



amatara

WELLNESS RESORT

# 2019 WELLNESS RETREAT PROGRAMS

SEASONALITY	ROOM TYPE	WELLNESS PROGRAM RATES							
		3 NIGHTS		5 NIGHTS		7 NIGHTS		EXTRA NIGHTS	
		SINGLE	DOUBLE	SINGLE	DOUBLE	SINGLE	DOUBLE	SINGLE	DOUBLE
Shoulder Season 01 Nov 18 - 23 Dec 18	Bay View Suite	53,400	42,600	87,300	70,100	121,200	97,600	16,900	13,700
	Ocean Pavilion	54,700	43,300	89,400	71,200	124,100	99,100	17,400	14,000
	Sea View Suite	58,500	45,300	95,800	74,600	133,100	103,800	18,600	14,600
	Pool Pavilion	72,900	52,800	119,700	87,100	166,500	121,300	23,400	17,100
	Bay View Pool Villa	76,400	54,700	125,500	90,100	174,700	125,600	24,600	17,700
	Ocean View Pool Villa	84,900	59,100	139,700	97,500	194,500	136,000	27,400	19,200
Peak season 24 Dec 18 - 05 Jan 19, 4 Feb 19 - 10 Feb 19	Bay View Suite	67,700	50,100	111,000	82,500	154,400	115,000	21,700	16,200
	Ocean Pavilion	73,000	52,900	119,900	87,200	166,700	121,400	23,400	17,100
	Sea View Suite	84,900	59,100	139,700	97,500	194,500	136,000	27,400	19,200
	Pool Pavilion	104,500	69,400	172,300	114,600	240,200	159,900	33,900	22,600
	Bay View Pool Villa	115,900	75,300	191,300	124,600	266,800	173,900	37,700	24,600
	Ocean View Pool Villa	134,700	85,200	222,600	141,000	310,600	196,800	44,000	27,900
High Season 06 Jan 19 - 3 Feb 19, 11 Feb 19 - 31 Mar 19	Bay View Suite	54,300	43,100	88,700	70,900	123,200	98,600	17,200	13,900
	Ocean Pavilion	55,600	43,800	90,800	72,000	126,100	100,200	17,600	14,100
	Sea View Suite	59,100	45,600	96,700	75,000	134,300	104,500	18,800	14,700
	Pool Pavilion	73,700	53,300	121,100	87,800	168,400	122,300	23,700	17,300
	Bay View Pool Villa	77,900	55,400	128,000	91,400	178,100	127,400	25,100	18,000
	Ocean View Pool Villa	85,700	59,500	141,100	98,300	196,500	137,000	27,700	19,400
Low Season 01 Apr 19 - 31 Oct 19	Bay View Suite	51,700	41,800	84,500	68,600	117,200	95,500	16,400	13,400
	Ocean Pavilion	53,000	42,400	86,600	69,700	120,200	97,100	16,800	13,700
	Sea View Suite	56,800	44,400	93,000	73,100	129,100	101,700	18,100	14,300
	Pool Pavilion	69,600	51,100	114,200	84,200	158,900	117,300	22,300	16,600
	Bay View Pool Villa	74,700	53,800	122,700	88,600	170,700	123,500	24,000	17,400
	Ocean View Pool Villa	83,200	58,200	136,800	96,100	190,500	133,900	26,800	18,900

### TERM & CONDITIONS

- Rates are subject to 10% service charge, 7% government tax, and 1% provincial tax
- Price is per person per package

### ALL RETREATS INCLUSIONS:

- Accommodation at Amatara Wellness Resort
- Round-trip airport transfers
- Full board, 3 healthy cuisine meals per day (a la carte) or set detox program menu
- Individual wellness consultation (60 min)
- Blood pressure check up

- Departure consultation (30min)
- Physical analysis (30 min)
- 1 Thai Hammam Journey (105 min) except 'Bespoke package and Sleep Optimization'
- Specific program treatments as listed in package

