

URBAN RESTORATION RETREAT PRE-ADMINISTRATION GUIDELINES

Dear Guest

Thank you for signing up the Urban Restoration Retreat, 27 – 28 Oct 2018.

Before undergoing the Urban Restoration Retreat Program, we would like to schedule a Comprehensive Wellness Preventive Screening for you. The process will takes about 1.5 hours to assess your current health status as to customise the best meal types for your current needs. We have scheduled your appointment date as per below :

Date:

Time:

Location: InOut Wellness @Orchard Road, #B1-07, Palais Renaissance, S (238871)

Kindly take note of the following instructions prior to health screening:

- No alcohol consumption the night before.
- No caffeine on the day morning.
- 4 hours fasting, no food, only plain water is allowed.

COMPREHENSIVE WELLNESS PREVENTIVE SCREENING

Our Comprehensive Wellness Preventive Screening offers one-stop holistic and comprehensive preventive healthcare approach with the most leading edge, non-invasive and medical graded screening equipment and biofeedback system to help create a complete picture of your health that forms the foundation of customized, preventive care.

A COLLABORATION BETWEEN:



Spa  Luna

Different Tests Profile

1. Radical Test (approx. 5mins)

Radical Test (Free Radical Dipstream) is used to detect the free radical activity in your body by measuring the levels of lipid peroxides in urine. Free radicals are the unstable molecules that can attack your body cells and affect the cardiovascular and immune systems. Lipid peroxides are fats that have been damaged by excess free radical activity. Measuring their levels indicates whether your body is getting enough antioxidants to protect itself from free radical damage.

2. Nutrition Deficiency Analysis - Eductor

Eductor is the most sophisticated and advanced medical device in the world of Biofeedback today that allows us to detect abnormal electromagnetic frequencies in body cells and organs. It measures the basic electrical factors of human body and identify the stress sources or any imbalances for example food allergies, toxicities, nutritional deficiencies and even indicate potential degenerative conditions. Overall result generated allow you to have a better understanding on your reaction to stress so that you can learn how to better control your response to stress.

3. Body Composition Analysis

Body Composition Analyzer is using Inbody's technology which is patented as seed technology in advanced countries across the world including the US, Japan and European nations. Additionally, this technology has been scientifically verified to have up to 98% accuracy. Inbody has been praised by the world's medical professionals with its power to analyse and its clinical reliability. Using 8-point tactile electrode method, Inbody measures body by segment and provides sectional obesity, muscular mass and body water data. Inbody provides a precise assessment on your nutritional status as well as other measurement items necessary to prevent geriatric diseases for example hypertension, diabetes, heart disease and fatty liver. Our Inbody's Body Composition Analyzer allows you to understanding your level of body fat, lean muscle mass and muscular development so you



can understand how your diet, lifestyle and exercise are influencing your overall body composition.

4. EZScan

EZScan is a non-invasive and innovative technology for early detection of diabetes and cardiovascular risk as well as detection of peripheral autonomic neuropathy. It is a quick and safe screening as no fasting and blood sample is required. Therefore, no risk of blood contamination throughout the screening. The sensitivity and accuracy is higher compared to usual screening methods as it assesses sudomotor function through sweat gland activity. It analyzes the ability of sweat glands to release chloride ions in response to an electrochemical stimulus. Sweat conductances are then measured on the palms of the hands and the soles of the feet. The level of sweat gland activity is linked to the status of small nerve fibers innervating sweat glands. Small nerve neuropathy can be present in the early stages of diabetes and pre-diabetes.

5. Acugraph

Acugraph is a digital meridian imaging (DMI) system that is used to analyze and document the energetic status of the **acupuncture meridians**. It uses a computerized exam and analysis to give complete information about the balance of “*qi*” in each of the body organs, and also provide a detail about *yin* and *yang* balance inside the body. The electrical resistance at 24 points on the hands and feet are measured by using a moistened probe. Identify the blockage of acupuncture meridians and provide proper treatment to restore proper energetic balance and proper treatment to restore energetic balance and proper energy flow, thus allowing your body to function normally and return to health naturally.

6. Blood Pressure

Blood Pressure help to monitor hypertension the main risk factor for stroke. It also detected irregular heartbeat.



1. Check-In

Please arrive 15 minutes prior your scheduled activities to allow time for check-in. Arriving late will lessen precious minutes of your retreat experience. We try our efforts to make your retreat a comfortable one.

2. Valuables

Guests are required to leave all their valuable belongings in the Hotel Safety Deposit box, throughout the whole retreat (e.g. watches, earrings, necklace, rings etc). The Management accepts no responsibilities for any loss of money or valuables of any kind brought into the premises.

3. Etiquette

Guests are required to abide to the Hotel rules and regulations. All cell phones and electronic devices are to be switched to silent mode throughout the entire programmes.

4. Special Assistance

Spa Therapies

Please advice upon registration of any allergies, ailments or disabilities, especially if you have high blood pressure or you are pregnant etc. Kindly declare if you are having your menstruation.

Aileron Wellnes Activities

Please advice if you have any medical concerns or are on medications before the program start.



5. Apparel

Wellness Preventive Screening

Guests are advised to wear two-piece outfit for your comfort and convenience for the screening examination. You are required to remove your shoes and switch to comfortable slippers provided by us. All accessories are advisable to remove during screening.

Spa Therapies

We will provide you with robe and slippers during your treatment. You may wear your undergarments if preferred.

Aileron Wellness Activities

Guests are advised to dress appropriately in sports attire during training and proper swimming attire for Aqua training. No jeans, Bermuda shorts, sandals or slippers allowed during training.

Note : We provide your necessary clothing for Meditation and Yoga activities.

6. Confidentiality

Urban Restoration Retreat agrees not to disclose any confidential information shared by you with the company.

7. Daily Activities

Wellness Preventive Screening

Please abstain from food and caffeine at least 4 hours prior to your scheduled time. No alcohol consumption the night before. Urine tests are preferably done at least 5 days before the start of menstruation or 5 days after the end of the menstruation (For ladies only).



Spa Therapies

We recommend that you should not consume any alcohol or heavy meals before your treatment. Please note that ladies are not advisable to shave before body scrub. Exfoliation treatments should be avoided if you have sunburn.

Aileron Wellness Activities

We recommend that you should not consume any alcohol or heavy meals at least 90 minutes before your scheduled activities.

8. Lost and Found

Please be responsible for taking all your belongings with you when you leave. We do not take any responsibility for lost items. However, the hotel is equipped with CCTV system that will keep an eye on the surrounding and protect the belongings of the people.

9. Replacement of Therapies

Guests who wish to change other treatments or programs apart from activities assigned in the Urban Restoration Retreat Program will subject to availability.

Therapeutic Wellness Meals

Please take note of the following important points before you consume our Therapeutic Wellness Meal:

- Meal has to be consume within 2 hours
- To consume each course in the correct order (by referring to our enclosed menu)
- If time permits, it is best to consume our meal over a 45 minute to 1 hour period
- Eat and chew your food slowly
- Try not to drink water during the meal
- We do not recommend that you consume any alcohol on the day you have our meal

Our goal is for you to *maximize absorption of nutrients* from our food into your body!

A COLLABORATION BETWEEN:



Spa  Luna