



BDMS
WELLNESS
CLINIC

x

Sri panwa
PHUKET

The Holistic Wellness Retreat

“A Complete Reset of Your Body, Mind, and Longevity.”

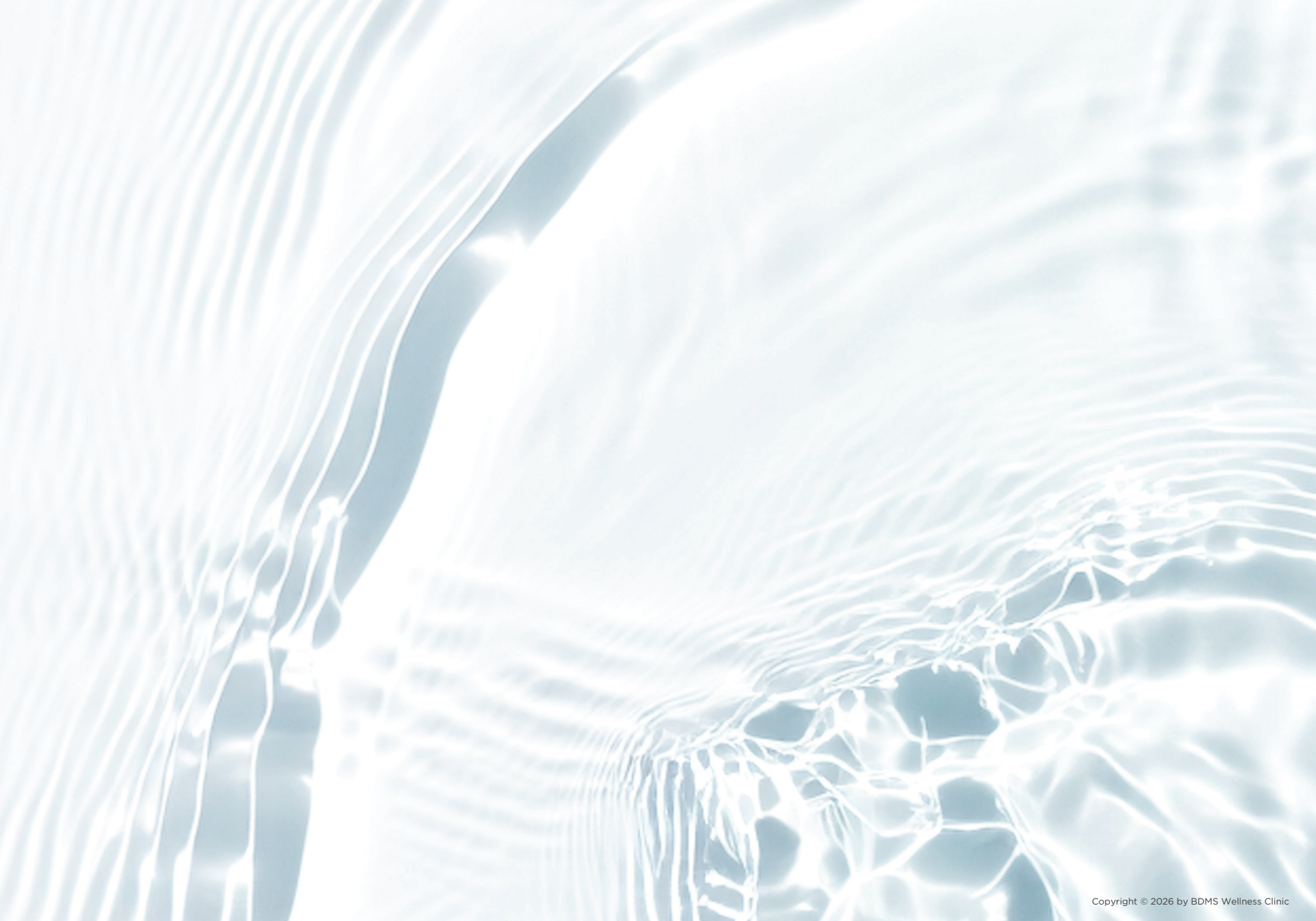
Holistic Wellness Retreat

An immersive wellness experience where advanced medical science meets refined luxury. Designed to uncover and address the root causes of fatigue, stress, and aging, this retreat combines precision diagnostics with personalized therapies and holistic practices.

