



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. Our programmes focus 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. Customise your own programme with your choice of activity and massage.

Daily programme includes:

- 1 x Mindful Movement Activity
- 1 x Body Massage of your choice
- 1 x Water Ritual
- 1 x Raw juice

Select from the following:

Mindful Movement:

- Private Yoga (60-min session)
- Private Pilates (60-min session)

Body Massage:

- Anantara Signature (90-min)
- Elemis Aroma Stone (90-min)
- Thai Herbal Compress (90-min)
- Bamboo Massage (90-min)

Water Ritual:

- Thai Herbal Steam (30 mins)
- Anantara Milky Bath (30 mins)

1-Day Programme:	THB 7,400++ per person
3-Day Programme:	THB 22,000++ per person
5-Day Programme:	THB 35,000++ per person

Customise your programme with our additional spa and wellness options:

Healthy lunch at	THB 950++
Body therapy at	THB 1,800++
Facial therapy at	THB 2,200++
Water Ritual at	THB 800++



BOOST 360 PROGRAMME

CHOOSE FROM 3, 5 OR 7 DAYS

An inactive daily routine can leave us feeling sluggish and demotivated, while being over-worked and stressed can deplete energy and leave little free time to stay in shape and eat well. Tone up and get healthy with our invigorating programmes. Discover how exercise naturally detoxes the body, combined with wholesome food and stimulating therapies to get you back on track. Let our team assist in creating the perfect programme to kick start your metabolism and vitality.

Daily programme includes:

- 1x Fitness Activity
- 1x Body Therapy of your choice
- 1x Healthy juice/smoothie

Select from the following:

Fitness Activity:

- Private Body-Toning
- Private Core Exercise
- Private Fit Ball
- Private Muay Thai class (60-min session)

Body Therapy:

- Elemis Exotic Lime and Ginger Salt Glow (45-min)
- Mud Therapy (60-min)
- Elemis Deep Tissue Massage (60-min)
- Traditional Thai Massage (60-min)
- Stress Release Massage (60-min)

1-Day Programme:

THB 5,900++ per person

3-Day Programme:

THB 17,000++ per person

5-Day Programme:

THB 28,000++ per person

Customise your programme with our additional spa and wellness options:

Healthy lunch at

THB 950++

Additional body therapies at

THB 1,800++

Additional facial therapies at

THB 2,600++

Water Ritual at

THB 800++



LIVE LIFE TO ITS FULLEST POTENTIAL.

ETIQUETTE

- To ensure your preferred booking time for all sessions, we recommend booking at least 24 hours in advance.
- Please provide cancellation notice of 24 hours on all wellness programmes, otherwise 50% of the price may be charged to your account.
- Please arrive 15 minutes prior to your activity or therapy in order to relax in our tranquil surroundings. Late arrival will decrease the time of your therapy.
- Non-hotel guests will receive access to the fitness centre and complimentary use of our hydrothermal facilities.
- 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 bring your own comfortable clothes for fitness and movement sessions.

Terms & Conditions

- 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.
- Bookings are subject to availability.
- Pricing is subject to 10% service charge and 7% government tax.



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