and constipation.

Our medical staff will advise you to refrain from taking heavy meals at least two hours before the colon cleanse.

Angel of Water

45 minutes

An easy and effective colon cleanse for self-care, Angel of Water® helps eliminate toxins and stimulates digestion. During colon cleansing, water is inserted into the colon, stimulating natural contractions, which results in waste being eliminated.

Our medical staff will advise you to refrain from taking heavy meals at least two hours before the colon cleanse.

Cryotherapy

3 minutes

It is literally translated as 'cold therapy'. It involves exposing the body to extremely cold temperatures, between -100°C and -150°C, for up to two minutes on the first session and up to three minutes on subsequent sessions. It consists of an enclosed chamber that surrounds you, but has an opening for

the head. 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.

One cryotherapy session can provide some benefits, but it's most effective when used regularly. A minimum of ten sessions over a two or three period is recommended.

In the event of feeling discomfort, please alert our team or you can step outside the chamber and warm yourself with towels if you feel very cold after the session.

Guests with peripheral vascular disease, pregnant and nursing mothers should avoid this therapy.

Aesthetics

High Intensity Focused Ultrasound (HIFU) – Facial

60 minutes

Ultrasound energy stimulates the deeper layers of skin, resulting in a more lifted, tighter appearance by stimulating collagen production. Following Botox and fillers, one month is required for administration of this therapy. Once therapy has been completed, avoid direct sunlight, and use sunscreens with higher SPF on the treated areas.

Botox

30 minutes

Medically, Botox is derived from botulinum toxin that has been refined to be safe. Our Doctor will discuss your desired look with you, and determine which course of treatment is right for you. A fine needle is used to inject just beneath the skin. A remarkable amount of wrinkles and fine lines can be reduced with this treatment. Our age-reversal experts can talk you through exactly what to expect when you visit us, and the treatments are relatively painless. Treatments are most effective when repeated every four to six months. Pregnancy or/and nursing are not recommended.

Coolsculpting

35 minutes

The clinical recommendation of the areas should be treated and the number of sessions you require will be within the individualised treatment plan tailored to your personal needs, shape and designed goals. It is recommended not to undergo this treatment during pregnancy or/and nursing. Pre-assessment is required to determine which areas of the body are to be treated.

ThermiVa

60 minutes

A new form of energy medicine that uses heat therapy delivered via radio frequency (RF) waves to promote collagen synthesis, shrinkage and tightening of female tissues. Thermal effect causes coagulation and/or ablation which activate healing factors, causing increased blood flow and neocollagenesis.

Intuitively, the ability to deliver more energy will cause a more profound effect. Directed energy does not induce pain in the vaginal wall as readily as it does in facial skin, making energy-based therapies

more tolerable at higher energies. The ThermoVa offers a smart and alternative choice for female rejuvenation that is non-surgical, non-invasive and pain-free. It is not recommended during menstruation.

Physiotherapy

Pain Management

30/60 minutes

Physiotherapy can be used to treat a wide range of musculoskeletal conditions, such as injuries sustained during sports, fracture, and back pain. Therapeutic exercises may be included as part of physiotherapy treatment to improve strength, range of motion, endurance and to correct postural and muscular imbalances. The treatment may include joint mobilisation, manipulation and soft tissue massage, as well as stretches and trigger point therapy methods of reducing stiffness and relieving pain.

Sports Rehabilitation

30/60 minutes

Many sports activities are available in Amanpuri. A sports rehabilitation programme is beneficial for those who have been injured during sports or non-sporting activities. Our physiotherapist work on improving sport-specific movements that are necessary for the activities.

High Intensity Laser Therapy (HILT)

30/60 minutes

HILT technology delivers high energy levels and wavelength choice that allows for deep tissue penetration and energy transfer naturally. Regeneration of tissue and healing are accelerated. It exerts bio-stimulation effects, pain relief, an anti-inflammatory effect, a superficial thermogenic effect and relaxation of muscles.

Radiofrequency Therapy

30/60 minutes

The Radiofrequency (RF) distributes high-frequency electromagnetic energy into the desired tissue which leads to selective tissue hyperthermia. The most common indications include: local muscle spasms, trigger points, high muscle tone, tendinitis, tissue regeneration and healing, and post-traumatic edema.

Combining it with body therapy using manual techniques would be beneficial.

Ultrasound Therapy

30/60 minutes

A treatment modality common to physiotherapy is therapeutic ultrasound.

Soft tissues in the body are treated with it to provide deep healing. This includes muscles, tendons, joints, and ligaments. It can be used either acutely or chronically.

An initial session of 60 minutes, which includes an in-depth consultation, a movement assessment and postural analysis, as well as treatment. You will have a thorough discussion with our

physiotherapist as to the symptoms you are experiencing and any concerns you might have.

