

Detox Packages



ABSOLUTE SANCTUARY

Address: 88 Moo.5, Cheongmon, Tambol Bophut, Amphur Koh Samui, Suratthani 84320 Thailand

Tel: +66 7760 1190-9 Fax: +66 77 601209 E-mail: bookings@absolutesanctuary.com



COLONIC CLEANSE PACKAGES

3-DAY COLONIC CLEANSE PACKAGE

(ULTIMATE OR 2 DETOX MEALS)

Package Inclusions:

- Initial In-depth Detox Consultation with Bio Impedance Analysis
- 1 x Arrival Day welcome dinner
- 2 x Liver Flush drinks (1 before and 1 after the program)
- 2 x Detox meals a day (if not fasting)
- 2 or 4 Detox drinks per day depending on program
- 2 x Good Green Stuff shots per day
- 1 x Coconut Juice per day
- Unlimited broth soups per day
- 1 x Colon Hydrotherapy session per day
- 1 x Group Pilates Reformer/Core Suspend class
- Final Detox consultation with take-home guidelines
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga & Meditation
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Roundtrip airport transfers
- 4 Nights accommodation

Free Bonus:

- 1 x 60 min Inner Reset Detox Massage Therapy
*Upgrade to Daily Massages, add THB 4,900 for extra 2 x 60 min Inner Reset Detox Massage Therapy

Terms & Conditions:

- All prices are nett
- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht
- All treatments are strictly non-exchangeable
- Package inclusions subject to change without prior notice at resort's discretion

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5-DAY COLONIC CLEANSE PACKAGE

(ULTIMATE OR 2 DETOX MEALS)

Package Inclusions:

- Initial In-depth Detox Consultation with Bio Impedance Analysis
- 1 x Arrival day welcome dinner
- 2 x Liver Flush drinks (1 before and 1 after the program)
- 2 x Detox meals a day (if not fasting)
- 2 or 4 Detox drinks per day depending on program
- 2 x Good Green Stuff shots per day
- 1 x Coconut Juice per day
- Unlimited broth soups per day
- 1 x Colon Hydrotherapy session per day
- 1 x Group Pilates Reformer/Core Suspend class
- Final Detox consultation with take-home guidelines
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga & Meditation
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Roundtrip airport transfers
- 6 Nights accommodation

Free Bonus:

- 1 x 60 min Inner Reset Detox Massage Therapy
- 1 x 60 min Absolute Thai Stretch massage
- 1 x 30 FAR InfraRed Sauna

*Upgrade to Daily Massages, add THB 7,350 for extra 3 x 60 min Inner Reset Detox Massage Therapy

Terms & Conditions:

- All prices are nett
- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht
- All treatments are strictly non-exchangeable
- Package inclusions subject to change without prior notice at resort's discretion

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7-DAY COLONIC CLEANSE PACKAGE

(ULTIMATE OR 2 DETOX MEALS)

Package Inclusions:

- Initial In-depth Detox Consultation with Bio Impedance Analysis
- 1 x Arrival Day welcome dinner
- 2 x Liver Flush drinks (1 before and 1 after the program)
- 2 x Detox meals a day (if not fasting)
- 2 or 4 Detox drinks per day depending on program
- 2 x Good Green Stuff shots per day
- 1 x Coconut Juice per day
- Unlimited broth soups per day
- 1 x Colon Hydrotherapy session per day
- 1 x Group Pilates Reformer/Core Suspend class
- Final Detox consultation with take-home guidelines
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga & Meditation
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Roundtrip airport transfers
- 8 Nights accommodation

Free Bonus:

- 1 x 90 min Inner Reset Detox Ritual
- 2 x 60 min Absolute Thai Stretch massage
- 2 x 30 min FAR InfraRed Sauna

*Upgrade to Daily Massages, add THB 9,800 for extra 4 x 60 min Inner Reset Detox Massage Therapy

Terms & Conditions:

- All prices are nett
- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht
- All treatments are strictly non-exchangeable
- Package inclusions subject to change without prior notice at resort's discretion

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DETOX MASSAGE PACKAGES

3-DAY DETOX MASSAGE PACKAGE

(WITHOUT COLON HYDROTHERAPY)

Package Inclusions:

- Initial In-depth Detox Consultation with Bio Impedance Analysis
- 1 x Arrival Day Welcome dinner
- 2 x Liver Flush drinks (1 before and 1 after the program)
- 2 x Detox Meals a day
- 2 x Detox Drinks per day
- 2 x Good Green Stuff shots per day
- 1 x Coconut Juice per day
- Unlimited broth soups per day
- 1 x 90 min Inner Reset Detox Ritual
- 1 x 45 min Core Release Massage
- 1 x 60 min Absolute Thai Stretch massage
- 1 x Group Pilates Reformer/Core Suspend class
- Final Detox consultation with take-home guidelines
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga & Meditation
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Roundtrip airport transfers
- 4 Nights accommodation

Terms & Conditions:

- All prices are nett
- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht
- All treatments are strictly non-exchangeable
- Package inclusions subject to change without prior notice at resort's discretion

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5-DAY DETOX MASSAGE PACKAGE

(WITHOUT COLON HYDROTHERAPY)

Package Inclusions:

- Initial In-depth Detox Consultation with Bio Impedance Analysis
- 1 x Arrival Day Welcome dinner
- 2 x Liver Flush drinks (1 before and 1 after the program)
- 2 x Detox Meals a day
- 2 x Detox Drinks per day
- 2 x Good Green Stuff shots per day
- 1 x Coconut Juice per day
- Unlimited broth soups per day
- 1 x 90 min Inner Reset Detox Ritual
- 1 x 60 min Choice of Inner Reset Detox Massage or MLD Massage
- 1 x 45 min Core Release Massage
- 2 x 60 min Absolute Thai Stretch massage
- 1 x 30 min FAR InfraRed Sauna
- 1 x Group Pilates Reformer/Core Suspend class
- Final Detox consultation with take-home guidelines
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga & Meditation
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Roundtrip airport transfers
- 6 Nights accommodation

Terms & Conditions:

- All prices are nett
- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht
- All treatments are strictly non-exchangeable
- Package inclusions subject to change without prior notice at resort's discretion

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7-DAY DETOX MASSAGE PACKAGE

(WITHOUT COLON HYDROTHERAPY)

Package Inclusions:

- Initial In-depth Detox Consultation with Bio Impedance Analysis
- 1 x Arrival Day Welcome dinner
- 2 x Liver Flush drinks (1 before and 1 after the program)
- 2 x Detox Meals a day
- 2 x Detox Drinks per day
- 2 x Good Green Stuff shots per day
- 1 x Coconut Juice per day
- Unlimited broth soups per day
- 1 x 90 min Inner Reset Detox Ritual
- 2 x 60 min Choice of Inner Reset Detox Massage or MLD Massage
- 1 x 45 min Core Release Massage
- 2 x 60 min Absolute Thai Stretch massage
- 1 x 15 min Inner Reset Foot Soak
- 1 x 60 min Absolute Foot Sanctuary
- 1 x 45 min Mood Boosting Facial Treatment
- 2 x 30 min FAR InfraRed Sauna
- 1 x Group Pilates Reformer/Core Suspend class
- Final Detox consultation with take-home guidelines
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga & Meditation
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Roundtrip airport transfers
- 8 Nights accommodation

Terms & Conditions:

- All prices are nett
- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht
- All treatments are strictly non-exchangeable
- Package inclusions subject to change without prior notice at resort's discretion

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INTEGRATED DETOX APPROACH PACKAGES

3-DAY INTEGRATED DETOX APPROACH PACKAGE

Package Inclusions:

- ☐ Initial In-depth Detox Consultation with Bio Impedance Analysis
- ☐ 1 x Arrival Day Welcome Dinner
- ☐ 2 x Liver Flush Drinks (1 before & 1 after the program)
- ☐ 2 x Detox Meals a day
- ☐ 2 x Detox Drinks per day
- ☐ 2 x Good Green Stuff shots per day
- ☐ 1 x Coconut Juice per day
- ☐ Unlimited broth soups per day
- ☐ 2 x Colon Hydrotherapy session
- ☐ 1 x 60 min Inner Reset Detox Massage
- ☐ 1 x 60 min Absolute Thai Stretch massage
- 1 x 60 min Choice of Inner Reset Detox Massage or Deep Calm Massage
- ☐ 1 x 30 min FAR infrared Sauna treatment
- ☐ 1 x 15 min Inner Reset Foot Soak
- ☐ 1 x 60 min Absolute Foot Sanctuary
- ☐ 1 x Group Pilates Reformer/Core Suspend class
- ☐ Final Detox consultation with take-home guidelines
- ☐ Pool, Steam room & Fitness studio access
- ☐ Unlimited access Group Yoga & Meditation
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- ☐ 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- ☐ Roundtrip airport transfers
- ☐ 4 Nights accommodation

Terms & Conditions:

- All prices are nett
- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht
- All treatments are strictly non-exchangeable
- Package inclusions subject to change without prior notice at resort's discretion

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5-DAY INTEGRATED DETOX APPROACH PACKAGE

Package Inclusions:

