




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 1, 3 OR 5 DAYS

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.

1-DAY PROGRAMME

THB 6,000++ per person / THB 11,000++ per couple

- 6.30 am Morning Yoga Flow and Riverside Meditation (60 mins)
- 8.00 am Breakfast
- 11.00 am Raw Juice
- 12.30 pm Wellness Lunch
- 3.00 pm Choice of Green Tea or Coconut Scrub (30 mins)
- 7.30 pm Wellness Dinner
- 9.30 pm Foot Massage (30 mins)





3-DAY PROGRAMME

THB 16,500++ per person / THB 32,000++ per couple

Day 1

- 8.00 am Breakfast
- 10.00 am Spa & Wellness Program Consultation
- 11.00 am Natural Moor Mud Extract Bath (30 mins) and Anantara Signature Massage (60 mins)
- 12.30 pm Wellness Lunch
- 3.00 pm Yoga Flow (60 mins)
- 4.00 pm Raw Juice
- 7.00 pm Wellness Dinner
- 9.00 pm Foot Massage (60 mins)

Day 2

- 8.00 am Breakfast
- 10.00 am Personal Training (60 mins)
- 11.30 am Raw Juice
- 12.30 pm Wellness Lunch
- 3.00 pm Choice of Green Tea or Coconut Scrub (60 mins)
- 4.30 pm Herbal Infusion
- 7.00 pm Wellness Dinner
- 9.00 pm River Stone Massage (60 mins)

Day 3

- 6.30 am Morning Yoga Flow and Riverside Meditation (60 mins)
- 8.00 am Breakfast
- 11.00 am Raw Juice
- 12.30 pm Wellness Lunch
- 3.00 pm Choice of Spa Massage (90 mins)
- 4.30 pm Herbal Infusion
- 5.00 pm Departure Consultation

5-DAY PROGRAMME

THB 28,000++ per person / THB 55,000++ per couple

Day 1

8.00 am Breakfast
10.00 am Spa & Wellness Programme Consultation
11.00 am Natural Moor Mud Extract Bath (30 mins)
and Anantara Signature Massage (60 mins)
12.30 pm Wellness Lunch
3.00 pm Yoga Flow (60 mins)
4.00 pm Raw Juice
7.00 pm Wellness Dinner
9.00 pm Foot Massage (60 mins)

Day 2

8.00 am Breakfast
10.00 am Personal Training (60 mins)
11.30 am Raw Juice
12.30 pm Wellness Lunch
3.00 pm Choice of Green Tea or Coconut Scrub (60 mins)
4.30 pm Herbal Infusion
7.00 pm Wellness Dinner
9.00 pm River Stone Massage (60 mins)

Day 3

6.30 am Morning Flow Yoga and Riverside Meditation (60 mins)
8.00 am Breakfast
11.00 am Raw Juice
12.30 pm Wellness Lunch
3.00 pm Choice of Spa Massage (90 mins)
4.30 pm Herbal Infusion
7.00 pm Wellness Dinner

Day 4

8.00 am Breakfast
10.00 am Personal Training or Muay Thai (60 mins)
11.30 am Raw Juice
12.30 pm Wellness Lunch
3.00 pm Signature Rice Ritual (120 mins)
4.30 pm Herbal Infusion
7.00 pm Wellness Dinner

Day 5

8.00 am Breakfast
10.00 am ELEMIS Targeted Toning Tightener (90 mins)
11.30 am Raw Juice
11.45 am Choice of ELEMIS Skin Solutions Facial (60 mins)
12.50 pm Wellness Lunch
4.00 pm Herbal Infusion
4.30 pm Departure Consultation
Complimentary Spa & Wellness Gift Set
(worth THB 1,500)



ETIQUETTE

- Please arrive 15 minutes prior to your wellness therapy in order to relax in our tranquil surroundings. Arriving late will decrease the time of your therapy.
- 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 a cancellation notice of 24 hours on all wellness programmes, 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 650++.
- Wellness programmes are not valid in conjunction with other promotions and discounts.
- Wellness programmes are valid for the period booked and cannot be carried forward or transferred.
- Wellness treatments must be booked at least 24 hours in advance.
- Additional wellness treatments can be booked for a special price.
- Unless stated as an inclusion, treatment selections do not include ELEMIS treatments.
- Bookings are subject to availability.
- Pricing is subject to 10% service charge and 7% government tax.



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