A follow-up appointment may be scheduled to monitor progress.

Traditional Chinese Medicine

The primary characteristic of traditional medicine is treatment for the entire body in order to find the root cause of a condition or problem. As part of your consultation, your TCM practitioner will use an ancient Oriental holistic procedure, to discover patterns of imbalance in your body and assess what it needs. While two people may experience similar symptoms, the underlying causes of these symptoms may be completely different.

Your TCM practitioner can suggest a treatment plan that will meet your health needs and helps you achieve your wellness goals.

Acupuncture

30/60 minutes

The 2,500-year-old TCM practice of acupuncture stimulates specific acupoints along body's meridian lines with thin sterile needles following the same principles as Meridian Therapy. Acupuncture is pain-free and remarkably relaxing, since once the needles are in place, a period of rest and calm follows. The areas stimulated are often felt to have a feeling of warmth or energy collecting beneath the skin.

Acu-Laser Therapy

30 minutes

Acu-Laser Therapy offers precise, low-level laser stimulation of acupuncture points, which is widely used for many therapeutic applications. A relaxing and painless procedure, its purpose is to 'charge' weakened cells with photon/light energy. There are several benefits, including increased circulation, cellular detoxification, tissue regeneration, and optimised cell metabolism.

Moxibustion

30 minutes

Moxibustion is a form of heat therapy in which dried plant materials called moxa are burned on or close to the skin's surface. This is intended to warm and invigorate qi flow in the body and dispel pathogenic influences. The most common plant used to make moxa is the Chinese mugwort also known as artemisia.

Cupping

45 minutes

Cupping is an ancient method of alternative medicine that involves strategically placing cups on the skin to create suction. The pressure gradient created by cupping draws the tissues to the surface, decompressing them. Physical opening of the tissues allows for energetic openings of the channel system, allowing for an invigorating energy flow to the entire body. Benefits include detoxification, pain relief, decreased inflammation, increased blood flow and deep relaxation with a sense of well-being.

Facilities

Daily Complimentary Wellness Classes

Amanpuri offers daily complimentary wellness classes ranging from yoga and Pilates to Beach Jogging and Muay Thai. Please enquire at Spa Reception for more details and the class schedule.

Infrared Sauna

Offering a host of anti-ageing health benefits, our infrared sauna emits infrared light experienced as radiant heat. This is absorbed by the surface of the skin and aids in detoxing, increasing cellular metabolism, and boosting the skin's natural healing processes.

Sauna

Much has been made of the health benefits of sauna, with good reason. Physically, nothing is more reinvigorating than a deep and healthy sweat. Tension fades. Muscles unwind. Mentally, you emerge relaxed, revived, and ready for whatever the day may bring.

Steam

The cleansing and relaxation benefits of steaming are well known. Amanpuri also offers herbal steam options, adding the healing properties of specific herbs.

Jacuzzi

The benefits of soaking in a Jacuzzi go way beyond relaxation. The bubbling hot water relieves muscle tension, eases aches and pains, improves circulation and promotes an overall feeling of wellbeing.

Cold Plunge Pool

Cold plunge pools have been used for thousands of years in TCM and were popular with the Ancient Romans. The cold water addresses muscle inflammation and facilitates recovery, and is extremely refreshing after a steam, sauna or Jacuzzi.

Reminders

Cancellations

At least six hours' notice is required to cancel an appointment. Cancellations made within six hours will be subject to the full charge of the treatment booked.

Aman Skincare

The Aman Spa has a unique range of natural facial and body products available for purchase at the spa or at our boutique.

Post-treatment Refreshments

Following your treatment, we invite you to enjoy fresh herbal tea and healthy snacks while soaking up the beautiful views.

Packages

Treatments included in packages can be extended for longer periods and will be charged at full menu price for the additional service.

Special Circumstances

Most treatments can be adapted to accommodate illness, injury, or pregnancy. Please contact us with any queries or concerns.

Sauna and Steam

Our communal dry sauna and Thai herbal steam room are open every day from 9.00am to 9.00pm. Reservation is required.

No Smoking

Please refrain from smoking in or around the Aman Spa and Wellness and Fitness facilities.

Access

Children under the age of 16 are prohibited from using the fitness equipment. All young people are to be accompanied by an adult in the Fitness Centre.

Pricing

Prices are in Thai Baht and subject to 10% service charge (+). Prices are subject to change without notice.

Opening hours:

Spa	9am to 9pm daily
Medical Wellness Clinic	8am to 5pm daily
Fitness Centre/Tennis Courts	7am to 8pm daily (May - Oct)
Fitness Centre/Tennis Courts	6am to 9pm daily (Nov - Apr)