



SOLE MIO

— C L I N I C —

M E N U

— • —

BEAUTY | CONFIDENCE | CARE





LET'S TALK ABOUT YOU

Your health is unique.
Let our doctor understand your needs
and guide you toward the best solutions.



DOCTOR
CONSULTATION

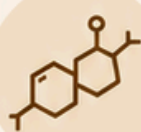
1,000 THB

WHAT WE CAN DISCUSS



BLOOD TEST

Check your
overall health,
vitamins, minerals,
and more.



HORMONE THERAPY

Balance your
hormones and
support optimal
well-being.



PEPTIDE THERAPY

Advanced peptides
to support healing,
anti-aging, and
performance.



PERSONAL WELLNESS PACKAGE

Customized plan
designed
just for you.



OTHER HEALTH GOALS

Weight management,
better sleep, energy
boost, immune
support, and more.



TAKE THE FIRST STEP TOWARD A BETTER YOU

Book your consultation today and let us create
the right plan for your health.



VISBODY BODY COMPOSITION ANALYSIS

SEE BEYOND THE SCALE.

Visbody Scan gives you
a complete picture of your
body in just 30 seconds.

Fast • Safe • Non-invasive



VISBODY SCAN

500 THB

WHAT YOU'LL KNOW



BODY FAT %

Know your
body fat level.



MUSCLE MASS

See your muscle
mass and strength.



WEIGHT BALANCE

Check if your
weight is balanced.



BMR & METABOLIC AGE

Know your basal
metabolic rate
and metabolic age.



BODY WATER & VISCERAL FAT

Check your
hydration level and
visceral fat.



DETAILED REPORT

Get a clear and
easy-to-understand
report.



KNOW YOUR BODY. PLAN YOUR FUTURE.

The first step to a healthier, stronger,
and more confident you.



QUICK & EASY
RESULTS IN
30
SECONDS



Recommended to discuss the results with our doctor for personalized guidance.

IV DRIP FORMULAR

Vitamin C



IMMUNE BOOSTER

Strengthens immunity and supports faster recovery.

2,000.-

Vit C, Bco



MULTI VITAMIN

Essential nutrients for daily health and energy.

2,000.-

Vit C, B12



BLOOD BOOSTER

Support red blood cell production and boosts energy.

2,000.-

Vitamin B1, Vit C



BRAIN BOOSTER

Supports brain function and mental clarity.

2,000.-

NAC, Vit C



LIVER DETOX

Support liver function and natural detoxification.

2,500.-

Gluta, Vit C, Bco



BEAUTY BOOSTER

Support brighter skin and antioxidant protection.

2,800.-

Fluimucil, Vit C, Bco



BRIGHTENING SKIN

Enhance skin clarity and promotes a more radiant tone.

3,000.-

Heptral



LIVER RECOVERY

Support liver repair and improves function.

3,000.-

Meldonium, Vit C



SPORT BOOSTER

Enhance energy, endurance, and recovery.

3,000.-

Thioctic, Bco



DIABETES PREVENTION

Supports glucose control and improves insulin sensitivity.

3,000.-

Cerebrolysin



NEURO PROTECTION

Supports brain health and nerve function.

3,000.-

Actovegin, Bco



REGENERATION BOOSTER

Supports tissue repair and improves cellular recovery.

3,500.-

ALA, Vit C, Bco



REJUVANATE+

Supports anti-aging and boosts cellular renewal.

3,500.-

L-Carnitine, ALA



SLIM BOOSTER

Supports fat burning and energy production.

3,500.-

Electrolytes, Vit C, Bco



HYDRO BALANCE

Rehydrates the body and restores electrolyte balance.

3,500.-

Iron, Bco



IRON BALANCE

Supports red blood cell production and reduces fatigue.

3,900.-

Curcumin



ANTI-INFLAMMATORY

Powerful antioxidant, reduces inflammation and supports joint recovery.

3,900.-

Biotin, Zinc, Vit C, Bco



BIOZINC RECOVERY

Supports hair, skin and immune health.

