



1 February to 30 November 2017

## INDIVIDUAL WELLNESS IMMERSIONS

Physical Fitness • Sustainable Weight-Loss • Digestive Cleanse • Mental Awareness

Inspired by its serene setting on the shores of Thailand's Andaman Sea, holistic hideaway Amanpuri invites you to experience one of its 3- to 14-day Individual Wellness Immersions. Designed to promote profound change, these carefully calibrated programmes aim to gently steer you onto a new path. Whether you seek to increase fitness levels, shift unwanted weight and its emotional root causes, deep cleanse your entire system or attain renewed awareness, Amanpuri's four Immersion experiences ensure palpable results and a deep sense of inner peace and happiness.

AMANPURI

# AMANPURI



## INDIVIDUALLY TAILORED

Each of Amanpuri's four Immersions - Physical Fitness, Sustainable Weight-Loss, Digestive Cleanse and Mental Awareness - begins with a pre-arrival assessment and an in-depth consultation on arrival. Based on the understanding that your goals may well be multiple, our tightly knit team aims to support you with a bespoke programme of exercise, spa treatments, healing therapies and deliciously nutritious meals all focused on bringing you back to balance. So whilst you may opt, for example, for a Sustained Weight-Loss focus, it is likely that decreasing stress levels is also a priority.

Every day of your Immersion is personalised, including two to three specialist therapy\* and movement\*\* sessions (an extensive offering ranges from holistic stretching to Craniosacral Therapy, Reiki and life coaching), a 60- to 90-minute spa treatment in the secluded Aman Spa and guided meditation and group movement sessions including Pilates and yoga classes. Ongoing consultations track your progress and check in on how you are feeling in order to fine-tune your Immersion. A final consultation marks the end of your programme, though the Aman team aims to send you home empowered and educated - ensuring your journey towards optimum health continues.

# AMANPURI



## THE RESORT

In one of the most peaceful pockets of Phuket, Amanpuri offers the ideal natural setting for an immersive retreat. Overlooking the turquoise waters of Phuket's spectacular west coast, this sleek resort is tucked beneath soaring coconut palms on a private peninsula, with its own secluded beach and midnight-blue infinity swimming pool. Inspired by the graceful lines of Thailand's ancient capital, Ayutthaya, the resort is an elegant reflection of its name: Amanpuri is drawn from the Sanskrit-derived words for 'peace', *aman*, and 'place', *puri*. Truly tranquil, the resort's 40 Pavilions and 44 Villas are surrounded by lush gardens and coconut palms, all with private terraces and many with sea views and private plunge pools. The light-flooded Aman Spa rests on a hilltop and incorporates a two-storey, glass-walled gym, a Pilates Studio and secluded hillside yoga and meditation *salas*.

## THE FOOD

Amanpuri's specialist raw food chef, Ben Flowerday, individually crafts all meals to reflect your nutritional and physiological needs, keeping your Immersions goals in mind. Meals aim to stabilise blood sugar levels, reduce inflammation and harmonise gut flora while supporting and re-balancing the digestive system. Whether raw, liquid or cooked, your personal preferences as well as any allergies or intolerances will be catered for. Deep cleanses include a regular intake of herbal elixirs, fresh juices and alkalising broths.

# AMANPURI



## FITNESS IMMERSION

3 to 14 days to radically enhanced fitness & performance

Getting in shape or significantly increasing fitness levels takes a concerted effort, combined with the correct nutritional choices and an empowered mindset. Based on an education in movement and nutritional understanding of performance and recovery, this programme begins and ends with a thorough fitness assessment to comprehensively chart progress. It also incorporates all meals, nutritionally balanced for optimal performance. Including two specialist fitness sessions, one specialist therapy and one personalised spa treatment per day plus a range of daily group movement classes, this Immersion favours medium- to high-intensity movement with activities promoting neuromuscular activation and mental focus. From TRX suspension training and bootcamp sessions, to Muay Thai, Pilates and circuits, this tailored programme brings together every element contributing to personal fitness to enable a transformative, goal-orientated experience in an inspirational setting.

3/5/7/10/14-Night Immersions available

This Wellness Immersion is valid for new bookings only, is subject to availability, and cannot be combined with any other exclusive. Bookings are to be made through Amanpuri directly. Cancellations and payments as per Amanpuri's standard terms.

