



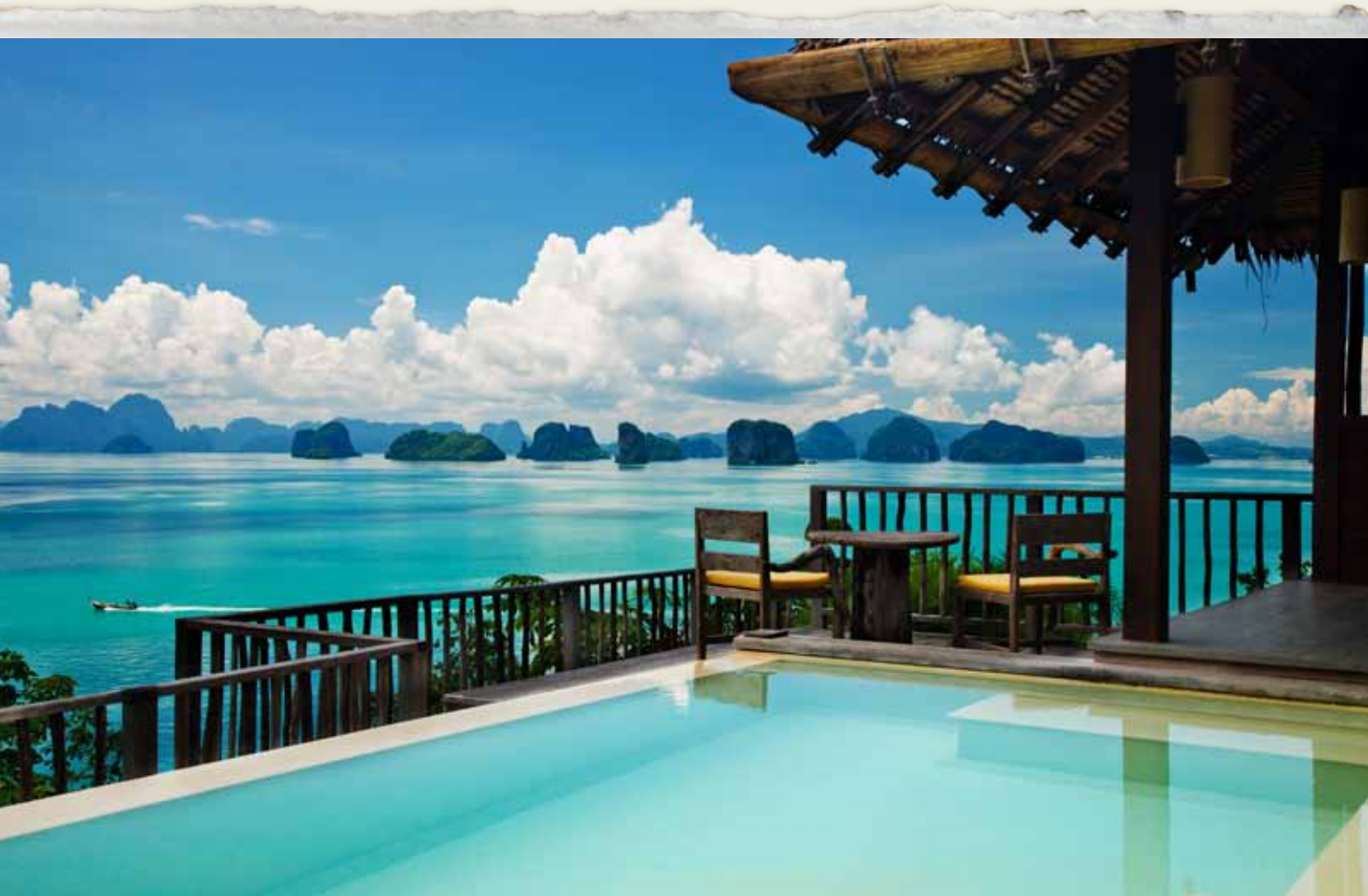
wellness programmes

six senses yao noi beyond phuket

The tensions melt away the moment you step ashore the pristine island of Koh Yao Noi located only a boat ride from Phuket yet a world away from the stresses of modern life.

Our new wellness programmes have been designed to take you beyond pampering and help you along the path towards a healthier lifestyle. They combine the expert knowledge of our wellness team with the healing properties of the surrounding environment, specialist treatments, healthy cuisine and wellness activities.

This is a chance to take time away from your everyday life; to create a break for reassessment, to learn new wellbeing techniques and to reach a greater sense of self-awareness in idyllic and luxurious surroundings.



sense of detox

This programme will stimulate the body's natural healing pathways and encourage regeneration and cleansing. It combines a purification diet of raw cuisine and daily juices with a variety of detoxifying treatments and activities to improve digestion, release trapped toxins and restore overall balance. You will leave feeling invigorated, vibrant and having achieved longer lasting health.

