



KRUNGTHEP WELLNESS

Residence



FACILITIES AND AMENITIES

- Wellness Club Fitness Center
- Rehabilitation Gym
- Swimming Pool
- Water Aerobics Pool
- Kids Pool
- Yoga Studio
- Sauna and Spa
- Massage Center
- Health Café and Restaurant
- Room service
- Co-working
- Supermarket
- Business Center
- Laundry Service
- Pharmacy
- 24h Doctor on site

REHABILITATION

Occupational Therapy

- Movement adaption
- Fine motor skills and dexterity
- Balance training
- Hand-eye coordination

Physical Therapy

Assist in the restoration of your body's strength, flexibility, mobility, and general function, manual treatments, exercises, stretches, and other procedures in a progressive progression.



WELLNESS CENTER

- MenCare Health Check Programme
- WomenCare Health Check Programme
- Prestige Health Check Programme
- Brain Health Programme
- Diabetes Risk Assessment Programme
- Gut Health Programme
- Heart Health Programme
- Liver Health Programme
- Sleep Health Programme
- Vaccination Service

NUTRITION AND DIET

- Nutritional Assessment
- Personalized Nutrition Plans
- Nutrition Counseling
- Weight Management
- Medical Nutrition Therapy
- Sports Nutrition
- Meal Planning and Recipe Ideas
- Behavioral Change Strategies
- Nutritional Supplements
- Follow-Up and Monitoring
- Eating Disorders and Disordered Eating
- Allergies and Intolerances



HOLISTIC HEALTHCARE

- Homeopathy
- Psychology
- Neuropsychology
- Naturopathy
- Herbal Medicine
- Psychotherapy
- Cognitive behaviour therapy
- Psycho Visual Therapy
- NLP and Hypnotherapy