



AMATARA DETOX

ALL AMATARA DETOX RETREAT INCLUSIONS:

- Accommodation as per selected room category
- Round trip airport transfers
- Full board, 3 healthy cuisine meals per day or set detox program
- Individual wellness consultation (60 minutes)
- Departure consultation (30 minutes)
- Blood pressure check up
- Physical analysis (30 minutes)
- 1 Thai Hammam journey (105 minutes)

3 NIGHTS AMATARA DETOX RETREAT PROGRAM

Plus treatments & activities listed below:

- 1 'Chi Nei Tsang' detoxifying abdominal massage (60 minutes)
- 1 Colon hydrotherapy (60 minutes)
- 1 Signature of Amatara massage (75 minutes)
- 1 Detox support supplements
- 1 Take-home guide to detox
- Unlimited access to wellness movement classes
- Daily infrared sauna or steam

5 NIGHTS AMATARA DETOX RETREAT PROGRAM

Plus treatments & activities listed below:

- 2 'Chi Nei Tsang' detoxifying abdominal massage (60 minutes)
- 2 Colon hydrotherapy (60 minutes)
- 1 Signature of Amatara massage (75 minutes)
- 1 Detoxifying Ayurvedic massage therapy (90 minutes)
- 1 Manual lymphatic drainage treatment (90 minutes)
- 1 Mid-stay follow up consultation (30 minutes)
- 1 Detox support supplements
- 1 Take-home guide to detox
- Unlimited access to wellness movement classes
- Daily infrared sauna or steam

7 NIGHTS AMATARA DETOX RETREAT PROGRAM

Plus treatments & activities listed below:

- 3 'Chi Nei Tsang' detoxifying abdominal massage (60 minutes)
- 3 Colon hydrotherapy (60 minutes)
- 1 Signature of Amatara massage (75 minutes)
- 1 Detoxifying Ayurvedic massage therapy (90 minutes)
- 1 Manual lymphatic drainage treatment (90 minutes)
- 1 Mid-stay follow up consultation (30 minutes)
- 1 'Jala Neti' shatkriya, includes neti pot (45 minutes)
- 1 Naturopathic consultation (60 minutes)
- 1 Therapeutic coffee or chlorophyll cleansing treatment
- 1 Detox support supplements
- 1 Take-home guide to detox
- Unlimited access to wellness movement classes
- Daily infrared sauna or steam

*Extended programs can be created on request.



AMATARA BODY DETOX

ALL AMATARA BODY DETOX RETREAT INCLUSIONS:

- Accommodation as per selected room category
- Round trip airport transfers
- Full board, 3 healthy cuisine meals per day or set detox program
- Individual wellness consultation (60 minutes)
- Departure consultation (30 minutes)
- Blood pressure check up
- Physical analysis (30 minutes)
- 1 Thai Hammam journey (105 minutes)

3 NIGHTS BODY DETOX RETREAT PROGRAM

Plus treatments & activities listed below:

- 1 'Chi Nei Tsang' detoxifying abdominal massage (60 minutes)
- 1 Manual lymphatic drainage treatment (90 minutes)
- 1 Private pranayama session (50 minutes)
- 1 Foot reflexology treatment (60 minutes)
- 1 Dry skin body brushing + detox bath salt soak (40 minutes)
- 1 Body brush gift
- 1 Take-home guide to detox
- Unlimited access to wellness movement classes
- Daily infrared sauna or steam

5 NIGHTS BODY DETOX RETREAT PROGRAM

Plus treatments & activities listed below:


- 2 'Chi Nei Tsang' detoxifying abdominal massage (60 minutes)
- 2 Manual lymphatic drainage treatments (90 minutes)
- 1 Private pranayama session (50 minutes)
- 1 Foot reflexology treatment (60 minutes)
- 2 Dry skin body brushing + detox bath salt soak (40 minutes)
- 1 'Signature of Amatara' massage (60 minutes)
- 1 Traditional Thai massage (60 minutes)
- 1 Mid-stay follow up consultation (30 minutes)
- 1 Detox support supplements
- 1 Body brush gift
- 1 Take-home guide to detox
- Unlimited access to wellness movement classes
- Daily infrared sauna or steam