3,900.-



NAD+

ANTI-AGING, SUPPORTS DNA REPAIR

Supports cellular repair and slows down signs of aging.

6,300.-

AESTHETIC SERVICES



SERVICE	DESCRIPTION	1 TIME (THB)
Cosmetologist's Consultation	Doctor	1,000
Microneedling	Microneedling	7,500
Miami Peeling	Face	3,900
	Neck	3,900
	Chest	3,900
	Full Set (Face, Neck, Chest)	9,300
Ultraformer MMFU III Face	300 Lines	13,000
	400 Lines	15,000
	Foxy Eyes	9,000
	Chin	9,000
	1 Extra Line	45
Botox	Aestox (Korea) 50 units	7,000
	Allergan (USA) 50 units	11,900
Filler Injection	Neuramis Deep 1 ml	8,000
	Neuramis Volume 1 ml	8,000
	Restylane Lyft 1 ml	15,000
	Restylane Kysse 1 ml	15,000
	Restylane Classic 1 ml	15,000
	Restylane Vital Light 1 ml	15,000
Sculptra Injection PROFHILO	Sculptra 10 ml	25,000
	Hyaluronic Acid Skin Booster	28,000
Mesotherapy Face	Melasma – Hayyan	5,000
	Acne – NEODERM	5,000
	Polynucleotides - Rejuran	10,000
Dissolving Filler	Doctor service	2,000
Meso Fat	Miracle	5,000
	Miracle - 2 Bottles	9,000
PRP Injection	PRP Hair	7,500
	PRP Face	7,500



All prices are in Thai Baht (THB) and subject to change without prior notice.



SPA SERVICES

SERVICE	1 TIME	5 TIMES	10 TIMES
FACIAL MASSAGE Relax and rejuvenate your skin with a soothing facial massage.	990 THB	4,500 THB	7,900 THB
THAI MASSAGE Traditional Thai massage to improve flexibility and relieve muscle tension.	1,500 THB	6,750 THB	12,000 THB
OIL MASSAGE Gentle full-body massage using aromatic oils to relax and nourish.	1,500 THB	6,750 THB	12,000 THB
BELLY MASSAGE Stimulates circulation and aids digestion for a healthier body.	1,200 THB	5,400 THB	10,000 THB
DEEP TISSUE MASSAGE Targets deep muscle layers to relieve chronic tension and pain.	2,000 THB	9,000 THB	16,000 THB
BACK DIAMOND PEEL CLEANSE Deep cleansing and exfoliation for a smooth, radiant back.	1,200 THB	5,400 THB	9,600 THB

PHYSIOTHERAPY

RESTORE • RELIEVE • REHABILITATE

SERVICE	1 TIME	5 TIMES	10 TIMES
Physical Therapist Consultation Assessment and consultation with our physiotherapist.	700 THB	-	-
Therapeutic Session with a Physiotherapist 40 MINUTES Individual treatment session with a physiotherapist.	2,000 THB	8,500 THB	16,000 THB
Therapeutic Session with a Physiotherapist 60 MINUTES Individual treatment session with a physiotherapist.	2,500 THB	11,000 THB	20,000 THB
 Red Cord 60 MINUTES Suspension therapy that activates deep stabilizing muscles, improves flexibility, posture, and movement control, and reduces pain.	2,500 THB	11,000 THB	20,000 THB
 Huber 40 MINUTES Dynamic whole-body training that improves balance, coordination, posture, and deep muscle strength while supporting rehabilitation and functional movement.	1,500 THB	6,300 THB	12,000 THB



NOTE

- All sessions are performed by licensed physiotherapists.
- Please wear comfortable clothing for your session.
- Advance reservation is recommended.

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LASER HAIR REMOVAL

Laser hair removal is a noninvasive technique that uses highly concentrated light to penetrate hair follicles and inhibit future hair growth.



