

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



Quantum Harmonic
Audio Treatment

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



Tui Na, Acupressure &
Stretch Therapy

Traditional Chinese medicine
technique to create balance
of yin & yang



Post-Treatment
Wellness Tea



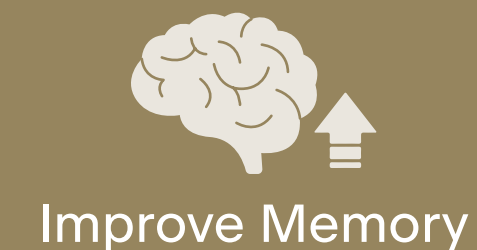
Seasonal Chinese Soup
& Dietitian-approved
Nutritious Refreshment

*Complimentary signature programme for AIA Club Alta members

DEEP SLEEP

Relax | Calm | Improve Sleep

Service Benefits



Signature Inclusions

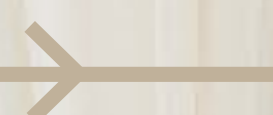


Pre-Treatment
Wellness Tea:
Calm & Relax



Wellness
Consultation

Identify, recognise causes
and improve sleep patterns



Breathwork & Guided
Meditation

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



Quantum Harmonic
Audio Treatment

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



Post-Treatment
Wellness Tea



Scent Programme:
De-stress/ Calming




Seasonal Chinese Soup
& Dietitian-approved
Nutritious Refreshment

*Complimentary signature programme for AIA Club Alta members

DETOX AND REALIGNMENT

Muscle Recovery | Relieve Stress | Energise

Service Benefits



Increase Range
of Motion Flexibility



Reduce
Pain



Enhance Muscle
Recovery



Improve Muscle
Performance



Improve
Blood Circulation



Facilitate at-home
sleep ritual

Signature Inclusions



*Complimentary signature programme for AIA Club Alta members

EatWell DIET CONSULTATION

Sustainable | Personalised | Weight Management

Service Benefits

-  Body Composition Analysis
-  Awareness of Healthy Eating Habits
-  Understand Specific Food & Nutrient Benefits
-  Weight Loss Management
-  Improve Digestion
-  Facilitate At-home/office Better Eating Habit
-  Chinese Meals

Signature Inclusions



*1 bottle of Humansa Triple Action Probiotic included

*Complimentary signature programme for AIA Club Alta members