7 NIGHTS BODY DETOX RETREAT PROGRAM

Plus treatments & activities listed below:

- 3 'Chi Nei Tsang' detoxifying abdominal massage (60 minutes)
- 3 Manual lymphatic drainage treatments (90 minutes)
- 1 Private pranayama session (50 minutes)
- 1 'Signature of Amatara' massage (60 minutes)
- 1 Foot reflexology treatment (60 minutes)
- 3 Dry skin body brushing + detox bath salt soak (40 minutes)
- 1 Traditional Thai massage (60 minutes)
- 1 Mid-stay follow up consultation (30 minutes)
- 1 Detoxifying Ayurvedic massage therapy (90 minutes)
- 1 Mud therapy (60 minutes)
- 1 Herbal body wrap (30 minutes)
- 1 Detox support supplements
- 1 Body brush gift
- 1 Take-home guide to detox
- Unlimited access to wellness movement classes
- Daily infrared sauna or steam

*Extended programs can be created on request.



AMATARA MIND DETOX

ALL AMATARA MIND DETOX RETREAT INCLUSIONS:

- Accommodation as per selected room category
- Round trip airport transfers
- Full board, 3 healthy cuisine meals per day or set detox program
- Individual wellness consultation (60 minutes)
- Departure consultation (30 minutes)
- Blood pressure check up
- Physical analysis (30 minutes)
- 1 Thai Hammam journey (105 minutes)

3 NIGHTS MIND DETOX RETREAT PROGRAM

Plus treatments & activities listed below:

- 1 'Chi Nei Tsang' detoxifying abdominal massage (60 minutes)
- 2 Private meditation sessions (50 minutes)
- 1 'Signature of Amatara' massage (60 minutes)
- Reflection journal gift
- 1 Self-care planning take-home guide
- Unlimited access to wellness movement classes
- Daily infrared sauna or steam

5 NIGHTS MIND DETOX RETREAT PROGRAM

Plus treatments & activities listed below:


- 1 'Chi Nei Tsang' detoxifying abdominal massage (60 minutes)
- 2 Private meditation session (50 minutes)
- 1 'Signature of Amatara' massage (90 minutes)
- 1 Private pranayama session (50 minutes)
- 1 Energy healing session (60 minutes)
- 1 Yoga Nidra deep relaxation session (50 minutes)
- 1 Indian head massage (60 minutes)
- 1 Relaxing lavender therapy massage (90 minutes)
- 1 Self-care planning session (60 minutes)
- 1 Mid-stay follow up consultation (30 minutes)
- Reflection journal gift
- 1 Self-care planning take-home guide
- Unlimited access to wellness movement classes
- Daily infrared sauna or steam

7 NIGHTS MIND DETOX RETREAT PROGRAM

Plus treatments & activities listed below:

- 2 'Chi Nei Tsang' detoxifying abdominal massage (60 minutes)
- 3 Private meditation sessions (50 minutes)
- 1 'Signature of Amatara' massage (90 minutes)
- 2 Private pranayama sessions (50 minutes)
- 1 Energy healing session (60 minutes)
- 1 Yoga Nidra deep relaxation session (50 minutes)
- 1 Indian head massage (60 minutes)
- 1 Relaxing lavender therapy massage (90 minutes)
- 1 Self-care planning session (60 minutes)
- 1 Mid-stay follow up consultation (30 minutes)
- 1 Deep muscle massage (90 minutes)
- 1 Foot reflexology (60 minutes)
- Reflection journal gift
- 1 Self-care planning take-home guide
- Unlimited access to wellness movement classes
- Daily infrared sauna or steam

*Extended programs can be created on request.



