

GIVEAWAY

Align yourself with... yourself

With all that potato-couching, crouching over smartphones and extensive Facebooking at work, your body could probably use a treatment to make sure it is correctly aligned. We have four vouchers redeemable for a body structure assessment at Ariya Wellness Center. Each is valued at B1,900.

Giveaway prizes courtesy of Ariya Wellness Center (Mon-Fri, 10am-8pm, Sat-Sun & holidays, 9am-7pm, 2/F, Life Center, Sathon Tai Road, MRT Lumpini, 02-667-7166-7, www.ariyawellness.com, fb.com/AriyaSociety, IG: ariyawellnesscenter).

Pain in your back, shoulders or other areas can be signs of a structural imbalance in your body. Ariya Wellness Center aims to eliminate these imbalances early and holistically, through various treatments and products, promoting well-being from the inside, out.

You can fine-tune your body to healthiness through muscle detox, cellulite dissolution, deep muscle exercises, body structure adjustments

and massages, among other treatments. Various products to help you maintain the best bodily posture are also available.

The centre also operates Ariya Organic Place on the lower floor, where you can enjoy delicious organic dishes such as Minced veggie tuna spicy salad with barley and Veggie crabmeat.

Our four winners will each receive one free body structure assessment session. It is designed to detect early signs of bodily irregularities, giving you ideas on actions that should be taken to prevent chronic conditions that can impair your quality of life. The check-up focuses on the spine's alignment, muscle strength and flexibility, as well as joint movement.



ANSWER THIS:

What do you do to relax your body after too much YouTube surfing?

CONGRATULATIONS

Well done to our two winners who each won a free stay at Le Blocs Resort & Cafe.

..... Send your answer to guru@bangkokpost.co.th
..... with your name and full contact details by Aug
..... 17. Winners will be informed via email and prizes
..... will be sent to their addresses.