### EXTRA NIGHT RATE INCLUDES:

- Accommodation at Amatara Wellness Resort
- Full board, 3 healthy cuisine meals per day (a la carte) or set detox program menu
- Daily Signature of Amatara massage
- Use of fitness access to daily fitness classes
- Complimentary access to daily fitness classes

# ❖ 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)

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### 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 Detox support supplements
- 1 Signature of Amatara massage (75 minutes)
- Daily yoga class
- Daily infrared sauna

### 5 NIGHTS AMATARA DETOX RETREAT PROGRAM

#### Plus treatments & activities listed below:

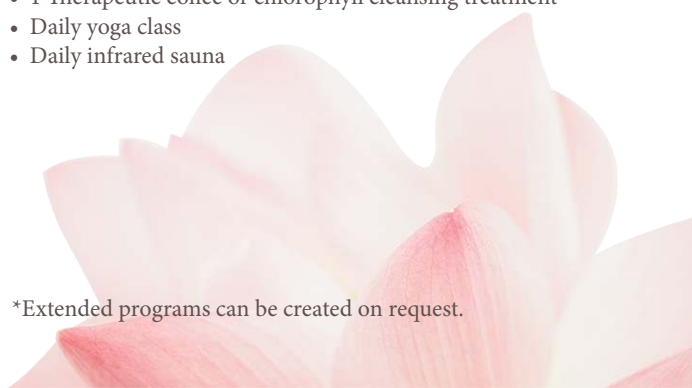
- 2 'Chi Nei Tsang' detoxifying abdominal massage (60 minutes)
- 2 Colon hydrotherapy (60 minutes)
- 1 Detox support supplements
- 1 Detoxifying Ayurvedic massage therapy (90 minutes)
- 1 Manual lymphatic drainage treatment (90 minutes)
- 1 Signature of Amatara massage (75 minutes)
- Daily yoga class
- Daily infrared sauna

### 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 Detox support supplements
- 1 Detoxifying Ayurvedic massage therapy (90 minutes)
- 1 'Jala Neti' shatkriya includes neti pot (45 minutes)
- 1 Manual lymphatic drainage treatment (90 minutes)
- 1 Mid-stay follow up consultation (30 minutes)
- 1 Naturopathic consultation (60 minutes)
- 1 Signature of Amatara massage (75 minutes)
- 1 Therapeutic coffee or chlorophyll cleansing treatment
- Daily yoga class
- Daily infrared sauna

\*Extended programs can be created on request.



# ◆ SPA REVIVE

## 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)

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## 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)
- Daily yoga class

## 5 NIGHTS SPA REVIVE RETREAT PROGRAM

### Plus treatments & activities listed below:

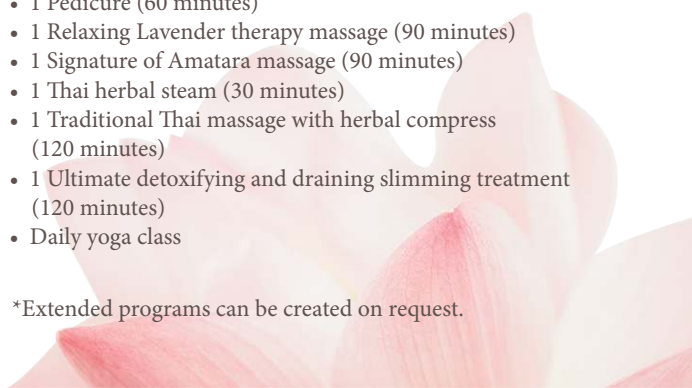
- 1 Amatara signature organic facial (60 minutes)
- 1 'Chi Nei Tsang' healing abdominal massage (60 minutes)
- 1 Essential physiotherapy session (60 minutes)
- 1 Foot reflexology treatment (60 minutes)
- 1 Indian head massage (60 minutes)
- 1 Manicure (60 minutes)
- 1 Pedicure (60 minutes)
- 1 Relaxing Lavender therapy massage (90 minutes)
- 1 Signature of Amatara massage (90 minutes)
- 1 Thai herbal steam (30 minutes)
- Daily yoga class

