



‘VITAL’ GENOMIC TESTING

Genomic testing looks at the ways in which your genes interact, and how those interactions can affect your health. For example, our bodies respond differently to different types of food, exercise and lifestyle behaviors.

Genomic testing is easy, quick and beneficial for everyone. It provides valuable insight into how you can improve your quality of life. Based on your results, our genomic consultant and wellness team will work with you to draw up a personalised programme of diet, exercise, sleep, detoxing and skincare that suits your genetic make-up.

You can book and take the test at any point during your stay; the results will be returned within 3-4 weeks. Your consultation can be arranged to suit your schedule, including online or during your next visit.

Please note that this package does not diagnose disease, it merely indicates susceptibility.

BENEFITS OF THIS TREATMENT:

Comprehensive report includes:

- The genetic efficiency for vitamin, mineral, toxin, and hormone metabolism
- Your ideal proportion of fats, carbohydrates and proteins
- Your most suitable type of exercise
- Your metabolism and ease in losing weight
- Your ideal sleep regimen
- Your ideal skin regimen

PRECAUTION:

Genomic testing is not meant to be diagnostic of any health condition. Instead, genomic tests can reveal potential genetic tendencies and should only be used to complement your wellness programmes.

Genomic testing does not replace the advice of your physician.

Price THB 30,000++ per person
Includes: testing, consultation and reports

For more information or bookings, please contact the Health & Wellness reception.
The above rates are subject to 17.7% VAT and service charge.