

The Eden *Reset.*

A 21-day flagship for those ready to come home to themselves — and to stay there.

*Return to first principles.
Remember yourself. Leave more at home
in your own body.*

02 · 02 · 2027

***Founding
Cohort***

SIXTEEN

***Members
By
application***

TWENTY-ONE

***Days
On-site***

SIX MONTHS

***After
The work
compounds***

The premise.

There is a place that already exists in most of us — quieter, slower, more honest, more able. Eden is the practice of remembering it.

Modern healthcare is built around disease. It waits for things to break, then attempts to repair them. By the time a person enters a doctor's office with symptoms, the underlying drift — metabolic, hormonal, inflammatory, cognitive, emotional — has often been in motion for a decade. The system tells them, accurately and uselessly, that their bloodwork is "within range."

Eden Health is built for the gap between sick and truly well. Most people in that gap don't know they're in it. They feel tired but not ill. They sleep but don't recover. Their relationships are stable but lack depth. They are productive but vaguely depleted. They are, in clinical terms, normal — and they suspect they shouldn't be settling for it.

We have built Eden in two registers, because the work is in two registers. **The clinical register is exact:** a Seven Pillar Benchmark scored across five layers, a tiered diagnostic protocol, a six-question rule that gates every advanced therapy, a private health intelligence trained on a member's own biology. **The felt register is no less exact:** a daily rhythm anchored to sunrise and sea, a Thai cultural foundation of *sabai* and *sanuk*, embodied practices led by senior teachers, a relational architecture that turns strangers into a community held by a team. Either register on its own would produce a thinner programme. We honour both.

Imagine a person who has spent thirty years away from the conditions they were designed for — processed food, blue light, chronic stress, shallow rest, ambient noise, unbroken seasons. They aren't broken. They've simply forgotten. The forgetting is the disease beneath the disease.

THE TEN-SECOND PITCH

Most wellness retreats hand you a smoothie. Eden hands you a 200-page map of your own body, a team of humans who will know you, a 21-day environment built to move every needle that matters, and a private companion that goes home with you so the work compounds.

This is not a place to come for more information.

It is a place to come for permission to feel different.

The first feeling

You land at Samui airport, take the ferry to Thong Sala, and are met. Not at the gate; at the ferry exit, with your name on a small wooden card and a single small bow. The driver speaks if you speak; if you don't, the drive is quiet. The road from Thong Sala to Halls of Eden takes thirty-five minutes. Phone reception drops out around minute eighteen and does not return until you are on Eden's Wi-Fi. You may notice this — a small, surprising relief — without being told.

You arrive at sunset, by design. You are met at the entrance not by a check-in desk but by a person — your assigned Concierge, who has been reading your file for the past four weeks and now finally meets you in the flesh. They do not have a clipboard. They have eye contact, a handshake or a *wai*, and time. They walk you to your villa not in the manner of a hotel porter but in the manner of someone showing a friend where they will sleep tonight. There are flowers in the room and a hand-written note in your first language. There is no welcome folder, no QR code, no acceptance signature.

THE OUTCOME WE MEASURE FIRST

Your first feeling at Eden will not be impressed. It will be held. We will measure many things here, and our most important felt outcome is one question we ask of every arrival: do they feel held from the moment they walk in?

The held container

By Day 3, when the team meets you in the consultation room and walks you through your Health Map, what is happening clinically is the unpacking of your pre-arrival data. What is happening felt is something older: a person who has been carrying a complicated story about their body alone is being seen by people who can hold it without flinching. This is a contemplative-tradition technology that medicine has mostly forgotten. Eden remembers it.

Three ideas, one programme.

Every choice in The Eden Reset — what we test, when we test, who explains it, when technology enters the picture — is downstream of three architectural decisions.

01

Feeling first, then framework.

Members arrive depleted and don't need another spreadsheet. The first three days are a homecoming, not an intake. The clinical work begins only when the nervous system has landed. Sleep, sunlight, slow meals, conversation, silence — the fundamentals come before the equipment.

02

Data on one side. Humans on the other.