SERVICE	1 TIME	10 TIMES
Classic Bikini	1,500 THB	12,000 THB
Deep Bikini	2,000 THB	16,800 THB
Full Legs	3,000 THB	27,000 THB
Legs to the Knee	2,000 THB	16,800 THB
Full Arms	2,000 THB	16,800 THB
Arms to the Elbow	1,500 THB	12,000 THB
Armpits	1,000 THB	8,000 THB
Belly and Chest	1,500 THB	12,000 THB
Back	2,000 THB	16,800 THB
Buttocks	1,500 THB	12,000 THB
Full Beard	1,500 THB	12,000 THB
Upper Lip	600 THB	5,200 THB

LASER HAIR REMOVAL PACKAGES

Set 1	Full legs + Armpits + Classic Bikini	5,000 THB
Set 2	Legs to the Knee + Armpits + Classic Bikini	4,000 THB
Set 3	Armpits + Classic Bikini	2,000 THB
Set 4	Armpits + Deep Bikini	2,500 THB



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CELLUSPHERE

SMOOTHER • FIRMER • HEALTHIER



TARGETED BODY CONTOURING. VISIBLE RESULTS.

Cellusphere is a non-invasive, advanced endermologie treatment that stimulates microcirculation, breaks down fat cells, and reduces the appearance of cellulite. It helps smooth, firm, and tone the skin for a more sculpted silhouette.



REDUCES CELLULITE

Smooths the appearance of cellulite and uneven skin texture.



SLIMS & SCULPTS

Helps break down fat cells and refines body contours for a more toned look.



BOOSTS CIRCULATION

Enhances lymphatic drainage and improves blood circulation.



FIRMS & TONES

Improves skin elasticity and firmness for a smoother, healthier feel.

HOW IT WORKS

Specialized motorized rollers stimulate the skin and underlying tissues, encouraging fat breakdown, improving circulation, and promoting lymphatic drainage for natural detoxification and visible body contouring results.



TREATMENT OPTIONS

1 SESSION

1,700

THB

5 SESSIONS

7,650

THB

10 SESSIONS

15,000

THB



DURATION
60 MINS



Pressotherapy

RELAX • RECOVER • REVITALIZE

REVIVE YOUR LEGS. FEEL THE DIFFERENCE.

Pressotherapy is an advanced lymphatic drainage treatment that uses gentle air pressure to improve circulation, reduce swelling, and relieve tired, heavy legs.



IMPROVES CIRCULATION

Enhances blood flow and lymphatic drainage.



REDUCES SWELLING

Helps reduce water retention and puffiness.



RELIEVES FATIGUE

Eases muscle tension and leg heaviness.



SUPPORTS DETOX

Promotes toxin elimination and overall well-being.



HOW IT WORKS

Specialized air compression sleeves are applied to the legs or full body, gently pulsing to stimulate circulation and lymph flow, helping you feel lighter, refreshed, and re-energized.

TREATMENT OPTIONS



LEG

DURATION
30 MINUTES

1 SESSION

1,000
THB

5 SESSIONS

4,500
THB

10 SESSIONS

8,000
THB



FULL BODY

DURATION
30 MINUTES

1 SESSION

1,300
THB

5 SESSIONS

5,850
THB

10 SESSIONS

10,000
THB



LPG BODY & FACE

SCULPT • TIGHTEN • REVITALIZE

NATURAL RESULTS. VISIBLE TRANSFORMATION.

LPG is an advanced, non-invasive endermologie treatment that stimulates cellular activity, boosts circulation, and promotes collagen and elastin production. It helps reduce stubborn fat, smooth cellulite, firm the skin, and restore radiance—on both the body and face.

HOW IT WORKS



Using patented endermologie technology, the LPG device delivers precise, controlled suction and stimulation to target tissues. This activates natural cellular processes to break down fat, stimulate circulation, and tighten skin—gently and effectively. Perfect for both body sculpting and facial rejuvenation.



REDUCES STUBBORN FAT

Helps break down fat cells and refine body contours.



REDUCES CELLULITE

Smooths the skin and improves its appearance.



