Healthcare Travel Package Bangkok

Skin Delight Treatment

Thailand has earned, and maintains, the reputation as of top-class healthcare destination, whether in providing complicated, leading-edge, medical treatments (heart, joints, gastro-system, oncology, gynaecology and fertilisation, eyes, plastic, etc.) or with complementary and wellness treatments (cosmetic, skin, massages, weight-loss) supported with natural, herbal products leaning on ancient wisdom. All such treatments enjoy very reasonable and competitive prices in comparison to similar procedures in the “Western World”.

MEDICO Services International, a specialised healthcare-travel facilitator, with referral relations to most of the hospitals, wellness clinics and resorts, spa centres in Thailand, would like to introduce such unique programmes to you, the discerning traveller. Should you have special, individual wishes for your medical or wellbeing treatments - other than described in the package below - please let us know your expectations. We will tailor such a program for you.

Some of the skin/dermatologic problems people wish to solve:

Freckles:
Freckles are clusters of melanin which are most visible on human complexion predominantly found on face. They can be genetic or caused by other factors, especially exposures to sun and heat. Freckles make your face look unclear and dull. Fortunately, they can be permanently removed. Recurrence of freckles is possible depending on how the skin is prevented from unprotected exposure to sun and heat.

Melasma:
Melasma is thought to be the stimulation of melanocytes or pigment-producing cells by the female sex hormones estrogen and progesterone to produce more melanin pigments when the skin is exposed to sun. Women with a light brown skin type who are living in regions with intense sun exposure are particularly susceptible to developing this condition. Genetic predisposition is also a major factor in determining whether someone will develop Melasma. The incidence of Melasma also increases in patients with thyroid disease. It is thought that the overproduction of melanocyte-stimulating hormone (MSH)
brought on by stress can cause outbreaks of this condition. Other rare causes of Melasma include allergic reaction to medications and cosmetics.

Laser treatment: A Wood's lamp test should be used to determine whether the Melasma is epidermal or dermal. If the Melasma is dermal, intense pulsed light laser has been shown in studies to provide improvement in many patients.

Skin Tag (Acrochorda):
Skin Tag (Acrochorda ) is a small benign tumor that forms primarily in areas where the skin forms creases, such as the neck, armpit, and groin. They may also occur on the face, usually on the eyelids. Skin tags are harmless and typically painless, and do not grow or change over time. Even though tags up to a half-inch long have been seen they are typically the size of a grain of rice. The surface of an acrochordon may be smooth or irregular in appearance and is often raised from the surface of the skin on a fleshy stalk called a peduncle. Microscopically, an acrochordon consists of a fibro-vascular core, sometimes also with fat cells, covered by an unremarkable epidermis. However, tags may become irritated by shaving, clothing or jewelry. Very large skin tags may burst under pressure.

Skin laxity and Collagen Loss:
As skin ages, it becomes thinner and more easily damaged. Intensifying this effect is the decreasing ability of skin to heal itself as a person ages. Among other things, skin aging is noted by a decrease in volume and elasticity. There are many internal and external causes to skin aging. For example: Aging skin receives less blood flow and lower glandular activity. A validated comprehensive grading scale has categorized the clinical findings of skin aging as laxity (sagging), rhytids (wrinkles), and the various facets of photo aging, including erythema/telangiectasia (redness), dyspigmentation (brown discoloration), solar elastosis (yellowing), keratoses (abnormal growths) and poor texture. Cortisol causes degradation of collagen accelerating skin aging

Cellulite:
Cellulite is a change in the fat stored under the skin, appearing as dimples or ripples in the skin. It affects most women. In fact studies have shown that about 80% of women over the age of 18 have some degree of cellulite. Yes, even thin women!

Dimpled or rippling skin commonly referred to as cottage cheese is mostly found on thighs, buttocks and stomach. Focal heating of the fat cells in these specific areas increases the rate at which liquid fat is released from the heated tissue.

Oxygen and the skin:
The age at which wrinkles start to appear is largely determined by genetics, but has been proven that aging can be accelerated by overexposure to sunlight, pollutants, poor diet and low oxygen levels in the skin. Skin needs oxygen to stay healthy; oxygen assists in production of collagen, elastin and other products necessary for healthy skin condition. As we age, circulation in our capillaries deteriorates thus decreasing the lack of oxygen and other nutrients in reaching our skin cells. This leads to dehydration of the skin. O2 Renew plays a significant role is assisting to replenish oxygen to the skin cells, as well can play a significant role in helping to heal burns and wounds. Skin normally renews itself every 28 days, however if oxygen and nutrients are not available the cell reproduction process is slowed down or the new skin cells are not as healthy. Resulting in premature aging, fine lines, wrinkles and lack of healthy skin tone and texture.
O2 Renew contains significant levels of liquid oxygen to help replenish and stimulate skin cells by plumping of the skin (smoothing effects) thus resulting in helping the reduction of fine lines and wrinkles. O2 Renew also assists with increasing the moisture content of the skin by increasing the oxygen level. O2 Renew also does not clog skin pores, nor interfere with normal skin functions leaving skin refreshed and renewed. You will notice a dramatic result of increased oxygen in your skin after 28 days of continued use. One unique benefit of O2 Renew is that you will have increased moisture content in the skin up to 7 days after treatment is stopped. At age 30 oxygen levels have dropped by up to 25%. At age 40 oxygen levels have dropped up to 50%; in higher pollutant environments oxygen losses can be even higher.