## 7 NIGHTS SPA REVIVE RETREAT PROGRAM

### Plus treatments & activities listed below:

- 1 Abhyanga Ayurvedic massage with herbal steam (120 minutes)
- 1 Amatara signature organic facial (60 minutes)
- 1 'Chi Nei Tsang' healing abdominal massage (60 minutes)
- 1 Essential physiotherapy session (60 minutes)
- 1 Foot reflexology treatment (60 minutes)
- 1 Indian head massage (60 minutes)
- 1 Manicure (60 minutes)
- 1 Mid-stay follow up consultation (30 minutes)
- 1 Pedicure (60 minutes)
- 1 Relaxing Lavender therapy massage (90 minutes)
- 1 Signature of Amatara massage (90 minutes)
- 1 Thai herbal steam (30 minutes)
- 1 Traditional Thai massage with herbal compress (120 minutes)
- 1 Ultimate detoxifying and draining slimming treatment (120 minutes)
- Daily yoga class

\*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)
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### 3 NIGHTS WEIGHT MANAGEMENT RETREAT PROGRAM

#### Plus treatments & activities listed below:

- 1 Body composition and biological age assessment (30 minutes)
- 1 Detoxifying and draining slimming treatment (90 minutes)
- 1 Fitness assessment (30 minutes)
- 1 Nutrition consultation (60 minutes)
- 1 Private personal training session (50 minutes)
- Daily group fitness sessions
- Daily infrared sauna

### 5 NIGHTS WEIGHT MANAGEMENT RETREAT PROGRAM

#### Plus treatments & activities listed below:

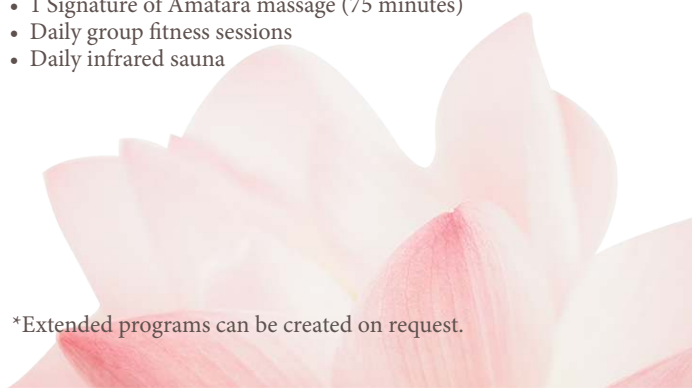
- 2 Private personal training sessions (50 minutes)
- 1 Body composition and biological age assessment (30 minutes)
- 1 Deep muscle massage (90 minutes)
- 1 Detoxifying and draining slimming treatments (90 minutes)
- 1 Fitness assessment (30 minutes)
- 1 Healthy cuisine cooking class (60 minutes)
- 1 Nutrition consultation (60 minutes)
- 1 Private Pilates reformer session (50 minutes)
- 1 Signature of Amatara massage (75 minutes)
- Daily group fitness sessions
- Daily infrared sauna

### 7 NIGHTS WEIGHT MANAGEMENT RETREAT PROGRAM

#### Plus treatments & activities listed below:

- 2 Body composition and biological age assessments (30 minutes) (Beginning and end of stay)
- 2 Detoxifying and draining slimming treatments (90 minutes)
- 2 Private personal training sessions (50 minutes)
- 2 Private Pilates reformer sessions (50 minutes)
- 1 Amatara signature organic facial (60 minutes)
- 1 Deep muscle massage (90 minutes)
- 1 Fitness assessment (30 minutes)
- 1 Healthy cuisine cooking class (60 minutes)
- 1 Mid-stay follow up consultation (30 minutes)
- 1 Nutrition consultation (60 minutes)
- 1 Private yoga session (50 minutes)
- 1 Signature of Amatara massage (75 minutes)
- Daily group fitness sessions
- Daily infrared sauna