Set within the serene sanctuary of Sri panwa, each journey is thoughtfully curated to restore balance, enhance vitality, and elevate long-term wellbeing.

Highlights

- Advanced medical & wellness assessment
- Personalized therapies & recovery treatments
- Holistic practices: movement, mindfulness, nutrition
- Luxury accommodation & curated retreat experience





An aerial photograph of a luxury resort nestled on a lush, green hillside. The resort features numerous villas with traditional Thai-style roofs and modern glass facades, many with private pools. The hillside is densely covered in tropical vegetation. In the background, the calm sea stretches to the horizon under a vibrant sunset sky with soft orange and pink hues. Several large, forested islands are visible in the distance.

A Complete HEALTH JOURNEY

Designed for those who prioritize their health and well-being, where prevention and long-term wellness unfold in the tranquil embrace of Phuket's tropical elegance

Mini Metabolic Check-up

A targeted screening program that assesses blood glucose, lipid profile, liver function, and kidney function. It helps identify early risks related to weight imbalance, diabetes, and cardiovascular health, enabling proactive and personalized health management.

Toxic Metals Blood Test

A comprehensive blood test designed to detect hidden toxic metal accumulation, such as mercury, lead, nickel, and cadmium, which may come from food, air pollution, or everyday products. These toxins may affect energy, focus, immunity, and long-term health. This test screens for 8 key heavy metals to identify underlying factors that may impact overall well-being.

Telomere Length Testing

Telomere testing measures the length of telomeres, the protective caps at the end of chromosomes that reflect cellular aging. By understanding your biological age at the cellular level, this test supports personalized lifestyle and wellness strategies to help promote healthy aging and long-term vitality.

Essential Vitamin, Micronutrient & Hormone Profile

An in-depth assessment that evaluates essential vitamins, antioxidants, and hormones related to aging, energy, and overall well-being. Guided by Preventive Medicine Specialists, this program provides personalized recommendations to help restore balance, strengthen resilience, and support sustainable healthy aging.





Personalized Supplement

A tailored supplement program designed around each individual's unique nutritional needs, lifestyle, and health status. Through advanced assessment, the program helps identify specific deficiencies or imbalances and provides the right nutrients in the right dosage to support energy, immunity, and overall wellness.

Vitamin Therapy

Intravenous vitamin therapy delivers essential vitamins and nutrients directly into the bloodstream for rapid and optimal absorption. Each formulation is carefully assessed and personalized by a physician to suit individual health conditions and wellness goals, ensuring targeted and effective support.

Skin Radiance Treatment (90 minutes)

A 12-step intensive skin recovery treatment designed to detoxify, deeply hydrate, and soothe stressed or pollution-damaged skin. The treatment helps reveal smoother, brighter, softer, and visibly refreshed skin.



