



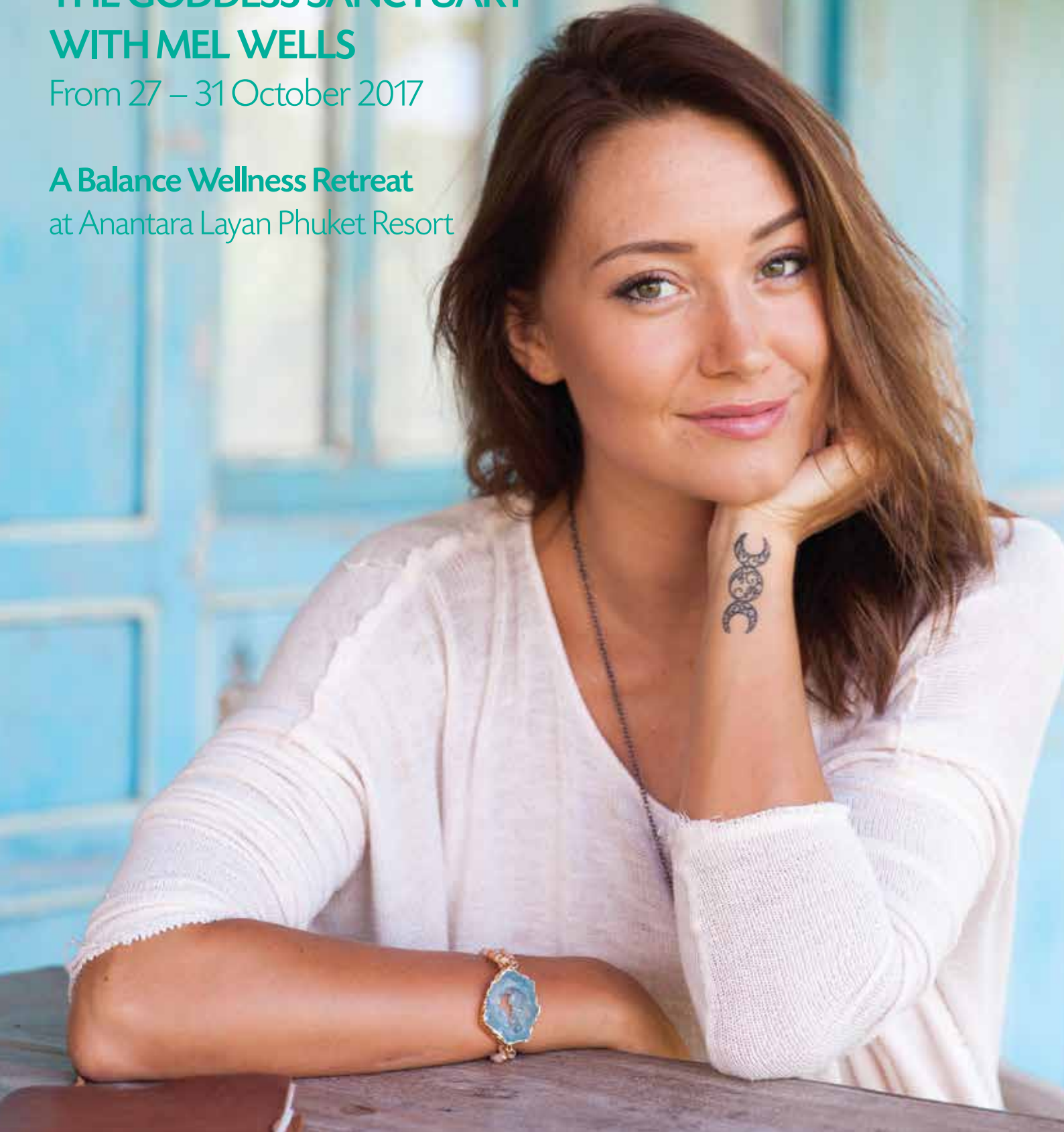
balance

WELLNESS BY ANANTARA

**THE GODDESS SANCTUARY  
WITH MEL WELLS**

From 27 – 31 October 2017

**A Balance Wellness Retreat  
at Anantara Layan Phuket Resort**





## A SELF-LOVE RETREAT LIKE NO OTHER

27 - 31 October 2017

Hay House Author and Self Love Expert Mel Wells is inviting Goddesses on the ultimate self-love retreat hosted in the 5-star private residences of Anantara Layan Phuket, to allow you to feel totally nourished by incredible gourmet nutritious food, rooftop yoga, and soaking up the breathtaking views, while feeling totally drowned in self-love, self-care and wellbeing.

From the moment you land at the airport you will know you are in good hands. This retreat is designed for you to escape to paradise, unwind in luxury, and allow yourself to be waited on hand and foot. You are worth it, Goddess.

Relax by the infinity pool, enjoy a cooking class, and deepen your self-love practice in workshops, or partake in fun activities like stand-up paddle boarding and Muay Thai boxing.

A luxury spa treatment is included complimentary and can be taken at any time during your retreat. Mel will also be throwing a private Goddess Beach Party at the end of your stay, to celebrate your journey.