Standard inclusions in all programmes

- Personal wellness consultation on arrival
- Purification diet and daily juices
- Access to complimentary daily wellness activities
- Unlimited use of spa facilities (steam, sauna and fitness centre)

3-day programme

- Detox Massage (50 mins)
- Detox Body Scrub (50 mins)
- 3 x Personal Training (50 mins)
- Maya Massage (50 mins)

5-day programme

- Detox Massage (50 mins)
- Detox Body Scrub (50 mins)
- 5 x Personal Training (50 mins)
- Maya Massage (50 mins)
- Indian Head Massage (50 mins)
- Thai Silk Facial (50 mins)

7-day programme

- Detox Massage (50 mins)
- Detox Body Scrub (50 mins)
- 7 x Personal Training (50 mins)
- Maya Massage (50 mins)
- Indian Head Massage (50 mins)
- Thai Silk Facial (50 mins)
- Foot Acupressure (50 mins)
- Bamboo Massage (80 mins)



sense of functional fitness

Whether you are a complete novice or a seasoned wellness enthusiast, this programme offers the perfect opportunity for you to achieve your fitness goals without any distractions or excuses. A variety of indoor and outdoor activities, personal guidance and healing therapies will re-energise your body and help you attain sustainable results be they cardiovascular fitness, improved strength and flexibility or muscle toning.

Standard inclusions in all programmes

Personal wellness consultation on arrival
Access to complimentary daily wellness activities
Unlimited use of spa facilities (steam, sauna and fitness centre)

3-day programme

2 x Personal Fitness (50 mins)
Thai Massage (80 mins)
Sports Massage (80 mins)
Relaxing In-Villa Bath

5-day programme

3 x Personal Fitness (50 mins)
2 x Private Wellness Activities -Yoga,
Tai Chi, Stretching or Kayaking (50 mins)
Thai Massage (80 mins)
Sports Massage (80 mins)
Relaxing In-Villa Bath

7-day programme

5 x Personal Fitness (50 mins)
3 x Private Wellness Activities -Yoga,
Tai Chi, Stretching or Kayaking (50 mins)
Thai Massage (80 mins)
Sports Massage (80 mins)
Bamboo Massage (80 mins)
Relaxing In-Villa Bath

sleep well, feel well

Quality sleep is so important in giving the body time to recuperate and our sleep programme is designed to do just that. It combines truly holistic activities such as Pranayama Yoga, Meditation and Reiki with relaxing treatments to release the tensions of everyday life thus improve sleep.

Standard inclusions in all programmes

Personal wellness consultation on arrival
Access to complimentary daily wellness activities
Unlimited use of spa facilities (steam, sauna and fitness centre)

3-day programme

Reiki (60 mins)
Meditation (60 mins)
Pranayama Yoga (60 mins)
Thai Chi (60 mins)
Hand to Mind (50 mins)
Holistic Massage (50 mins)
Foot Acupressure (50 mins)
Daily In-Villa Relaxing Bath (30 mins)

5-day programme

Reiki (60 mins)
2 x Meditation (60 mins)
2 x Pranayama Yoga (60 mins)
2 x Foot Acupressure (50 mins)
Thai Chi (60 mins)
Hand to Mind (50 mins)
Holistic Massage (50 mins)
Indian Head Massage (50 mins)
Thai Herbal Body Scrub (50 mins)
Thai Herbal Massage (80 mins)
Daily In-Villa Relaxing Bath (30 mins)



sample wellness activities

	08:30 – 09:30	09:00 – 10:00	13.00 – 14.00	14.00 – 15.00	16.00 – 17.00	17.00 – 18.00
Monday	Pranayama breathing		Hobie-cat sailing			Yoga
Tuesday	Tai Chi	Tennis lesson	Windsurfing			Pilatesmat workout
Wednesday	Yoga					Pranayama breathing
Thursday	Pilates mat workout	Kayaking	Windsurfing			Tai Chi
Friday	Yoga		Hobie-Cat sailing			Abdominal workout
Saturday	Tennis lesson		Windsurfing	Thai massage lesson		Body stretching
Sunday	Body stretching			Thai massage lesson	Kayaking	

The above daily activities are complimentary to all guests on wellness programmes.
Please make bookings 5 hours in advance for evening activities and 12 hours in advance for morning activities.

Please arrive on time for all activities – for safety reasons, guests are asked not to enter classes more than 15 minutes after class commencement.

