



amatara
WELLNESS RESORT

SENSE YOUR LIFE'S BALANCE



amatara
WELLNESS RESORT



OUR PHILOSOPHY

In ancient Sanskrit, "**amata**" refers to the quality of "**immortality**", or an endlessness that withstands the passage of time.

The Amata experience is a personal journey to your most vibrant self. Our holistic 'middle way' approach to wellness means that you can enjoy the journey while achieving the results you seek. As the first and only luxury destination spa in Phuket, Amata offers health and wellbeing programs, spacious and beautiful accommodation, healthy cuisine, personalized wellness treatments and activities tailored to your health goals.

Whether coming alone or as pair, Amata's peaceful setting and exceptional staff provide the perfect environment for you to achieve a high level of inner peace and wellbeing on all levels.



2017 Best Luxury Destination Spa - Regional
2017 Best Luxury Wellness Spa - Regional



2017 Premium Quality Hotel - Spa Deluxe



2017 Luxury Healing Retreat - Global
2017 Luxury Wellness Retreat - Continental
2017 Luxury Holistic Retreat - Regional



RETREAT PROGRAMS WITH AMATARA WELLNESS RESORT

True to its name, Amatara, Thailand's premium destination spa, provides you with everlasting moments and an experience like no other. Located at the majestic Cape Panwa, Amatara offers guests Asia's best coastal view in Phuket. Surround yourself with the calming tranquility of Andaman's blue seas and endless skies with the 180 degree sea view.

The Amatara experience is one of total wellness. Seek comfort at Phuket's luxurious wellness sanctuary and indulge in our holistic wellness programs which promote good health and well-being. The first luxury destination spa in Phuket, Amatara offers health and wellbeing programs combining accommodation, organic and nutritional food, along with personalized wellness and leisure activities.

All Amatara programs include our unforgettable Thai Hammam Experience. Our exquisitely designed Thai Hammam is a world first and brings together traditional Turkish and Moroccan bathing practices with the wisdom and gentleness of Thai spa therapies.



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AMATARA DETOX

ISN'T IT TIME? Our detox program gives you a chance to experience your most energized, most radiant self. This is a luxury detox retreat that includes a specific detox diet plan and key detox treatments, heavenly massage, and supplements to facilitate the detox process.



WHY DETOX?

We are all exposed to toxins in the air, in our food and in the water we drink and bathe in. While these are often in minute amounts, toxins gradually accumulate in the body over time, which can result in us feeling heavy, sluggish, uncomfortable and lacking in energy.

Detox allows the body to 'clean house'. By resting the digestive system and supporting the major organs of elimination, namely the bowels, lymphatic system, skin, kidneys and liver, the body naturally releases stored toxins that have accumulated within the tissues.

Booking can be made directly at reservations.phuket@amataraphuket.com or Tel. (66)76 318 888

BENEFITS OF THIS PROGRAM

- Feel lighter and more energized
- Kick-start weight loss
- Improve metabolism
- Clearer skin
- Reduce appetite and food cravings
- Improve digestive function
- Reduce inflammation in the body
- Refresh the mind, release stress



3 Supplement support

The detoxification process is supported with nutritional and herbal supplements that were specifically created for this program. Supporting the liver, digestive tract and kidneys is a key consideration for these.

This retreat is ideal for anyone wishing to feel lighter and more energized, to boost weight loss or reduce the toxic load on the body.



THE PROCESS

1 Detox diet plan

After individual assessment, your detox menu plan is chosen according to your body type and health goals.

- *Nutri cleanse* – raw food, enzyme rich, light.
- *Classic juice cleanse* – liquid only, cooling and cleansing.
- *The nourishing cleanse* – soup-based; warming, rejuvenating and healing.

Juices, smoothies, soups and salads are all prepared artfully by our healthy and raw food cuisine specialist chef. Taste, freshness and optimal nutrition are carefully considered in each recipe.

2 Treatments that aid detoxification.

Treatments are carefully selected and sequenced in order to work safely with the natural cleansing processes within the body.