- Initial in-depth Detox consultation with Bio Impedance Analysis
- 1 x Arrival Day Welcome Dinner
- 2 x Liver Flush Drinks (1 before & 1 after the program)
- 2 x Detox Meals a day
- 2 x Detox Drinks per day
- 2 x Good Green stuff shots per day
- 1 x Coconut Juice per day
- Unlimited Broth Soups per day
- 3 x Colon Hydrotherapy session
- 1 x 90 min Inner Reset Detox Ritual
- 1 x 45 min Core Release Massage
- 2 x 15 min Inner Reset Foot Soak
- 1 x 60 min Absolute Thai Stretch massage
- 1 x 60 min Choice of Inner Reset Detox Massage or Deep Calm Massage
- 1 x 60 min Absolute Foot Sanctuary
- 2 x 30 min FAR Infrared Sauna
- 1 x 30 min Herbal Heat Steam
- 1 x Group Pilates Reformer/Core Suspend class
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga & Meditation
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Roundtrip airport transfers
- 6 Nights accommodation

Terms & Conditions:

- All prices are nett
- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht
- All treatments are strictly non-exchangeable
- Package inclusions subject to change without prior notice at resort's discretion

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7-DAY INTEGRATED DETOX APPROACH PACKAGE

Package Inclusions:

- Initial In-depth Detox Consultation with Bio Impedance Analysis
- 1 x Arrival Day Welcome Dinner
- 2 x Liver Flush Drinks (1 before & 1 after the program)
- 2 x Detox Meals a day
- 2 x Detox Drinks per day
- 2 x Good Green Stuff shots per day
- 1 x Coconut Juice per day
- Unlimited broth soups per day
- 4 x Colon Hydrotherapy session
- 1 x 90 min Inner Reset Detox Ritual
- 1 x 45 min Core Release Massage
- 2 x 60 min Choice of Inner Reset Detox Massage or Deep Calm Massage
- 3 x 15 min Inner Reset Foot Soak
- 2 x 60 min Absolute Thai Stretch massage
- 1 x 45 min Mood Boosting Facial Treatment
- 1 x 60 min Absolute Foot Sanctuary
- 3 x 30 min FAR Infrared Sauna
- 1 x 30 min Herbal Heat Steam
- 1 x Group Pilates Reformer/Core Suspend class
- Final Detox consultation with take-home guidelines
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga & Meditation
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Roundtrip airport transfers
- 8 Nights accommodation

Terms & Conditions:

- All prices are nett
- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht
- All treatments are strictly non-exchangeable
- Package inclusions subject to change without prior notice at resort's discretion

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HOLISTIC DETOX APPROACH PACKAGES

5-DAY HOLISTIC DETOX APPROACH PACKAGE

(ULTIMATE OR 2 DETOX MEALS)

Package Inclusions:

- Initial In-Depth Detox Consultation with Bio Impedance Analysis
- 1 x Arrival Day Welcome Dinner
- 1 x Liver Flush Drink before & After program
- 2 x Detox Meals per day (if not fasting)
- 2 or 4 x Detox Drinks per day depending on program
- 2 x Good Green Stuff shots per day
- 1 x Coconut Juice per day
- Unlimited broth soups per day
- 1 x Colon Hydrotherapy session per day
- 1 x Group Pilates Reformer/Core Suspend class
- Final detox consultation with take-home guidelines
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga & Meditation
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Roundtrip airport transfers
- 6 Nights accommodation

Additional Inclusions:

- 1 x 90 min Inner Reset Detox Ritual
- 1 x 60 min Inner Reset Detox Massage
- 1 x 60 min Deep Calm Massage
- 1 x 60 min Absolute Foot Sanctuary
- ☐ 1 x 60 min Absolute Thai Stretch massage
- ☐ 1 x 45 min Mood Boosting Facial Treatment
- ☐ 1 x 15 min Inner Reset Foot Soak
- ☐ 3 x 30 min Far Infrared Sauna session

Terms & Conditions:

- All prices are nett
- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht
- All treatments are strictly non-exchangeable
- Package inclusions subject to change without prior notice at resort's discretion

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7-DAY HOLISTIC DETOX APPROACH PACKAGE

(ULTIMATE OR 2 DETOX MEALS)

Package Inclusions:

- Initial In-Depth Detox Consultation with Bio Impedance Analysis
- 1 x Arrival day Welcome Dinner
- 1 x Liver Flush Drink before & After program
- 2 x Detox Meals per day (if not fasting)
- 2 or 4 x Detox Drinks per day depending on program
- 2 x Good Green Stuff shots per day
- 1 x Coconut Juice per day
- Unlimited broth soups per day
- 1 x Colon Hydrotherapy session per day
- Final detox consultation with take-home guidelines
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga & Meditation
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Roundtrip airport transfers
- 8 Nights accommodation

Additional Inclusions:

- 1 x 90 min Inner Reset Detox Ritual
- 1 x 60 min Inner Reset Detox Massage
- 1 x 60 min Deep Calm Massage
- 1 x 60 min Absolute Foot Sanctuary
- 2 x 60 min Absolute Thai Stretch massage
- 1 x 45 min Mood Boosting Facial Treatment
- 1 x 15 min Inner Reset Foot Soak
- 3 x 30 min Far Infrared Sauna session
- 2 x 30 min Herbal Heat Steam
- 1 x 75 min Jade Face Radiance Treatment
- 1 x 60 min Reiki session

Terms & Conditions:

- All prices are nett
- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht
- All treatments are strictly non-exchangeable
- Package inclusions subject to change without prior notice at resort's discretion

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Spa Holiday Packages



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SPA HOLIDAY PACKAGES

3-DAY REJUVENATING PACKAGE

Package Inclusions:

- Initial Wellness Consultation with Bio Impedance reading
- 3 x Wellness Cuisine meals a day
- 2 x Fresh juices & smoothies a day
- 1 x 60 min Deep Calm Massage
- 1 x 45 min Absolute Upper Body and Neck Massage
- 1 x 60 min Choice of (Aroma or Swedish) or Absolute Thai Stretch massage
- 1 x 45 min Facial Yoga Treatment
- 1 x 45 min Renewing Body Scrub
- 1 x 30 min Herbal Heat Compress
- 1 x Group Pilates reformer/core suspend class
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga & Meditation
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Roundtrip airport transfers
- 3 Nights accommodation

Free Bonus:

- 1 x Colon Hydrotherapy session
- 1 x 30 min FAR Infrared Sauna session

Terms & Conditions:

- All prices are net
- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht
- All treatments are strictly non-exchangeable
- Package inclusions subject to change without prior notice at resort's discretion

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5-DAY REVIVAL PACKAGE

Package Inclusions:

- Initial Wellness Consultation with Bio Impedance reading
- 3 x Wellness Cuisine meals a day
- 2 x Fresh juices & smoothies a day
- 1 x 60 min Deep Calm Massage
- 1 x 45 min Absolute Upper Body Flow and Head Massage
- 1 x 60 min Absolute Foot Sanctuary
- 2 x 60 min Choice of Oil (Fit Body Massage or Deep Calm Massage) or Absolute Thai Stretch massage
- 1 x 45 min Facial Yoga Treatment
- 1 x 60 min Vibrant Day or Beauty Sleep Facial Treatment
- 1 x 45 min Vibrant Body Wrap
- 1 x 45 min Renewing Body Scrub
- 1 x 60 min Indian Head massage
- 1 x 30 min Herbal Heat Compress
- 1 x 15 min Inner Reset Foot Soak
- 1 x Group Pilates reformer/core suspend class
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga & Meditation
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Roundtrip airport transfers
- 5 night accommodation

Free Bonus:

- 1 x Colon Hydrotherapy session
- 2 x 30 min FAR Infrared Sauna session

Terms & Conditions:

- All prices are net
- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht
- All treatments are strictly non-exchangeable
- Package inclusions subject to change without prior notice at resort's discretion

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7-DAY HARMONIZING PACKAGE

Package Inclusions:

- Initial Wellness Consultation with Bio Impedance reading
- 3 x Wellness Cuisine meals a day
- 2 x Fresh juices & smoothies a day
- 1 x 60 min Deep Calm Massage
- 1 x 45 min Renewing Body Scrub
- 1 x 45 min Absolute Upper Body and Neck Massage
- 2 x 60 min Choice of Fit Body or Deep Calm or Absolute Thai Stretch massage
- 1 x 60 min Absolute Foot Sanctuary
- 1 x 60 min Indian Head massage
- 1 x 45 min Vibrant Body Wrap
- 1 x 60 min Reiki session
- 1 x 30 min Herbal Heat Compress
- 1 x 45 min Facial Yoga Treatment
- 1 x 45 min Target Area Body Sculpting Treatment
- 1 x 75 min Jade Face Radiance Treatment
- 1 x Group Pilates reformer/core suspend class
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga & Meditation
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Roundtrip airport transfers
- 7 Nights accommodation

Free Bonus:

- 1 x Colon Hydrotherapy session
- 3 x 30 min FAR Infrared Sauna session
- 2 x 30 min Herbal Heat Steam

Terms & Conditions:

- All prices are net
- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht
- All treatments are strictly non-exchangeable
- Package inclusions subject to change without prior notice at resort's discretion