A private digital companion holds your complete biological picture and produces a Seven Pillar Benchmark across five layers — capacity, risk, readiness, leverage, confidence. A trained team — never the database alone — translates what it means and what to do about it. No member ever receives a number from a notification.

03

Earn the technology.

Hyperbaric oxygen, peptides, photobiomodulation, regenerative protocols and the rest of the modern longevity toolkit are powerful. They are also frequently misused. We sequence the programme so the technology lands on prepared ground — only after a member has been benchmarked, taught the fundamentals, and cleared through the six-question Advanced Modality Rule.

Eight phases. Eleven months. One arc.

Members do not arrive at Eden Health and begin the programme. The programme has already begun.

PHASE 0

The Eden Map

Four to six weeks pre-arrival

Onboarding, the Eden Passport at-home kit, local lab, psychometrics, wearable baseline. The member arrives already known.

PHASE 1

The Homecoming

Days 0 — 2 onsite

Arrival as ritual. Sunset, sea, slow meals, sleep, silence. No clinical activity. The principle is **do nothing on purpose**.

PHASE 2

The Seeing

Day 3

The team that has been waiting for you finally meets you. The pre-arrival picture is unpacked, in person, in plain language.

PHASE 3

On-Site Validation

Days 4 — 6

Advanced benchmarking that requires a body in a room — VO₂max, sleep architecture, vascular age, cognitive battery, force plate.

DAY 7

Integration Day

A deliberate pause

No testing, no workshop, no coaching. The day the member stops noticing they are in a programme and starts noticing they feel different.

PHASES 4 & 5

Skill Labs → Eden OS

Days 8 — 14

Cohort workshops on universal foundations woven with one-to-one sessions that translate them to one biology. The take-home protocol is built.

PHASE 6

Earned Modalities

Days 15 — 17

Hyperbaric oxygen, photobiomodulation, IV nutrient therapy, peptides, neurofeedback. Sequenced by readiness and data — never menu-ordered.

PHASES 7 & 8

Independence & Initiation

Days 18 — 21

The team steps back. The member runs their own protocol. The cohort closes around the fire pit. River stones are given. Members fly home.

PHASE ∞ · CONTINUITY

For the twelve months after departure, the work compounds: the Companion at home, monthly check-ins, quarterly human reviews, mid-cycle labs, and an annual return for re-benchmarking.

Four to six weeks before you land.

The Eden Map.

The single biggest failure in modern personalised medicine is the onboarding. People are asked to fast for fourteen hours, drive to a clinic, hand over thirty tubes of blood, fill in a two-hundred-page intake form, and pay for the privilege. Most quit before they start.

The Eden Map is the opposite of that. It is paced, beautiful, and inspiring. Every step a member completes returns something to them — a piece of knowledge, a piece of understanding, a piece of themselves. By the time you board the plane to Thailand, you should already feel you are *in* the programme, not preparing for it.

Five design principles

- **Inspire, don't instruct.** Each module opens with a short piece of beautifully made content on why this part of biology matters. People do tasks for reasons; we give you one.
- **Tiny tasks, no cliffs.** Maximum fifteen minutes of effort per session, three sessions per week. No single big intake at the front.
- **Show, don't hoard.** The moment a result returns, you see it — explained in plain language, with a confidence band, never as a raw number alone. Zero shame language.
- **Local hands, global standards.** We never make you fly somewhere to get tested. Your Companion finds an Eden-partner facility within fifty kilometres of your home, anywhere on earth.
- **Privacy is a feature, not a footer.** Every screen reminds you who can see what, where your data lives, and how to revoke access.

The six chapters

Origin Story — you upload existing health records, family history, lifestyle, current goals; a profile of yourself draws itself in as you answer. **The Inner Map** — the Eden Passport ships, a single beautifully-designed cream-and-gold box with everything needed for at-home sample collection. **The Local Lab** — the Companion routes you to your nearest partner facility for fasted blood draw. **The Inner World** — psychometric, emotional, social, spiritual, intellectual evaluations released two at a time, never all at once. **Wearable Sync** — an Oura ring arrives two weeks before arrival to capture baseline; an optional CGM for the final fourteen days. **Arrival Brief** — a personalised packet, flight checklist, sleep strategy, what to expect on day one.

