



balance

WELLNESS BY ANANTARA

A man and a woman are jogging on a sandy beach at sunset. The man is in the foreground, wearing a blue t-shirt and dark shorts. The woman is slightly behind him, wearing a black sports bra and leggings. The background shows the ocean and a sky with soft, warm colors from the setting sun. A large white diagonal shape is overlaid on the right side of the image, containing the text.

## Rediscover **Holistic Fitness**

Take time out to energise, invigorate and refuel your body with our specially designed fitness retreats, while staying in one of our luxurious Pool Villas. Our personal trainer will give you expert advice to get you into shape. Melt away stress with bespoke spa treatments and massages before nourishing your body with delicious dishes.

## 3 day programme

**THB 24,000++ per person**

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|--------------|--|---|
| <b>Day 1</b> | <ul style="list-style-type: none"><li>Wellness Consultation.</li><li>One on One Fitness Work Out (60 Minutes)</li></ul>            | <ul style="list-style-type: none"><li>Traditional Thai Massage (90 Minutes)</li><li>Healthy cuisine, 3 meals with drinks</li></ul>                |
| <b>Day 2</b> | <ul style="list-style-type: none"><li>Private Muay Thai Boxing (60 Minutes)</li><li>Healthy cuisine, 3 meals with drinks</li></ul> | <ul style="list-style-type: none"><li>Bespoke Spa Experience (90 Minutes)</li></ul>   |
| <b>Day 3</b> | <ul style="list-style-type: none"><li>Basic Personal Trainer (60 Minutes)</li><li>Deep Tissue Massage (90 Minutes)</li></ul>       | <ul style="list-style-type: none"><li>Thai Herbal Steam (30 Minutes)</li><li>Healthy cuisine, 2 meals with drinks (breakfast and lunch)</li></ul> |

## 5 day programme

**THB 39,000++ per person**

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|--------------|--|---|
| <b>Day 1</b> | <ul style="list-style-type: none"><li>Wellness Consultation.</li><li>One on One Fitness Work Out (60 Minutes)</li></ul>            | <ul style="list-style-type: none"><li>Traditional Thai Massage (90 Minutes)</li><li>Healthy cuisine, 3 meals with drinks</li></ul>                |
| <b>Day 2</b> | <ul style="list-style-type: none"><li>Private Muay Thai Boxing (60 Minutes)</li><li>Healthy cuisine, 3 meals with drinks</li></ul> | <ul style="list-style-type: none"><li>Bespoke Spa Experience (90 Minutes)</li></ul>   |
| <b>Day 3</b> | <ul style="list-style-type: none"><li>Basic Personal Trainer (60 Minutes)</li><li>Deep Tissue Massage (90 Minutes)</li></ul>       | <ul style="list-style-type: none"><li>Thai Herbal Steam (30 Minutes)</li><li>Healthy cuisine, 3 meals with drinks</li></ul>                       |
| <b>Day 4</b> | <ul style="list-style-type: none"><li>Cross Fit (60 Minutes)</li><li>Healthy cuisine, 3 meals with drinks</li></ul>                | <ul style="list-style-type: none"><li>Bamboo Signature Massage (90 Minutes)</li></ul>   |
| <b>Day 5</b> | <ul style="list-style-type: none"><li>Basic Personal Trainer (60 Minutes)</li><li>Anantara Body Scrub (60 Minutes)</li></ul>       | <ul style="list-style-type: none"><li>Thai Herbal Steam (30 Minutes)</li><li>Healthy cuisine, 2 meals with drinks (breakfast and lunch)</li></ul> |

## 7 day programme

**THB 55,000++ per person**

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|--------------|---|---|
| <b>Day 1</b> | <ul style="list-style-type: none"><li>Wellness Consultation,</li><li>Basic Personal Trainer (60 Minutes)</li></ul>                                      | <ul style="list-style-type: none"><li>Traditional Thai Massage (90 Minutes)</li><li>Healthy cuisine, 3 meals with drinks</li></ul>      |
| <b>Day 2</b> | <ul style="list-style-type: none"><li>Private Muay Thai Boxing (60 Minutes)</li><li>Healthy cuisine, 3 meals with drinks</li></ul>                      | <ul style="list-style-type: none"><li>Bespoke Spa Experience (90 Minutes)</li></ul>   |
| <b>Day 3</b> | <ul style="list-style-type: none"><li>Basic Personal Trainer (60 minutes)</li><li>Thai Herbal Steam (30 minutes)</li></ul>                              | <ul style="list-style-type: none"><li>Freestyle Deep Tissue Massage (90 minutes)</li><li>Healthy Cuisine, 3 meals with drinks</li></ul> |
| <b>Day 4</b> | <ul style="list-style-type: none"><li>Basic Personal Trainer / Body Weight Session (60 minutes)</li><li>Bamboo Signature Massage (90 minutes)</li></ul> | <ul style="list-style-type: none"><li>Healthy cuisine, 3 meals with drinks</li></ul>  |
| <b>Day 5</b> | <ul style="list-style-type: none"><li>Basic Personal Trainer (60 minutes)</li><li>Thai Herbal Steam (30 minutes)</li></ul>                              | <ul style="list-style-type: none"><li>Anantara Body Scrub (60 minutes)</li><li>Healthy cuisine, 3 meals with drinks</li></ul>           |
| <b>Day 6</b> | <ul style="list-style-type: none"><li>Private Muay Thai Boxing (60 minutes)</li><li>Oriental Foot Massage (60 minutes)</li></ul>                        | <ul style="list-style-type: none"><li>Anantara Milky Bath (30 minutes)</li><li>Healthy cuisine, 3 meals with drinks</li></ul>           |
| <b>Day 7</b> | <ul style="list-style-type: none"><li>Basic Personal Trainer (60 minutes)</li><li>Healthy cuisine, 2 meals with drinks. (breakfast and lunch)</li></ul> | <ul style="list-style-type: none"><li>Himalayan Thermal Therapy (90 minutes)</li></ul>  |

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Prices are subject to 10% service charge and applicable government tax.

For reservations or more information please contact +66 76 336 120 or email [spa.apk@anantara.com](mailto:spa.apk@anantara.com)