

**Find Your Own Unique Balance**

**With Anantara’s New and Uniquely Flexible Wellness Concept**

Anantara motivates each guest to pursue their personal passions and goals through bespoke and inspirational experiences. As a natural extension of this philosophy and Anantara Spa’s award-winning expertise, Anantara Hotels, Resorts & Spas has launched ‘Balance’ – an innovative new wellness concept.

People are becoming more and more savvy about their health and there is growing demand to seek professional guidance on how best to achieve the right balance in life. Yet for so many of us in the stressful modern world, holiday time is precious and the idea of spending a well-deserved vacation at a health retreat or boot camp often seems too restrictive. The Balance wellness concept is refreshingly different by offering total flexibility. An inspirational variety of health, wellbeing and healing elements can be incorporated into a luxury Anantara holiday, along with the freedom to relax and indulge to suit each guest’s personal preferences and time.

Balance offers a wide range of different wellness elements for guests to choose from, supported by expert guidance and personalised programmes. Wellness cuisine offers delicious nutrition. Cooking classes with interesting themes such as “food as medicine” and “healthy dietary alternatives” teach new skills to incorporate back home. Fitness classes help to burn off excess weight, tone the body and de-stress the mind, accompanied by energy enhancing holistic exercise. Anantara Spa treatments range from indigenous rituals and products to revered ancient traditions and advanced western techniques. In a mentoring approach, educational seminars create a deeper awareness of health and wellbeing, giving guests the knowledge and practical life coaching skills to implement a more balanced lifestyle into their daily routine. While a “Masters of Wellness” visiting practitioner calendar offers holistic healing therapies by trusted experts that have been hand selected by Anantara.

Drawing on these diverse wellness elements, Anantara offers Balance experiences that are tailored to each guest’s unique needs. In a private consultation with the Anantara Spa Director and/or Wellness Practitioner, personal goals and lifestyle are taken into consideration to create the ideal balanced journey, with endless possibilities.

Balance experiences can focus on weight loss and body toning, detoxing and anti-ageing, de-stressing or holistic healing, or simply the satisfaction of returning from holiday looking and feeling great. A guest can enjoy wellness meals and drinks by day, splurge on a steak and wine dinner at night, and choose whether to sign up for a Balance cooking class so that they can incorporate healthier eating habits when they return home.

Those who are new to holistic exercise can try a yoga or tai chi class, with the option of having a tailored package of classes created for them afterwards. The flexible approach allows holidaymakers to split their vacation time, perhaps choosing one week of comprehensive wellness activities and the second free to spoil themselves. Those in need of healing can benefit from holistic modalities to address imbalances, blockages or unhealthy patterns, with the option of trying just one session to see how they feel about it at first, or making good use of the space and time that a holiday affords by booking a series of healing sessions for maximum results.

Anantara guests can look forward to finding their own personal balance in some of the world’s most exotic destinations. Now available at four of Anantara’s signature properties - Anantara Chiang Mai Resort & Spa and Anantara Golden Triangle Elephant Camp & Resort in northern Thailand, as well as Anantara Phuket Layan Resort & Spa and Anantara Phuket Villas on the tropical island of Phuket, a Balance calendar of visiting practitioners with a Traditional Thai Medicine (TTM) programme, in line with Anantara’s philosophy of authentic indigenous experiences. TTM focuses on rebalancing each person’s natural composition of elements to prevent disease and promote health and rehabilitation through traditional Thai treatments and herbal medicines, as well as diet and exercises for the body and mind.

To find out more about Anantara’s new Balance wellness concept, please contact the individual resorts on www.anantara.com

**Editor’s Note:**

For hundreds of years throughout Thailand, people would leave a jar of water outside their house to provide refreshment and extend a welcome to the passing traveller.  Anantara is taken from an ancient Sanskrit word that means 'without end', symbolising this sharing of water and the heartfelt hospitality that lies at the core of every Anantara experience.

From lush jungles to pristine beaches and legendary deserts to cosmopolitan cities, Anantara currently boasts 30 stunning properties located in Thailand, the Maldives, Bali, Vietnam, China, Cambodia, Mozambique and the United Arab Emirates; with future properties to open in Thailand, China, Sri Lanka, Mauritius, Laos, Qatar and Oman.

For more information on Anantara Hotels, Resorts & Spas, please visit [www.anantara.com](https://mail.minornet.com/owa/redir.aspx?C=792393c01b9a4571ad5c099822673c78&URL=http%3a%2f%2fwww.anantara.com%2f).

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