



BDMS
WELLNESS
CLINIC
Retreat



WELLNESS RETREAT PROGRAMS

Discover a Healthier and Happier You

CONTENTS

BDMS Wellness and Anantara Spa and BDMS wellness retreat program is an exclusive holistic and science approach to wellbeing, where guests are intuitively guided through thoughtfully curated experiences and rituals. An immersion into emotional wellbeing through our ten main wellness pillars targeted a specific wellness goal.

At Anantara Riverside Bangkok Resort we recognise that optimal wellness comes from within while learning to love, respect the body, mind, and spirits as we nourish the souls, empower a balanced lifestyle and provide the best functional areas to do this in.

SLEEP ENRICHMENT RETREAT

...

ULTIMATE BODY DETOX AND GUT HEALTH

...

IMMUNE BALANCE RETREAT

...

WEIGHT MANAGEMENT RETREAT

...

BEAUTY REDEFINED - ANTI - AGEING RETREAT

...

PREVENTIVE HEALTH CHECK - UP RETREAT

...

SPA HOLISTIC RETREAT

...

HAIR WELLNESS THERAPEUTIC RETREAT

...

OFFICE SYNDROME RETREAT THERAPY

...

CEO & EXECUTIVES RETREAT



SLEEP ENRICHMENT RETREAT

Good quality sleep is essential to our physical and mental health. Prolonged poor sleep takes a toll on your health as well as quality of life. If you are suffering from sleep-related conditions such as short sleep duration, sleeping pills usage, excessive snoring or obstructive sleep apnea, our Sleep Test Retreat package can help determine the cause of your condition and provide solutions to get the restful sleep your body needs.

INCLUSIONS FOR 3-NIGHT PACKAGES

- Luxury Accommodation
- Daily Wellness Breakfast
- Choice of Daily Wellness Lunch or Dinner
- In-Room Wellness Amenities
- 1 x Sleep Test
- 1 x Nutrition Consultation
- 1x IV Drip Jet-Lag Therapy
- 1 x 90-minute Restful Slumber Journey
- 1 x In-Room Anantara Milky Bath

ADDITIONAL INCLUSIONS FOR 5-NIGHT PACKAGES

- 1 x 60-minute Indian Head Massage
- 1 x Private Yoga Session

ADDITIONAL INCLUSIONS FOR 7-NIGHT PACKAGES

- 1 x IV Drip Jet-Lag Therapy
- 1 x 90-minute Restful Slumber Journey
- 1 x 60-minute Indian Head Massage
- 2 x Private Yoga Session

THB 64,707 NET PER PERSON | THB 97,614 NET PER COUPLE FOR 3 NIGHTS

THB 93,395 NET PER PERSON | THB 133,790 NET PER COUPLE FOR 5 NIGHTS

THB 127,366 NET PER PERSON | THB 180,532 NET PER COUPLE FOR 7 NIGHTS

ULTIMATE BODY DETOX AND GUT HEALTH

With a strong emphasis on gut health, our carefully crafted holistic wellness programme combines detox therapies, well-balanced diet and spa treatments targeting your lymphatic system to promote your overall health and boost vitality.

As part of the experience, you will be guided through a comprehensive gut microbiome test to analyse the diversity and composition of your gut flora, which influences everything from your digestion and immunity to metabolism and sleep quality.

INCLUSIONS FOR 3-NIGHT PACKAGES

- Luxury Accommodation
- Daily Wellness Breakfast
- Choice of Daily Wellness Lunch or Dinner
- In-Room Wellness Amenities
- 1 x Comprehensive Gut Microbiome Test
- 1 x Nutrition Consultation
- 1 x Detox IV Therapy
- 1 x 90-minute Lymphatic Drainage Massage
- 1 x 60-minute Revive Foot Massage

ADDITIONAL INCLUSIONS FOR 5-NIGHT PACKAGES

- 1 x 60-minute Detoxifying Green Tea Body Scrub
- 1 x 60-minute Private Yoga Session

ADDITIONAL INCLUSIONS FOR 7-NIGHT PACKAGES

- 1 x Detox IV Therapy
- 1 x 60-minute Detoxifying Green Tea Body Scrub
- 1 x 60-minute Green Tea Body Wrap
- 2 x 60-minute Private Yoga Session

THB 76,155 NET PER PERSON | THB 120,510 NET PER COUPLE **FOR 3 NIGHTS**

THB 104,843 NET PER PERSON | THB 156,685 NET PER COUPLE **FOR 5 NIGHTS**

THB 137,048 NET PER PERSON | THB 199,896 NET PER COUPLE **FOR 7 NIGHTS**





IMMUNE BALANCE RETREAT

We understand the vital role that a strong immune system plays in maintaining optimal health. Our carefully curated programme is designed to support and enhance your body's natural defence mechanisms, leaving you feeling strong, vibrant and resilient.