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Yoga Holiday Packages



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Address: 88 Moo.5, Cheongmon, Tambol Bophut, Amphur Koh Samui, Suratthani 84320 Thailand

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YOGA HOLIDAY PACKAGES

5-DAY YOGA HOLIDAY PACKAGE

Package Inclusions:

- Initial Wellness consultant with Bio Impedance Analysis
- 3 x Wellness Cuisine meals per day
- 2 x Fresh Juices & Smoothies per day
- 2 x 60 min Deep Calm Massage
- 1 x 90 min Absolute Thai Stretch Massage
- 1 x 45 min Facial Yoga Treatment
- 1 x 45 min Upper Body Flow and Head Massage
- 1 x Group Pilates reformer/core suspend class
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga & Meditation
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Roundtrip airport transfers
- 5 Nights accommodation

Free Bonus:

- 1 x Colon Hydrotherapy session
- 1 x 60 min Private yoga session
- 2 x 30 min of Herbal Heat steam

Terms & Conditions:

- All prices are net
- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht
- All treatments are strictly non-exchangeable
- Package inclusions subject to change without prior notice at resort's discretion

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7-DAY YOGA HOLIDAY PACKAGE

Package Inclusions:

- Initial Wellness consultant with Bio Impedance Analysis
- 3 x Wellness Cuisine meals per day
- 2 x Fresh Juices & Smoothies per day
- 2 x 60 min Deep Calm Massage
- 2 x 90 min Absolute Thai Stretch Massage
- 1 x 45 min Facial Yoga Treatment
- 1 x 45 min Upper Body and Neck Massage
- 1 x 15 min Inner Reset Foot Soak
- 1 x 60 min Absolute Foot Sanctuary
- 1 x Group Pilates reformer/core suspend class
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga & Meditation
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Roundtrip airport transfers
- 7 Nights accommodation

Free Bonus:

- 1 x Colon Hydrotherapy session
- 2 x 60 min Private yoga session
- 1 x 30 min FAR Infrared Sauna
- 2 x 30 min of Herbal Heat steam

Terms & Conditions:

- All prices are net
- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht
- All treatments are strictly non-exchangeable
- Package inclusions subject to change without prior notice at resort's discretion

ABSOLUTE SANCTUARY

Address: 88 Moo.5, Cheongmon, Tambol Bophut, Amphur Koh Samui, Suratthani 84320 Thailand

Tel: +66 7760 1190-9 Fax: +66 77 601209 E-mail: bookings@absolutesanctuary.com



10-DAY YOGA HOLIDAY PACKAGE

Package Inclusions:

- Initial Wellness consultant with Bio Impedance Analysis
- 3 x Wellness Cuisine meals per day
- 2 x Fresh Juices & Smoothies per day
- 3 x 60 min Deep Calm Massage
- 3 x 90 min Absolute Thai Stretch Massage
- 1 x 45 min Facial Yoga Treatment
- 1 x 45 min Upper Body and Neck Massage
- 2 x 15 min Inner Reset Foot Soak
- 2 x 60 min Absolute Foot Sanctuary
- 1 x Group Pilates reformer/core suspend class
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga & Meditation
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Roundtrip airport transfers
- 10 Nights accommodation

Free Bonus:

- 1 x Colon Hydrotherapy session
- 2 x 60 min Private yoga session
- 1 x 30 min FAR Infrared Sauna
- 2 x 30 min of Herbal Heat steam

Terms & Conditions:

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- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht
- All treatments are strictly non-exchangeable
- Package inclusions subject to change without prior notice at resort's discretion

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De-Stress & Burnout Packages



ABSOLUTE SANCTUARY

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DE-STRESS & BURNOUT PACKAGES

5-DAY DE-STRESS & BURNOUT PACKAGE

Package Inclusions:

- Initial Wellness Consultation with Bio Impedance Analysis
- 1 x Arrival Day Welcome Dinner
- 3 x Wellness Cuisine meals a day
- 2 x Fresh juices & smoothies a day
- 1 x 60 min Stress Management session
- 1 x 60 min Reiki session
- 1 x 60 min Indian Head massage
- 1 x 45 min Upper Body Flow and Head Massage
- 1 x 90 min Absolute Thai Stretch massage with herbal heat compress
- 2 x 60 min Deep Calm Body Massage
- 2 x 60 min Absolute Foot Sanctuary
- 1 x 15 min Deep Calm Foot Soak
- 1 x 30 min FAR Infrared Sauna session
- 2 x 30 min of Herbal Heat Steam
- 1 x Group Pilates Reformer/core suspend class
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga & Meditation
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Roundtrip airport transfers
- 6 Nights accommodation

Terms & Conditions:

- All prices are net
- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht
- All treatments are strictly non-exchangeable
- Package inclusions subject to change without prior notice at resort's discretion

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7-DAY DE-STRESS & BURNOUT PACKAGE

Package Inclusions:

- Initial Wellness Consultation with Bio Impedance Analysis
- 1 x Arrival Day Welcome Dinner
- 3 x Wellness Cuisine meals a day
- 2 x Fresh juices & smoothies a day
- 2 x 60 min Stress Management Session
- 1 x 60 min Reiki session
- 1 x 60 min Indian Head massage
- 1 x 45 min Upper Body flow and Head Massage
- 1 x 90 min Absolute Thai Stretch massage with herbal heat compress
- 2 x 60 min Deep Calm Body Massage
- 2 x 60 min Absolute Foot Sanctuary
- 2 x 15 min Deep Calm Foot Soak
- 1 x 45 min Renewing Body Polish Scrub
- 1 x 45 min Facial Yoga Treatment
- 2 x 30 min FAR infrared Sauna session
- 3 x 30 min Herbal Heat Steam
- 1 x Group Pilates Reformer/core suspend class
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga & Meditation
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Roundtrip airport transfers
- 8 Nights accommodation

Terms & Conditions:

- All prices are net
- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht
- All treatments are strictly non-exchangeable
- Package inclusions subject to change without prior notice at resort's discretion

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10-DAY DE-STRESS & BURNOUT PACKAGE

Package Inclusions:

- Initial Wellness Consultation with Bio Impedance Analysis
- 1 x Arrival Day Welcome Dinner
- 2 x Fresh juices & smoothies a day
- 3 x Wellness Cuisine meals a day
- 3 x 60 min Stress Management session
- 2 x 60 min Reiki session
- 2 x 60 min Indian Head massage
- 2 x 45 min Upper Body Flow and Head Massage
- 2 x 90 min Absolute Thai Stretch massage with herbal heat compress
- 2 x 60 min Deep Calm Body Massage
- 2 x 60 min Absolute Foot Sanctuary
- 3 x 15 min Deep Calm Foot Soak
- 1 x 45 min Renewing Body Polish Scrub
- 1 x 60 min Vibrant Day or Beauty Sleep Facial Treatment
- 3 x 30 min FAR infrared Sauna Session
- 4 x 30 min Herbal Heat Steam
- 1 x Group Pilates Reformer/core suspend class
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga & Meditation
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Roundtrip airport transfers
- 11 Nights accommodation

Terms & Conditions:

- All prices are net
- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht
- All treatments are strictly non-exchangeable
- Package inclusions subject to change without prior notice at resort's discretion

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Fitness & Weight Management Packages



ABSOLUTE SANCTUARY

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ABSOLUTE ULTIMATE FITNESS PACKAGES

5-DAY ABSOLUTE ULTIMATE FITNESS PACKAGE

Package Inclusions:

- Initial Wellness Consultation with Bio Impedance Analysis
- Initial Fitness Assessment
- 1 x Arrival Day welcome dinner
- 3 x Wellness cuisine meals a day
- 1 x Power Blast shake per day
- 4 x 60 min Personalized Fitness session
- 1 x 60 min Private Pilates session
- 2 x Group Pilates Reformer class
- 1 x Group Core Suspend class
- 3 x 30 min Far Infrared sauna session
- 1 x 90 min Absolute Thai Stretch massage with Herbal Heat Compress
- 1 x 60 min Fit Body Massage
- 1 x 60 min Deep Calm Massage
- 1 x 60 min Absolute Foot Sanctuary
- 1 x 15 min Inner Reset Foot Soak
- 1 x 45 min Upper Body Flow and Head Massage
- Final fitness consultation with personalized take home workout program
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga & Meditation
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Roundtrip airport transfers
- 6 Nights accommodation

Terms & Conditions:

- All prices are net
- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht
- All treatments are strictly non-exchangeable
- Package inclusions subject to change without prior notice at resort's discretion

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7-DAY ABSOLUTE ULTIMATE FITNESS PACKAGE

Package Inclusions:

- Initial Wellness Consultation with Bio Impedance Analysis
- Initial Fitness Assessment
- 1 x Arrival Day welcome dinner
- 3 x Wellness cuisine meals a day
- 1 x Power Blast shake per day
- 6 x 60 min Personalized Fitness session
- 1 x 60 min Private Pilates session
- 1 x 60 min Private yoga session
- 1 x 30 min Private Stretching session
- 3 x Group Pilates Reformer class
- 2 x Group Core Suspend class
- 4 x 30 min Far Infrared sauna session
- 1 x 90 min Absolute Thai Stretch massage with Herbal Heat Compress
- 1 x 60 min Fit Body Massage
- 1 x 60 min Deep Calm Massage
- 1 x 60 min Absolute Foot Sanctuary
- 1 x 15 min Inner Reset Foot Soak
- 1 x 45 min Upper Body Flow and Head Massage
- 1 x 45 min Facial Yoga Treatment
- Final fitness consultation with personalized take home workout program
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga & Meditation
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Roundtrip airport transfers
- 8 Nights accommodation

Terms & Conditions:

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- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht
- All treatments are strictly non-exchangeable
- Package inclusions subject to change without prior notice at resort's discretion

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10-DAY ABSOLUTE ULTIMATE FITNESS PACKAGE

Package Inclusions:

- Initial Wellness Consultation with Bio Impedance Analysis
- Initial Fitness Assessment
- 1 x Arrival Day welcome dinner
- 3 x Wellness cuisine meals a day
- 1 x Power Blast shake per day
- 9 x 60 min Personalized Fitness session
- 2 x 60 min Private yoga session
- 2 x Private Pilates session
- 1 x 30 min Private Stretching session
- 5 x Group Pilates Reformer class
- 3 x Group Core Suspend class
- 6 x 30 min Far Infrared sauna session
- 2 x 90 min Absolute Thai Stretch massage with Herbal Heat Compress
- 2 x 60 min Fit Body Massage
- 1 x 60 min Deep Calm Massage
- 2 x 60 min Absolute Foot Sanctuary
- 3 x 15 min Inner Reset Foot Soak
- 2 x 45 min Upper Body Flow and Neck Massage
- 1 x 45 min Facial Yoga Treatment
- Final fitness consultation with personalized take home workout program
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga & Meditation
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Roundtrip airport transfers
- 11 Nights accommodation

Terms & Conditions:

- All prices are net
- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht
- All treatments are strictly non-exchangeable
- Package inclusions subject to change without prior notice at resort's discretion

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ABSOLUTE WEIGHT MANAGEMENT PACKAGES

7-DAY ABSOLUTE WEIGHT MANAGEMENT PACKAGE

Package Inclusions:

- Initial Wellness Consultation with Bio Impedance Analysis
- Initial Fitness Assessment
- 1 x Arrival Day Welcome Dinner
- 3 x Weight Management meals a day
- 1 x Power Blast Shake per day
- 1 x One-month supply Weight Management Supplement
- 6 x 60 min Personalized Fitness session
- 3 x Colon Hydrotherapy session
- 4 x 30 min Far Infrared Sauna session
- 1 x 90 min Inner Reset Detox Ritual Treatment
- 1 x 45 min Upper Body Flow and Head Massage
- 1 x 60 min Fit Body Massage
- 1 x 15 min Inner Reset Foot Soak
- 1 x 45 min Facial Yoga Treatment
- 1 x 45 min Target Area Body Sculpting Treatment
- 1 x 45 min Body fit Wrap
- 1 x 45 min Renewing Body Polish Scrub
- 1 x Hands on Cooking Class with take home recipes
- 1 x Group Pilates Reformer/Core Suspend class
- Final consultation with Wellness Consultant with nutrition consultation & take-home guidelines
- Final Fitness consultation with take home personalized workout program
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga & Meditation
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Roundtrip airport transfers
- 8 Nights accommodation

Terms & Conditions:

- All prices are nett
- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht
- All treatments are strictly non-exchangeable
- Package inclusions subject to change without prior notice at resort's discretion

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10-DAY ABSOLUTE WEIGHT MANAGEMENT PACKAGE

Package Inclusions:

- Initial Wellness Consultation with Bio Impedance Analysis
- Initial Fitness Assessment
- 1 x Arrival Day Welcome Dinner
- 3 x Weight Management meals a day
- 1 x Power Blast Shake per day
- 1 x One-month supply Weight Management Supplement
- 9 x 60 min Personalized Fitness session
- 4 x Colon Hydrotherapy session
- 6 x 30 min Far Infrared Sauna session
- 1 x 90 min Inner Reset Detox Ritual Treatment
- 1 x 45 min Upper Body Flow and Head Massage
- 1 x 60 min Fit Body Massage
- 1 x 60 min Deep Calm Massage
- 1 x 15 min Inner Reset Foot Soak
- 1 x 45 min Facial Yoga Treatment
- 1 x 45 min Target Area Body Sculpting Treatment
- 1 x 45 min Body fit Wrap
- 1 x 45 min Renewing Body Polish Scrub
- 1 x 60 min Reiki session
- 1 x Hands on Cooking Class with take home recipes
- 1 x Group Pilates Reformer/Core Suspend class
- Final consultation with Wellness Consultant with nutrition consultation & take-home guidelines
- Final Fitness consultation with take home personalized workout program
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga & Meditation
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Roundtrip airport transfers
- 11 Nights accommodation

Terms & Conditions:

- All prices are nett
- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht
- All treatments are strictly non-exchangeable
- Package inclusions subject to change without prior notice at resort's discretion

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14-DAY ABSOLUTE WEIGHT MANAGEMENT PACKAGE

Package Inclusions:

- Initial Wellness Consultation with Bio Impedance Analysis
- Initial Fitness Assessment
 - 1 x Arrival Day Welcome Dinner
 - 3 x Weight Management meals a day
 - 1 x Power Blast Shake per day
- 1 x One-month supply Weight Management Supplement
- 13 x 60 min Personalized Fitness session
- 2 x 60 min Personalized Supportive Therapy session
- 6 x Colon Hydrotherapy sessions
- 8 x 30 min Far Infrared Sauna session
- 2 x 60 min Reiki session
- 1 x 90 min Inner Reset Detox Ritual Treatment
- 1 x 45 min Upper Body Flow and Head Massage
- 2 x 60 min Fit Body Massage
- 1 x 60 min Deep Calm Massage
- 2 x 15 min Inner Reset Foot Soak
- 1 x 45 min Facial Yoga Treatment
- 1 x 45 min Target Area Body Sculpting Treatment
- 1 x 45 min Body fit Wrap
- 1 x 45 min Renewing Body Polish Scrub
- 1 x 60 min Vibrant Day or Beauty Sleep Facial Treatment
- 1 x Hands on Cooking Class with take home recipes
- 1 x Group Pilates Reformer/Core Suspend class
- Final consultation with Wellness Consultant with nutrition consultation & take-home guidelines
- Final Fitness consultation with take home personalized workout program
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga & Meditation
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Roundtrip airport transfers
- 15 Nights accommodation

Terms & Conditions:

- All prices are net
- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht
- All treatments are strictly non-exchangeable
- Package inclusions subject to change without prior notice at resort's discretion

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Pilates Reformer Bootcamp Packages



ABSOLUTE SANCTUARY

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PILATES REFORMER BOOTCAMP PACKAGES

5-DAY PILATES REFORMER BOOTCAMP PACKAGE

Package Inclusions:

- Initial Wellness Consultation with Bio Impedance Analysis
- 1 x Arrival Day Welcome Dinner
- 3 x Wellness Cuisine meals a day
- 2 x Juices/Smoothies a day
- 1 x 30 min Postural Analysis
- 1 x 60 min Private Pilates session
- 2 x Group Pilates Reformer classes a day
- 1 x 45 min Upper Body Flow and head massage
- 1 x 60 min Deep Calm Body massage
- 1 x 60 min Absolute Thai Stretch massage
- 1 x 30 min Exit Pilates consultation
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga & Meditation
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Roundtrip airport transfers
- 6 Nights accommodation

Terms & Conditions:

- All prices are net
- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht
- All treatments are strictly non-exchangeable
- Package inclusions subject to change without prior notice at resort's discretion

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7-DAY PILATES REFORMER BOOTCAMP PACKAGE

Package Inclusions:

- 1 x Initial Wellness Consultation with Bio Impedance Analysis
- 1 x Arrival Day Welcome Dinner
- 3 x Wellness Cuisine Meals a day
- 2 x Juices/Smoothies a day
- 1 x 30 min Postural Analysis
- 2 x Private Pilates session
- 2 x Group Pilates Reformer classes a day
- 1 x 45 min Upper Body Flow and Head Massage
- 1 x 45 min Facial Yoga Treatment
- 1 x 60 min Fit Body Massage
- 1 x 60 min Deep Calm Massage
- 1 x 60 min Absolute Thai Stretch massage
- 1 x 30 min Exit Pilates consultation
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga & Meditation
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Roundtrip airport transfers
- 8 Nights accommodation

Terms & Conditions:

- All prices are net
- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht
- All treatments are strictly non-exchangeable
- Package inclusions subject to change without prior notice at resort's discretion

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Women's Holistic Health Packages



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WOMEN'S HOLISTIC HEALTH PACKAGES

5-DAY WOMEN'S HOLISTIC HEALTH PACKAGE

Package Inclusions:

- Initial Wellness Consultation with Bio impedance reading
- 1 x Arrival Day Welcome Dinner
- 3 x Wellness Cuisine Meals per day
- 2 x Juices/Smoothies a day
- 1 x Balance Your Hormones Consultation
- 1 x Lifestyle Nutrition Coaching
- Initial Fitness Assessment
- 2 x 60 min Personalized Fitness session
- 1 x 60 min Private Yoga session
- 1 x 60 min Private Pilates session
- 1 x 60 min Private Stretching session
- 2 x Group Pilates Reformer class
- 2 x 30 min Far Infrared Sauna session
- 1 x 30 min Herbal Heat steam
- 1 x 90 min Inner Reset Detox Ritual Treatment
- 1 x 60 min Choice of Deep Calm or Fit Body Massage
- 1 x 45 min Facial Yoga Treatment
- 1 x 15 min Deep Calm Foot Soak
- 1 x 60 min Absolute Foot Sanctuary
- Final consultation with take-home guidelines
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga & Meditation
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Roundtrip airport transfers
- 6 Nights accommodation

Terms & Conditions:

- All prices are net
- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht
- All treatments are strictly non-exchangeable
- Package inclusions subject to change without prior notice at resort's discretion

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7-DAY WOMEN'S HOLISTIC HEALTH PACKAGE

Package Inclusions:

- Initial Wellness Consultation with Bio impedance reading
- 1 x Arrival Day Welcome Dinner
- 3 x Wellness Cuisine Meals per day
- 2 x Juices/Smoothies a day
- 1 x Balance Your Hormones Consultation
- 1 x Lifestyle Nutrition Coaching
- Initial Fitness Assessment
- 2 x 60 min Personalized Fitness session
- 2 x 60 min Private Yoga session
- 2 x 60 min Private Pilates session
- 1 x 60 min Private Stretching session
- 3 x Group Pilates Reformer class
- 3 x 30 min Far Infrared Sauna session
- 2 x 30 min Herbal Heat steam
- 1 x 90 min Inner Reset Detox Ritual Treatment
- 1 x 60 min Choice of Deep Calm or Fit Body Massage
- 1 x 45 min Facial Yoga Treatment
- 2 x 15 min Deep Calm Foot Soak
- 1 x 60 min Absolute Foot Sanctuary
- 1 x 45 min Target Area Body Sculpting Treatment
- 1 x 45 min Body Fit Wrap
- Final consultation with take-home guidelines
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga & Meditation
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Roundtrip airport transfers
- 8 Nights accommodation

Terms & Conditions:

- All prices are net
- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht
- All treatments are strictly non-exchangeable
- Package inclusions subject to change without prior notice at resort's discretion

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10-DAY WOMEN'S HOLISTIC HEALTH PACKAGE

Package Inclusions:

- Initial Wellness Consultation with Bio impedance reading
- 1 x Arrival Day Welcome Dinner
- 3 x Wellness Cuisine Meals per day
- 2 x Juices/Smoothies a day
- 1 x Balance Your Hormones Consultation
- 1 x Lifestyle Nutrition Coaching
- 1 x Personalized Supportive therapy
- Initial Fitness Assessment
- 3 x 60 min Personalized Fitness session
- 2 x 60 min Private Yoga session
- 2 x 60 min Private Pilates session
- 5 x Group Pilates Reformer class
- 3 x 60 min Private Stretching session
- 5 x 30 min Far Infrared Sauna session
- 3 x 30 min Herbal Heat steam
- 1 x 90 min Inner Reset Detox Ritual Treatment
- 3 x 60 min Choice of Deep Calm or Fit Body or Inner Reset Body Massage
- 1 x 45 min Facial Yoga Treatment
- 3 x 15 min Deep Calm Foot Soak
- 2 x 60 min Absolute Foot Sanctuary
- 1 x 45 min Target Area Body Sculpting Treatment
- 1 x 45 min Body Fit Wrap
- 1 x 75 min Face Jade Radiance Facial Treatment
- Final consultation with take-home guidelines
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga & Meditation
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Roundtrip airport transfers
- 11 Nights accommodation

Terms & Conditions:

- All prices are net
- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht
- All treatments are strictly non-exchangeable
- Package inclusions subject to change without prior notice at resort's discretion

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Men's Vitality Packages



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MEN'S VITALITY PACKAGES

5-DAY MEN'S VITALITY PACKAGE

Package Inclusions:

- Initial Wellness Consultation with Bio impedance reading
- 1 x Arrival Day Welcome Dinner
- 3 x Wellness Cuisine Meals per day
- 2 x Juices/Smoothies a day
- 1 x Lifestyle Nutrition Coaching
- 1 x Stress Management session
- Initial Fitness Assessment
- 1 x 60 min Personalized Fitness session
- 1 x 60 min Private Yoga session
- 1 x 60 min Private Pilates session
- 1 x 60 min Private Core Suspend session
- 1 x 60 min Private Stretching session
- 2 x Group Pilates Reformer class
- 2 x 30 min Far Infrared Sauna session
- 2 x 30 min Herbal Heat steam
- 1 x 90 min Inner Reset Detox Ritual Treatment
- 2 x 60 min Choice of Deep Calm or Fit Body or Inner Reset Body Massage
- 1 x 60 min Absolute Thai Stretch massage
- 1 x 60 min Absolute Foot Sanctuary
- Final consultation with take-home guidelines
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga & Meditation
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Roundtrip airport transfers
- 6 Nights accommodation

Terms & Conditions:

- All prices are net
- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht
- All treatments are strictly non-exchangeable
- Package inclusions subject to change without prior notice at resort's discretion

ABSOLUTE SANCTUARY

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7-DAY MEN'S VITALITY PACKAGE

Package Inclusions:

- Initial Wellness Consultation with Bio impedance reading
- 1 x Arrival Day Welcome Dinner
- 3 x Wellness Cuisine Meals per day
- 2 x Juices/Smoothies a day
- 1 x Lifestyle Nutrition Coaching
- 1 x Stress Management session
- Initial Fitness Assessment
- 2 x 60 min Personalized Fitness session
- 1 x 60 min Private Yoga session
- 2 x 60 min Private Pilates session
- 1 x 60 min Private Core Suspend session
- 1 x 60 min Private Stretching session
- 3 x Group Pilates Reformer class
- 3 x 30 min Far Infrared Sauna session
- 2 x 30 min Herbal Heat Steam
- 1 x 90 min Inner Reset Detox Ritual Treatment
- 3 x 60 min Choice of Deep Calm or Fit Body or Inner Reset Body Massage
- 1 x 60 min Absolute Foot Sanctuary
- 1 x 60 min Absolute Thai Stretch massage
- 1 x 45 min Upper Body Flow and Head Massage
- Final consultation with take-home guidelines
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga & Meditation
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Roundtrip airport transfers
- 8 Nights accommodation

Terms & Conditions:

- All prices are net
- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht
- All treatments are strictly non-exchangeable
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10-DAY MEN'S VITALITY PACKAGE

Package Inclusions:

- Initial Wellness Consultation with Bio impedance reading
- 1 x Arrival Day Welcome Dinner
- 3 x Wellness Cuisine Meals per day
- 2 x Juices/Smoothies a day
- 1 x Lifestyle Nutrition Coaching
- 1 x Stress Management session
- 1 x Personalized Supportive therapy
- Initial Fitness Assessment
- 3 x 60 min Personalized Fitness session
- 2 x 60 min Private Yoga session
- 2 x 60 min Private Pilates session
- 1 x 60 min Private Core Suspend session
- 2 x 60 min Private Stretching session
- 5 x Group Pilates Reformer class
 - 5 x 30 min Far Infrared Sauna session
 - 3 x 30 min Herbal Heat Steam
- 1 x 90 min Inner Reset Detox Ritual Treatment
- 4 x 60 min Choice of Deep Calm or Fit Body or Inner Reset Body Massage
- 2 x 60 min Absolute Foot Sanctuary
- 1 x 60 min Absolute Thai Stretch massage
- 1 x 45 min Upper Body Flow and Head Massage
- 1 x 45 min Mood Boosting Facial Treatment
- Final consultation with take-home guidelines
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga & Meditation
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Roundtrip airport transfers
- 11 Nights accommodation

Terms & Conditions:

- All prices are net
- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht
- All treatments are strictly non-exchangeable
- Package inclusions subject to change without prior notice at resort's discretion