FIRMS & TIGHTENS SKIN

Boosts collagen and elastin for firmer, more youthful skin.



IMPROVES CIRCULATION

Enhances lymphatic drainage and promotes detoxification.

TREATMENT OPTIONS

1 SESSION

1,800

THB

5 SESSIONS

8,100

THB

10 SESSIONS

15,000

THB



DURATION
60 MINS

VENUS LEGACY

RF LIFTING BODY & FACE

LIFT • TIGHTEN • SCULPT

ADVANCED TECHNOLOGY. VISIBLE TRANSFORMATION.

Venus Legacy is a non-invasive, multi-polar radiofrequency (RF) and pulsed magnetic field technology that safely penetrates deep into the skin to stimulate collagen, tighten, lift, and contour—delivering visible results for both face and body.



LIFTS & TIGHTENS

Stimulates collagen and elastin to visibly lift and firm the skin.



SCULPTS & CONTOURS

Helps reduce stubborn fat and improve body contours.



IMPROVES SKIN TEXTURE

Enhances skin elasticity, smoothness, and overall radiance.



REDUCES FINE LINES

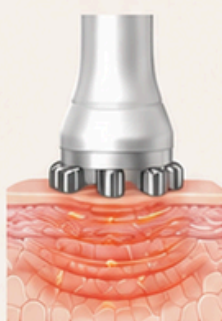
Softens wrinkles and enhances facial definition.



BOOSTS CIRCULATION

Improves lymphatic drainage and promotes natural detoxification.

HOW IT WORKS



RF energy and pulsed magnetic fields heat the deep layers of the skin, stimulating natural collagen production, breaking down fat cells, and improving skin tightness and elasticity—without damaging the surface.

TREATMENT OPTIONS

1 SESSION

5,000

THB

5 SESSIONS

22,500

THB

10 SESSIONS

30,000

THB



DURATION
60 MINS

HYPERBARIC OXYGEN

BREATHE DEEP. HEAL FASTER. LIVE BETTER.

REVITALIZE YOUR BODY FROM WITHIN.

Hyperbaric Oxygen Therapy (HBOT) delivers pure oxygen in a pressurized environment to help your body heal, recover, and perform at its best.

It supports cellular repair, boosts immunity, reduces inflammation, and enhances overall wellness—naturally.



INCREASES OXYGEN
Delivers pure oxygen to boost cellular function and energy.



ACCELERATES HEALING
Supports tissue repair, recovery, and faster healing from injuries.



BOOSTS WELL-BEING
Reduces stress, improves sleep, and enhances mental clarity.



REDUCES INFLAMMATION
Helps decrease swelling, pain, and chronic inflammation.



ENHANCES PERFORMANCE
Improves endurance, stamina, and overall physical performance.

DURATION 30 MINUTES

1 SESSION

1,300
THB

5 SESSIONS

5,850
THB

10 SESSIONS

10,000
THB

DURATION 60 MINUTES

1 SESSION

2,000
THB

5 SESSIONS

9,000
THB

10 SESSIONS

17,000
THB



SAFE & NON-INVASIVE
Comfortable, relaxing, and clinically proven.



SUITABLE FOR ALL
From athletes to professionals and anyone seeking better health.



DURATION
30 OR 60 MINUTES

MYOSTIMULATION OF PERIPHERAL MUSCLE & PELVIC MUSCLE

STRENGTHEN • TONE • RESTORE

STRONGER MUSCLES. BETTER YOU.

Advanced electrical stimulation to strengthen muscles, improve pelvic floor health, and support your confidence and well-being.



BUILDS MUSCLE

Increases strength and tone.



STRENGTHENS PELVIC MUSCLES

Supports pelvic floor health and function.



TONES & SCULPTS

Improves body contours and muscle definition.



ENHANCES CIRCULATION

Boosts blood flow and oxygen delivery to muscles.



IMPROVES CONTROL & CONFIDENCE

Better core stability and overall well-being.