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# FITNESS IMMERSION

## Sample 7-Night Itinerary

### Day 1

**1pm:** Arrival/welcome  
**3.30pm:** Arrival consultation  
**4pm:** Fitness consultation and assessment  
**4.40pm:** Herbal steam & beverage  
(prescribed juice, coconut or iced ginger tea)  
**5pm:** Spa treatment  
**7pm:** Evening meditation class  
**8.10pm:** Digestive herbal elixir  
**8.30pm:** Dinner

### Day 2 - 7

**8am:** Morning yoga class  
**9am:** Herbal steam & beverage  
(prescribed juice, coconut or iced ginger tea)  
**9.15am:** Digestive herbal elixir  
**9.30am:** Breakfast or a prescribed juice  
**11am:** Specialist movement session  
**12pm:** Snack such as raw food, fruit, nuts/seeds  
or a prescribed juice  
**12.45pm:** Digestive herbal elixir  
**1pm:** Lunch or a prescribed juice  
**3.30pm:** Specialist movement session  
**4.40pm:** Herbal steam & beverage  
(prescribed juice, coconut or iced ginger tea)  
**5pm:** Spa treatment  
**7pm:** Evening meditation class  
**8.10pm:** Digestive herbal elixir  
**8.30pm:** Dinner

### Day 8

**8am:** Morning yoga class  
**9am:** Digestive herbal elixir  
**9.15am:** Breakfast  
**11am:** Departure consultation

## Sample Treatments & Movement Therapies

### \*\*SPECIALIST MOVEMENT SESSIONS

- **Qi Gong:** A blend of movement, breath work and massage that helps increase lymphatic flow, balance hormones, release tension and calm the mind.
- **Muay Thai:** Also known as Thai Boxing, this powerful workout encourages speed and coordination, as well as all-round fitness and strength.
- **TRX Suspension Training:** Leverages gravity and your body weight to perform a wide range of exercises, delivering a fast, effective total body workout for a rock solid core and increased muscular endurance.
- **Beach Bootcamp:** A combination of cardio and strengthening exercises to provide a full body workout without relying on equipment.

### 2017 Rates\*

Package rates start from:

Nights	Single	Double
3	US\$3,960	US\$7,050
5	US\$6,190	US\$11,010
7	US\$8,232	US\$14,182
10	US\$11,570	US\$20,120
14	US\$15,848	US\$27,258

### Terms & Conditions

\*Rates are subject to government taxes of 8.7%, plus a service charge of 10%

\*Morning and evening classes vary weekly, depending on visiting practitioners and the way in which the immersion programme is tailored to each individual. Classes may focus on movement, from Tai Chi to Qi Gong, meditation or educational talks based on the design of the weekly wellness schedule.



## WEIGHT-LOSS IMMERSION

3 to 14 days to shed unwanted weight

We all face different wellness challenges, and if yours is weight-related, you'll understand the complex interplay of emotions it evokes. Demystifying weight management to enable healthy, permanent weight-loss, this Immersion approaches a personal subject with assured expertise. An initial consultation and optional blood analysis form the basis of your Immersion, addressing such key factors as pH levels for optimal digestion, cravings, hormonal imbalances and weakened immunity. Every meal, whether raw, liquid or cooked, is nutritionally aligned to your needs, removing stress and inflammatory markers to promote an internal environment adaptive to self-healing and change. As well as two to three specialist and movement sessions per day plus optional group movement classes, daily spa treatments assist in clearing stress, promoting circulation and supporting lymphatic functioning. A final consultation provides guidance for the future.

3/5/7/10/14-Night Immersions available

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# WEIGHT-LOSS IMMERSION

## Sample 7-Night Itinerary

### Day 1

**1pm:** Arrival/welcome  
**3.30pm:** Arrival consultation  
**4.40pm:** Herbal steam & beverage  
(prescribed juice, coconut or iced ginger tea)  
**5pm:** Spa treatment  
**7pm:** Evening meditation class  
**8.10pm:** Digestive herbal elixir  
**8.30pm:** Dinner

### Day 2 - 7

**8am:** Morning yoga class  
**9am:** Herbal steam & beverage  
(prescribed juice, coconut or iced ginger tea)  
**9.15am:** Digestive herbal elixir  
**9.30am:** Breakfast or a prescribed juice  
**11am:** Specialist movement session  
**12pm:** Snack or a prescribed juice  
**12.45pm:** Digestive herbal elixir  
**1pm:** Lunch or a prescribed juice  
**3.30pm:** Specialist therapy session  
**4.40pm:** Herbal steam & beverage  
(prescribed juice, coconut or iced ginger tea)  
**5pm:** Spa treatment  
**7pm:** Evening meditation class  
**8.10pm:** Digestive herbal elixir  
**8.30pm:** Dinner or a prescribed juice

