



WEIGHTLOSS & DETOX

WHO IS IT FOR

Anyone considering changing their weight. Whatever your circumstance and no matter your goals, our Weight Loss Program will be a personalized plan for you, everyone is different. The plan will be built to address your needs, getting you on the way to where you want to be. You will receive a one-to-one consultation with one of our expert Weight-Loss Consultants and they will be your mentor throughout your stay.

WHAT WILL YOU EAT

Together we will build your Program. This program gives you a choice of training, or all-inclusive meal plan, your preference counts. We will calculate a daily calorie (kcal) allowance and your target protein intake, record your measurements and track progress with follow-up consultations. Everything on our menu is labelled with its calorie content, protein, and carbohydrates. This helps you to understand the different type's food groups, appropriate portion sizes, and their energy content.

WHAT MAKE US DIFFERENT

From feedback its simple the "coaches" Billy and his team are top professional's – it's a personal approach and everyone gets treated as an individual. Billy has worked on the Biggest Loser Asia. Classes as per the schedule will improve your strength, power, cardio, endurance, speed, agility and mobility. Most importantly learn and get results. A Fitness Test and Stats will be taken on Monday morning's and will determine your level and guide you to select the right classes with the help from your coach and mentor.

WHAT'S INCLUDED?

- > Personalized One-on-One Consultation
- > Body Statistics
- > Detox Flush
- > Before and After Photos
- > Unlimited Classes on the Schedule
- > Airport Pick Up

VIP TO INCLUDE

- > Personal One-to-One Training Session
- > Cupping Therapy
- > Airport Drop Off
- > Physiotherapy Consultation
- > Sports Massage
- > Retreat T Shirt

RETREAT FACILITIES

The fully equipped gym has a Protein and Coffee Pit Stop whilst the Retreat Café has a larger menu that caters for all. Equipped with a therapy room for massage, sports and physio treatments with an ice bath for recovery. The resort Swimming pool with chill area for relaxing in-between sessions to catch some rays. Laundry, car & bike rental is on site and the beach is a 5 minute walk away. Muay Thai is next door to the gym.