HOW IT WORKS



Gentle electrical pulses delivered through pads trigger supramaximal muscle contractions—far beyond what you can achieve voluntarily. This helps strengthen muscles, improve performance, and support pelvic floor function.

IDEAL FOR

- ✓ Muscle strengthening & toning
- ✓ Pelvic floor support & recovery
- ✓ Postpartum recovery
- ✓ Core stability & posture improvement
- ✓ Athletic performance enhancement
- ✓ Beginner to advanced – all fitness levels

TREATMENT OPTIONS

1 SESSION

1,500
THB

5 SESSIONS

6,750
THB

10 SESSIONS

12,000
THB



DURATION
60 MINUTES

MICRO CURRENT FACIAL

LIFT • TONE • REJUVENATE

NATURALLY LIFT. RADIANTLY YOU.

Gentle microcurrent technology stimulates facial muscles, improves circulation, and reveals firmer, smoother, more radiant skin.



LIFTS & TONES



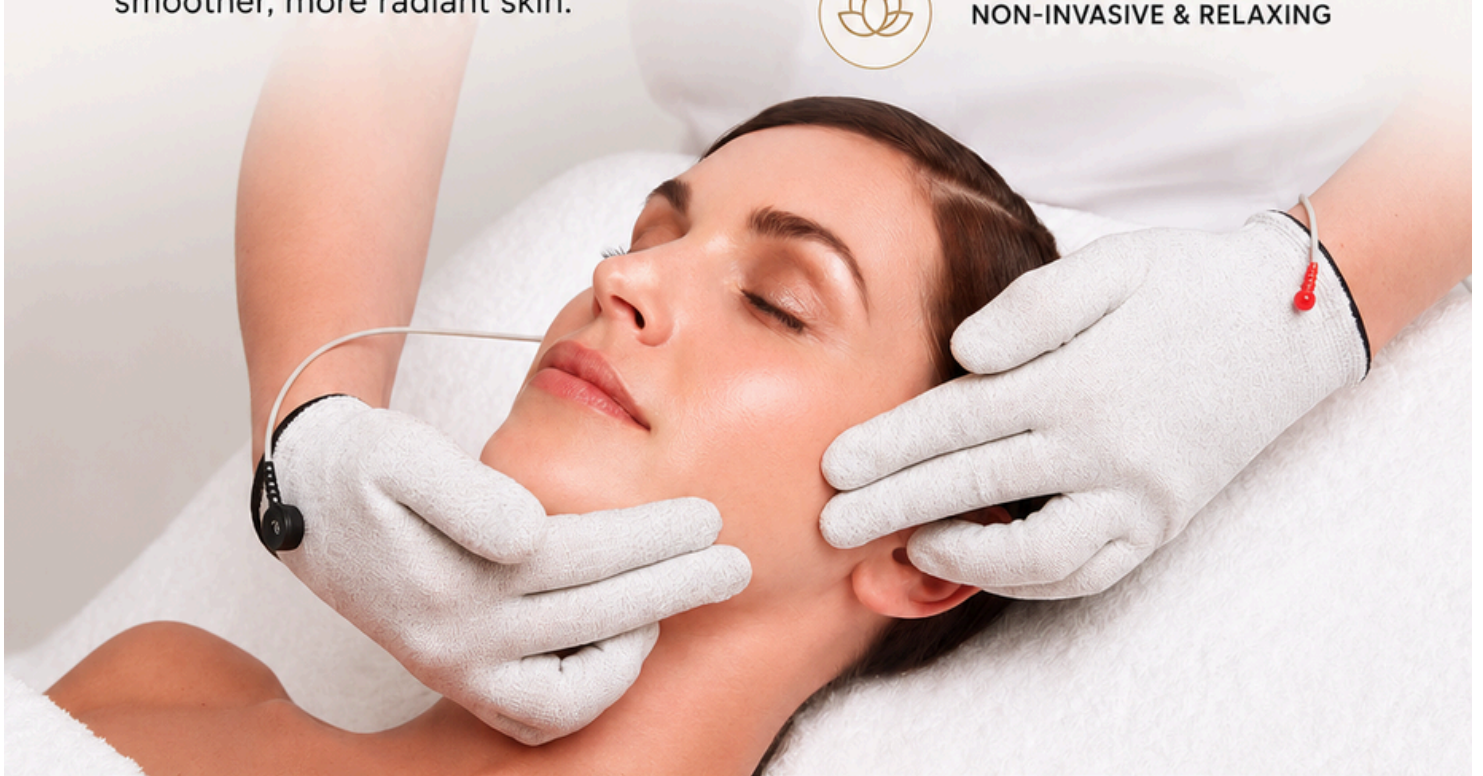
BOOSTS CIRCULATION



IMPROVES CONTOURS



NON-INVASIVE & RELAXING



1 SESSION

2,000

THB

5 SESSIONS

9,000

THB

10 SESSIONS

17,000

THB



DURATION 60 MINUTES

GENEO+ FACIAL

CLEANSE • OXYGENATE • REVIVE

3-IN-1 SUPERIOR SKIN
RENEWAL TECHNOLOGY.



OXYGENATION

Boosts natural oxygenation for a healthy glow.



EXFOLIATION

Gently exfoliates dead skin cells and unclogs pores.



INFUSION

Enhances absorption of active ingredients for deep nourishment and hydration.

BENEFITS



BRIGHTENS COMPLEXION

Reveals a radiant and even skin tone.



DEEP CLEANSING & DETOX

Removes impurities and excess oil.



IMPROVES SKIN TEXTURE

Smooths roughness and refines pores.



HYDRATES & NOURISHES

Infuses skin with essential nutrients and moisture.



REDUCES SIGNS OF AGING

Minimizes fine lines, dullness, and fatigue.

TREATMENT DETAILS



DURATION
60 MINUTES

PRICE

1,500
THB

BRIGHT & SHINE