Key therapies:

- Colon hydrotherapy (closed system)
- Chi Nei Tsang abdominal massage
- Manual lymphatic drainage
- Infrared sauna



SPA REVIVE

UNRAVEL STRESS, RECHARGE, AND RESET. This retreat is designed to support you to fully unravel and find inner peace through holistic and pampering spa treatments, body and soul-nourishing cuisine, and yoga classes amidst in a gorgeous tranquil setting.



KEY CONCEPTS OF THE SPA REVIVE RETREAT

“There is not a single health condition that is not improved by increased rest.”

*Bernard Jensen,
pioneer of
Naturopathic medicine*

The modern world is undoubtedly increasingly stressful. Many of us live day to day with a near-constant undercurrent of stress in the background of our awareness, like a whirring engine that never turns off. This inevitably affects our wellbeing, sleep, eating habits and mood. Our means of compensation for stress may not always be healthy, such as increased caffeine, sugar or alcohol intake. We all need time out – to come back to a more natural state of being. This retreat is a gentle way to unwind and let go. When we do this, the natural healing ability of the body works best and we feel rejuvenated.

BENEFITS OF THIS PROGRAM

- Pampering and relaxation
- Discover inner calm
- Release stress and anxiety
- Stimulate healing and balance within the body
- Boost energy levels
- Achieve a healthy glow



THE PROCESS

- 1 Your wellness consultation helps us to understand your recent health and wellbeing history, your needs and your goals for your stay. Your program can then be personalized according to these.
- 2 You are then ready to embark on your personal wellness journey to inner calm. Enjoy a perfect synergy of body therapies, spa pampering, our unforgettable Hammam experience, healthy cuisine and gentle exercise.

- 3 On completion of your program it is our aim that you take a piece of Amatarana home with you, and feel inspired to find a new sense of life balance in your daily routine.

This program is ideal for anyone seeking a truly nurturing, rejuvenating, relaxing break. It is recommended for stress, burnout, low vitality or anyone with a love of holistic spa pampering at its best.



WEIGHT MANAGEMENT

LIKE ANY HEALTH JOURNEY, WEIGHT LOSS IS PERSONAL.

Finding your unique needs is essential to a sustainable approach. Our approach is personalized, safe and realistic.



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The vast majority of us become concerned about excess body weight at some point in life. At the same time, being comfortable in our own skin is extremely important to our wellbeing. Our aim is to help you find a balance between the two and that your experience at Amalara sets you on your path to success.

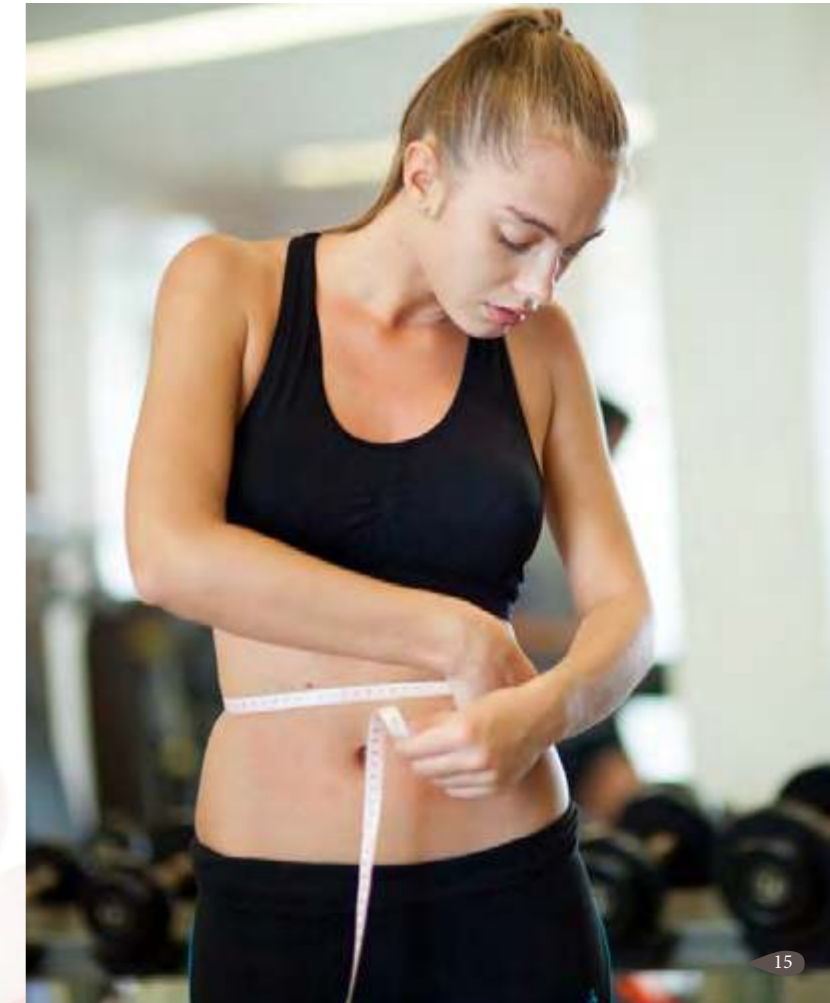
OUR GOALS FOR YOU:

1. That you see noticeable results during your stay
2. That you leave empowered the knowledge and tools you need for maintaining your body weight and composition in the long term

A healthy 'weight' is about much more than the numbers on the scale. While this is a helpful indicator, our body composition is equally, if not more important. We consider that 'muscle is the furnace that burns fat. Without a healthy fat to muscle ratio in the body, sustainable weight loss is not possible.

BENEFITS OF THIS PROGRAM

- Burn fat
- Build muscle mass
- Tone and shape the body
- Increase fitness
- Develop a personally tailored exercise routine
- Learn the right balance of nutrition for an optimal body weight
- Gain confidence to reach your weight loss goals
- Place your mind as well as your body in the right framework for healthy change



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WHY WE DON'T OFFER RAPID OR 'QUICK FIX' SOLUTIONS TO **WEIGHT LOSS**:

Many of these methods have the potential to adversely affect our health and may actually promote greater rebound weight gain.

This program is specially developed to control and reduce your weight with an emphasis on the right nutrition, exercise, spa therapies that support weight loss, infrared sauna and most importantly, getting your mind and heart focused on your path.



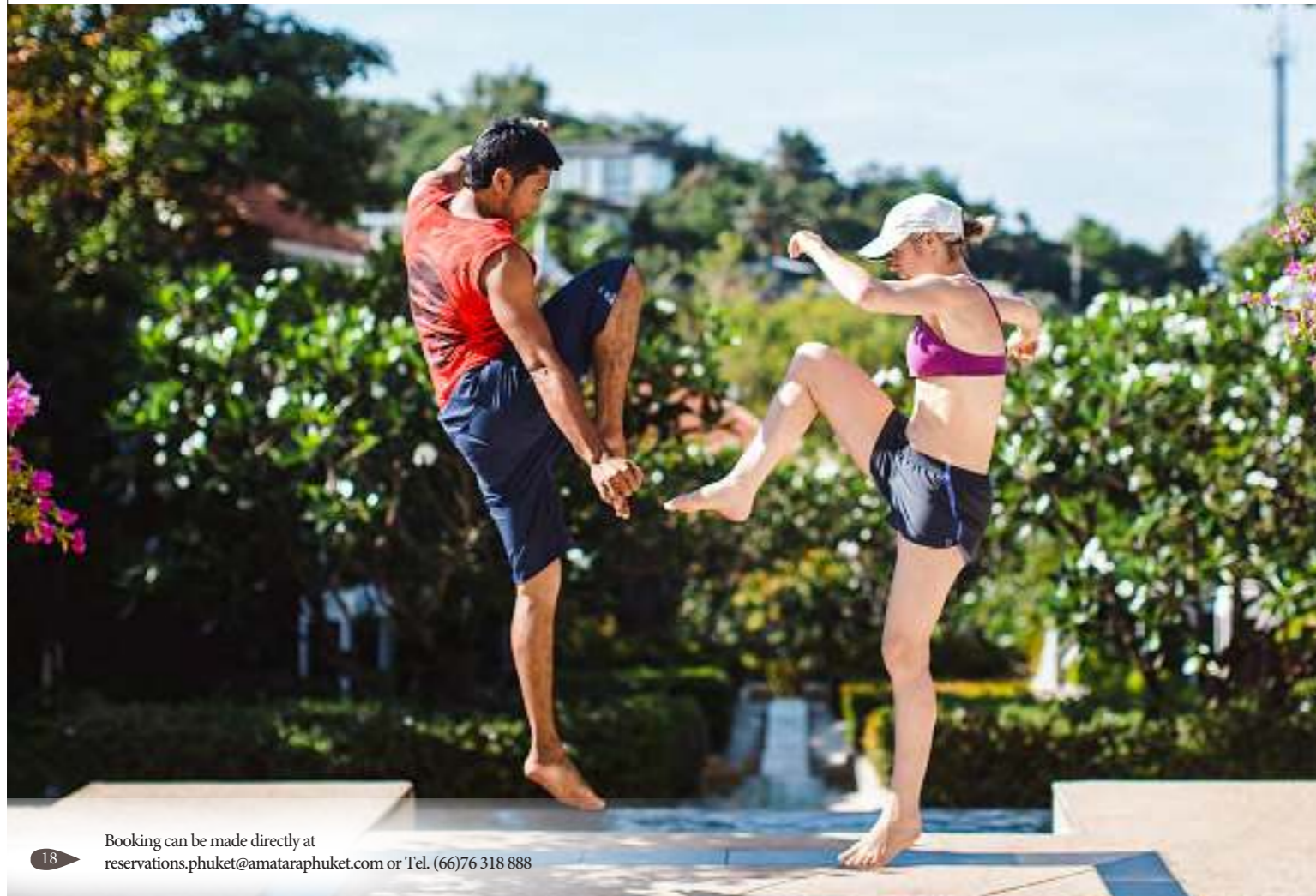
THE **PROCESS**

- 1 Your initial wellness consultation and fitness assessment help determine your needs, goals, body composition and which direction is most needed to focus on in terms of exercise for best results.
- 2 Your personal trainer will customize your one on one exercise sessions according to your fitness assessment results and preferences.
- 3 Your meal plan is arranged according to your goals and usual relationship with food; we can arrange a clearly defined, stricter plan or a more relaxed menu of pure healthy cuisine. The most important aspect of this is that your menu is suitable for you, your needs and your goals.
- 4 The journey continues at home. Is it our desire to impart you with all the knowledge and tools you need to reach your goals. The best results occur on a consistent, long term path to a healthy body weight.