If you've been waiting to give yourself the gift of self-love and time away just for you - then this is your official invitation.

## SAMPLE SELF LOVE RETREAT DAY

8.00 am - 9:00 am: Yoga and Meditation  
9.00 am - 10.00 am: Goddess Breakfast  
11.00 am - 1.00 pm: Self Love Workshop  
1.00 pm - 3.00 pm: Lunch and Free Time  
4.00 pm - 5.00 pm: Activities (Muay Thai, SUP)  
6.00 pm - Spa Treatments  
7.00 pm - Dinner  
9.00 pm - Goddess Circle



Mel Wells is a Health and Wellness Coach, Eating Psychology Coach and Self Love Expert and coaches women on how to heal your relationship with food, love your bodies and yourselves more than ever thought possible, so you can live the lives of your dreams!

Mel will also be offering private coaching during this retreat for all guests, which is extremely in demand and not available anywhere else currently.

#### INCLUDED IN THE GODDESS SANCTUARY:

- Four day workshop with Mel Wells in the Layan Residences by Anantara
- Four nights' resort accommodation
- Roundtrip airport transfer from Phuket International Airport
- Three meals per day, inclusive of non-alcoholic beverages
- Beachfront Gala Dinner on final evening of the retreat
- One 90-minute Anantara Spa experience
- One Paddle boarding activity (SUP)
- One Spice Spoons cooking class
- One Muay Thai lesson

THB 85,000 net per person for bookings made through 31 July 2017

THB 103,000 net per person for bookings made as of 1 August 2017

Rates are based on single occupancy. Supplement for additional retreat attendee THB 59,000 net. Due to the exclusivity of this retreat, booking is by application process.

If this once in a lifetime experience is calling your name this year, Mel would love to invite you to book a private call to apply.



## MEET YOUR HOST

Mel Wells is a Certified Health Coach, Eating Psychology Coach, Speaker and the Bestselling Author of widely acclaimed, 'The Goddess Revolution'. She dedicates her time to helping women worldwide ditch the dieting for good, make peace with food and love their healthy bodies. Mel coaches women one-on-one and also through her online academy and luxury Goddess Retreats. As seen in Women's Health, Hello!, Cosmopolitan, Closer, New!, MailOnline, Daily Express, on Radio 1 and more, Mel empowers women to stop dieting for good, and challenge their entire belief system around food and their bodies, by working on the relationship they have with themselves.



## TESTIMONIALS

"Mel inspires us to reconnect to our self and reclaim our love of food in The Goddess Revolution quitting diets for good, eating well, and living your body is the practice of lasting freedom!! I'm in!!"

- Tara Stiles, Best selling Author and Founder of Strala Yoga

"Mel has such an inspirational message to help women fall back in love with themselves! She writes with such integrity and love"

- Madeleine Shaw, Health Coach and Bestselling Author of 'Get the Glow'

"Mel Wells is a light in the world. She has a great aura and an exuberant personality. This woman is here to help others reach their highest potential. She reminds us that we can create miracles in our lives. Mel helps you stop focusing on weight and assists you in creating a healthy and loving relationship with yourself."

- David Avocado Wolfe, Author, lecturer, nutritionist, publisher, philanthropist, adventurer





## A LUXURIOUS SETTING TO REFRESH YOUR WELLNESS

Situated on Phuket's serene northwest coast and surrounded by national park forest, the resort opens onto picturesque Layan Bay. Only 20-minutes from Phuket International Airport, guests enjoy the best of both worlds.

Anantara Layan Phuket's contemporary design blends into a lush hillside of towering coconut trees, overlooking one of the least developed and most beautiful beaches on the island. Crystal blue waters meet white silky sands, leading to acres of native beachfront vegetation and quiet enclaves, creating the ideal environment for relaxation.

At Anantara Layan Phuket Resort, culinary experiences excite and intrigue – from contemporary presentations of Thai and Mediterranean cuisine and interactive experiences, to one of Phuket's most impressive wine collections and one of the world's most exclusive coffees. Daily meals offer a nourishing complement to Mel's teachings during the Goddess Sanctuary, and exclusive menus have been crafted by Executive Chef Silvano Amolini.

Rooted in Thailand, Anantara's Sanskrit meaning, 'without end', is expressed through Anantara Spa's award-winning expertise. Luxurious facilities blend evocative Thai touches. A signature 90-minute spa treatment is included for retreat-goers and can be taken at any time during the retreat.

Workshops are held elevated on a hillside overlooking the resort in The Layan Residences by Anantara. Offering a new height in island luxury, each individually-designed and furnished two-storey residence boasts a 21-metre infinity pool and exceptional living spaces, both indoors and out. It's an idyllic setting to shed your self-doubt and fall in love again with yourself. Go on, Goddess, you're worth it.





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Anantara Layan Phuket Resort  
168 Moo 6, Layan Beach Soi 4, Cherngtalay, Thalang, Phuket 83110 Thailand  
T +66 (0) 7631 7200 F +66 (0) 7631 7299 E [phuketlayan@anantara.com](mailto:phuketlayan@anantara.com)