Select activities that suit your needs

Mindfulness Sessions

Resonance Therapy

Mindful Unplug

Energy Alignment

Island Wanderlust

Spa Experiences

Aroma Thai Oil Massage

Balinese Massage

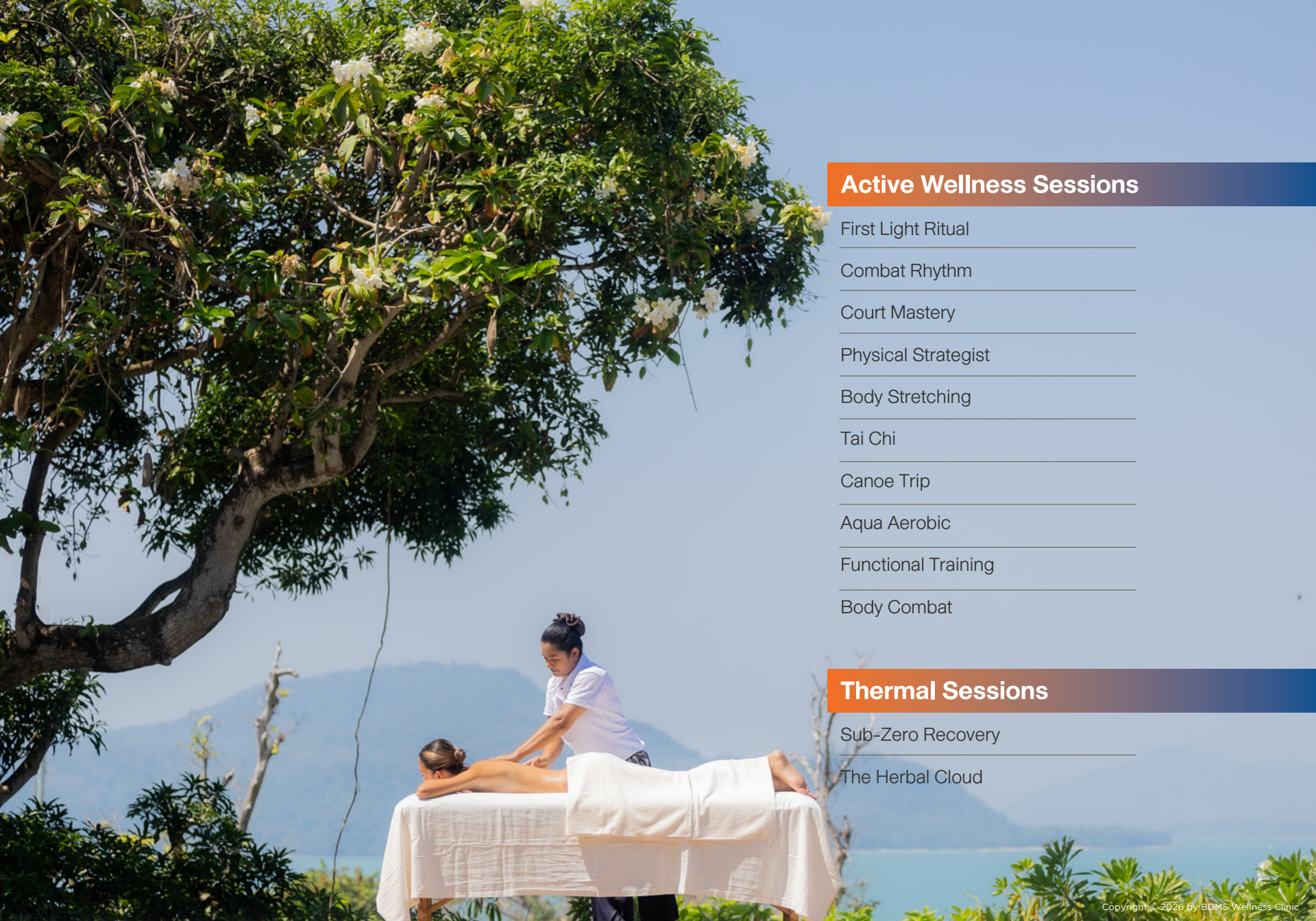
Deep Relax Massage

Lymphatic Drainage Massage

Sri panwa Serenity Massage

Traditional Thai Massage

The Herbal Healer



Active Wellness Sessions

First Light Ritual

Combat Rhythm

Court Mastery

Physical Strategist

Body Stretching

Tai Chi

Canoe Trip

Aqua Aerobic

Functional Training

Body Combat

Thermal Sessions

Sub-Zero Recovery

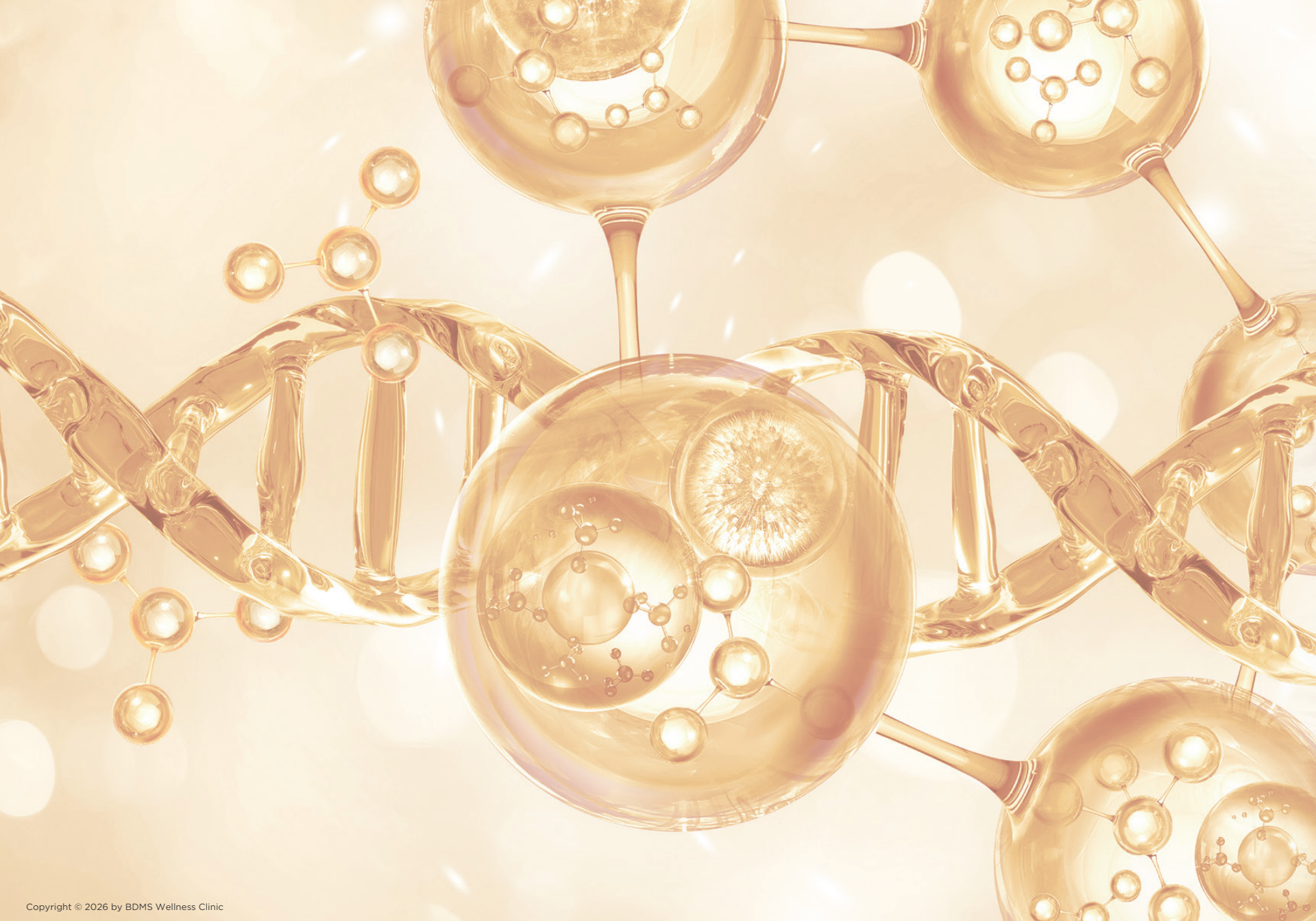
The Herbal Cloud



Wellness

PENTHOUSE





A photograph of an elderly couple walking away from the camera on a sandy beach at sunset. The man is on the left, wearing a white short-sleeved shirt and light-colored shorts, and the woman is on the right, wearing a white long-sleeved top and light-colored pants. They are holding hands and walking barefoot. The ocean is in the background, and the sky is a warm orange color. The text "A Complete Reset of Your Body, Mind, and Longevity" is overlaid in the center of the image.

“A Complete Reset of Your Body, Mind, and Longevity”

Where relaxation Meets Science

The Scientific Wellness Retreat
is designed to turn deeper health insights
into a personalized blueprint for living better, for longer



STRESS MANAGEMENT

Feeling constantly tense, mentally fatigued, or unable to switch off is rarely resolved by a weekend away. Stress Management at BDMS Wellness Clinic addresses what drives chronic stress — from mental load to physical strain and resilience — so you return clear, steady, and in control.



SLEEP OPTIMIZATION

An overactive mind, broken nights, and mornings that never feel like a fresh start are rarely solved by rest alone. Sleep Optimization at BDMS Wellness Clinic addresses the underlying causes of disrupted sleep — from stress and lifestyle to hormonal balance — so you wake genuinely refreshed and resilient.