\*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)
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### 3 NIGHTS AMATARA ACTIVE RETREAT PROGRAM

#### Plus treatments & activities listed below:

- 1 Body composition and biological age assessment (30 minutes)
- 1 Deep muscle massage (90 minutes)
- 1 Essential physiotherapy session (60 minutes)
- 1 Fitness assessment (30 minutes)
- 1 Private personal training session (50 minutes)
- 1 Private Pilates reformer session (50 minutes)
- Daily group fitness sessions

### 5 NIGHTS AMATARA ACTIVE RETREAT PROGRAM

#### Plus treatments & activities listed below:

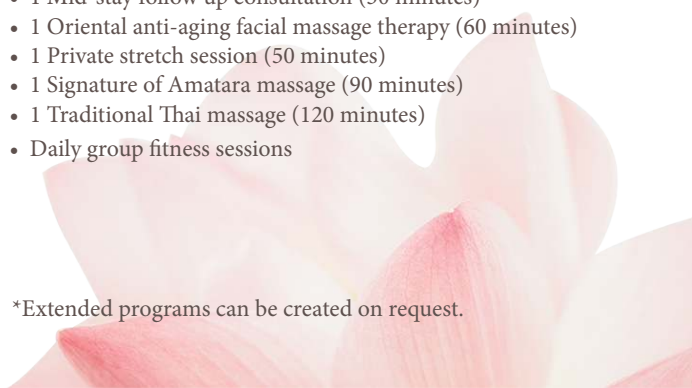
- 2 Essential physiotherapy sessions (60 minutes)
- 2 Private personal training sessions (50 minutes)
- 1 Body composition and biological age assessment (30 minutes)
- 1 Deep muscle massage (90 minutes)
- 1 Detoxifying and draining slimming treatment (90 minutes)
- 1 Fitness assessment (30 minutes)
- 1 Private Pilates reformer session (50 minutes)
- 1 Traditional Thai massage (120 minutes)
- Daily group fitness sessions

### 7 NIGHTS AMATARA ACTIVE RETREAT PROGRAM

#### Plus treatments & activities listed below:

- 3 Private personal training sessions (50 minutes)
- 2 Essential physiotherapy sessions (60 minutes)
- 2 Private Pilates reformer sessions (50 minutes)
- 1 Aqua personal training (50 minutes)
- 1 Body composition and biological age assessment (30 minutes)
- 1 Deep muscle massage (90 minutes)
- 1 Detoxifying and draining slimming treatment (90 minutes)
- 1 Fitness assessment (30 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 Traditional Thai massage (120 minutes)
- Daily group fitness sessions

\*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)
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### 3 NIGHTS AMATARA YOGA RETREAT PROGRAM

#### Plus treatments & activities listed below:

- 1 Abhyanga Ayurvedic massage (90 minutes)
- 1 'Jala Neti' shatkriya includes neti pot (45 minutes)
- 1 Private pranayama session (50 minutes)
- 1 Private yoga session (50 minutes)
- 1 Yoga consultation (30 minutes)
- Daily yoga class