This retreat program is suitable for anyone looking to learn a new lifestyle for safe and sustainable weight management, including shedding body fat, building healthy muscle mass, toning and shaping the body, as well as maintaining a healthy body weight in the long term.

AMATARA ACTIVE

“MOVEMENT IS THE SONG OF THE BODY” – Vanda Scaravelli



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Anyone for whom fitness and exercise is an important part of life understands the importance of caring for the body to ensure physical activity can be enjoyed throughout life. This is fitness retreat designed for active people.



Fitness sessions of various kinds are provided, depending on your goals and preference, including;

- Personal training
- Circuit training
- Muay Thai (Thai boxing)
- TRX
- Pilates reformer and Pilates mat
- Yoga (power, vinyasa, yin or hatha)
- Kayaking
- Biking
- Power walking
- Stand up paddle board

Physiotherapy is included in this retreat as a preventative care approach to your fitness lifestyle. These sessions are carefully tailored to ensure that old or current injuries are treated and risks of future injuries are identified and prevented.

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BENEFITS OF THIS PROGRAM

- Create a sustainable, personally tailored fitness routine
- Increase cardiovascular fitness
- Tone and shape the body
- Build muscle strength
- Increase fitness performance
- Treat or prevent injuries
- Improve flexibility



THE PROCESS

- 1 There are three important assessments at the beginning of your stay; your wellness consultation, the physical analysis and your fitness assessment. These help to establish your current fitness levels, past or present injuries or imbalances in the body, goals, and health history.
- 2 With this information, a customized physiotherapy and exercise program is created and implemented. Our licensed physiotherapist and professional fitness instructors will guide you through an exciting and challenging program.

- 3 Through this retreat experience, you will have the time and space to extend your level of physical performance beyond your previous imaginings, and the knowledge to continue an active life long into the future.