HORMONE BALANCE

Hormones quietly govern how you sleep, think, and age. BDMS Wellness Clinic's Hormone Balance program uses physician-led assessment, advanced diagnostics, and a personalized plan of nutrition, movement, and recovery to restore that balance — so vitality returns at every stage of life.



The background of the entire advertisement is a photograph of two women practicing yoga on a rooftop terrace. They are both in a Pawanasana (Bird) pose, with one leg bent and the other extended, arms reaching upwards. The terrace has a tiled floor and a glass railing. In the background, there is a vast blue ocean with several small islands and a clear blue sky. The sun is low, creating long shadows on the terrace floor.

HOLISTIC WELLNESS RETREAT

Available in

**4 Days
3 Nights**

— & —

**7 Days
6 Nights**

*At BDMS Wellness Clinic, at Sri panwa, Phuket,
science and serenity share the same view.
Your health assessment happens here,
by the sea, as each day is yours to personalize*

	4 Days 3 Nights	7 Days 6 Nights
Doctor Consultation		
Personalized Supplement (3 Months)	1	1
Toxic Metals Test	1	1
Essential Vitamin, Micronutrient & Hormone Profile	1	1
Telomere Testing	1	1
Mini Metabolic Check-up	1	1
Selected Vitamin Therapy	2	5
Skin Radiance Treatment	1	2
Wellness Penthouse (140 sq. m. + Private Pool)	3	6
Full-Board Personalized Dining	8	14
Mindfulness Sessions	2	3
Spa Experiences	1	2
Active Wellness Sessions	2	5
Thermal Sessions	2	5

Complimentary round-trip airport transfer from Bangkok Airport & Phuket Airport.

*USD equivalent is estimated based on an exchange rate of 1 USD = 30 THB.
The final amount is subject to the prevailing exchange rate on the payment date.

Essential Vitamin, Micronutrient & Hormone Profile	Category		Items	Male	Female
	Antioxidants	Vitamin C (HPLC)	●	●	
		Vitamin A (HPLC)	●	●	
		Vitamin E (HPLC)	●	●	
		Gamma Tocopherol	●	●	
		Beta Carotene	●	●	
		Alpha Carotene	●	●	
		Coenzyme Q10 (HPLC)	●	●	
		Lycopene	●	●	
		Lutein + Zeaxanthin	●	●	
	Beta-Cryptoxanthin	●	●		
	Micronutrients	Vitamin B12	●	●	
		Zinc in Blood (Mass Spectrometry) : (ICP-MS)	●	●	
		Magnesium	●	●	
		Vitamin D2/D3 (25-OH Vit D2/D3)(LC-MS/MS)	●	●	
		Folate(Serum)	●	●	
		Chromium in blood (Mass spectrometry)	●	●	
		Copper in Blood (Mass Spectrometry)	●	●	
		Selenium in Blood (Mass Spectrometry)	●	●	
	Bone & Joint	Ferritin	●	●	
		Calcium	●	●	
	Hormones	Phosphate (Inorganic phosphate)	●	●	
		Luteinizing Hormone (LH)	●	●	
		Follicle Stimulating Hormone (FSH)	●	●	
Thyroid Stimulating Hormone (TSH)		●	●		
Free T3		●	●		
Free T4		●	●		
Dehydroepiandrosterone Sulphate (DHEA-S)		●	●		
IGF1		●	●		
Testosterone		●	●		
Cortisol		●	●		
Insulin		●	●		
Estradiol (E2)		●	●		
Progesterone			●		

Metabolic Health Early Risk Screening	Category		Items	Male	Female
	Hematology	CBC		●	●
		Glycated Hb (HbA1c)		●	●
	Sugar	Glucose (Fasting)		●	●
	Liver	SGPT		●	●
		SGOT		●	●
	Renal	BUN		●	●
		Creatinine (plus GFR)		●	●
	Bone & Joint	Uric Acid		●	●
Cardio	CRP high sense		●	●	
	Homocysteine		●	●	
	Cholesterol		●	●	
	Triglyceride		●	●	
	HDL		●	●	
	LDL		●	●	



BDMS
WELLNESS
CLINIC

MEMBER OF **BDMS**

For More Information

 info@bdmswellness.com

 +662-826-9999

 www.bdmswellness.com

 @bdmswellnessclinic