One box. The whole map.

A multilingual at-home test kit, ten days before the local lab visit.

A single beautifully-designed cream-and-gold box arrives at your door. Inside: everything needed to collect samples that don't require a phlebotomist, plus a sealed, multilingual lab requisition form for the samples that do. A guest in Stockholm, São Paulo, Singapore, or Sydney completes it without confusion.

Stool collection

GI Map / GI Effects — gut microbiome, parasites, yeast, inflammation, digestion function.

DUTCH dried urine

Four-point cortisol curve plus full sex hormone metabolism — better than blood for hormones.

Saliva (×4)

Diurnal cortisol awakening response and DHEA — a window into stress regulation.

Buccal swab

Whole genome plus methylation epigenetic clock — biological vs chronological age.

Hair analysis

Long-window read on heavy metals — aluminium, mercury, arsenic, lead — plus minerals.

Mycotoxin urine

Environmental toxin load — relevant for those from water-damaged buildings or industrial regions.

Microbiome swabs

Skin and oral biome — recently validated as a meaningful read on inflammation and ageing.

Lab requisition

Multilingual signed script for fasted bloods, postprandial panel, urinalysis. Any reputable hospital, anywhere.

The Inner Map is the moment you stop being someone preparing for a programme and start being someone whose programme has begun.

Days 0 — 2 onsite. Arrival as ritual, decompression as design.

The Homecoming.

You arrive carrying what you have been carrying for years. You do not need to be processed or oriented or briefed; you need to land. Phase 1 is the programme's quiet declaration that arriving here is not the same as arriving anywhere else. The pace, the people, the rooms, the food, the silence — all of it tells the body what the mind has not yet caught up with: you have come home.

WHY THREE DAYS, NOT ONE

Sleep architecture takes 48-72 hours to normalise after long-haul travel. HRV recovery from time-zone shift averages three days. Cortisol awakening response stabilises around day three. We refuse to design a 21-day programme on bad data — and we refuse to teach into a nervous system that hasn't yet exhaled.

The arrival ritual — Day 0

- Met at the ferry exit by your assigned driver, holding a small wooden card with your name. A single bow. The drive is quiet unless you open conversation.
- Met at the property entrance — not at a desk — by your assigned Concierge, who has been reading your pre-arrival file for four weeks. Eye contact. Time. No clipboard. No paperwork.
- Walked to your villa on the barefoot path through the gardens. The villa is already a sanctuary — flowers, hand-written welcome note, the signature Eden scent in the linens, fresh fruit and herb tea, the bed turned down.
- A light, hydrating welcome meal sent to the villa or taken at a quiet corner table. Fresh local fruit, simple broth, perhaps a small piece of grilled fish.
- The opening circle — the cohort gathers once, candle-lit, in the meditation room. Three sentences from each member. Hibiscus tea. Silence. ***From this point forward, the cohort is a cohort.***
- You sleep when you want. The villa lighting auto-shifts to warm dim after 21:00 — the room is engineered for the deepest night's sleep your body may have had in months.

Days 1 & 2 — Decompression and gentle orientation

The days are held with no fixed structure. Optional offerings begin gently and can be ignored. Sunrise on the beach for those who want it. A long, slow breakfast. Optional yin yoga. A first traditional Thai massage oriented to travel recovery. Lunch is long. The afternoon is open. The architecture leaves room for napping, for tears, for the slow return of feelings that have been held too tightly. The Concierge notices and does not intervene unless invited.

Day 3. Being witnessed by the team that has been waiting for you.

The Seeing.

The clinical name for this session is the Health Map. Internally, and with members, we call it the Seeing — because that is what it is. By the morning of Day 3, your nervous system has begun to land. Your team — six people who have been studying your pre-arrival data for weeks — is finally, for the first time, in the room with you.

