

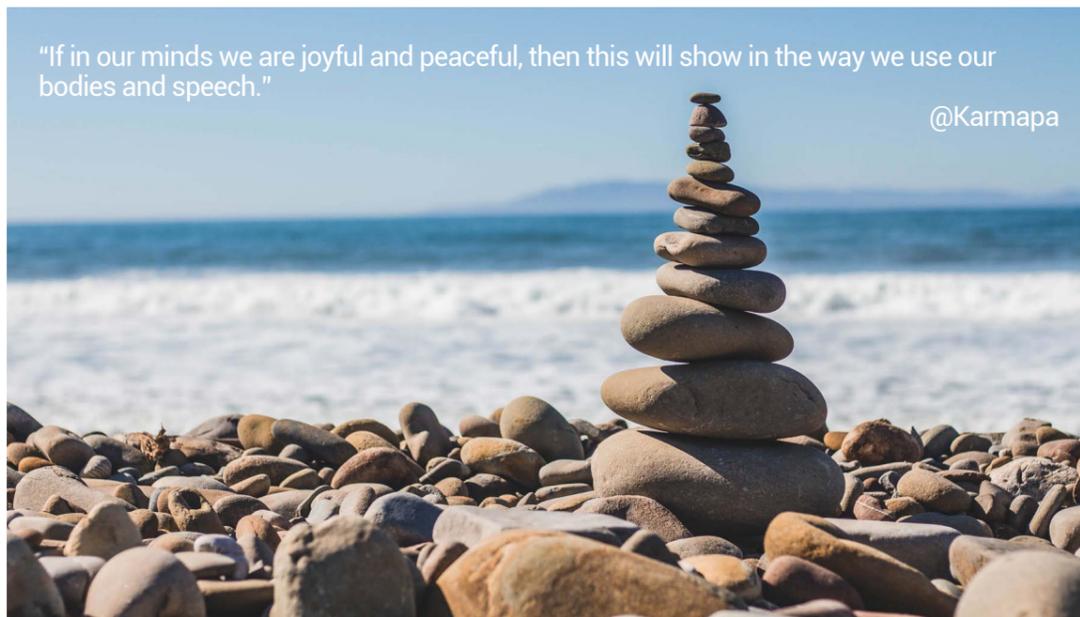
Citycare Medical, Wellness & Fitness Center

## WELLNESS PACKAGES

For booking and inquiries:

Ms. Dubravka Dee Manojlovic  
WELLNESS MANAGER  
+66 76 63 33 05 ext. 20  
+66 97 017 87 01  
[wellness@citycarephuket.com](mailto:wellness@citycarephuket.com)

## Mind Balance (1 day)



This one-day program is designed to help you find inner peace and harmony by experiencing different calming techniques. Take a day off from everything and rebalance your energies.

THERAPIES		
• REIKI + SOUND HEALING + LITHOTHERAPY (Crystal Healing)	1 h 30 min	
• BREATHING THERAPY	1 h	
<b>TOTAL</b>	<b>2h 30 min</b>	<b>฿ 6,500.00</b>
* <b>OPTIONAL</b> Hypnosis (Fridays only)	1 h	฿ 3,200.00
** <b>OPTIONAL</b> Psychology	1 h	฿ 2,000.00

- \* Times are flexible, kindly book 2-3 days in advance
- \*\* Possible to do all sessions at once or including breaks throughout the day
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## Glowing Skin (1 day)



Take some "me-time" to get pampered and learn the newest skincare trends. Everyone deserves a healthy glowing skin!

THERAPIES		
• ATP 38 PHOTONIC SKIN CELL REPAIR (eczema, acne, wrinkles, scars, burns, psoriasis)	6 min	
• REJUVENATING FACIAL TREATMENT	1 h	
• 100% ORGANIC HERB CAPSULES 100x (anti-ageing and anti-oxidant)	-	
• NATURAL SKINCARE TALK Learn the difference between natural and synthetic products and how to read cosmetic labels.	45 min	
<b>TOTAL</b>	<b>2h</b>	<b>฿ 2,400.00</b>
* <b>OPTIONAL</b> NATURAL SKINCARE WORKSHOP Make your signature make-up remover and formulation to take home and learn how to properly use essentials oils in skincare. <b>Thought by a Certified Organic Skincare Tutor and Formulator!</b>	1 h 15 min	฿ 1,300.00

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## Quit Smoking Naturally (3 day program)



To be successful, smokers that want to quit need to have a plan in place to beat cravings and triggers. Did you know that benefits of quitting smoking begin in as little as 1 hour after the last cigarette!? Smelling better, waking up fresh and less risk of clogged arteries are just to name a few!