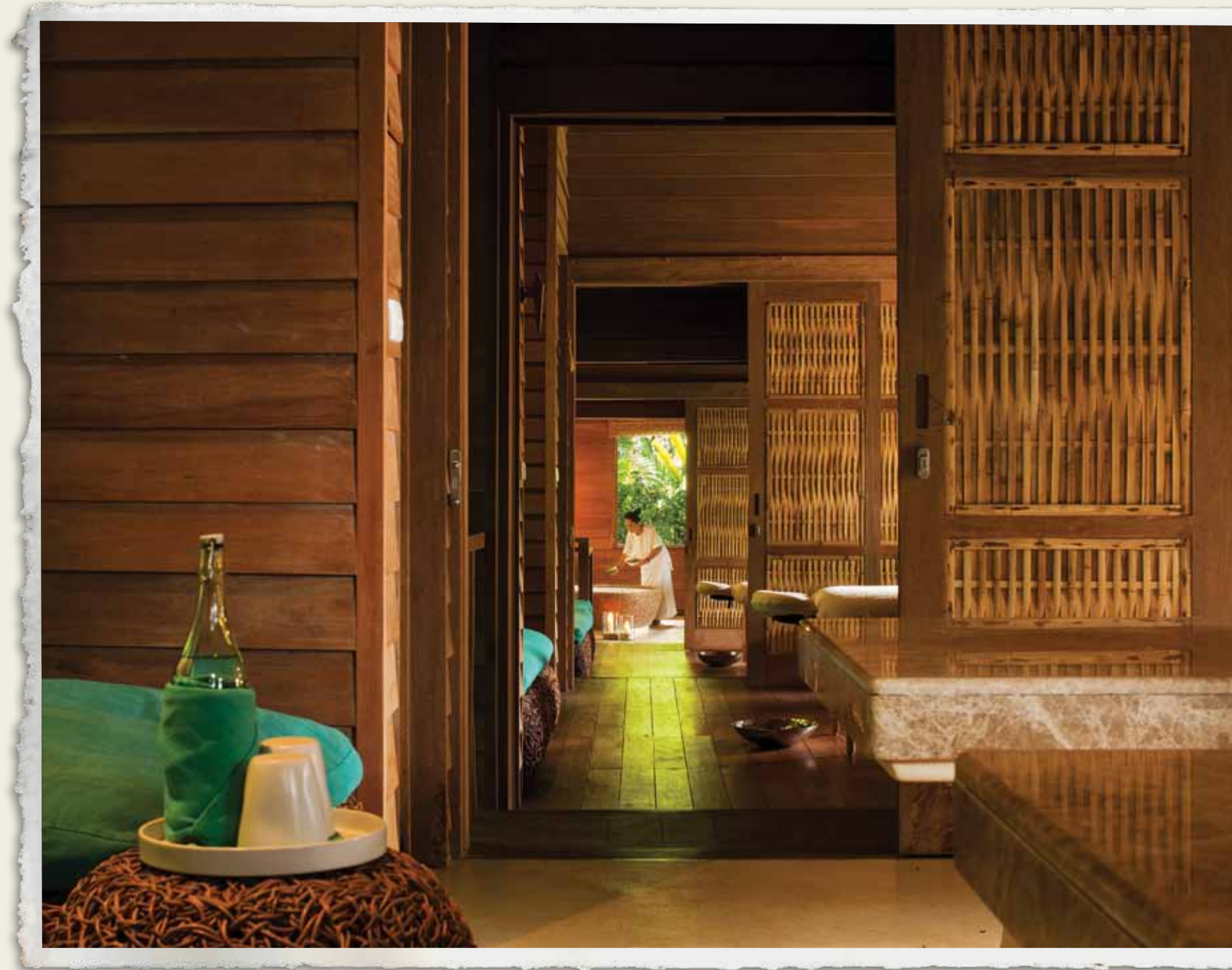


wellness programmes – fit rates

1. Net Rates per person per programme. Currency in Thai Baht

Wellness Programme	3 days	5 days	7 days
<i>Sense of Detox*</i>	24,000	42,000	57,000
<i>Sense of Functional Fitness</i>	11,500	14,500	23,000
<i>Sleep Well, Feel Well</i>	18,800	36,500	-

- Rates above are for Wellness programmes only. Accommodation rates are additional.
- Wellness programmes rates are quoted in Thai Baht **per person per programme.**
- Rates are inclusive of service charge and applicable government taxes.
- Rates are inclusive of:
 - Personal wellness consultation on arrival
 - Access to complimentary daily wellness activities as per the resort’s weekly schedule
 - Access to spa facilities (steam, sauna and fitness room)
 - Spa treatments and activities as specified in each programme within the brochure
 - *Sense of Detox programme also includes full board purification diet





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