

amanpuri wellness retreat: a journey to rejuvenation

8 Days

Retreat to a luxurious haven on Phuket's stunning peninsula, where the pristine waters of the Andaman Sea set the backdrop for an immersive wellness experience.



Days 2-7: Immersive Cleansing Experience | Daily Wellness Rituals Morning Routine

Start each day with a refreshing detoxifying juice shot, followed by a serene morning yoga session to awaken your body and mind. Conclude the morning with a light, nutritious breakfast. Afternoon Indulgence In the afternoon, experience calming reflexology and a lymphatic drainage massage. After a rejuvenating dip in the jacuzzi, enjoy a healthy lunch accompanied by a vitamin-rich elixir designed to invigorate your senses. Evening Relaxation As the sun sets, engage in a colon hydrotherapy session that purifies your system, preparing you for a tranquil Tai Chi session as day transitions to night. Wind down with a specially crafted, wholesome dinner.



Day 1: Arrival | Begin Your Wellness Journey

Upon arrival at Amanpuri, settle into your private villa and meet with the Wellness Specialist for a thorough consultation and assessment. Based on this evaluation, you will receive a personalized seven-day program detailing your daily activities and meal plans tailored to enhance your wellness journey.



Day 8: Departure | Reflecting on Your Transformation

After your final morning yoga session and a soothing digestive herbal elixir, meet once more with your Wellness Specialist. Together, you will review your wellness journey and discuss strategies to maintain your newfound vitality as you return home.