




balance
WELLNESS BY ANANTARA



BALANCE WELLNESS BY ANANTARA

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

Inclusions:

- Eating Balance Session
 - Raw Juice
 - Wellness Lunch
 - Wellness Dinner
- Three Spa session
 - One 30-minute Green Tea or Coconut Scrub
 - One 30-minute Foot Massage
 - One 90-minute Stress Release Massage
- One 60-minute Mindfulness Yoga & Riverside Meditation





3-DAY PROGRAMME

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

Inclusions:

- Spa & Wellness Program Consultation
- Eating Balance Session
 - Three Raw Juice
 - Three Wellness Lunch
 - Two Herbal Infusion
 - Two Wellness Dinner
- Six Spa session
 - One 30-minute Natural Moor Mud Extract Bath
 - One 60-minute Foot Massage
 - One 60-minute Green Tea or Coconut Scrub
 - One 60-minute Anantara Signature Massage
 - One 60-minute River Stone Massage
 - One 90-minute choice of Stress Release Or Thai Massage
- Three Holistic Exercise Wellness and Holistic Session
 - One 60-minute Mindfulness Yoga
 - One 60-minute Personal Training
 - One 60-minute Morning Mindfulness Yoga & Riverside Meditation
- Departure Consultation

5-DAY PROGRAMME

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

Inclusions:

- **Spa & Wellness Program Consultation**
- **Eating Balance Session**
 - Five Raw Juice
 - Five Wellness Lunch
 - Four Herbal Infusion
 - Four Wellness Dinner
- **Nine Spa session**
 - One 30-minute Natural Moor Mud Extract Bath
 - One 60-minute Foot Massage
 - One 60-minute Green Tea or Coconut Scrub
 - One 60-minute Anantara Signature Massage
 - One 60-minute River Stone Massage
 - One 90-minute choice of Stress Release Massage or Thai Massage
 - One 120-minute Signature Rice Ritual
 - One 90-minute ELEMIS Target Toning Tightener
 - One 60-minute choice of ELEMIS Facial Treatment
- **Four Wellness and Holistic Session**
 - Two 60-minute Personal Training or Muay Thai
 - One 60-minute Mindfulness Yoga
 - One 60-minute Morning Mindfulness Yoga & Riverside Meditation
- **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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