Throughout your stay, our team of expert wellness practitioners will guide you through a range of activities and therapies that are specifically tailored to boost your immunity. We will start with examining the immunity status of your body with a NK cell activity test, before kicking off a multi-day programme of nourishing meals and rejuvenating spa treatments, each aimed at enhancing your body's ability to fight off illness and maintain balance.

INCLUSIONS FOR 3-NIGHT PACKAGES

- Luxury Accommodation
- Daily Wellness Breakfast
- Choice of Daily Wellness Lunch or Dinner
- In-Room Wellness Amenities
- 1 x NK Cell Activity Test
- 1 x Nutrition Consultation
- 1 x Antioxidant IV Therapy
- 1 x 90-minute Thai Herbal Compress Massage
- 1 x 60-minute Revive Foot Massage

ADDITIONAL INCLUSIONS FOR 5-NIGHT PACKAGES

- 1 x 60-minute Private Yoga Session

ADDITIONAL INCLUSIONS FOR 7-NIGHT PACKAGES

- 1 x additional Antioxidant IV Therapy
- 2 x additional 60-minute Private Yoga Session

THB 74,355 NET PER PERSON | THB 116,910 NET PER COUPLE **FOR 3 NIGHTS**

THB 100,218 NET PER PERSON | THB 147,436 NET PER COUPLE **FOR 5 NIGHTS**

THB 131,481 NET PER PERSON | THB 188,762 NET PER COUPLE **FOR 7 NIGHTS**

WEIGHT MANAGEMENT RETREAT

Changing your relationship with food once and for all and adopting a healthy lifestyle requires a holistic approach. Our clinical weight management programme combines expert guidance, personalised coaching, spa treatments and balanced meals meticulously designed to address both physical and emotional aspects of weight management in a serene riverside setting.

During your time with us, you will have access to a team of experienced wellness professionals who will provide you with the tools, knowledge and support needed to achieve sustainable weight loss and maintain a healthy lifestyle long after the retreat ends.

INCLUSIONS FOR 7-NIGHT PACKAGES

- Luxury Accommodation
- Daily Wellness Breakfast
- Choice of Daily Wellness Lunch or Dinner
- In-Room Wellness Amenities
- 1 x Weight Loss Signature Test
- 1 x Nutrition Consultation
- 2 x Metabolism Booster IV Therapy
- 3 x Royal Slim Treatment (two areas/each)
- 1 x 90-minute Thai Medical Massage
- 1 x 90-minute Green Tea Body Scrub and Wrap
- 1 x 90-minute Himalayan Thermal Therapy Massage
- 5 x Personal Training Session

ADDITIONAL INCLUSIONS FOR 12-NIGHT PACKAGES

- 3 x Royal Slim Treatment (two areas/each)
- 1 x 90-minute Thai Medical Massage
- 1 x 90-minute Anantara Signature Massage
- 5 x Personal Training Session
- 1x NAD IV Therapy

THB 162,138 NET PER PERSON | THB 250,075 NET PER COUPLE FOR 7 NIGHTS
THB 270,417 NET PER PERSON | THB 413,633 NET PER COUPLE FOR 12 NIGHTS





BEAUTY REDEFINED ANTI-AGEING RETREAT

At Beauty Redefined, we believe that true radiance comes from within, and our retreat is dedicated to helping you look and feel your best at any age. Our expert team of wellness professionals and aesthetic doctors is committed to providing you with a holistic approach to anti-ageing, focusing on rejuvenating not only your physical appearance but also your overall well-being.

Your experience will start with an Anti-Ageing Signature Test to determine your biological age, followed by NAD+ infusion therapy, healthy meals to fight inflammation, indulgent spa treatments for body and mind, and non-invasive facial treatments using advanced skincare technologies and the finest products to enhance your natural beauty and restore your youthful glow.