What happens next is not a clinical handoff. It is the moment a person who has been carrying their body's story alone is met by people who can hold it without flinching. This is the most important two hours of the twenty-one days. The clinical content matters. The felt experience matters more.

Who is in the room

Your Concierge sits beside you, not across from you. With them: the Medical Director, the lead nutritionist, the performance lead, the mental and emotional health lead, and the mindfulness coach. The Senior Yoga Teacher is briefly present to lead three minutes of paced breathing before the conversation begins. Then the bell, and we begin.

The structure

- **Opening reflection (15 min)** — you speak first. What brought you here. What you have been carrying. What scared you about coming. What you hope for. The team listens. Nobody takes notes.
- **The map (45 min)** — a single, beautifully visualised health portrait of you is shown on the wall, not on a tablet. Each section is owned by the relevant specialist who explains, in plain language, what the data is telling us.
- **Three honest sentences (15 min)** — the Medical Director says, in three sentences, what the team thinks the most important things are. Not a hundred. Three. This is the seed of your personalisation.
- **Co-design of the next 18 days (30 min)** — together, you agree what the programme will actually emphasise. Two members in the same cohort can have completely different programmes after this conversation.
- **The Companion handover (15 min)** — you are formally introduced to your Companion. You learn how to ask it things, what it knows, what it doesn't, how to use it as a thinking partner.

THE CLOSING

The team does not stand up at the end. The Medical Director closes by speaking briefly to what they have heard from you, not to what they have shown. A single sentence, often something like: "We see what you have been holding. We are here for the next eighteen days."

Deep on-site diagnostics.

The benchmarking that can only happen in a room, with a body, and trained operators.

Functional fitness & movement

- VO₂max via metabolic cart — the single best predictor of all-cause mortality after age forty.
- Resting metabolic rate, force-plate jump and balance, grip strength dynamometer.
- Functional Movement Screen and 3D motion capture for asymmetries and injury risk.

Vascular & cardiometabolic

- Pulse-wave analysis and arterial stiffness — true biological vascular age.
- Endothelial function (EndoPAT) — the earliest reversible marker of dysfunction.
- Carotid intima-media thickness via partner imaging at Bangkok Hospital Samui.

Body, brain, sleep, gut

- DEXA, qEEG nineteen-channel brain mapping, cognitive battery, pupillometry.
- Two-night home polysomnography in your villa — true REM and deep architecture.
- Lactulose breath testing for SIBO; organic acids for mitochondrial efficiency.

DAY 7 · INTEGRATION

By the evening of Day 6, you have been measured more deeply in seven days than most people are measured in a lifetime. Day 7 is therefore not a testing day, not a workshop day, and not a coaching day. It is a deliberate pause — a walk to the temple at Wat Phu Khao Noi, a swim, a hammock, a long unhurried lunch. It is the day you stop noticing you are in a programme and start noticing you feel different. That is what we are selling.

The land and the building are part of the protocol.

A nervous system reads the room in the first three seconds. It does not read the equipment list, the credentials of the team, or the philosophy on the website — it reads the proportions, the light, the texture, the absence of clutter, the presence of beauty.

Three thresholds

Eden has three thresholds, and each is held intentionally. **The arrival threshold** — the moment you cross from the outer world into the property, marked by the small bow, the quiet drive, the disappearance of phone signal. **The villa threshold** — the door to your private space, marked by the signature scent in the linen, the flowers, the hand-written note. **The common-area threshold** — shoes removed, a long low bench, the lighting shifts, the acoustic floor changes from outdoor to indoor. The body knows it has entered a different kind of space.

The four senses, designed

Sound

No synthetic music in public space. Sea, wind, geckos, the prayer bells from Wat Phu Khao Noi at 06:00 and 18:00. Live acoustic music twice weekly. A single sunset bell at 18:00. Quiet hours from 21:00.

Light

Circadian-tuned. Cool tones (5500K) through 14:00; warm tones (2700K) from 17:00; very low warm light (1800K) after 21:00. No overhead fluorescents anywhere. All artificial light dimmable.

