AFW SANCTUARY

Recovery · Prevention · Longevity

Choose your wellness stay

Private residential wellness in Kampong Speu, Cambodia. These planned programmes offer different ways to make time for rest, nourishment, movement and healthier routines.

Phase 1 solo: US$330 per person per night - private room

Phase 1 couple: US$550 per couple per night - shared room

The couple rate comprises US$330 for the first guest plus US$220 for the second guest sharing the same room. Both participate in the core wellness programme. Advanced Flow is an optional, separately priced enhancement.

FlowFirst Reset 4 days / 3 nights	**US$990 solo**
Executive Reset 5 days / 4 nights	**US$1,320 solo**
Couples Reset 4 days / 3 nights	**US$1,650 per couple**
FlowFirst Longevity 14 days	**Nightly rates above**
Active Aging 30 / 60 / 90 days	**Nightly rates above**
Stroke Recovery Phase 2 - Advanced Flow included	**From US$500/person/night**

Advanced Flow: optional for Phase 1 programmes at US$150 per infusion, where appropriate after assessment. Included in the Phase 2 Stroke Recovery programme.

Prices are in US dollars. Residential totals are calculated by nights stayed. For 14-, 30-, 60- and 90-day programmes, your quotation will confirm the number of nights and the total price. No longer-stay discount is assumed. Phase 2 Stroke Recovery depends on rehabilitation partner and care arrangements being in place.

FlowFirst Reset

Suggested stay: 4 days / 3 nights



Step away. Find your rhythm again.

For adults who want a short, structured break to focus on wellbeing and begin healthier daily habits.

PROGRAMME FOCUS

- Create space for rest and a calmer daily rhythm.
- Enjoy nourishing meals and gentle movement at your own pace.
- Receive personalised wellness guidance to help continue your routines at home.

US$990 per person - 3 nights, private room

US$1,650 per couple - 3 nights, shared room

Core stay: private accommodation (shared for couples), nourishing meals and a personalised core wellness programme. Activities and supportive therapies are selected after consultation; a detailed schedule will be confirmed before booking.

Optional enhancement: Advanced Flow at US$150 per infusion, where appropriate after assessment. Separately priced; not included in the residential total.

Additional clinical or caregiving needs should be discussed before booking. Personalisation does not imply every therapy is suitable or included.

Executive Reset

Suggested stay: 5 days / 4 nights



Make time for yourself.

For busy professionals seeking a focused wellness break away from everyday work demands.

PROGRAMME FOCUS

- Make room for rest, relaxation and a steadier routine.
- Focus on nourishing meals, movement and time outdoors.
- Explore practical habits you can bring back into a busy working life.

US$1,320 per person - 4 nights, private room

US$2,200 per couple - 4 nights, shared room

Core stay: private accommodation (shared for couples), nourishing meals and a personalised core wellness programme. Activities and supportive therapies are selected after consultation; a detailed schedule will be confirmed before booking.

Optional enhancement: Advanced Flow at US$150 per infusion, where appropriate after assessment. Separately priced; not included in the residential total.

Additional clinical or caregiving needs should be discussed before booking. Personalisation does not imply every therapy is suitable or included.

Couples Reset

Suggested stay: 4 days / 3 nights



Make time for each other. And for your health.

For couples who want to spend meaningful time together while taking a fresh look at their wellbeing.

PROGRAMME FOCUS

- Enjoy shared meals, quiet moments and time in nature.
- Build healthier routines together, with room for individual needs.
- Take home ideas for supporting each other’s everyday wellbeing.

US$1,650 per couple - 3 nights, shared room

Equivalent to US$825 per person for the stay

Core stay: private accommodation (shared for couples), nourishing meals and a personalised core wellness programme. Activities and supportive therapies are selected after consultation; a detailed schedule will be confirmed before booking.

Optional enhancement: Advanced Flow at US$150 per infusion, where appropriate after assessment. Separately priced; not included in the residential total.

Additional clinical or caregiving needs should be discussed before booking. Personalisation does not imply every therapy is suitable or included.

FlowFirst Longevity

Suggested programme: 14 days



Make time today for the years ahead.

For adults who want more time to focus on healthy aging and sustainable lifestyle habits.

PROGRAMME FOCUS

- Give nutrition, movement and rest sustained attention.
- Develop a personalised daily wellness rhythm.
- Explore supportive wellness activities and a practical continuation plan.

US$330 per person per night - private room

US$550 per couple per night - shared room

Core stay: private accommodation (shared for couples), nourishing meals and a personalised core wellness programme. Activities and supportive therapies are selected after consultation; a detailed schedule will be confirmed before booking.

Optional enhancement: Advanced Flow at US$150 per infusion, where appropriate after assessment. Separately priced; not included in the residential total.

Your quotation will confirm the nights booked and total residential price. No special longer-stay rate or discount is assumed.

Additional clinical or caregiving needs should be discussed before booking. Personalisation does not imply every therapy is suitable or included.

Active Aging

Suggested programmes: 30 / 60 / 90 days



More time to live well. At your own pace.

For older adults seeking an extended wellness stay with gentle movement, nourishing routines and opportunities to connect.

PROGRAMME FOCUS

- Build a daily rhythm with movement suited to your ability.
- Enjoy nourishing meals, rest and time in a natural setting.
- Receive guidance to make wellbeing part of everyday life.

US$330 per person per night - private room

US$550 per couple per night - shared room

Core stay: private accommodation (shared for couples), nourishing meals and a personalised core wellness programme. Activities and supportive therapies are selected after consultation; a detailed schedule will be confirmed before booking.

Optional enhancement: Advanced Flow at US$150 per infusion, where appropriate after assessment. Separately priced; not included in the residential total.

Your quotation will confirm the nights booked and total residential price. No special longer-stay rate or discount is assumed.

Additional clinical or caregiving needs should be discussed before booking. Personalisation does not imply every therapy is suitable or included.

Stroke Recovery

Coming in Phase 2 - programme planned



Recovery takes time. The right support matters.

For stroke survivors and families considering a residential programme with a rehabilitation partner, subject to clinical assessment.

PROGRAMME FOCUS

- Partner-led rehabilitation shaped around individual needs and goals.
- AFW accommodation, nourishing meals and supportive daily routines.
- Advanced Flow included, with family involvement and coordinated planning.

From US$500 per person per night

Advanced Flow included in the programme

Final rate depends on care and assistance needed

This future programme requires a rehabilitation partner, clinical oversight and appropriate nursing or caregiving arrangements. It is not currently presented as an available service. Duration and total cost will be confirmed after assessment.

Advanced Flow is included in the Stroke Recovery programme. Its schedule is determined after clinical assessment. The final nightly rate and total cost depend on the level of care and assistance needed and the nights booked; these will be confirmed in a personalised quotation.