8-IN-1 DEVICE FACIAL

CLEANSE • DETOXYFY • BRIGHTEN

REVEAL YOUR RADIANCE.
GLOW WITH CONFIDENCE.

The Bright & Shine Facial uses advanced 8-in-1 technology to deeply cleanse, exfoliate, hydrate, and rejuvenate your skin.

This comprehensive treatment targets dullness, uneven tone, congestion, and signs of aging—leaving your skin visibly clearer, brighter, and more radiant.



DEEP CLEANSING

Removes impurities, oil, and congestion for a fresh start.



EXFOLIATES & REFINES

Gently exfoliates dead skin cells to smooth texture and unclog pores.



HYDRATES & NOURISHES

Infuses moisture and active nutrients for plump, healthy skin.



BRIGHTENS & EVENS TONE

Enhances radiance and helps reduce dullness and discoloration.



REJUVENATES

Promotes skin renewal for a firmer, smoother, and youthful glow.

KEY BENEFITS



BRIGHTENS DULL SKIN

Improves radiance and evens out skin tone.



DEEP CLEANSSES PORES

Removes impurities, oil, and congestion.



HYDRATES & NOURISHES

Infuses moisture for plump, healthy skin.



FIRMS & TONES THE SKIN

Improves elasticity and facial contours.



SMOOTHES SKIN TEXTURE

Reduces roughness and refines pores.



RELAXES & REVITALIZES

Promotes a refreshed, healthy glow.

TREATMENT DETAILS



DURATION

60 MINUTES

PRICE

2,500

THB

Sole Mio SIGNATURE RELAXATION FACIAL

Deep cleanse. Deep relax. Naturally radiant.

60
MINUTES

A perfect blend of relaxation and advanced skincare for healthy, glowing skin.



DEEP CLEANSE

Purify and refresh your skin.



RELAXING MASSAGE

Relieve tension and promote relaxation.



NOURISHING MASK

Hydrate and nourish for a healthy glow.



HYDRATE & GLOW

Boost moisture and revitalize your skin.



TOTAL RELAXATION

Calm your mind, renew your skin.

