# MIND AND BODY BALANCE

De-Stress | Relieve Physical Tension | Enhance Focus

Service Benefits



Reduce Anxiety, Stress, Headaches



Reduce **Blood Pressure** 



Reduce **Physical Tension** 



Improve **Blood Circulation** 



Increase Focus



Facilitate at-home/ office stress reducing ritual

### Signature Inclusions



**Pre-Treatment** Wellness Tea: Calm & Relax



Scent Programme: De-stress / Calming



Wellness Consultation

Identify, recognise causes and reduce stress triggers min

Quantum Harmonic **Audio Treatment** 

The programme is set at theta brainwaves (-6 hz)

min

Tui Na, Acupressure & Stretch Therapy

Traditional Chinese medicine technique to create balance of yin & yang



Post-Treatment Wellness Tea



Seasonal Chinese Soup & Dietitian-approved **Nutritious Refreshment** 

\*Complimentary signature programme for AIA Club Alta members



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### DEEP SLEEP

#### Relax | Calm | Improve Sleep

Service Benefits













#### Signature Inclusions



Pre-Treatment Wellness Tea: Calm & Relax



Scent Programme: De-stress/ Calming

15 min

Wellness Consultation

Identify, recognise causes and improve sleep patterns

35 min

Breathwork & Guided Meditation

Reduce stress and anxiety, promote healthy sleep, and boost cognitive skills

25 min

Quantum Harmonic Audio Treatment

Deep sleep sound programme set from Deep theta to delta at -4 to 3 hz



Post-Treatment Wellness Tea



Seasonal Chinese Soup & Dietitian-approved Nutritious Refreshment

\*Complimentary signature programme for AIA Club Alta members



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### DETOX AND REALIGNMENT

Muscle Recovery | Relieve Stress | Energise

Service Benefits













#### Signature Inclusions



Pre-Treatment Wellness Tea: Calm & Relax



Scent Programme: De-stress/ Calming

Wellness Consultation

Identify, recognise causes and reduce pain and muscle tension

Stretch Therapy:
Active Stretch & Trigger
Point Release

Improves range of motion, flexibility and posture

Radio-Frequency Cupping

Generate heat to warm up muscle

Post-Treatment Wellness Tea



Seasonal Chinese Soup & Dietitian-approved Nutritious Refreshment

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## EatWell DIET CONSULTATION

Sustainable | Personalised | Weight Management

Service Benefits







Understand Specific Food & Nutrient Benefits



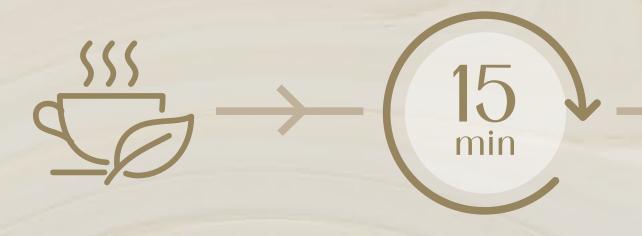
Weight Loss Improve Management Digestion



Facilitate At-home/ office Better Eating Habit



#### Signature Inclusions



Wellness Tea: Detoxifying Body Composition Analysis

Get the weight, body fat percentage, bone mass and water content information for dietitian Nutrition Consultation

Understand your current eating habits, preferred foods, and any allergies or food intolerances

15 min

Initial Meal Plan
Programme
Discussion

Create your meal programme and set base line for weight management or dietary goals



Post-Treatment Wellness Tea

Wellness Tea

Customised
1-Week Meal Plan
(East or West)

week



Seasonal Chinese Soup & Dietitian-approved Nutritious Refreshment

- \*1 bottle of Humansa Triple Action Probiotic included
- \*Complimentary signature programme for AIA Club Alta members



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