Fragrance

A single signature scent — frangipani, lemongrass, vetiver, a trace of pandan, made by a perfumer in Chiang Mai. In the linen, the towels, the threshold air. After day four, it becomes the smell of being well.

Texture

Natural materials only. Teak, bamboo, stone, hand-thrown ceramic, hand-woven textile. Real ceramics, real silverware, glass for water, long-staple Thai cotton towels. Nothing plastic in the public-facing experience.

The barefoot path

Connecting the villas to the common building is a sixty-metre barefoot path of mixed surfaces — grass, smooth river pebbles, packed sand, warm flat stones. The path is walked twice a day, often more. It is one of the most quietly effective interventions on the property: structured grounding, foot-reflex stimulation, attention shift, ritual entry into the working spaces. The Home Environment Plan you take home includes a recommendation for how to recreate a fragment of it where you live.

Built in Thailand. Not transplanted to Thailand.

Eden is not a Western wellness programme with Thai decoration. It is a residential programme drawing intentionally from Thai contemplative tradition, set in a Thai community, staffed predominantly by Thai practitioners, sourcing locally, and carrying its place in its bones.

The architecture is built so that what stays with you is not the bloodwork or even the breath sessions but specific Thai people, specific Thai food, specific Thai rooms.

The Thai practitioners on the team

The senior Thai masseur

A practitioner of Nuad Thai or Reusi Dat Ton trained in a recognised lineage, often through Wat Pho. Provides traditional Thai massage and teaches members basic self-practice they can take home.

The Thai herbalist

Trained in traditional Thai medicine — local herbs, compresses (*luk pra kob*), tonics, the relationship between specific plants and seasonal patterns. Works with the Medical Director and the kitchen team.

The visiting monk

From Wat Phu Khao Noi, the temple visible across the bay. Once a month, on the new moon, a monk leads a forty-five-minute morning meditation in Thai with translation. Members are invited; nobody is required.

The Thai cooking lead

Senior member of the kitchen team, responsible for integrating regional Thai food traditions into your personalised menu. Members leave able to recreate at least three Thai dishes that fit their protocol.

Local sourcing as cultural integration

Most of Eden's food is sourced within thirty kilometres of the property. The kitchen names the producers on the menu — *this morning's eggs from Mrs. Som's farm in Ban Tai; the rice from the Nakorn family in Surat Thani*. Members visit two of these producers during the stay, an optional small-group trip on Day 7 or Day 14. This is not farm-to-table marketing; it is the structural integration of the place into the programme. You will know the faces of the people who fed you.

THE THREE WORDS

*Sabai — at ease. Sanuk — joy in the doing. Jai yen — a cool heart.
Three Thai principles that govern the felt operation of the
programme more than any clinical SOP.*

A curriculum that fits one human.

Two streams run in parallel each day. A personalised stream with your own specialists. A shared stream of cohort workshops covering universal foundations. The two are deliberately woven together — workshops cover what is true for everyone; one-to-one sessions translate it to what is true for this person.

The workshop arc

- | | |
|-------------------|--|
| Day 8 | Metabolic foundations. What your blood, breath, and continuous glucose are telling us. |
| Day 9 | The architecture of sleep. Circadian biology, light, temperature, the chemistry of recovery. |
| Day 10 | Nervous system literacy. Vagal tone, polyvagal theory, breath as an autonomic lever. |
| Day 11 | Movement as medicine. Strength, cardiorespiratory fitness, the dose-response curve. |
| Day 12 | Mind, mood, meaning. How the emotional, social and spiritual pillars metabolise into physical health. |
| Days 13-14 | Personal Protocol Build. The Eden Operating System v1 is drafted, tested in your own body, and refined. |
-

The discipline of three

Most arrive with twenty things they want to fix and a vague hope that an expert team will give them a hundred recommendations. We do the opposite. After all the data is in, the team chooses, by consensus, the **three** leverage points that will most move the needle for this specific person in the next twelve months. Not twenty. Not ten. Three. Everything else is held back until those three are in place. This is the single most important act of personalisation in the programme.

Earned, not menu-ordered.