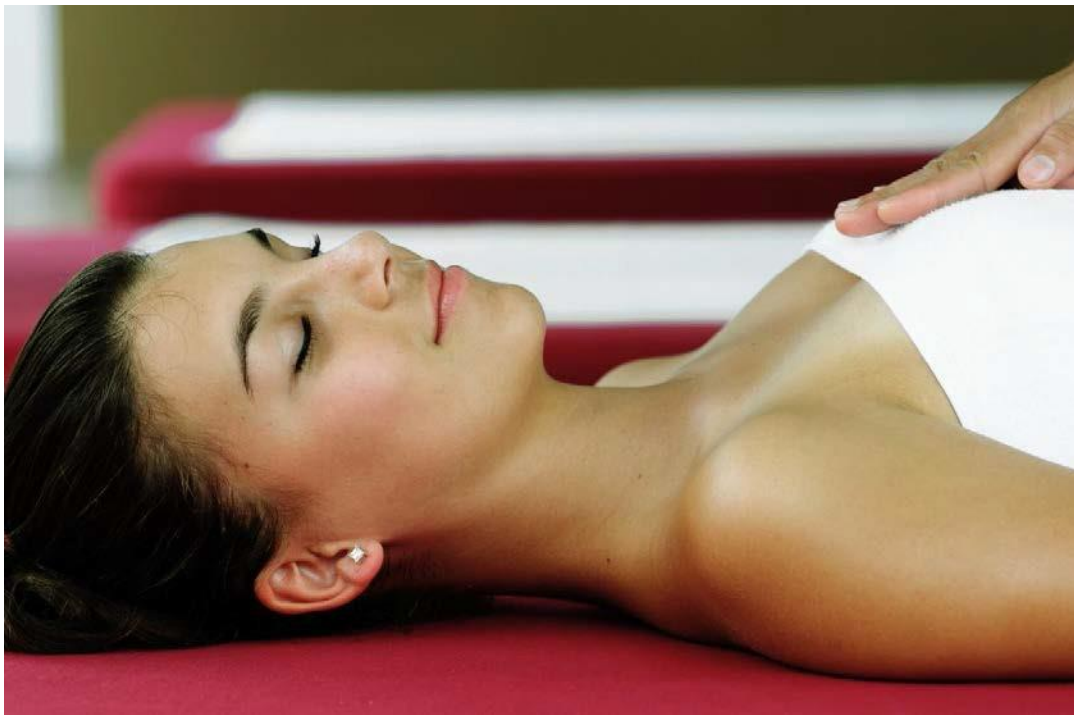
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Sleep Well Packages



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5-DAY SLEEP WELL PACKAGE

Package Inclusions:

- Initial Wellness Consultation with Bio impedance reading
- 1 x Arrival Day Welcome Dinner
- 3 x Wellness Cuisine meals a day
- 2 x Fresh Juices or Smoothies per day
- 1 x Sleep Therapy session
- 1 x 60 min Personalized Supportive therapy
- 2 x 60 min Private evening Yoga Nidra/candlelit meditation session
- 1 x 90 min Sleep well massage ritual per evening
- Nightly Sleep well turndown with relaxing aroma oils and herbal tea blend
- 1 x 60 min Inner Reset Detox Massage
- 1 x 90 min Absolute Thai Stretch massage with herbal heat compress
- 1 x 45 min Upper Body Flow and Head Massage
- 1 x 60 min Beauty Sleep Facial Treatment
- 1 x 30 min Far Infrared Sauna session
- 3 x 30 min Herbal Heat Steam
- 1 x Group Pilates reformer/core suspend class
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga & Meditation
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Roundtrip airport transfers
- 6 Nights accommodation

Terms & Conditions:

- All prices are net
- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht
- All treatments are strictly non-exchangeable
- Package inclusions subject to change without prior notice at resort's discretion

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7-DAY SLEEP WELL PACKAGE

Package Inclusions:

- Initial Wellness Consultation with Bio impedance reading
- 1 x Arrival Day Welcome Dinner
- 3 x Wellness Cuisine meals a day
- 2 x Fresh Juices or Smoothies per day
- 1 x Sleep Therapy session
- 1 x 60 min Personalized Supportive therapy
- 1 X 60 min Reiki session
- 3 x 60 min Private evening Yoga Nidra/candlelit meditation session
- 1 x 90 min Sleep well massage ritual per evening
- Nightly Sleep well turndown with relaxing aroma oils and herbal tea blend
- 2 x 60 min Inner Reset Detox massage
- 1 x 60 min Beauty Sleep Facial Massage
- 1 x 90 min Absolute Thai Stretch massage with herbal heat compress
- 1 x 45 min Upper Body Flow and Head Massage
- 2 x 30 min Far Infrared Sauna session
- 3 x 30 min Herbal Heat Steam
- 1 x Group Pilates reformer/core suspend class
- Pool, Steam room & Fitness studio access
- Unlimited Yoga class & group meditation sessions
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 10% Discount on all Spa, Detox, Ala carte treatments & Yoga, Pilates classes
- Round trip airport transfers
- 8 Nights accommodation

Terms & Conditions:

- All prices are net
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- All packages are to be settled in Thai Baht
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10-DAY SLEEP WELL PACKAGE

Package Inclusions:

- Initial Wellness Consultation with Bio impedance reading
- 1 x Arrival Day Welcome Dinner
- 3 x Wellness Cuisine meals a day
- 2 x Fresh Juices or Smoothies per day
- 2 x Sleep Therapy session
- 1 x 60 min Personalized Supportive therapy
- 1 X 60 min Reiki session
- 4 x 60 min Private evening Yoga Nidra/candlelit meditation session
- 1 x 90 min Sleep well massage ritual per evening
- Nightly Sleep well turndown with relaxing aroma oils and herbal tea blend
- 2 x 60 min Inner Reset Detox massage
- 2 x 90 min Absolute Thai Stretch massage with herbal heat compress
- 2 x 45 min Upper Body Flow and Head Massage
- 1 x 60 min Beauty Sleep Facial Massage
- 4 x 30 min Far Infrared Sauna session
- 4 x 30 min Herbal Heat Steam
- 1 x Group Pilates reformer/core suspend class
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga & Meditation
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Roundtrip airport transfers
- 11 Nights accommodation

Terms & Conditions:

- All prices are net
- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht
- All treatments are strictly non-exchangeable
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Rest & Rebalance Packages



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REST & REBALANCE PACKAGES

5-DAY REST & REBALANCE PACKAGE

Package Inclusions:

- Initial Wellness Consultation with Bio impedance reading
- 1 x Arrival Day Welcome Dinner
- 3 x Wellness Cuisine meals a day
- 2 x Fresh Juices or Smoothies per day
- 1 x Life Balance Coaching Session
- 1 x Stress Management session
- 1 x 60 min Reiki session
- 1 x 60 min Private Yoga session
- 1 x 60 min Private Pilates session
- 2 x 60 min Deep Calm Body Massage
- 1 x 45 min Upper Body Flow and Head Massage
- 1 x 90 min Absolute Thai Stretch massage with Herbal Heat Compress
- 1 x 60 min Absolute Foot Sanctuary
- 1 x 15 min Deep Calm Foot Soak
- 2 x 30 min Herbal Heat Steam
- 1 x Group Pilates reformer/core suspend class
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga and Meditation
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Roundtrip airport transfers
- 6 Nights accommodation

Terms & Conditions:

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- All packages are non-refundable & non-transferable
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- All treatments are strictly non-exchangeable
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7-DAY REST & REBALANCE PACKAGE

Package Inclusions:

- Initial Wellness Consultation with Bio impedance reading
- 1 x Arrival Day Welcome Dinner
- 3 x Wellness Cuisine meals a day
- 2 x Fresh Juices or Smoothies per day
- 2 x Life Balance Coaching Session
- 1 x Stress Management session
- 1 x 60 min Reiki session
- 2 x 60 min Private Yoga session
- 2 x 60 min Private Pilates session
- 2 x 60 min Deep Calm Body Massage
- 1 x 45 min Upper Body Flow and Head Massage
- 1 x 90 min Absolute Thai Stretch massage with Herbal Heat Compress
- 2 x 60 min Absolute Foot Sanctuary
- 2 x 15 min Deep Calm Foot Soak
- 1 x 45 min Facial Yoga Treatment
- 4 x 30 min Herbal Heat steam
- 1 x Group Pilates reformer/core suspend class
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga & Meditation
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Roundtrip airport transfers
- 8 Nights accommodation

Terms & Conditions:

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10-DAY REST & REBALANCE PACKAGE

Package Inclusions:

- Initial Wellness Consultation with Bio impedance reading
- 1 x Arrival Day Welcome Dinner
- 3 x Wellness Cuisine meals a day
- 2 x Fresh Juices or Smoothies per day
- 2 x Life Balance Coaching Session
- 2 x Stress Management session
- 1 x 60 min Reiki session
- 3 x 60 min Private Yoga session
- 3 x 60 min Private Pilates session
- 2 x 60 min Deep Calm Body Massage
- 2 x 45 min Upper Body Flow and Head Massage
- 2 x 90 min Absolute Thai Stretch massage with Herbal Heat Compress
- 2 x 60 min Absolute Foot Sanctuary
- 2 x 15 min Deep Calm Foot Soak
- 1 x 60 min Vibrant Day or Beauty Sleep Facial Treatment
- 6 x 30 min Herbal Heat steam
- 1 x Group Pilates reformer/core suspend class
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga & Meditation
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Roundtrip airport transfers
- 11 Nights accommodation

Terms & Conditions:

- All prices are net
- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht
- All treatments are strictly non-exchangeable
- Package inclusions subject to change without prior notice at resort's discretion

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Mindfulness Package



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MINDFULNESS PACKAGES

5-DAY MINDFULNESS PACKAGE

Package Inclusions:

- Initial Wellness Consultation with Bio impedance reading
- 1 x Arrival Day Welcome Dinner
- 3 x Wellness Cuisine meals a day
- 2 x Fresh Juices or Smoothies per day
- 1 x Conscious Life Coaching session
- 2 x 60 min Private Meditation session
- 1 x 60 min Private Yoga Nidra session
- 2 x 60 min Private Pranayama session
- 1 x 60 min Inner Reset Detox massage
- 1 x 60 min Deep Calm Body massage
- 1 x 60 min Absolute Foot Sanctuary
- 1 x 45 min Upper Body Flow and Head Massage
- 1 x 15 min Deep Calm Foot Soak
- 1 x 60 min Indian Head massage
- 3 x 30 min Herbal Heat steam
- Pool, Steam room & Fitness studio access
- 1 x Group Pilates reformer/core suspend class
- Unlimited access Group Yoga & Meditation
 - Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Roundtrip airport transfers
- 6 Nights accommodation

Terms & Conditions:

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- All packages are to be settled in Thai Baht
- All treatments are strictly non-exchangeable
- Package inclusions subject to change without prior notice at resort's discretion

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7-DAY MINDFULNESS PACKAGE

Package Inclusions:

- Initial Wellness Consultation with Bio impedance reading
- 1 x Arrival Day Welcome Dinner
- 3 x Wellness Cuisine meals a day
- 2 x Fresh Juices or Smoothies per day
- 2 x Conscious Life Coaching session
- 3 x 60 min Private Meditation session
- 2 x 60 min Private Yoga Nidra session
- 2 x 60 min Private Pranayama session
- 1 x 60 min Inner Reset Detox massage
- 2 x 60 min Deep Calm Body massage
- 2 x 60 min Absolute Foot Sanctuary
- 2 x 45 min Upper Body Flow and Head Massage
- 2 x 15 min Deep Calm Foot Soak
- 1 x 60 min Indian Head massage
- 4 x 30 min Herbal Heat steam
- 1 x Group Pilates reformer/core suspend class
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga & Meditation
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Roundtrip airport transfers
- 8 Nights accommodation

Terms & Conditions:

- All prices are net
- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht
- All treatments are strictly non-exchangeable
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10-DAY MINDFULNESS PACKAGE

Package Inclusions:

- Initial Wellness Consultation with Bio impedance reading
- 1 x Arrival Day Welcome Dinner
- 3 x Wellness Cuisine meals a day
- 2 x Fresh Juices or Smoothies per day
- 3 x Conscious Life Coaching session
- 4 x 60 min Private Meditation session
- 3 x 60 min Private Yoga Nidra session
- 3 x 60 min Private Pranayama session
- 2 x 60 min Inner Reset Detox massage
- 2 x 60 min Deep Calm Body massage
- 2 x 60 min Absolute Foot Sanctuary
- 2 x 45 min Upper Body Flow and Head Massage
- 1 x 60 min Indian Head massage
- 2 x 15 min Deep Calm Foot Soak
- 1 x 45 min Facial Yoga Treatment
- 5 x 30 min Herbal Heat steam
- 1 x Group Pilates reformer/core suspend class
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga & Meditation
 - Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 2 x 45 min Upper Body Flow and Head Massage
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Roundtrip airport transfers
- 11 Nights accommodation

Terms & Conditions:

- All prices are net
- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht
- All treatments are strictly non-exchangeable
- Package inclusions subject to change without prior notice at resort's discretion

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Wellness Getaway Package



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3 DAYS 2 NIGHTS WELLNESS GETAWAY PACKAGE

Package Inclusions:

- 2 x Wellness Cuisine Breakfast
- 2 x Wellness Cuisine Lunch
- 2 x Group Yoga class
- 1 x Group Pilates reformer class
- 1 x 60 min Deep Calm Massage
- 1 x Choice of 90 min Absolute Thai Stretch massage or Absolute Foot Sanctuary
- Pool, Steam room & Fitness studio access
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- ☐ 10% discount on all Spa, Detox, Ala carte treatments & yoga, Pilates classes
- ☐ Roundtrip Airport Transfer
- ☐ 2 Nights accommodation

Terms & Conditions:

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Lifestyle Change Package



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LIFESTYLE CHANGE PACKAGES

30-DAY LIFESTYLE CHANGE PACKAGE

Standard Inclusions (Throughout the package):

- Initial in-depth wellness consultation with bio impedance analysis
- 1 x Arrival Day welcome dinner
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga, Meditation
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- Roundtrip airport transfers
- 31 Nights accommodation

Phase 1: Cleanse (7 Days)

Clean the body, clear the mind, get to know thyself

Start your program by embarking on a fasting and detox journey, clearing and ridding the body of toxins and releasing old energy before you start anew with new plans and goals.

Take this time to reconnect with yourself, renew your health goals and determine your long-term desires with the help and support of our team.

Phase 1 Program includes:

- 2 x Detox meals a day
- 2 x Detox Drinks per day
- 2 x Good Green Stuffshots per day
- 2 x Liver Flush drinks (1 before and 1 after the program)
- 1x Coconut Juice per day
- Unlimited broth soups per day
- 4 x Colon Hydrotherapy session
- 1 x Lifestyle coaching session
- 3 x 30 min Far Infrared Sauna session
- 1 x 90 min Inner Reset Detox Ritual Treatment
- 1 x 60 min Manual Lymphatic Drainage massage therapy
- 1 x 45 min Core Release Massage
- ☐ 3 x 15 min Inner Reset Foot Soak
- ☐ 2 x 60 min Absolute Thai Stretch massage
- ☐ 1 x 60 min Oil massage (Swedish or Aroma)
- ☐ 1 x 60 min Absolute Foot Sanctuary
- ☐ 2 x Group Pilates reformer/core suspend class

Phase 2: Transform (14 Days)

Creating Changes, taking the first steps, feel your body, feel your mind.

You enter this phase of transformation refreshed ready to start to create and learn new healthy habits for life. This phase has a stronger emphasis in bridging the mind and body connection. Instilling the practice of being “mindful” and compassionate towards our bodies, ourselves and our thoughts. Exercise and body movement activities begin in this phase in a more Personalised setting. The variety of activities allows you to focus more specifically on each type of activity to gain more knowledge and learn the foundations of these practices to take with you after you leave.

*Two rest days will be allocated for 30-day program



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Phase 2 Program includes:

- Initial Fitness Assessment
- 3 x Wellness Cuisine meals a day
- 1 x Power Blast shake per day
- 2 x Lifestyle coaching session
- 1 x Nutritional Coaching session
- 1 x Stress Management session
- 13 x 60 min Personalized Fitness session
- 2 x 60 min Private Yoga session
- 2 x 60 min Private Pilates session
- 2 x 30 min Private Stretching session
- 6 x Group Pilates Reformer class
- 4 x Group Core Suspend class
- 7 x 30 min FAR Infrared Sauna session
- 1 x 60 min Fit Body Massage
- 2 x 60 min Deep Calm Body Massage
- 2 x 45 min Upper Body Flow and Head Massage
- 2 x 60 min Absolute Foot Sanctuary
- 1 x 60 min Indian Head Massage
- 2 x 90 min Absolute Thai Stretch massage with Herbal Heat Compress
- 1 x 45 min Target Area Body Sculpting Treatment
- 1 x 45 min Body Fit Wrap Treatment
- 1 x Half Day Island tour
- 1 x Cooking class

Phase 3: Anew (7 Days)

Celebrate a new YOU! Embrace your new self, enjoy cultural and spiritual explorations.

You enter this phase feeling the benefits of all the trainings and treatments you have done, feeling positively charged, empowered and transformed. As the program draws to a close, you will have the chance to pursue more leisure and fun activities to celebrate your new self. An integral part of this phase is the symbolic releasing activity to let go of any bad habits and a monk blessing to welcome the new you. Everything works together this week to seal all your hard work, solidify and integrate them within. You leave confident and ready to take on the world.

Phase 3 Program includes:

- 3 x Wellness Cuisine meals a day
- 2 x Fresh Juices & smoothies a day
- 1 x Departure celebratory dinner
- 2 x Group Pilates Reformer class
- 1 x 60 min Deep Calm Body Massage
- 3 x 60 min Absolute Foot Sanctuary
- 3 x 15 min Deep Calm Foot Soak
- 1 x 45 min Facial Yoga treatment
- 1 x 60 min Absolute Thai Stretch massage
- 1 x 75 min Face Jade Radiance Facial Treatment
- 1 x 45 min Renewing Body Polish Scrub
- 1 x 45 min Deep Calm body wrap
- 1 x temple visit & monk blessing session
- 1 x Krathong releasing session
- Exit wellness consultation with take-home guidelines
- Final private Pilates Reformer session with take home workout plan
- Final private Yoga sessions with take home workout plan
- Final lifestyle coaching session
- Final fitness consultation with take home workout plan

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60-DAY LIFESTYLE CHANGE PACKAGE

Standard Inclusions (Throughout the package):

- Initial in-depth wellness consultation with bio impedance analysis
- 1 x Arrival Day welcome dinner
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga & Meditation
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Roundtrip airport transfers
- 61 Nights accommodatio

Phase 1: Cleanse (14 Days)

Clean the body, clear the mind, get to know thyself

Start your program by embarking on a fasting and detox journey, clearing and ridding the body of toxins and releasing old energy before you start anew with new plans and goals.

Take this time to reconnect with yourself, renew your health goals and determine your long-term desires with the help and support of our team.