ALL SPA REVIVE RETREAT INCLUSIONS:

- Accommodation as per selected room category
- Round trip airport transfers
- Full board, 3 healthy cuisine meals per day or set detox program
- Individual wellness consultation (60 minutes)
- Departure consultation (30 minutes)
- Blood pressure check up
- Physical analysis (30 minutes)
- 1 Thai Hammam journey (105 minutes)

3 NIGHTS SPA REVIVE RETREAT PROGRAM

Plus treatments & activities listed below:

- 1 Amatara signature organic facial (60 minutes)
- 1 Foot reflexology treatment (60 minutes)
- 1 Manicure (60 minutes)
- 1 Pedicure (60 minutes)
- 1 Signature of Amatara massage (90 minutes)
- 1 Balanced living take-home guide
- Unlimited access to wellness movement classes
- Daily infrared sauna or steam

5 NIGHTS SPA REVIVE RETREAT PROGRAM

Plus treatments & activities listed below:


- 1 Amatara signature organic facial (60 minutes)
- 1 Foot reflexology treatment (60 minutes)
- 1 Manicure (60 minutes)
- 1 Pedicure (60 minutes)
- 1 Signature of Amatara massage (90 minutes)
- 1 'Chi Nei Tsang' healing abdominal massage (60 minutes)
- 1 Essential physiotherapy session (60 minutes)
- 1 Indian head massage (60 minutes)
- 1 Relaxing Lavender therapy massage (90 minutes)
- 1 Thai herbal steam (30 minutes)
- 1 Mid-stay follow up consultation (30 minutes)
- 1 Balanced living take-home guide
- Unlimited access to wellness movement classes
- Daily infrared sauna or steam

7 NIGHTS SPA REVIVE RETREAT PROGRAM

Plus treatments & activities listed below:

- 1 Amatara signature organic facial (60 minutes)
- 1 Foot reflexology treatment (60 minutes)
- 1 Manicure (60 minutes)
- 1 Pedicure (60 minutes)
- 1 Signature of Amatara massage (90 minutes)
- 1 'Chi Nei Tsang' healing abdominal massage (60 minutes)
- 1 Essential physiotherapy session (60 minutes)
- 1 Indian head massage (60 minutes)
- 1 Relaxing Lavender therapy massage (90 minutes)
- 1 Thai herbal steam (30 minutes)
- 1 Mid-stay follow up consultation (30 minutes)
- 1 Abhyanga Ayurvedic massage with herbal steam (120 minutes)
- 1 Traditional Thai massage with herbal compress (120 minutes)
- 1 Ultimate detoxifying and draining slimming treatment (120 minutes)
- 1 Balanced living take-home guide
- Unlimited access to wellness movement classes
- Daily infrared sauna or steam

*Extended programs can be created on request.





STRESS AND BURNOUT RECOVERY

ALL STRESS AND BURNOUT RECOVERY RETREAT INCLUSIONS:

- Accommodation as per selected room category
 - Round trip airport transfers
 - Full board, 3 healthy cuisine meals per day or set detox program
 - Individual wellness consultation (60 minutes)
 - Departure consultation (30 minutes)
 - Blood pressure check up
 - Physical analysis (30 minutes)
 - 1 Thai Hammam journey (105 minutes)
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3 NIGHTS AMATARA STRESS AND BURNOUT RECOVERY RETREAT PROGRAM

Plus treatments & activities listed below:

- 1 Private meditation session (50 minutes)
- 1 Stress management session (60 minutes)
- 1 Relaxing lavender therapy massage (90 minutes)
- 1 Foot reflexology treatment (60 minutes)
- 1 Adrenal support supplements
- 1 Stress management take-home guide
- Reflection journal gift
- Detox bath salts gift
- Unlimited access to wellness movement classes
- Daily infrared sauna or steam

