

# Total Wellness with Lifestyle Nutritionist Rachel Bullen

Rethink your relationship with food

As a certified nutritionist and herbalist, our new resident nutritionist **Rachel Bullen** offers holistic guidance for health and wellbeing. After an initial consultation during which a “wellness picture” is gathered and preliminary guidance is provided, a follow-up online session is scheduled to share a treatment plan, including dietary and lifestyle guidance, nutritional supplements, and referrals for further testing and to specialist practitioners, as required.

- **Initial Consultation (45-60 min):** THB 3,500
- **Follow Up Consultation (30-45 min):** THB 2,500
- **Written Nutritional Report:** THB 1,000
- **Package (Initial & Follow Up):** THB 5,000  
(not including written report)

*Prices are inclusive of 10% government tax and service charge*

For more information or reservation, please call +66 2 126 8866  
or email [spa.asia@anantara.com](mailto:spa.asia@anantara.com)

Advanced reservation is required.

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