### THERAPIES

• GENERAL DOCTOR CHECK-UP (Vital Signs)	10-15 min / 1 day	
• CHEST X-RAY	5 min / 1 day	
• ACUPUNCTURE (3x)	1h / 3 days	
• ATP-38 BIOSTIMULATION ON LUNGS Phototherapy (3x)	6 min 20 sec / 3 days	
• AUDIO BOOK	once a day / 3 days	
<b>TOTAL</b>	<b>3h 45 min</b>	<b>฿ 7,500.00</b>
* <b>OPTIONAL</b> Pick up 3-day-detox plan each morning	3 days	฿ 5,850.00
** <b>OPTIONAL</b> Psychologist Session	45 min	฿ 2,000.00
*** <b>OPTIONAL</b> Hypnotherapy	1 h	฿ 3,200.00

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## Healthy Spine and Joints (1 day)



Are you an athlete, sport enthusiast or work hard and drive often? If so, chances are you are experiencing back, neck, hip or shoulder pain often accompanied with headaches. When not treated, these ailments become chronic. Citycare has a great track record of helping patients with spine, muscle and joint pain, so why suffer any longer?

### THERAPIES

• OSTHEOPATIC TREATMENT	30 min	
• ACUPUNCTURE	1 h	
• PHYSIOTHERAPY	10 - 60 min	
<b>TOTAL</b>	<b>2h 30 min</b>	<b>฿ 5,100.00</b>
* <b>OPTIONAL (HIGHLY RECOMMENDED)</b> Posture Improvement	1 h	฿ 2,000.00
** <b>OPTIONAL</b> 100% custom orthotic insoles made on the same day	One Pair	฿ 4,000.00

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# Citycare Cleanse (1 day)

Newest research shows that our general wellbeing and immune response starts with the gut. If we are suffering from poor digestion and imbalanced intestinal flora this can result in little or no absorption of vitamins and minerals from food, brain fog, arthritis, diabetes, skin allergies, moodiness, depression and other inflammatory disease. Let your gut heal and repair - it is essential for your health!



## THERAPIES

• GENERAL DOCTOR CHECK-UP (Vital Signs)	10 - 15 min	
• COLONIC CLEANSE + (CHOSE A or B) (Purified Water)	1 h	
• CHOSE A REIKI	1 h	
• CHOSE B ACUPUNCTURE	1 h	
• I.V. THERAPY (Vitamin Coctail)	30 min	
• ATP-38 BIOSTIMULATION (Colon, Liver, Gallbladder)	20 min	
• 100% ORGANIC HERB CAPSULES (Constipation, Detox)	100 pcs	
<b>TOTAL</b>	<b>3h</b>	<b>A ₱ 5,200.00 B ₱ 5,000.00</b>
* <b>OPTIONAL (RECOMMENDED)</b> Lipid Profile and Sugar Level Test (in the morning on an empty stomach)	10 min	₱ 1,500.00
* <b>OPTIONAL</b> Pick up Daily Detox Plan in the Morning	1 day 3 days 5 days	₱ 1,950.00 ₱ 5,850.00 ₱ 9,750.00

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- \*\* Possible to do all sessions at once or including breaks throughout the day
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# Citycare Complete Detox (1 day)

Detoxification is a process of cleaning our cells from toxic or unhealthy substances that we are exposed to in our everyday lives. Heavy metal toxicity may cause:

- Nausea
- Vomiting
- Diarrhea
- Abdominal pain
- Migraines
- Heart problems
- Anemia

Citycare puts patient's safety in the first place, which is why this program is strictly performed under medical supervision.

## THERAPIES

• GENERAL DOCTOR CHECK-UP (Vital Signs)	10 - 15 min	
A I.V. THERAPY BASIC (Vitamin Cocktail)	1 h	
B CHELATION BASIC (Heavy Metal Cleanse plus Vitamin Cocktail)	up to 2 h	
• ATP-38 BIOSTIMULATION (Colon, Large Intestine, Stomach, Liver, Gallbladder)	20 min	
• 100% ORGANIC HERB CAPSULES 100 pcs	take home	
• ONE DAY DETOX MEALS	take home	
<b>TOTAL</b>	<b>1 h 30min 2h 30 min</b>	<b>A ₱ 4,200.00 B starts at ₱ 4,200.00</b>
* <b>OPTIONAL</b> Pick up Daily Detox Plan in the Morning	1 day 3 days 5 days	₱ 1,950.00 ₱ 5,850.00 ₱ 9,750.00
** <b>FOR TARGETED CHELATION (results via email)</b> Vitamin Test (Antioxidant plus 8 Lipid and Water Soluble Vitamins) Heavy Metal Test (Al, Pb, Hg, Cd, Mn, Co, Ni, As)	result in 5 days result in 7 days	₱ 5,000.00 ₱ 3,500.00