5 NIGHTS AMATARA STRESS AND BURNOUT RECOVERY RETREAT PROGRAM

Plus treatments & activities listed below:

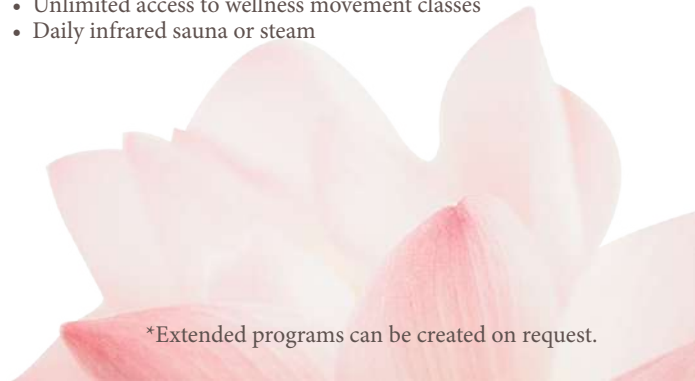
- 1 Private meditation session (50 minutes)
- 1 Stress management session (60 minutes)
- 1 Relaxing lavender therapy massage (90 minutes)
- 1 Foot reflexology treatment (60 minutes)
- 1 'Signature of Amatara' massage (90 minutes)
- 1 Intuitive Massage (90 minutes)
- 1 'Kati Vasti' Ayurvedic lower back treatment (60 minutes)
- 1 Facial reflexology (60 minutes)
- 1 Mid-stay follow up consultation (30 minutes)
- 1 Adrenal support supplements
- 1 Stress management take-home guide
- Reflection journal gift
- Detox bath salts gift
- Unlimited access to wellness movement classes
- Daily infrared sauna or steam

7 NIGHTS AMATARA STRESS AND BURNOUT RECOVERY RETREAT PROGRAM

Plus treatments & activities listed below:

- 1 Private meditation session (50 minutes)
- 1 Stress management session (60 minutes)
- 1 Relaxing lavender therapy massage (90 minutes)
- 1 Foot reflexology treatment (60 minutes)
- 1 'Signature of Amatara' massage (90 minutes)
- 1 Intuitive Massage (90 minutes)
- 1 'Kati Vasti' Ayurvedic lower back treatment (60 minutes)
- 1 Facial reflexology (60 minutes)
- 1 Mid-stay follow up consultation (30 minutes)
- 1 Self-care planning session (60 minutes)
- 1 Whole body stretching session (60 minutes)
- 2 Traditional Thai Healing (120 minutes)
- 1 Adrenal support supplements
- 1 Stress management take-home guide
- Reflection journal gift
- Detox bath salts gift
- Unlimited access to wellness movement classes
- Daily infrared sauna or steam

*Extended programs can be created on request.





WEIGHT MANAGEMENT

ALL WEIGHT MANAGEMENT RETREAT INCLUSIONS:

- Accommodation as per selected room category
- Round trip airport transfers
- Full board, 3 healthy cuisine meals per day or set detox program
- Individual wellness consultation (60 minutes)
- Departure consultation (30 minutes)
- Blood pressure check up
- Physical analysis (30 minutes)
- 1 Thai Hammam journey (105 minutes)

3 NIGHTS WEIGHT MANAGEMENT RETREAT PROGRAM

Plus treatments & activities listed below:

- 1 Private fitness training session (50 minutes)
- 1 Fitness assessment (30 minutes)
- 2 Body composition and biological age assessments (30 minutes) (Pre and post program)
- 1 Detoxifying and draining slimming treatment (90 minutes)
- 1 Nutrition consultation (60 minutes)
- 1 Weight management and personalized nutrition take-home guide
- Unlimited access to wellness movement classes
- Daily infrared sauna or steam

5 NIGHTS WEIGHT MANAGEMENT RETREAT PROGRAM

Plus treatments & activities listed below:

- 3 Private fitness training sessions (50 minutes)
- 1 Fitness assessment (30 minutes)
- 2 Body composition and biological age assessments (30 minutes) (Pre and post program)
- 1 Detoxifying and draining slimming treatment (90 minutes)
- 1 Nutrition consultation (60 minutes)
- 1 Signature of Amatara massage (75 minutes)
- 1 Deep muscle massage (90 minutes)
- 1 Healthy cuisine cooking class (60 minutes)
- 1 Exit fitness consultation and take-home fitness guide (15 minutes)
- 1 Weight management and personalized nutrition take-home guide
- Unlimited access to wellness movement classes
- Daily infrared sauna or steam

7 NIGHTS WEIGHT MANAGEMENT RETREAT PROGRAM

Plus treatments & activities listed below:

- 5 Private personal training sessions (50 minutes)
- 1 Fitness assessment (30 minutes)
- 2 Body composition and biological age assessments (30 minutes) (Pre and post program)
- 2 Detoxifying and draining slimming treatments (90 minutes)
- 1 Nutrition consultation (60 minutes)
- 1 Signature of Amatara massage (75 minutes)
- 1 Deep muscle massage (90 minutes)
- 1 Healthy cuisine cooking class (60 minutes)
- 1 Exit fitness consultation and take-home fitness guide (15 minutes)
- 1 Amatara signature organic facial (60 minutes)
- 1 Mid-stay follow up consultation (30 minutes)
- 1 Weight management and personalized nutrition take-home guide
- Unlimited access to wellness movement classes
- Daily infrared sauna or steam

*Extended programs can be created on request.



AMATARA ACTIVE

ALL AMATARA ACTIVE RETREAT INCLUSIONS:

- Accommodation as per selected room category
- Round trip airport transfers
- Full board, 3 healthy cuisine meals per day
or set detox program
- Individual wellness consultation (60 minutes)
- Departure consultation (30 minutes)
- Blood pressure check up
- Physical analysis (30 minutes)
- 1 Thai Hammam journey (105 minutes)

3 NIGHTS AMATARA ACTIVE RETREAT PROGRAM

Plus treatments & activities listed below:

- 2 Private fitness training sessions (50 minutes)
- 2 Body composition and biological age assessments (30 minutes) (Pre and post program)
- 1 Fitness assessment (30 minutes)
- 1 Essential physiotherapy session (60 minutes)
- 1 Deep muscle massage (90 minutes)
- 1 Plant-based protein smoothie per day
- 1 Take-home fitness guide
- Unlimited access to wellness movement classes
- Daily infrared sauna or steam

5 NIGHTS AMATARA ACTIVE RETREAT PROGRAM

Plus treatments & activities listed below:


- 3 Private fitness training sessions (50 minutes)
- 2 Body composition and biological age assessments (30 minutes) (Pre and post program)
- 1 Fitness assessment (30 minutes)
- 2 Essential physiotherapy sessions (60 minutes)
- 1 Deep muscle massage (90 minutes)
- 1 Detoxifying and draining slimming treatment (90 minutes)
- 1 Traditional Thai massage (120 minutes)
- 1 Mid-stay follow up consultation (30 minutes)
- 1 Exit fitness consultation and take-home fitness guide (15 minutes)
- 1 Plant-based protein smoothie per day
- Unlimited access to wellness movement classes
- Daily infrared sauna or steam

7 NIGHTS AMATARA ACTIVE RETREAT PROGRAM

Plus treatments & activities listed below:

- 6 Private fitness training sessions (50 minutes)
- 2 Body composition and biological age assessments (30 minutes) (Pre and post program)
- 1 Fitness assessment (30 minutes)
- 2 Essential physiotherapy sessions (60 minutes)
- 1 Deep muscle massage (90 minutes)
- 1 Detoxifying and draining slimming treatment (90 minutes)
- 1 Traditional Thai massage (120 minutes)
- 1 Mid-stay follow up consultation (30 minutes)
- 1 Oriental anti-aging facial massage therapy (60 minutes)
- 1 Private stretch session (50 minutes)
- 1 Signature of Amatara massage (90 minutes)
- 1 Exit fitness consultation and take-home fitness guide (15 minutes)
- 1 Plant-based protein smoothie per day
- Unlimited access to wellness movement classes
- Daily infrared sauna or steam

*Extended programs can be created on request.



