



balance

WELLNESS BY ANANTARA

GROUP BOOT CAMP & SPA WELLNESS

A fitness boot camp offers group camaraderie as a personal trainer puts you through your paces with a motivating mix of intense strength training and aerobic exercise. Refresh after with ancient Thai wellness treatments at our luxury spa sanctuary. Raw juice shots, a herbal refreshment and tasty spa cuisine nourish healthy radiance.

Package includes:

- Mini Boot Camp (60 mins)
- Thai Herbal Steam (30 mins)
- Traditional Thai Massage (60 mins)
- Reflexology Foot Massage (60 mins)
- 3 Raw Juice Detox Drinks
- Two-Course Healthy Lunch
- Herbal Tea Refreshment

Group session: minimum 4 person.

THB 6,900++ per person

Prices are in Thai Baht, subject to 10% service charge and applicable government tax

For reservation, please contact Anantara Spa at 076 317 200
or email spa.layan@anantara.com



ANANTARA

LAYAN · PHUKET
RESORT

TRX SUSPENSION TRAINING & SPA WELLNESS

Boost your fitness with a fast, effective total body workout that develops core strength, stamina, flexibility and balance. Refresh after resistance training with luxury spa pampering to purify skin, deeply relax muscles and restore radiance. Feel good from the inside out with nutritious detox drinks and a wellness lunch.

Package includes:

- Private TRX suspension training session (45 mins)
- Detoxifying Green Tea Scrub (30 mins)
- Thai Herbal Compress Massage (60 mins)
- ELEMIS Superfood Pro-Radiance Facial (60 mins)
- 3 Raw Juice Detox Drinks
- Two-Course Healthy Lunch
- Herbal Tea Refreshment

THB 9,900++ per person

Prices are in Thai Baht, subject to 10% service charge and applicable government tax

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