Phase 1 Program includes:

- 2 x Detox meals a day
- 2 x Detox Drinks per day
- 2 x Good Green Stuffshots per day
- 2 x Liver Flush drinks (1 before and 1 after the program)
- 1x Coconut Juice per day
- Unlimited broth soups per day
- 8 x Colon Hydrotherapy session
- 2 x Lifestyle coaching session
- 6 x 30 min Far Infrared Sauna session
- 1 x 90 min Inner Reset Detox Ritual Treatment
- 2 x 60 min Manual Lymphatic Drainage massage therapy
- 2 x 45 min Core Release Massage
- ☐ 5 x 15 min Inner Reset Foot Soak
- ☐ 4 x 60 min Absolute Thai Stretch massage
- ☐ 2 x 60 min Oil massage (Swedish or Aroma)
- ☐ 2 x 60 min Absolute Foot Sanctuary
- ☐ 1 x 45 min Deep Calm Body Wrap
- ☐ 4 x Group Pilates reformer/core suspend clas

Phase 2: Transform (35 Days)

Creating Changes, taking the first steps, feel your body, feel your mind.

You enter this phase of transformation refreshed ready to start to create and learn new healthy habits for life. This phase has a stronger emphasis in bridging the mind and body connection. Instilling the practice of being "mindful" and compassionate towards our bodies, ourselves and our thoughts. Exercise and body movement activities begin in this phase in a more Personalised setting. The variety of activities allows you

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to focus more specifically on each type of activity to gain more knowledge and learn the foundations of these practices to take with you after you leave.

**Five rest days will be allocated for 60-day program*

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Phase 2 Program includes:

- Initial Fitness Assessment
- 3 x Wellness Cuisine Meals a day
- 1 x Power Blast shake per day
- 5 x Lifestyle coaching sessions
- 2 x Nutritional Coaching Session
- 34 x 60 min Personalised Fitness session
- 5 x 60 min Private Yoga session
- 5 x 60 min Private Pilates session
- 5 x 30 min Private Stretching session
- 15 x Group Pilates Reformer class
- 10 x Group Core Suspend class
- 3 x Stress Management session
- 18 x 30 min FAR Infrared Sauna session
- 4 x 60 min Body Fit Massage
- 5 x 45 min Upper Body Flow and Head Massage
- 3 x 60 min Deep Calm Body Massage
- 5 x 60 min Absolute Foot Sanctuary
- 2 x 60 min Indian Head massage
- 5 x 90 min Absolute Thai Stretch massage with Herbal Heat compress
- 2 x 45 min Renewing Body Polish Scrub
- 2 x 45 min Target Area Body Sculpting Treatment
- 1 x 45 min Facial Yoga Treatment
- 1 x 45 min Body Fit wrap
- 1 x Half day island tour
- 1 x Cooking class

Phase 3: Anew (7 Days)

Celebrate a new YOU! Embrace your new self, enjoy cultural and spiritual explorations.

You enter this phase feeling the benefits of all the trainings and treatments you have done, feeling positively charged, empowered and transformed. As the program draws to a close, you will have the chance to pursue more leisure and fun activities to celebrate your new self. An integral part of this phase is the symbolic releasing activity to let go of any bad habits and a monk blessing to welcome the new you. Everything works together this week to seal all your hard work, solidify and integrate them within. You leave confident and ready to take on the world.

Phase 3 Program includes:

- 3 x Wellness Cuisine meals a day
- 2 x Fresh Juices & smoothies a day
- 1 x Departure celebratory dinner
- 2 x Group Pilates Reformer class
- 1 x 60 min Deep Calm Massage
- 3 x 60 min Absolute Foot Sanctuary
- 3 x 15 min Deep Calm Foot Soak
- 1 x 45 min Facial Yoga treatment
- 1 x 60 min Absolute Thai Stretch massage
- 1 x 75 min Face Jade Radiance Facial Treatment
- 1 x 45 min Renewing Body Polish Scrub
- 1 x 45 min Deep Calm body wrap
- 1 x Temple visit & monk blessing session
- 1 x Krathong releasing session
- Exit wellness consultation with take-home guidelines
- Final private Pilates reformer session with take home workout plan
- Final private Yoga sessions with take home workout plan
- Final lifestyle coaching session
- Final fitness consultation with take home workout plan

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The Absolute 12-Day Signature Packages



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THE ABSOLUTE WELLNESS SIGNATURE PACKAGE

12-DAY THE ABSOLUTE WELLNESS SIGNATURE PACKAGE

Phase 1: Cleanse (3 Days) program Includes:

- 2 or 4 Detox drinks per day depending on program (during program period)
- 2 x Good Green Stuff shots per day (during program period)
- 2 x Detox meals a day (if not fasting) (during program period)
- 2 x Liver Flush Drinks (1 before & 1 after the program)
- 1 x Coconut Juice per day (during program period)
- 1 x Coconut Juice per day (during program period)
- Unlimited broth soups
- 1 x Colon hydrotherapy session per day
- 1 x 60-min Inner Reset Detox Massage
- 1 x Group Pilates Reformer/Core Suspend class

Phase 2: Move (7 Days) program includes:

- Initial Fitness Assessment
- 3 x Wellness Cuisine meals a day (during program period)
- 1 x Power Blast shake per day (during program period)
- 4 x 30 min Far Infrared sauna session
- 1 x 60 min Deep Clam Body Massage
- 1 x 45 min Upper Body Flow & Head Massage
- 1 x 60 min Fit Body Massage
- 1 x 60 min Absolute Foot Sanctuary
- 1 x 90 min Thai Massage with Herbal Heat Compress
- 5 x Personalized Fitness Sessions
- 1 x Private Pilates Reformer class
- 1 x Private Yoga class
- 1 x 30 min Private Stretching session
- 2 x Group Core Suspend class
- 3 x Group Pilates Reformer classes

Phase 3: Pamper (2 Days) program includes:

- 3 Wellness Cuisine meals a day
- Exit wellness consultation with take-home guidelines
- 1 temple visit & monk blessing session
- 1 x Choice of 60 min Oil (Aroma or Swedish) or Thai massage
- 1 x 60 min Absolute Rejuvenation Massage
- 1 x 60 min Absolute Foot Sanctuary
- Final fitness consultation with personalized take home workout program

Additional Inclusions:

- Initial in-depth wellness consultation with bio impedance analysis
- 1 x Arrival day welcome dinner
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga & Meditation
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- Roundtrip airport transfers
- 13 Nights accommodation

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THE ABSOLUTE SIGNATURE DETOX PACKAGE

12-DAY ABSOLUTE SIGNATURE DETOX PACKAGE

(ULTIMATE OR 2 DETOX MEALS)

Package Inclusions:

- Initial In-Depth Detox Consultation with Bio Impedance Analysis
- 1 x Arrival Day Welcome Dinner
- Unlimited broth soups per day
- 3 x Group Pilates Reformer/Core Suspend class
- Final detox consultation with take-home guidelines
- Pool, Steam room & Fitness studio access
- Unlimited access Group Yoga & Meditation
- Unlimited access to Group fitness classes (Sunrise Beach Walk, Aqua power, HIIT Training, Myofascial, Weight Training, subject to group schedule of each week)
- 10% Discount on all Spa, Detox, Ala carte treatments, Pilates classes
- Roundtrip airport transfers
- 13 Nights accommodation

3 days Pre-Cleanse:

- Day 1: 2 x Alkalizer Drinks at Pool Bar
- Day 2 & Day 3: 2 x Liver Flush Drinks per day
- 3 x Detox Meals at Love kitchen
- 1 x Hydrating Drink at Detox Center (daily)
- 1 x 90 min Inner Reset Detox Ritual Massage
- 1 x 45 min Core Release Massage

7 days Cleanse:

- 1 x Liver Flush Drink before & After program
- 3 x Detox Drinks + 1 Apple juice per day if on fasting
- 2 x Detox Drinks + 2 Detox Meals per day if not fasting
- 2 x Good Green Stuff shots per day
- 1 x Coconut Juice per day
- 1 x Colon Hydrotherapy session per day
- 2 x 60 min Inner Reset Detox Massage
- 1 x 45 min Core Release Massage
- 1 x 60 min MLD Massage

2.5 days Gut rejuvenating program:

- Day 1: Rejuvelac Drinks, Thai liquid herbal laxative, Fruit plate, pick up sticks snack, faster's salad
- Day 2: Probiotic capsules, fruit plate, Rejuvelac salad, light detox meal
- Day 3: Fruit juice, light detox meals
- 1 x 60 min Inner Reset Detox Massage
- 2 x 60 min Deep Calm Massage
- 1x Final Consultation with take home guidelines

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**Additional Inclusions:**

- 5 x 30 min Inner Reset Foot Soak
- 3 x 60 min Absolute Foot Sanctuary
- 1 x 45 min Mood Boosting Facial Treatment
- 1 x 45 min Deep Calm Body Wrap
- 1 x 75 min Face Jade Radiance Treatment
- 1 x 60 min Reiki session
- 1 x 60 min Stress Management Session
- 1 x Private Yoga session
- 1 x Lifestyle Nutrition Coaching Session
- 1 x Private Yoga Nidra session
- 5 x 30 min FAR infrared sauna session
- 4 x 30 min Herbal Heat steam

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