AMATARA YOGA

ALL AMATARA YOGA RETREAT INCLUSIONS:

- Accommodation as per selected room category
- Round trip airport transfers
- Full board, 3 healthy cuisine meals per day or set detox program
- Individual wellness consultation (60 minutes)
- Departure consultation (30 minutes)
- Blood pressure check up
- Physical analysis (30 minutes)
- 1 Thai Hammam journey (105 minutes)

3 NIGHTS AMATARA YOGA RETREAT PROGRAM

Plus treatments & activities listed below:

- 1 Yoga consultation (30 minutes)
- 1 Private yoga session (50 minutes)
- 1 Private pranayama session (50 minutes)
- 1 Abhyanga Ayurvedic massage (90 minutes)
- 1 'Jala Neti' shatkriya includes neti pot (45 minutes)
- 1 Home practice guide
- Daily group yoga class and unlimited access to wellness movement classes
- Daily infrared sauna or steam

5 NIGHTS AMATARA YOGA RETREAT PROGRAM

Plus treatments & activities listed below:

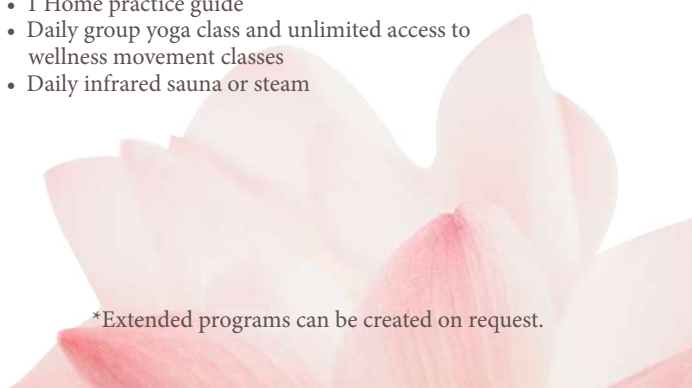
- 1 Yoga consultation (30 minutes)
- 3 Private yoga sessions (50 minutes)
- 1 Private pranayama session (50 minutes)
- 1 Abhyanga Ayurvedic massage (90 minutes)
- 1 'Jala Neti' shatkriya includes neti pot (45 minutes)
- 1 Indian head massage (60 minutes)
- 1 Kati Vasti treatment (60 minutes)
- 1 Signature of Amatara massage (90 minutes)
- 1 Yoga and life philosophy session (60 minutes)
- 1 Home practice guide
- Daily group yoga class and unlimited access to wellness movement classes
- Daily infrared sauna or steam

7 NIGHTS AMATARA YOGA RETREAT PROGRAM

Plus treatments & activities listed below:

- 1 Yoga consultation (30 minutes)
- 5 Private yoga sessions (50 minutes)
- 1 Private pranayama session (50 minutes)
- 1 Abhyanga Ayurvedic massage with herbal steam (120 minutes)
- 1 'Jala Neti' shatkriya includes neti pot (45 minutes)
- 1 Indian head massage (60 minutes)
- 1 Kati Vasti treatment (60 minutes)
- 1 Signature of Amatara massage (90 minutes)
- 1 Yoga and life philosophy session (60 minutes)
- 1 Amatara signature organic facials (60 minutes)
- 1 Mid-stay follow up consultation (30 minutes)
- 1 Naturopathic consultation (60 minutes)
- 1 Home practice guide
- Daily group yoga class and unlimited access to wellness movement classes
- Daily infrared sauna or steam

*Extended programs can be created on request.