TREATMENT INCLUDES



1

DEEP
CLEANSE



2

STEAM
TOWEL



3

SCRUB



4

RELAXING
MASSAGE
(10-15 MIN)



5

MASK
(10 MIN)



6

MOISTURIZER
& SUNSCREEN



7

HEAD
MASSAGE



8

SEATED
SHOULDER
MASSAGE

NORMAL PRICE

1,200 THB



GENTLE ON SKIN
ALL SKIN TYPES



QUALITY SKINCARE PRODUCTS



SAFE & HYGIENIC



DEEP CLEANSE • RESET • RENEW

HYDRO COLON THERAPY

A GENTLE, EFFECTIVE WAY
TO DETOX YOUR COLON AND
REJUVENATE YOUR BODY.



DETOXIFY

Eliminates waste, toxins,
and built-up waste.



IMPROVE DIGESTION

Supports regularity and
relieves bloating.



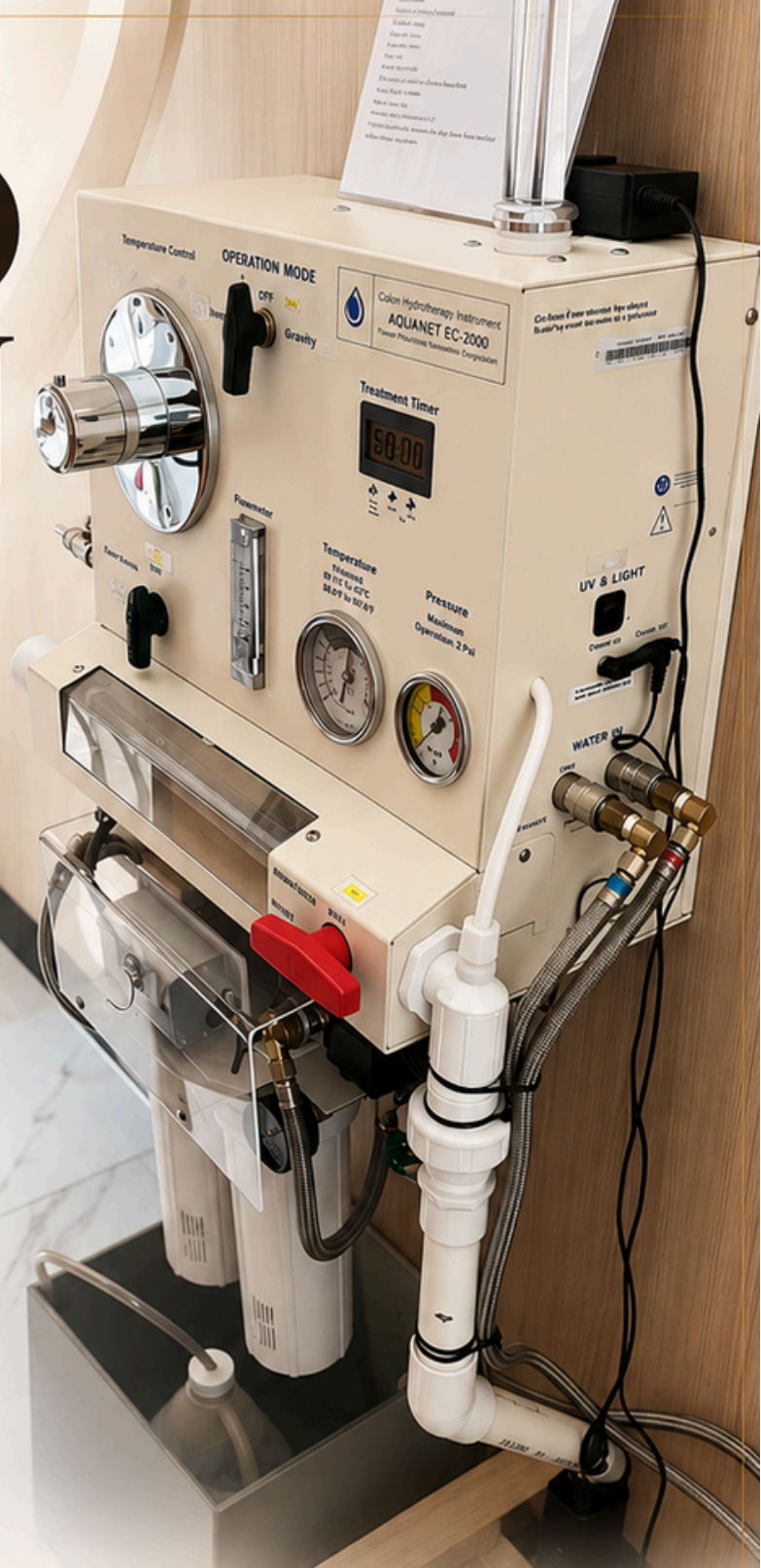
BOOST ENERGY

Enhances nutrient absorption
and overall vitality.



SUPPORT WELL-BEING

Promotes a healthier gut for
a healthier you.



GENTLE & SAFE

Uses purified,
temperature-controlled
water for a comfortable
experience.



PROFESSIONAL EQUIPMENT

Advanced system for
maximum safety,
hygiene and results.



FEEL THE DIFFERENCE

Leave feeling lighter,
flatter, and more
energized.



DURATION

60 MINS

PRICE

3,500 THB



CLEANSE TODAY. FEEL BETTER TOMORROW.

Your journey to a healthier you starts here.

SPORT ACTIVITIES



BUILD YOUR RHYTHM
WITH US



SERVICE	1 TIME	5 TIMES	10 TIMES
 Private Yoga	750 THB	3,150 THB	5,600 THB
 Thai Boxing	990 THB	4,200 THB	7,900 THB
 Personal Training	990 THB	4,200 THB	7,900 THB



NOTE

- All sessions are performed by licensed professionals.
- Please wear comfortable clothing for your session.