INCLUSIONS FOR 3-NIGHT PACKAGES

- Luxury Accommodation
- Daily Wellness Breakfast
- Choice of Daily Wellness Lunch or Dinner
- In-Room Wellness Amenities
- 1 x Anti-Ageing Signature Test
- 1 x Nutrition Consultation
- 1 x NAD IV Therapy
- 1 x Beauty IV Booster
- 1 x 60-minute Royal Anti-Gravity Facial
- 1 x 60-minute Facial Acupressure

ADDITIONAL INCLUSIONS FOR 5-NIGHT PACKAGES

- 1 x 60-minute 'Rejuvenate' Anti-Ageing Oxygen Therapy

ADDITIONAL INCLUSIONS FOR 7-NIGHT PACKAGES

- 1 x 60-minute 'Rejuvenate' Anti-Ageing Oxygen Therapy
- 1 x 90-minute Ultimate Oxygen Facial with Atoxelene
- 1 x 60-minute Signature Anantara Massage

THB 85,953 NET PER PERSON | THB 140,106 NET PER COUPLE **FOR 3 NIGHTS**
THB 115,936 NET PER PERSON | THB 178,871 NET PER COUPLE **FOR 5 NIGHTS**
THB 152,862 NET PER PERSON | THB 231,525 NET PER COUPLE **FOR 7 NIGHTS**

PREVENTIVE HEALTH CHECK-UP RETREAT

This annual health check-up programme conducted at our tranquil wellness facility is designed for health-conscious individuals who wish to keep track of their well-being and prevent health issues.

Rejuvenate amidst 11 acres of tropical gardens as a team of medical professionals provides a thorough assessment of your health status, coupled with personalised guidance and invigorating spa experiences to help you achieve and maintain a balanced and vibrant life.

INCLUSIONS FOR 3-NIGHT PACKAGES

- Luxury Accommodation
- Daily Wellness Breakfast
- Choice of Daily Wellness Lunch or Dinner
- In-Room Wellness Amenities
- 1 x BDMS Wellness Health Check-Up
- 1 x Nutrition Consultation
- 1 x Antioxidant IV Therapy
- 1 x 60-minute Traditional Thai Massage
- 1 x 60-minute Revive Foot Massage

ADDITIONAL INCLUSIONS FOR 5-NIGHT PACKAGES

- 1 x 60-minute Rejuvenate Anti-Ageing Oxygen Facial Therapy

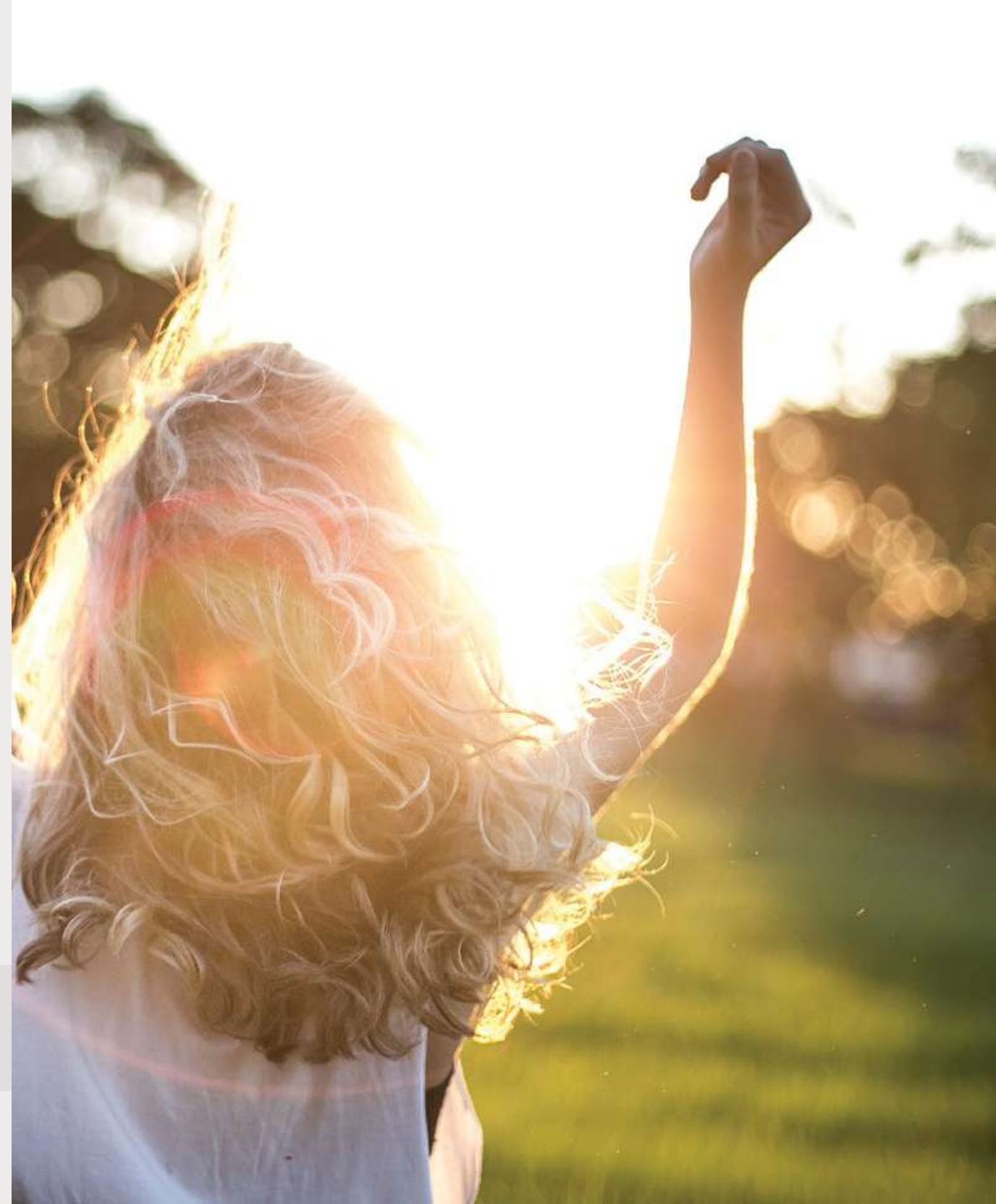
ADDITIONAL INCLUSIONS FOR 7-NIGHT PACKAGES

