

Thailand, Amanpuri Wellness Immersion

10 Days / 09 Nights



★ Anglo Indiago Travels (P) Limited ★

ROUTE: Bangkok - Phuket, Thailand

Amanpuri – which means “place of peace” – complements the natural beauty of its Phuket setting.

Day 01: Arrive Bangkok

Arrive in the capital, Bangkok. Besides one of the world’s top tourist destinations, Bangkok also ranks as one of the world’s best food cities and Asia’s food capital. As Thailand’s main culinary epicenter, Bangkok provides a delicious plethora of dining options, while its distinctive street food culture is ranked as some of the world’s best. Night stay.

Day 02: Bangkok

Full day to explore Bangkok. Explore the famous sites by way of Skytrain, river boat and tuk-tuk or take a traditional paddle boat through the maze of canals at the fascinating floating market. If you wish enjoy one of Bangkok’s luxury rooftop bars and watch the sun set with a delicious cocktail?

Day 03: Bangkok - Phuket

Transfer to Phuket. After checking in and settling into your Villa at Amanpuri, meet with the Wellness Specialist for an in-depth consultation and assessment. You will receive a customized, seven-day, detailed programme prescribing your activities and meals based on the outcome of the assessment.

Day 4-9: Cleanse Programme

Morning

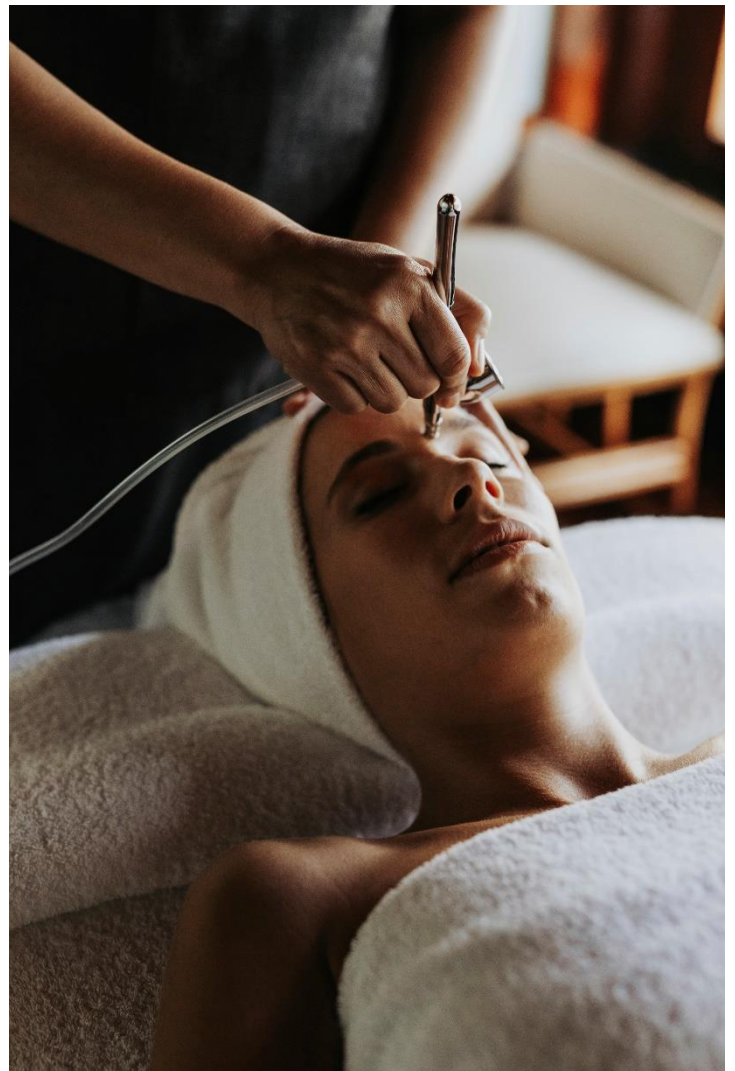
- Awake early and start your day with a detoxifying shot of juice. Shortly thereafter, partake in a peaceful morning movement yoga session ending with a light breakfast.

Afternoon

- In the afternoon, enjoy a calming reflexology treatment and a lymphatic drainage massage. After a dip in the jacuzzi, sit-down for a healthy lunch and vitamin rich elixir that awaken your senses.

Evening

- In the early evening you will have a colon hydrotherapy session that will purify your body and get you ready for a relaxing sunset Tai Chi session. Let your day end with a healthy, specially prepared dinner.



Day 10: Final Departure

After your morning yoga and digestive herbal elixir, reconnect with your Wellness Specialist to review the outcome of your programme. The Wellness Specialist will also advise how you can maintain your wellness even after you return home.



End of the services...

NOTE. This tour can be modified as per your requirements.