- Advance reservation is recommended.



DAILY ACTIVITY PROGRAM

	7:30 – 8:30 hrs	9:30 – 10:30 hrs	13:00 – 14:00 hrs	14:30 – 15:30 hrs
MON	Beach Jogging Complimentary	Instructor Assistant/Private Class 390 THB/Pax	Body Weight 390 THB/Pax	Thai Boxing 990 THB/Pax
TUE	Basic Yoga 390 THB/Pax	Cardio work out 390 THB/Pax	Full Body stretching 250 THB/Pax	Instructor Assistant/Private Class 390 THB/Pax
WED	Huber 360 Trial 15 mins Complimentary	Instructor Assistant/Private Class 390 THB/Pax	Cardio work out 390 THB/Pax	Thai Boxing 990 THB/Pax
THU	Basic Yoga 390 THB/Pax	Cardio work out 390 THB/Pax	Full Body stretching Complimentary	Thai Boxing 990 THB/Pax
FRI	Basic Yoga 390 THB/Pax	Thai Boxing 990 THB/Pax	Full Body stretching 250 THB/Pax	Instructor Assistant/Private Class 390 THB/Pax

YOGA

- Private 750 THB
- 5 Times 3,150 THB
- 10 Times 5,600 THB

PRIVATE THAI BOXING

- 1 Time 990 THB
- 5 Times 4,200 THB
- 10 Times 7,900 THB

PERSONAL TRAINING

- 1 Time 990 THB
- 5 Times 4,200 THB
- 10 Times 7,900 THB



REMARK

- Daily Activities (Max 4 Participants)
- Please make a reservation at the front desk or Clinic 2nd Floor at least 24 hours in advance.

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SOLE MIO CLINIC

RENEW • REJUVENATE • GLOW

WHATSAPP



INSTAGRAM



PRICE LIST



OUR LOCATION

Sole Mio Boutique Hotel & Wellness (2nd Floor, Room #230)

32, Chergtalay, Tambon Choeng Thale, Amphoe Thalang, Phuket

THANK YOU FOR CHOOSING US