It is an ideal retreat for those looking for a focused period of time to eat and exercise right. Beyond this, it is a retreat to make new discoveries about your own body and your higher potential in terms of physical ability, strength and fitness.



AMATARA YOGA RETREAT

**“YOGA IS NOT ABOUT TOUCHING YOUR TOES,
IT’S WHAT YOU LEARN ON THE WAY DOWN.”** – JigorGor



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This retreat is your own personalized yoga sanctuary, designed to help you establish or deepen your personal yoga practice, whether you are a beginner or an advanced practitioner.

Together we will explore your own personal ‘why’ for your yoga practice, looking at what it is you are seeking to achieve through yoga, whether that may be a spiritual, physical or stress management goal, or a combination of these.

Keeping body and mind supple, strong and balanced, yoga can truly be called anti-aging and life-enhancing practice.

SOME OF THE BENEFITS OF A REGULAR YOGA PRACTICE ;

- Improved flexibility
- Increased muscle mass
- Helps to shape and tone the body
- Better sleep quality
- An overall feeling of calm and increased focus
- Better coping with stress
- Promotes spine, joint and bone health
- Increases feelings of wellbeing
- Reduces tension
- Improves breathing



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THE PROCESS

- 1 The yoga consultation is an important initial conversation with your instructor to help establish your needs for your yoga practice, as well as yoga experience, injuries, and any other wellbeing concerns that can be addressed through yoga or meditation. Here a plan for the retreat is formulated and your one on one sessions customized to your needs.
- 2 Your teacher will guide you through the retreat experience, covering physical to subtle elements of your practice. As concerns, inspirations, or discoveries arise, these are workshopped and your program adjusted as needed.

- 3 At the conclusion of the retreat, you will be equipped with the experience to continue your yoga practice with a fuller understanding of its intention and purpose, bringing a greater sense of peace and balance into your life.

It is our sincere hope that this retreat experience serves to enhance your life as you bring your practice off your mat and into daily living.

BENEFITS OF THIS PROGRAM

- Gain confidence establish a home practice that suits your body and your needs
- Establish your personal 'why' of your yoga practice; physical, mental, emotional or spiritual
- Gain a deeper understanding of yoga as a complete practice for mind and body
- Rejuvenate body and mind
- Tone and strengthen the body
- Release stress, in find inner calm
- Improve sleep quality



HOLISTIC ANTI-AGING

THIS RETREAT IS AN EDUCATIONAL AND EXPERIENTIAL JOURNEY into the key elements of a holistic, preventative approach to longevity and healthy aging. These key elements include our biochemistry, our mind, and our physical body composition.



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WE EXPLORE AND ENHANCE THESE THROUGH :

- Nutrition
- Mindfulness and healthy sleep
- Physical fitness.

These are the cornerstones of an anti-aging lifestyle.

BENEFITS OF THIS PROGRAM

- Discover key areas of your health needing support to promote healthy aging
- Look and feel your best through a complete program of spa therapies, exercise, great nutrition and reducing stress
- Gain an understanding of a healthy aging lifestyle
- Improve energy
- Improve fitness
- Learn effective tools for stress management

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THE PROCESS

- 1** Information gathering: Through blood tests, wellness assessment and body composition analysis, any key areas to improve to support your long term health are identified. Blood tests include key markers for anti-aging such as inflammatory markers, vitamin D3, and other important indicators. Body composition allows us to understand the needed area of focus in terms of exercise. In many cases, muscle mass needs to be developed or maintained at optimal levels.
- 2** Interventions based on your results: Nutritional counselling, mindful practice, sleep hygiene, supplement recommendations, and exercise sessions are all part of your holistic anti-aging lifestyle and will be arranged according to your results.
- 3** Planning and integration: Together with your wellness consultant, your experience and discoveries are summarized and created into a plan for home. As holistic anti-aging is a lifestyle, we support you setting a resolve in making the three cornerstones; nutrition, caring for the mind and exercise, need to be integrated into your daily life at home.

While our focus is on the inner body, we don't omit the outer either. As we want our guests to look and feel their best, for 5 nights and beyond a very effective non-invasive facial therapy treatment is included, providing lifting, firming and anti-aging benefits.