Every advanced modality is powerful, has a cost, and has a profile of who it actually helps. We refuse to operate as a buffet. The team meets on day fourteen to map which modalities will be sequenced into days fifteen through seventeen — for that specific member, in what order, with what intent. Some members will use four. Some will use ten. Both are correct.

I Foundational

the foundation of every stay

- Hyperbaric oxygen
- Cold plunge
- Photobiomodulation
- Compression / lymph
- Infrared sauna
- IV hydration

II Indicated

where the data supports it

- IV nutrient therapy
- PEMF whole-body
- qEEG-guided neurofeedback
- NAD+ infusion
- EWOT (oxygen + cardio)
- Vagus-nerve stimulation
- Peptide therapy
- Float / sensory deprivation
- Power Plate / vibration

III Selective

physician-gated, partner pathway

- Regenerative medicine (PRP, exosomes)
- Hormone optimisation
- Pharmacogenomic review

THE ADVANCED MODALITY RULE

Before any selective intervention is offered, the team must answer six questions in writing — about indication, contraindication, evidence quality, sequencing, member readiness, and informed consent. Without all six, the modality is not offered. By design, Tier III is not a default; it is a considered exception. The fundamentals plus Tier I do most of the work.

Day 17: a curated re-test of selected metrics — HRV, RMR, body composition, cognitive battery, vascular stiffness. You see your own delta before you fly home.

Independence, then initiation.

In a traditional retreat, the team's job is to do things to the member. In the Eden model, the team's job is, by day eighteen, to step back. You run your own morning. You make your own choices. The team observes and notes the friction points — because those are what will fail at home if not addressed now.

Phase 7 · The independence rehearsal

For two days you run the protocol your team has helped you build. Coach observation, not coach instruction. Friction mapping by the Companion. Three small revisions to the protocol — not a rewrite. An optional video call where you walk a partner or family member at home through the plan, with your Concierge sitting in silent support.

Phase 8 · The Initiation

In every coherent contemplative tradition and every serious indigenous culture, a transformative experience ends with a marking. Not a graduation in the institutional sense — a passage. A small but deliberate ceremony that says: you came in carrying something, you have been changed by what happened here, and you are returning to the world differently. Eden treats Day 21 as exactly this.

The closing circle

As the sun begins to set, the cohort gathers for the last time in the meditation room. The structure mirrors the opening circle of Day 0, inverted. Each member, in turn, says three sentences: what they came in carrying, what they are leaving behind here, and what they are taking home. The team listens. Nobody fixes. Nobody responds.

After the last member speaks, there is a moment in the gardens around the fire pit. Members are invited — not required — to write on a small piece of rice paper one thing they are letting go of, and place it in the fire. A second piece of paper holds one thing they are taking home. That one stays with them.

THE RIVER STONE

The cohort returns to the meditation room. Each member receives, from their assigned Concierge, a small smooth river stone from Phaeng waterfall, polished and warm in the hand, with one word inscribed on it in gold — the leverage word the team has chosen for that member from their Final Benchmark. Steadiness. Capacity. Return. Weight. Voice. Breath. Home. Carried home in a pocket.

Your private health intelligence.

Not a chatbot bolted onto a database. Your data, plus a private reasoning layer that runs against it, plus an interface a non-technical person can talk to — under explicit human clinical governance.

Every member receives a private vault at the start of their journey — a logically isolated tenant on Eden's secured infrastructure. Labs, imaging, wearables, notes from the team, your own messages: all live only inside that vault. Nothing co-mingles with another member's data. Nothing is used to train shared models.

A voice, deliberately designed

The Companion's voice is one of the most overlooked design choices in the entire programme. Most digital health tools default to either clinical detachment or breathless wellness-app cheerleading. Both are wrong for what Eden is trying to do. Our Companion is **thoughtful, not breathless**. It does not use exclamation points. It does not call achievements "amazing." It asks one short follow-up before answering a hard question — not to delay, but because most useful answers depend on what you actually want to know. It is comfortable with silence. **Sometimes the right answer is "go for a walk," and the Companion is explicitly trained to recognise when a question does not have a digital answer.**

The five guarantees

- **01.** Your data lives in your vault. It is not used to improve the system for anyone else.
- **02.** No human at Eden Health sees your data without an explicit access tier you have signed off on.
- **03.** No third party — including the AI model vendor — receives your raw data. Inference runs inside our perimeter.
- **04.** You can export, audit, and delete your vault at any time, in full, with one request.
- **05.** The Companion will not give you a clinical diagnosis. It assists thinking; it does not replace the team.