### Day 8

**8am:** Morning yoga class  
**9am:** Digestive herbal elixir  
**9.15am:** Breakfast  
**11am:** Departure consultation

## Sample Treatments & Movement Therapies

### \*SPECIALIST THERAPIES

- **Lymphatic Drainage Massage:** A gentle massage intended to encourage the natural drainage of the lymph, which carries waste products away from the tissues back toward the heart.
- **Kinesiology:** A therapy that uses gentle muscle-monitoring techniques to access the subconscious mind and gain accurate information about your current issues and what is needed to restore balance to body, mind and spirit.
- **Aqua Training:** This zero-impact therapy is ideal for maintaining condition and rehabilitating those with injuries.
- **Mind Training:** Introduces a profound state of mind and spiritual freedom, as well as the wisdom to liberate yourself from the control of your emotions.
- **Reconnective Healing:** This energy healing technique puts the body into a deep state of relaxation, allowing it to release emotional and physical tension.

### 2017 Rates\*

Package rates start from:

Nights	Single	Double
3	US\$3,960	US\$7,050
5	US\$6,190	US\$11,010
7	US\$8,232	US\$14,182
10	US\$11,570	US\$20,120
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## CLEANSE IMMERSION

3 to 14 days to purify body and mind

Every system benefits from time out, a break from the rigours of daily life and its possible excesses. Amanpuri's Cleanse Immersion leaves you invigorated and ready to start afresh, with increased physical capacity and the mental clarity to take on life's challenges with renewed enthusiasm. Designed to reduce stress and promote self-healing through a return to internal homeostasis, this Immersion helps remove the obstacles to wellness created by high-stress lifestyles and toxic health and environmental practices. The Immersion begins with an in-depth assessment, and includes a raw and liquid nutrition programme covering all meals and refreshments. Every day includes three specialist therapy and movement sessions, group sessions and a 60- to 90-minute personalised spa treatment focused on clearing stress, promoting circulation and supporting immune and lymphatic functioning.

3/5/7/10/14-Night Immersions available

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# CLEANSE IMMERSION

## Sample 7-Night Itinerary

### Day 1

**1pm:** Arrival/welcome  
**3.30pm:** Arrival consultation  
**4.40pm:** Herbal steam & beverage  
(prescribed juice, coconut or iced ginger tea)  
**5pm:** Spa treatment  
**6.30pm:** Juice  
**7pm:** Evening meditation class  
**8.10pm:** Digestive herbal elixir  
**8.30pm:** Dinner  
**10.30pm:** Soup, broth or a coconut

### Day 2 - 7

**8am:** Morning yoga class  
**9am:** Herbal steam & beverage  
(prescribed juice, coconut or iced ginger tea)  
**9.15am:** Digestive herbal elixir  
**9.30am:** Breakfast or a prescribed juice  
**10.30am:** Juice  
**11am:** Specialist session  
**12pm:** Prescribed juice  
**12.45pm:** Digestive herbal elixir  
**1pm:** Lunch or a prescribed juice  
**3pm:** Snack or a prescribed juice  
**3.30pm:** Specialist session  
**4.40pm:** Herbal steam & beverage  
(prescribed juice, coconut or iced ginger tea)  
**5pm:** Spa treatment  
**6.30pm:** Juice  
**7pm:** Evening meditation class  
**8.10pm:** Digestive herbal elixir  
**8.30pm:** Dinner or a prescribed juice  
**10.30pm:** Soup, broth or a coconut

### Day 8

**8am:** Morning yoga class  
**9am:** Digestive herbal elixir  
**9.15am:** Breakfast  
**9.30am:** Departure consultation

## Sample Treatments & Movement Therapies

### \*SPECIALIST THERAPIES

- **Chi Nei Tsang:** An abdominal massage that releases tension in the abdomen caused by stress, poor dietary habits and negative emotions. This relaxing massage also detoxifies the internal organs, stimulates metabolism and reduces digestive disorders.
- **Connective Tissue Massage:** A therapy that treats skeletal muscle immobility and pain by relaxing contracted muscles, improving blood and lymphatic circulation, and stimulating the stretch reflex in muscles.
- **Tai Chi:** A martial art and moving meditation, Tai Chi was developed in China over 800 years ago. The slow, rhythmic and graceful movements allow Qi energy to circulate around the body, bringing optimum health and calming the mind.
- **Soft Tissue Osteopathy:** Osteopathy acknowledges the relationship between the body, the psyche and the mind, both in health and in sickness. Osteopathy treats the human body as a whole in terms of structure and function. It assumes that the human body has the capacity to self-regulate, and helps to restore homeostasis.