- \* Book at least 2-3 days in advance
- \*\* Times are flexible, can be split into two sessions in the morning and 2 in the afternoon
- \*\*\* Possible to do all sessions at once or including breaks throughout the day
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## Take Away Detox (1, 3 or 5 days)

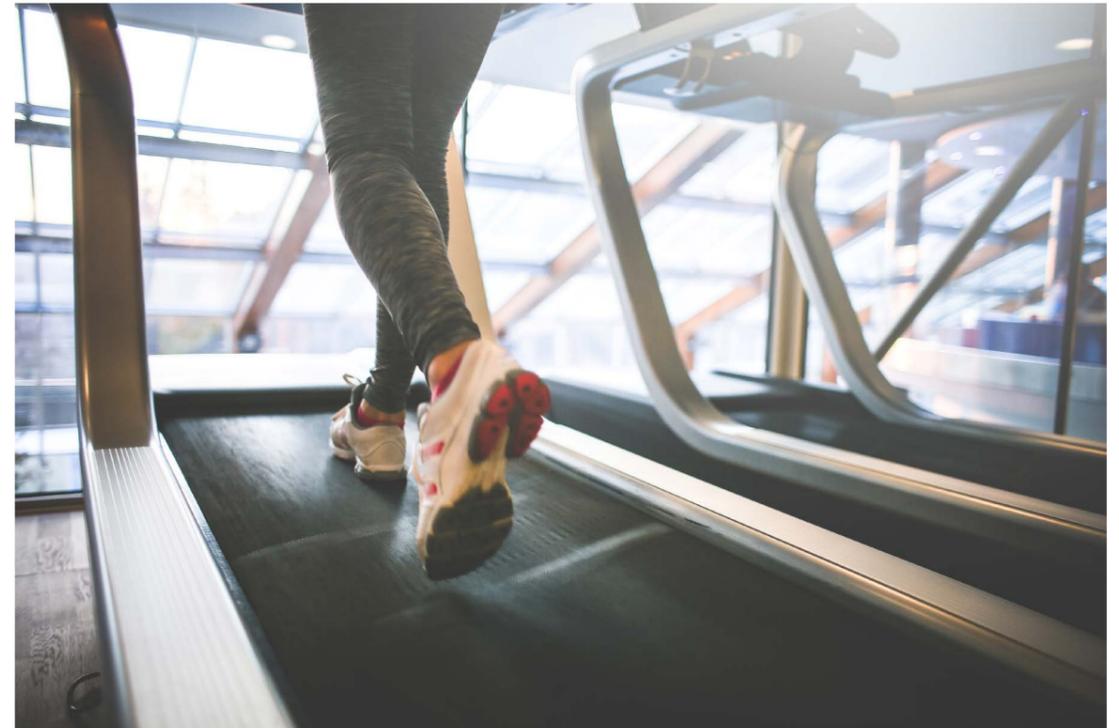


### THERAPIES

• GENERAL DOCTOR CHECK-UP (Vital Signs)	10 - 15 min	complementary
• PICK UP YOUR DAILY DETOX PLAN		
<b>1 DAY</b>		฿ 1,950.00
<b>3 DAYS</b>		฿ 5,850.00
<b>5 DAYS</b>		฿ 9,750.00
* <b>RECOMMENDED</b> Lipid Profile and Sugar Level Test (In the Morning on an Empty Stomach, No Food or Drinks 8h Before the Test)		฿ 1,500.00

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## Gym Memberships



OPENING HOURS: 7am - 9pm

### GYM

• 1 DAY	฿ 390.00 / day
• 1 WEEK	฿ 990.00 / week
• 1 MONTH	฿ 2,200.00 / month
• 3 MONTHS	฿ 5,400.00 / 3 months
* <b>MANDATORY</b> Medical certificate by Citycare Doctor	฿ 500.00

- \* Contact +66 (076) 63-33-05 to find out more

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