Health is not one-dimensional.

All Eden assessments, plans, and outcomes are organised around seven interlocking pillars. None decorative. Each measured, benchmarked, worked on. Each scored across five layers — capacity, risk, readiness, leverage, confidence — so the output to you is practical and emotionally bearable, not a wall of numbers.

01

Physical

Body composition, metabolism, fitness, sleep, hormones, gut, inflammation, longevity biomarkers.
Blood, urine, stool, breath, DEXA, VO₂max, HRV, methylation clocks, wearables.

03

Mental

Cognitive performance, memory, focus, creativity, learning style, neuroplasticity.
CNS Vital Signs, qEEG, reaction time, structured reasoning tasks.

05

Spiritual

Sense of meaning, alignment with values, contemplative practice, reverence and awe.
VIA Character Strengths, Mindful Attention Awareness, Spiritual Well-Being.

07

Occupational

Work-life integration, professional alignment, financial wellbeing, sense of contribution.
CliftonStrengths, Career Anchors, Job Stress Survey, structured reflection.

02

Emotional

Stress regulation, mood, resilience, attachment, trauma load, emotional flexibility.
DASS-21, Connor-Davidson, EQ-i 2.0, clinical interview, vagal tone via HRV.

04

Social

Quality and depth of relationships, communication, support network, conflict style.
Interpersonal Relationship Inventory, Social Connectedness Scale, Thomas-Kilmann.

06

Environmental

Toxic load, allergens, sleep environment, light exposure, digital hygiene, home setup.
Heavy metals, mycotoxin panel, environmental sensitivity, home audit.

∞

Wellbeing is not one thing you fix.

It is seven systems, honestly examined, and gently rebalanced — together. The Benchmark is not a judgment. It is a map.

Day 21 → 12 months. The flight home is not the end of anything.

The work compounds at home.

The twenty-one days create the relationship. The twelve months that follow make it durable. On Day 21, you receive the Eden Protocol Pack in a structured handover ceremony — and then you have a final evening with your cohort before flying out the next morning.

The Eden Protocol Pack

- **The Personal Health Atlas.** A printed and digital book containing every result from Phase 0 and Phase 3, explained in plain language with the team's annotations.
- **The 12-Month Protocol.** Personalised supplementation, nutrition, movement, sleep, breath, and recovery practices — week-by-week pacing for the first twelve weeks, monthly milestones thereafter.
- **The Environment Plan.** Specific changes to home and work environment — light, air, temperature, screens, social patterns. Actionable, not aspirational.
- **The Companion at Home.** Continued mobile access, populated with the full Eden data set, configured to keep learning from your wearables.
- **A Re-Test Calendar.** Bookings and lab scripts already in place at three, six, and twelve months — at a local Eden-partner facility, results returning to your vault.

The continuity cadence

- **Daily.** The Companion keeps learning from your wearables, sending gentle nudges only on meaningful drift.
- **Monthly.** A personalised review written by the Companion, validated by your assigned Concierge before it lands in your inbox.
- **Quarterly.** A 90-minute video review with your Concierge and clinical lead. Re-test results discussed. Protocol adjusted.
- **Annually.** A 7-day return to Halls of Eden for re-benchmarking against your original data. *Included for flagship members in Year One.*

The work of the twenty-one days compounds where it is honoured and erodes where it is not. The Continuum is how we build for the first instead of the second. Eden is built to be lived with, not visited.

What Eden Health is *not*.

The category we operate in is so crowded with adjacent concepts that we have to be specific about what we are not, in order to be understood.

Not a — **medical clinic.** We do not treat disease. Members presenting with active acute or unstable conditions are referred to appropriate care.

