



balance

WELLNESS BY ANANTARA



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Wellness is an active process of making choices towards a healthier existence. It is the constant, conscious pursuit of living life to its fullest potential. The focus of our wellbeing programme is on balancing the mind, body and spirit - empowering you to live a fully expressed and healthy life.

BALANCE WELLBEING PROGRAMME

CHOOSE FROM ONE, THREE OR FIVE

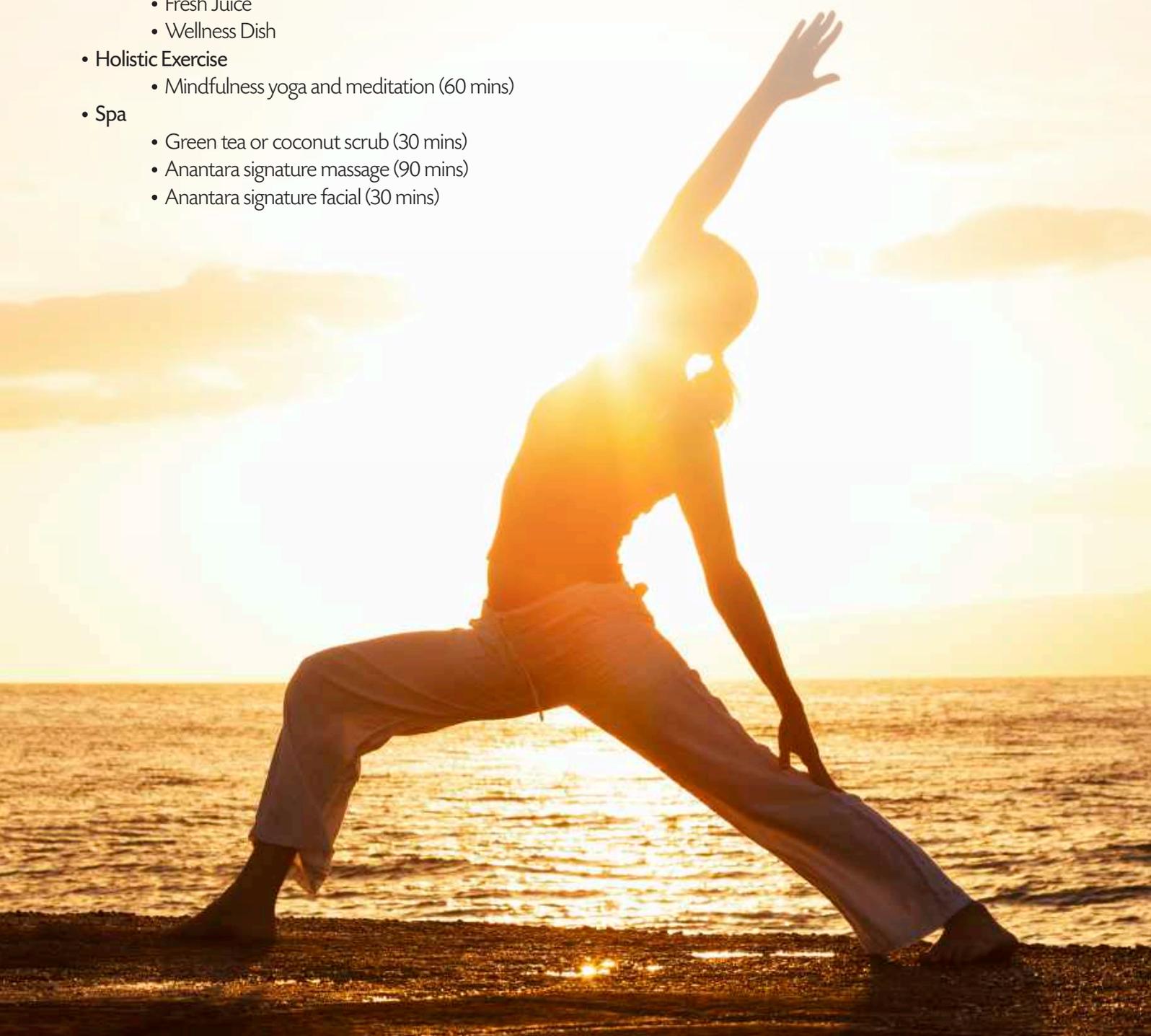
A sedentary lifestyle, work stress and unhealthy eating habits can deplete energy, leading to fatigue and adverse effects on the immune system. Take time out to rejuvenate with this series of unique, holistic wellbeing programmes.

DETOX & RESET ONE-DAY PROGRAMME

THB 7,000++ per person

Inclusions:

- Eating for Balance
 - Fresh Juice
 - Wellness Dish
- Holistic Exercise
 - Mindfulness yoga and meditation (60 mins)
- Spa
 - Green tea or coconut scrub (30 mins)
 - Anantara signature massage (90 mins)
 - Anantara signature facial (30 mins)





RECHARGE & RELAX THREE-DAY PROGRAMME

THB 18,000++ per person

Inclusions:

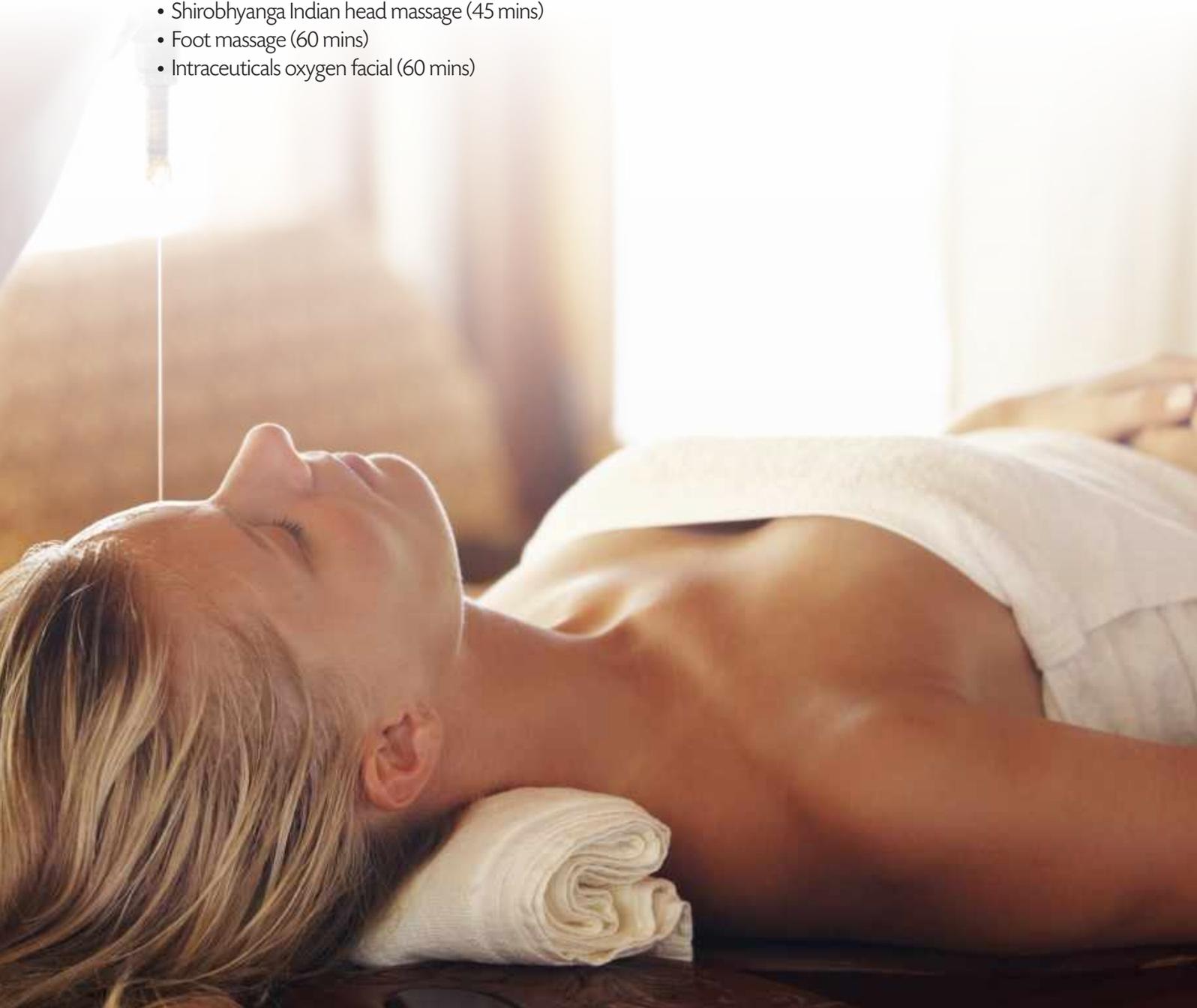
- Eating for Balance
 - Fresh juice x3
 - Wellness lunch x3
 - Herbal infusion x3
 - Wellness dinner x2
- Holistic Exercise
 - Mindfulness yoga and meditation (60 mins x2)
 - Body stretching (60 mins)
- Spa
 - Herbal steam (30 mins)
 - Green tea or coconut scrub (60 mins)
 - Himalayan thermal therapy (90 mins)
 - Stress-release or traditional Thai massage (90 mins)
 - Foot massage (60 mins)
 - Anantara signature facial (60 mins)

REPLENISH & HARMONISE FIVE-DAY PROGRAMME

THB 30,000++ per person

Inclusions:

- **Eating for Balance**
 - Fresh juice x5
 - Wellness lunch x5
 - Herbal infusion x4
 - Wellness dinner x4
- **Holistic Exercise**
 - Mindfulness yoga and meditation (60 mins x2)
 - Body stretching (60 mins x2)
- **Spa**
 - Herbal steam (30 mins)
 - Green tea or coconut scrub (60 mins)
 - Himalayan thermal therapy (90 mins)
 - Stress-release massage (90 mins)
 - Traditional Thai massage (90 mins)
 - Abhyanga four-hand massage (90 mins)
 - Shirobhyanga Indian head massage (45 mins)
 - Foot massage (60 mins)
 - Intraceuticals oxygen facial (60 mins)



ETIQUETTE

- Please arrive 15 minutes prior to your wellness session in order to relax in our tranquil surroundings. Arriving late will decrease the time of your session.
- Mobile phones and smoking are not permitted at any time.
- We recommend you leave all valuables in your room or suite, as we accept no responsibility for lost items.
- Please prepare your own comfortable clothes for personal training and yoga sessions.

TERMS & CONDITIONS

- To ensure you book the time you prefer, we recommend booking 48 hours in advance.
- Please give cancellation notice of 24 hours, otherwise 50% of the price may be charged to your account.
- Breakfast is provided with in-house guest room packages and outside guests are charged THB 890++.
- Wellness programmes are not valid in conjunction with other promotions.
- Wellness programmes are valid for the period booked.
- Additional wellness treatments can be booked for a special price.
- Bookings are subject to availability.
- Prices are subject to government tax and 10% service charge.