### 5 NIGHTS AMATARA YOGA RETREAT PROGRAM

#### Plus treatments & activities listed below:

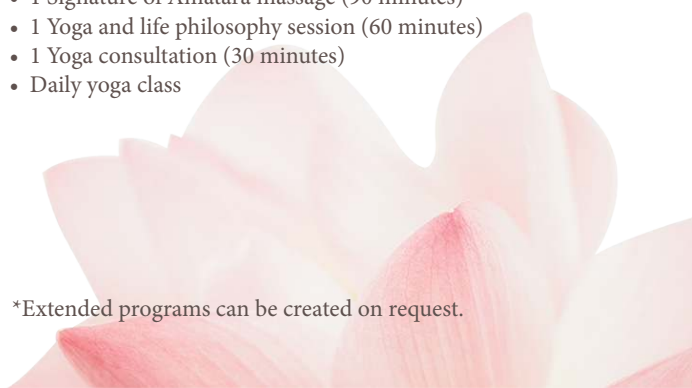
- 3 Private yoga sessions (50 minutes)
- 1 Abhyanga Ayurvedic massage (90 minutes)
- 1 Indian head massage (60 minutes)
- 1 'Jala Neti' shatkriya includes neti pot (45 minutes)
- 1 Kati Vasti treatment (60 minutes)
- 1 Private pranayama session (50 minutes)
- 1 Signature of Amatara massage (90 minutes)
- 1 Yoga and life philosophy session (60 minutes)
- 1 Yoga consultation (30 minutes)
- Daily yoga class

### 7 NIGHTS AMATARA YOGA RETREAT PROGRAM

#### Plus treatments & activities listed below:

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

\*Extended programs can be created on request.



# ❖ SLEEP OPTIMIZATION

## ALL SLEEP OPTIMIZATION 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)
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## 7 NIGHTS SLEEP OPTIMIZATION RETREAT PROGRAM

### Plus treatments & activities listed below:

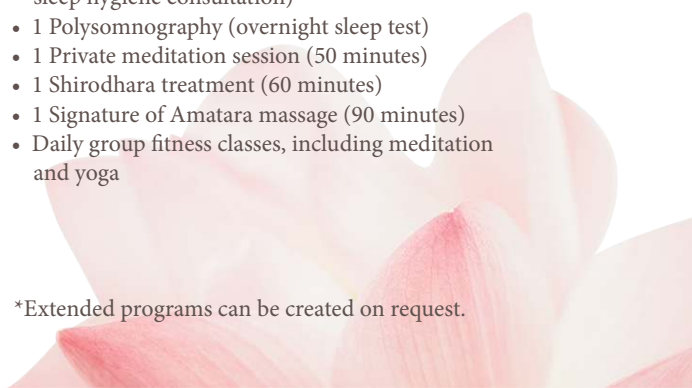
- 2 Lavender sleep ritual massage (90 minutes)
- 1 Follow up consultation (30 minutes)
- 1 Indian head massage (60 minutes)
- 1 Neurologist consultation (sleep test results, sleep hygiene consultation)
- 1 Polysomnography (overnight sleep test)
- 1 Private pranayama session (50 minutes)
- 1 Shirodhara treatment (60 minutes)
- 1 Signature of Amatara massage (90 minutes)
- 1 Yoga Nidra deep relaxation session (50 minutes)
- Daily group fitness classes, including meditation and yoga

## 10 NIGHTS SLEEP OPTIMIZATION RETREAT PROGRAM

### Plus treatments & activities listed below:

- 2 Lavender sleep ritual massage (90 minutes)
- 2 Mid-stay follow up consultations (30 minutes)
- 2 Private pranayama sessions (50 minutes)
- 2 Yoga Nidra deep relaxation sessions (50 minutes)
- 1 Foot reflexology (60 minutes)
- 1 Intuitive massage (90 minutes)
- 1 Indian head massage (60 minutes)
- 1 Manual lymphatic drainage treatment (90 minutes)
- 1 Naturopathic consultation (60 minutes)
- 1 Neurologist consultation (sleep test results, sleep hygiene consultation)
- 1 Polysomnography (overnight sleep test)
- 1 Private meditation session (50 minutes)
- 1 Shirodhara treatment (60 minutes)
- 1 Signature of Amatara massage (90 minutes)
- Daily group fitness classes, including meditation and yoga

\*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

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### 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)
- Complimentary access to daily fitness 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.