*“Youth is the gift of nature,
but age is a work of art.”*

- Stanislaw Jerzy Lec -



Our vision is that through the peaceful setting, our Thai Hammam treatment and this thoughtfully laid out program, you leave feeling deeply refreshed and radiant and well equipped with the knowledge and tools you need to continue a sustainable wellness lifestyle, promoting your longevity and good health, long into the future.

This retreat was created for anyone seeking to establish a lifestyle of balance, vitality and longevity. It is for anyone wishing to live in optimal health and minimize lifestyle disease through right living.

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.



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Our Bespoke wellness package is inspired by Naturopathic medicine, in which the 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. We make use of our extensive spa, holistic and wellness menu, as well as our years of experience to guide and support you.



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THE PROCESS

- 1 Our Naturopath will discuss your health concerns with you before you arrive and map out a plan for your stay. Areas of focus to facilitate healing and balance are identified.
- 2 A combination of treatments, appropriate exercise, and mind/body practices are selected to support healing. Herbal or nutritional supplements may be suggested as optional add-ons and additional support.
- 3 Feel supported through your healing journey by your Naturopath and the team of professional and nurturing spa, fitness, and physiotherapist practitioners.
- 4 Our aim is that by the end of your stay, you have made significant progress towards your goals of healing and balance, bringing you to a new level of wellness. With renewed energy and spirit, you will be able to feel a greater sense of your life's inner balance, and able to take a more focused and empowered approach to your healing journey.

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



EACH BESPOKE WELLNESS PACKAGE INCLUDES :

- Accommodation at Amatara Resort & Wellness, Cape Panwa
- Round-trip airport transfer
- Full board, 3 healthy cuisine meals per day (a la carte)
- Individual wellness consultation (60 min)
- Blood Pressure check up
- Use of fitness facilities, steam and infrared sauna
- Physical analysis (30 min)
- Complimentary access to daily fitness classes
- Daily signature Royal Amatara massage

SPECIFIC PROGRAM TREATMENTS

“ ACCORDING TO YOUR INDIVIDUAL NEEDS ”

ROOM TYPE DESCRIPTION



1. BAY VIEW SUITE (70 SQM.)

Each Bay View Suite comprises of an exquisite bedroom with a king size bed and adjoining living room with its own balcony overlooking the tranquil Panwa Bay.

2. OCEAN PAVILION (60 SQM.)

Set amidst the tropical surrounding, this unique individual Pavilion comprises of a bedroom with a king size bed, a spacious bathroom and its own balcony with a dining lounge to enjoy the cool sea breezes.

3. SEA VIEW SUITE (70 SQM.)

Each comprises of an individual bedroom with a king size bed and an adjoining living room with a balcony overlooking the spectacular seascape.



4. POOL PAVILION (78-87 SQM.)

Set amidst the tropical surrounding, this unique individual Pavilion comprises of a bedroom with a king size bed, a spacious bathroom and its own balcony with a dining lounge to enjoy the cool sea breezes. The room also offers an ensuite outdoor pool for utmost relaxation.

5. BAY VIEW POOL VILLA (150 SQM.)

Offer an unforgettable experience and luxury with an oversize bathroom, and an adjoining living room with a large opium sofa, that can be turned into an extra bed if needed. Each Villa has an extensive sundeck area, features a private outdoor pool with a view of the bay or the cape with complete privacy.



6. OCEAN VIEW POOL VILLA (150 SQM.)

Offer an unforgettable experience and luxury with an oversize bathroom, and an adjoining living room with a large opium sofa, that can be turned into an extra bed if needed. Each Villa has an extensive sundeck area, features a private outdoor pool with a view of the bay or the cape with complete privacy.



AMATARA'S HEALTHY CUISINE PHILOSOPHY

Amatara healthy cuisine offers an experience of what it is to eat for longevity, wellness and vitality. We draw from decades of culinary and health industry experience to create a shining example of what it is to eat delicious, whole food every day, that is both a pleasure in the moment and an investment in your long term health.

We draw on modern nutrition science and the timeless wisdom, so you will see hints of food as medicine throughout our menu, resulting in a fare that is brimming with health benefits without any compromise on flavour.

RESORT

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