Not a — **spa or luxury detox.** The luxury is real, but it is the setting, not the product.

Not a — **one-week reset.** Twenty-one days is a deliberate choice — long enough for biological signals to shift, short enough to fit a life.

Not an — **AI app with a building attached.** The relationship is human-first; the technology amplifies the people. No member ever receives a number from a notification.

Not a — **graduation ceremony for already-optimised people.** Eden is for people who are functional but suspect they have drifted — who feel tired, who have stopped enjoying things they used to enjoy. We meet them there.

Not a — **lifestyle programme to be repeated annually as marketing.** The Eden Reset is taken once. Annual returns are different in scope and shorter — built to refresh the protocol, not to relive the experience.

Pricing.

The Founding Cohort is offered at a deliberate discount in exchange for genuine engagement, structured feedback, and case-study participation. All pricing is indicative.

FOUNDING COHORT · 02.02.2027

The Sixteen.

The full 21-day Eden Reset — Phase 0 through Phase 8 — at the founding price. Direct access to the founding clinical and programme team. Twelve months of Eden Continuity. Year-one re-benchmark return included.

~\$5,000

USD · 21 DAYS · THB 175,000

FLAGSHIP — PUBLIC PRICING 2027+

The Eden Reset.

The 21-day flagship at full pricing once the Founding Cohort closes. Same architecture. Same depth. Anchored to the Thai cost base — accessible to the people we are built for.

~\$7,500

USD · 21 DAYS · THB 250,000

RETURNING MEMBERS

The Annual Re-Benchmark.

Seven days back at Halls of Eden — re-test panel, modality refresh, protocol update. Year two onwards. Included free for Founding Cohort members in Year One.

~\$2,800

USD · 7 DAYS

TARGETED

The Five-Day Intensive.

Focused on a single pillar — metabolic, neurological, recovery — for returning members or referred prospects between annual returns.

~\$2,200

USD · 5 DAYS

STANDALONE OR BUNDLED

Eden Continuity.

Twelve-month membership: Companion at home, monthly check-ins, quarterly human reviews, mid-cycle lab panel. Included with the Flagship.

~\$1,200

USD · PER YEAR

02.02.2027

*Sixteen members. Twenty-one days.
One Founding Cohort.*

PHASE 0 BEGINS

Dec 2026

ARRIVAL

02 Feb 2027

DEPARTURE

23 Feb 2027

The Founding Cohort is a deliberately small first group of sixteen members, recruited through warm introductions and direct application. It is not a launch cohort. It is a working cohort — the one whose experience builds the Eden Health that follows.

What the cohort receives

- The full 21-day Eden Reset — Phase 0 through Phase 8 — at the founding price of approximately \$5,000 USD.
- Direct access to the founding clinical and programme team — the people who designed it, in the room with you.
- Year-one re-benchmark return included — a seven-day stay in February 2028.
- Twelve months of Eden Continuity: Companion, quarterly reviews, mid-cycle labs.

What we ask in return

- Genuine engagement with Phase 0 from December 2026 onwards.
- Structured feedback through the programme — interviews, quarterly debriefs, an exit conversation.
- Permission to use anonymised outcomes in the public Eden Health record.
- Willingness to be quoted by name (case-by-case, opt-in only).

The first sixteen will shape the next sixteen hundred. We choose them with the care that implies.



APPLY

Begin with your
homecoming.
Leave with a
personal
operating system.

*Applications for the Founding Cohort are open.
Sixteen places. By interview. Phase 0 begins
December 2026.*

WEB edenhealth.co — Apply for the Founding Cohort

WHATSAPP [+66 94 803 9779](https://wa.me/66948039779)

EMAIL cohort@edenhealth.co

Eden Health is a wellness and health-optimisation programme that uses diagnostics, expert guidance, and personalised lifestyle interventions. Any medical services, prescriptions, or regulated therapies are provided by appropriately licensed professionals. Eden Health does not replace your primary doctor or emergency medical care. All applicants are suitability-screened. Pricing is indicative and may be revised.

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