



balance

WELLNESS BY ANANTARA

# Experience Total Rejuvenation



Our carefully crafted packages will leave you feeling refreshed and balanced. Consult with our personal trainer and detox your body. Feel your cares disappear with soothing spa treatments and massages. Align your inner chakras and limbs with yoga and crystal healing. After a full day retreat to your secluded Pool Villa.

## 3 day programme

THB 27,000++ per person

- Day 1**
- Wellness Consultation, Basic Personal Trainer
  - Bespoke Spa Experience (90 Minutes)
  - Thai Herbal Steam (30 Minutes)
  - Wellness cuisine, 3 meals with drinks
- Day 2**
- Fitball Exercise (60 Minutes)
  - Wellness cuisine, 3 meals with drinks
  - Chakra Crystal Balancing (90 Minutes)
- Day 3**
- Private Yoga Class (60 Minutes)
  - Oriental Foot Massage (30 Minutes)
  - Wellness cuisine, 2 meals with drinks (breakfast and lunch)
  - BR Oxygenating VIP O2 & Anti-Pollution Facial (60 Minutes)

## 5 day programme

THB 42,000++ per person

- Day 1**
- Wellness Consultation, Basic Personal Trainer
  - Bespoke Spa Experience (90 Minutes)
  - Thai Herbal Steam (30 Minutes)
  - Wellness cuisine, 3 meals with drinks
- Day 2**
- Fitball Exercise (60 Minutes)
  - Wellness cuisine, 3 meals with drinks
  - Chakra Crystal Balancing (90 Minutes)
- Day 3**
- Private Yoga Class (60 Minutes)
  - Oriental Foot Massage (30 Minutes)
  - Wellness cuisine, 3 meals with drinks
  - BR Oxygenating VIP O2 & Anti-Pollution Facial (60 Minutes)
- Day 4**
- Basic Personal Trainer
  - Anantara Signature Massage (60 Minutes)
  - Thai Herbal Steam (30 Minutes)
  - Wellness cuisine, 3 meals with drinks
- Day 5**
- Private Yoga Class (60 Minutes)
  - Anantara Body Scrub (60 Minutes)
  - Anantara Milky Bath (30 Minutes)
  - Wellness cuisine, 2 meals with drinks (breakfast and lunch)

## 7 day programme

THB 56,000++ per person

- Day 1**
- Wellness Consultation, Basic Personal Trainer
  - Bespoke Spa Experience (90 Minutes)
  - Thai Herbal Steam (30 Minutes)
  - Wellness cuisine, 3 meals with drinks
- Day 2**
- Fitball Exercise (60 Minutes)
  - Wellness cuisine, 3 meals with drinks
  - Chakra Crystal Balancing (90 Minutes)
- Day 3**
- Private Yoga Class (60 Minutes)
  - Oriental Foot Massage (30 Minutes)
  - Wellness cuisine, 3 meals with drinks
  - BR Oxygenating VIP O2 & Anti-Pollution Facial (60 Minutes)
- Day 4**
- Basic Personal Trainer (60 Minutes)
  - Anantara Signature Massage (60 Minutes)
  - Wellness cuisine, 3 meals with drinks
  - Thai Herbal Steam (30 Minutes)
- Day 5**
- Private Yoga Class (60 Minutes)
  - Anantara Body Scrub (60 Minutes)
  - Anantara Milky Bath (30 Minutes)
  - Wellness cuisine, 3 meals with drinks
- Day 6**
- Private Yoga Class (60 Minutes)
  - Wellness cuisine, 3 meals with drinks
  - Backache Therapy With Sound Healing (60 minutes)
- Day 7**
- Himalayan Thermal Therapy (90 Minutes)
  - Wellness cuisine, 2 meals with drinks (breakfast and lunch)

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)