- 1 x 60-minute Rejuvenate Anti-Ageing Oxygen Facial Therapy
- 1 x 90-minute Anantara Signature Massage

THB 59,025 NET PER PERSON | THB 86,250 NET PER COUPLE FOR 3 NIGHTS

THB 89,007 NET PER PERSON | THB 125,015 NET PER COUPLE FOR 5 NIGHTS

THB 117,813 NET PER PERSON | THB 161,425 NET PER COUPLE FOR 7 NIGHTS





SPA HOLISTIC RETREAT

Embark on a journey of relaxation, rejuvenation, and self-discovery with a tranquil stay in a luxurious room by the river at the award-winning Anantara Spa and experience the healing touch of our skilled therapists with a range of holistic spa treatments as part of a three-night, five-night or seven-night programme.

All three packages were carefully designed to provide a serene and nurturing environment for you to relax, recharge, and reconnect with your inner self. Join us on this transformative journey and unlock your true potential for a healthier and happier life.

INCLUSIONS FOR 3-NIGHT PACKAGES

- Luxury Accommodation
- Daily Wellness Breakfast
- Choice of Daily Wellness Lunch or Dinner
- In-Room Wellness Amenities
- 1 x BDMS Wellness Signs Check
- 1 x 60-minute Essence White Coconut Mint Body Scrub
- 1 x 60-minute Anantara Signature Massage
- 1 x 60-minute Traditional Thai Massage
- 1 x 30-minute Indian Head Massage
- 1 x 30-minute Revive Foot Massage

ADDITIONAL INCLUSIONS FOR 5-NIGHT PACKAGES

- 1 x 60-minute Stress Release Massage
- 1 x 90-minute Bespoke Deep Tissue Massage
- 1 x 60-minute Spirulina Body Mask
- 1 x 60-minute Facial of your choice

ADDITIONAL INCLUSIONS FOR 7-NIGHT PACKAGES

- 1 x 60-minute Stress Release Massage
- 1 x 90-minute Bespoke Deep Tissue Massage
- 1 x 60-minute Spirulina Body Mask
- 1 x 60-minute Facial of your choice
- 1 x additional 30-minute Indian Head Massage
- 1 x additional 30-minute Revive Foot Massage

THB 51,017 NET PER PERSON | THB 70,234 NET PER COUPLE FOR 3 NIGHTS

THB 93,240 NET PER PERSON | THB 133,480 NET PER COUPLE FOR 5 NIGHTS

THB 121,810 NET PER PERSON | THB 169,420 NET PER COUPLE FOR 7 NIGHTS

HAIR WELLNESS THERAPEUTIC RETREAT

We understand that your hair is an essential part of your overall sense of well-being and confidence. Whether you're dealing with hair concerns such as damage, dryness and thinning, or simply seeking a rejuvenating experience for your tresses, our skilled team of hair professionals will address your needs with utmost expertise.