SLEEP RETREAT

ALL SLEEP RETREAT INCLUSIONS:

- Accommodation as per selected room category
 - Round trip airport transfers
 - Full board, 3 healthy cuisine meals per day or set detox program
 - Individual wellness consultation (60 minutes)
 - Departure consultation (30 minutes)
 - Blood pressure check up
 - Physical analysis (30 minutes)
 - 1 Body composition and biological age assessment (30 minutes)
 - 1 Thai Hammam journey (105 minutes)
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5 NIGHTS SLEEP RETREAT PROGRAM

Plus treatments & activities listed below:


- 1 Lavender sleep ritual massage (90 minutes)
- 1 Indian head massage (60 minutes)
- 1 Foot reflexology (60 minutes)
- 1 Follow up consultation (30 minutes)
- 1 Alternative therapy session (60 minutes)
- 1 Yoga Nidra deep relaxation session (50 minutes)
- 1 Yoga (50 minutes)
- 1 Essential Physiotherapy (60 minutes)
- 1 Self - care planning session (60 minutes)
- 1 Sleep support take-home guide
- Unlimited access to wellness movement classes
- Daily infrared sauna or steam

7 NIGHTS SLEEP RETREAT PROGRAM

Plus treatments & activities listed below:

- 1 Lavender sleep ritual massage (90 minutes)
- 1 Signature of Amatara massage (90 minutes)
- 1 Indian head massage (60 minutes)
- 1 Foot reflexology (60 minutes)
- 1 Shirodhara treatment (60 minutes)
- 1 Neck and Shoulder massage (30 minutes)
- 1 Follow up consultation (30 minutes)
- 1 Essential Physiotherapy (60 minutes)
- 1 Private pranayama - art of yogic breathing session (50 minutes)
- 1 Supportive therapy session (60 minutes)
- 1 Chi Nei Tsang (60 minutes)
- 1 Yoga Nidra deep relaxation session (50 minutes)
- 1 Private Yoga (50 minutes)
- 1 Self-care planning session (60 minutes)
- 1 Sleep support take-home guide
- Unlimited access to wellness movement classes
- Daily infrared sauna or steam

*Extended programs can be created on request.



BESPOKE WELLNESS JUST FOR YOU

This is the ultimate tailor-made package for those who wish to have the most personally tailored retreat experience possible. Our 'Bespoke Wellness' package is inspired by naturopathic medicine, in which the recommended therapeutic practices, diet or remedies are personally prescribed according to the individual.

This is a retreat in which you entrust our expert wellness consultants and naturopaths to create your wellness experience with your unique health picture and best interests at heart. It is a retreat for addressing more complex or specific health issues. You entrust us to nurture and guide you in on highly personalized, targeted wellness journey. We make use of our extensive spa and wellness menu, as well as our years of experience to guide and support you.

OUR 'BESPOKE WELLNESS' PACKAGE IS IDEAL IF YOU:

- Have complex health issues and cannot find an ideal package to suit your needs
- Want a wellness retreat tailored around supporting a specific health condition
- Wish to have a guided and personalized wellness retreat and want to entrust a wellness professional to decide your program for you

INCLUSIONS:

- Accommodation as per selected room category
- Round trip airport transfers
- Full board, 3 healthy cuisine meals per day or set detox program
- Individual wellness consultation (60 minutes)
- Departure consultation (30 minutes)
- Blood pressure check up
- Physical analysis (30 minutes)
- 1 Thai Hammam journey (105 minutes)
- Unlimited access to wellness movement classes
- Complimentary use of fitness, steam and infrared sauna

PLUS SPECIFIC PROGRAM TREATMENTS ACCORDING TO YOUR INDIVIDUAL NEEDS

The treatments included in the individually tailored 'Bespoke wellness' retreat package are calculated to be equal value to other packages of the same rate.

*Extended programs can be created on request.

