

ASSESSMENT

Every detail has been fine tuned to evoke a state of health, vitality and well-being. V Integrated Wellness offers comprehensive health assessments that combine holistic and scientific approaches along with personal consultations to identify the underlying causes of the problems, rather than addressing only the symptoms to deliver lasting solutions.

On, or prior to your arrival, please discuss your needs with our Wellness Program Advisors who will be delighted to assist you with selecting a holistic treatment to truly meet your needs.

Holistic Lifestyle Assessment

An initial Holistic Lifestyle Assessment will enable our program advisors to determine a realistic measure of your health and wellbeing. We will then create or recommend the most suitable program, and customize it to truly meet your individual needs to help you achieve body balance and improve your well-being.

RM55

Blood Pressure Test

Blood pressure is a measurement of the force applied to the walls of the arteries as the heart pumps blood through the body. Blood pressure is continually changing depending on activity, temperature, diet, emotional state, posture, physical state and medication use.

RM15

Biological Impedance Analysis (BIA) *

Most people grow up thinking about their weight, without taking into account their body fat percentage. Your weight alone doesn't distinguish whether the pounds come from fat or muscle. In order to assess your fitness level, you need to regularly monitor your body fat. BIA is a valuable tool for measuring the percentage of your body fat, fat-free mass, water retention, dehydration, body fat percentage to lean muscle mass percentage, your vitality at a cellular level, metabolism and toxicity activity and your biological age. The result obtained provides an insight to your overall cellular health.

RM50

Stress Management Score emWave®

Introducing the latest technological advancement in transforming stress and anxiety. The emWave® uses a combination of non-invasive advanced technology that reflects heart-brain interaction and autonomic nervous system dynamics which are particularly sensitive to changes in your emotional state. The measurement is known as heart rate variability analysis or HRV. The results help us manage our stress by breathing correctly to improve the heart-rhythm pattern making it more ordered and coherent.

RM55

All prices are in Ringgit Malaysia and subject to change without notice. All prices are subject to 10% service charge. Prices stated are exclusive of Service Charge.

Please contact V Botanical Spa at Ext 591, or V Wellness Desk at Ext 556 for enquiries and arrangements.