The programme starts with in-depth scalp analysis and consultation to understand your hair goals, concerns and needs, and incorporates IV drip therapy to deliver essential nutrients directly into your bloodstream; advanced Bioscor hair treatment to promote hair vitality, hydration and strength; and other nourishing treatments depending on your length of stay.

INCLUSIONS FOR 2-NIGHT PACKAGES

- Luxury Accommodation
- Daily Wellness Breakfast
- Choice of Daily Wellness Lunch or Dinner
- In-Room Wellness Amenities
- 1 x Scalp Analysis Test
- 1 x Nutrition Consultation
- 1 x Beauty Booster IV Therapy
- 1 x 90-minute Bioscor Signature Hair Wellness Treatment Plus

ADDITIONAL INCLUSIONS FOR 3-NIGHT PACKAGES

- 1 x 60-minute Nourishing Head Massage

THB 32,673 NET PER PERSON | THB 44,147 NET PER COUPLE FOR 2 NIGHTS

THB 47,547 NET PER PERSON | THB 63,294 NET PER COUPLE FOR 3 NIGHTS





OFFICE SYNDROME RETREAT THERAPY

Knowledge industry workers are all too familiar with the “Office Syndrome” – a range of health problems caused by sitting or working in the same position for too long, especially in front of a computer. From back, neck and shoulder pain to muscle stiffness, fatigue and stress, the condition has many negative effects on the quality of life.

Addressing these concerns holistically, this specialist programme incorporates antioxidant signature test to determine how well antioxidants are protecting you from diseases and ageing processes; nutrition guidance and daily balanced meals to boost energy levels and improve concentration; as well as therapeutic treatments and mindfulness-promoting activities such as yoga to alleviate physical discomfort and mental strain.

INCLUSIONS FOR 3-NIGHT PACKAGES

- Luxury Accommodation
- Daily Wellness Breakfast
- Choice of Daily Wellness Lunch or Dinner
- In-Room Wellness Amenities
- 1 x Antioxidant Signature Test
- 1 x Nutrition Consultation
- 1 x Energy Booster IV Therapy
- 1 x 90-minute Thai Medical Massage
- 1 x 60-minute Revive Foot Massage
- 1 x 60-minute Private Yoga Session

ADDITIONAL INCLUSIONS FOR 5-NIGHT PACKAGES

- 1 x 90-minute Stress Release Massage
- 1 x 60-minute Private Yoga Session

ADDITIONAL INCLUSIONS FOR 7-NIGHT PACKAGES

- 1 x 60-minute Stress Release Massage
- 1 x 90-minute Thai Medical Massage
- 1x 60-minute Hyaluron Hydration Facial
- 2 x 60-minute Private Yoga Session

THB 64,412 NET PER PERSON | THB 97,025 NET PER COUPLE FOR 3 NIGHTS
THB 95,219 NET PER PERSON | THB 137,438 NET PER COUPLE FOR 5 NIGHTS
THB 128,672 NET PER PERSON | THB 183,144 NET PER COUPLE FOR 7 NIGHTS

CEO & EXECUTIVES RETREAT

Stay on top of your game longer by joining our CEO & Executives Retreat designed to help you to identify the risk of asymptomatic diseases and conditions. Plan for long-term health care and get advice on planning a quality lifestyle from BDMS Wellness Retreat, the top private wellness hospital in Thailand. Our expert-led programme analyses signs of premature ageing processes to improve health, help you maintain a healthy and balanced lifestyle, slow ageing and promote longevity.

INCLUSIONS FOR 2-NIGHT PACKAGES

- Luxury Accommodation
- Daily Wellness Breakfast
- Choice of Daily Wellness Lunch or Dinner
- In-Room Wellness Amenities
- 1 x BDMS Health Check-Up Program
- 1 x Nutrition Consultation
- 1 x IV Treatment Therapy
- 3 x BDMS App Fast Dietary Supplement Drink

THB 110,773 NET PER PERSON | THB 200,347 NET PER COUPLE **FOR 2 NIGHTS**





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