Skin Rejuvenation and Treatment methods:

MEDICO Services International has teamed up with a leading-edge Aesthetic- and Skin-Care Clinic in Bangkok, Pimtara Estetica, a subsidiary of Rangsit University Hospital (RSU), in offering treatments and healing programmes.

The Star laser treatments at Pimtara Estetica comprise of:

Lumenis IPL
Is the most technologically sophisticated intense pulse light (IPL) device in the market. IPL helps improve the appearance of photo-aged skin, removes spots (sun-induced freckles), benign brown pigments, and redness caused by broken capillaries through a process called photo-rejuvenation for face and body. The process is ideal as there is no downtime and has a low risk of side effects. Lumenis One OPT Treatment is proved to be the most effective treatment as it can filter the light and directly spot to the targeted area of your skin. Therefore, your healthy skin cells are not damaged

Dual Yellow
Helps remove solid and pigmented lesions. Various types of lesions can be treated with Dual Yellow including vascular, pigmented and solid lesions Seborrheic, Keratosis, Naevi, Pigmented Skin Tags, and Benign Paupules.

The Medlite C6 laser
Is designed to treat superficial brown blemishes and is also effective in removing other brown marks like café-au-lait patches, Nevus of Ito, Nevus of Ota, freckles and flat pigmented moles. The specialized light produced by our Medlite C6 is absorbed by the pigmented lesions. The undesired pigmentation is then destroyed, thus removing or lightening the lesions without damaging your normal skin.
Apollo RF Technology
Effectively treats cellulite at the root of the problem. Apollo's unique configuration selectively heats the fat cells under the skin without adversely affecting the surrounding tissues, wherein increasing metabolism and secretion of liquid fat. At the same time, simultaneously heating deep and superficial layers of fat, doing so by combining the dual effects of uni-polar RF and bi-polar RF in one applicator. Apollo for skin tightening and cellulite reduction uses two applications in one system. This means you can have skin tightening and cellulite reduction all in one treatment: This non-invasive and pain free technology uses one head to deliver RF energy to the skin - combining the effects of uni-polar and bi-polar technologies selectively heating fat cells in the skin tissues. Now making it easier and faster than ever to smooth, tighten and regenerate the skins collagen without injections, surgery or downtime.

Oxy Deep
This treatment uses supersonic technology to inject essential elements, i.e. water and oxygen-saline, vitamin, etc., into the skin without injector. As a new generation of skin peeling method to replace microderm-abrasions. The Oxy Deep system can speed up the production of collagen and prompt the renewal of the skin. Thus, scars, fine wrinkles, and dilated pores can be removed and as result skin rejuvenation can be reached.

Programme date 1: 30 April 2012 (until 4 May 2012)  Other dates optional
Programme date 2: 10 May 2012 (until 14 May 2012)  Other dates optional

Skin Delight Treatment Package:

Day 1:  Arrive in Bangkok, meet at the airport, and transfer to your hotel.
Or, if joining after the R I Convention or from another package, meet at your hotel or transfer to the programme-dedicated hotel, the S31 Hotel;
Depending on the time, transfer to Pimtara Estetica for initial consultation and treatment-schedules setting.

Day 2:   After breakfast, according to the treatment-schedules, transfer to Pimtara Estetica for a full day of “full makeover package” (please see the inclusions in the table below).

Day 3:   After breakfast, according to the treatment-schedules, transfer to Pimtara Estetica for a full day of “full makeover package” (please see the inclusions in the table below).

Day 4:   The day is free for complementary or additional treatments as per client wishes. This may include, at additional cost, more/other skin treatments, or teeth check-up and whitening, or eye-sight check-up and reading-glasses adjustment.
Day 5: As per scheduled flights, or other travel plans, transfer to the airport for departure, or joining other/further activities.

If you wish to extend your wellness-programme, please let us know in advance.

***End of program***

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<th>Rate per person in Thai Baht</th>
<th>Sharing a double room</th>
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The Medical/Wellness package described above includes following services:

- Arrival and departure transfers from/to the airport or within Bangkok;
- 4 nights in a selected first-class hotel centrally located in Bangkok (foreseen S31 Hotel or similar);
- 4 breakfasts in combination with the accommodation;
- 2/3 days complete “Makeover Skin and Wellness” treatment
- All service-fees and applicable government taxes for the ground and wellness services

Not included and payable by the passengers:

- All meals not mentioned in the package-price
- All personal expenses and costs, such as mini-bar, telephone-calls, internet (if not included), shopping and personal purchases
- Trips, excursions, tour-guide services, car rental, booked and undertaken on own initiative
- Optional, personal tips to any service personal

Makeover Skin and Wellness Treatment

- Melasma Clearing
- Freckle Clearing
- Skin Tag Clearing
- Facial Skin Oxygen Peeling Treatment by Oxy Deep
- Botox 50 Units or Filler 1 ml.
- Body Sculpting (Face Lift, Neck, Upper Arm, Abdomen, Thigh)
- One Complimentary Thai Foot Massage
- Complimentary Make Up and Hair Stylist for 2 days
- Complimentary High Tea and Healthy Lunch for 2 days