### 2017 Rates\*

Package rates start from:

Nights	Single	Double
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5	US\$6,190	US\$11,010
7	US\$8,232	US\$14,182
10	US\$11,570	US\$20,120
14	US\$15,848	US\$27,258

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## AWARENESS IMMERSION

3 to 14 days to renewed clarity and lightness of being

Stillness and peace can be found within. Tapping into your inner realm allows for clarity of thought, a lightness of spirit and a depth of connection with the natural world. Amanpuri's Awareness Immersion brings about an internal focus, creating a heightened sense of self and the opportunity to reconnect. The practices of meditation, yoga and reflection are combined with modalities that encourage inner healing (Craniosacral Therapy, Reconnective Healing and Reiki), those that purify (exfoliation) and those that calm the central nervous system (massage). Initial consultations are followed by three specialist sessions per day, including sessions with Anamai Apaiso. A former Buddhist monk, Anamai is an intuitive guide to the spiritual dimension who has been sharing his profound wisdom for over 30 years. The Immersion also includes daily spa treatments, evening group sessions and nutritive, liquid-based meals and refreshments.

3/5/7/10/14-Night Immersions available

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# AWARENESS IMMERSION

## Sample 7-Night Itinerary

### Day 1

**2.30pm:** Arrival/welcome  
**4pm:** Spa treatment  
**6.30pm:** Sunset reflection  
**8pm:** Dinner

### Day 2

**6.30am:** Digestive herbal elixir  
**6.45am:** Prescribed juice  
**7am:** 2hr arrival consultation (Day 2) / Yoga or Meditation (Day 3-7)  
**8am:** Breakfast (9am on Day 2)  
**11am:** CST or Reconnective Healing  
**12pm:** Lunch  
**2.30pm:** Yoga or Meditation  
**3.30pm:** Herbal steam & beverage (prescribed juice, coconut or iced ginger tea)  
**4pm:** Spa treatment  
**6.30pm:** Evening juice  
**7pm:** Evening meditation class  
**8pm:** Retire to reflect

### Day 3 - 7

**6.30am:** Digestive herbal elixir  
**6.45am:** Beverage  
**7am:** Yoga  
**8am:** Breakfast  
**11am:** Meditation  
**12pm:** Lunch  
**2.30pm:** CST/Reconnective Healing  
**4pm:** Herbal steam & beverage  
**5pm:** Spa treatment  
**6.30pm:** Evening juice  
**7pm:** Evening meditation class  
**8pm:** Retire to reflect

### Day 8

**6.30am:** Digestive herbal elixir  
**6.45am:** Prescribed juice  
**7am:** Yoga/Meditation  
**8am:** Breakfast  
**9.30am:** Departure consultation

## Sample Treatments & Movement Therapies

### \*SPECIALIST THERAPIES

- **Craniosacral Therapy:** Using a very gentle touch, this advanced healing modality works at the core of the body allowing for the rebalancing of the brain, spinal cord, nervous system and fascia, thereby strengthening the body's self-healing capacity.
- **Deeksha:** A therapy that involves the transfer of energy to initiate a journey into a higher state of consciousness.
- **Meditation:** Derived from Buddhism, Taoism and Hinduism, meditation is used as a tool for removing stress, calming the mind, healing the body and gaining insight into the very reason for living.
- **Mind Training:** Introduces a profound state of mind and spiritual freedom, as well as the wisdom to liberate yourself from the control of your emotions.
- **Reiki:** An ancient healing technique that uses the practitioner's life force energy to balance the subtle energies within your body. Reiki addresses physical, emotional, mental and spiritual imbalances.

### 2017 Rates\*

Package rates start from:

Nights	Single	Double
3	US\$6,360	US\$8,712
5	US\$10,590	US\$14,530
7	US\$14,231	US\$19,292
10	US\$20,570	US\$28,240
14	US\$28,448	US\$38,682

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## THE SPECIALISTS

Aman works with only the world's finest specialists to ensure the most effective Immersion experiences possible. Robert Hyrsky, Patrycja Klak, Shy Sayar and Anamai Apaiso are Amanpuri's in-house specialists who consult with you on a daily basis and oversee every detail of your Immersion. Visiting specialists over the Immersion period include Zoe Nash, Master Lei Ming, David Vogts, Dr Buathon Thienarrom and Andrew Cox, who bring additional expertise and therapy options to the Immersion programmes during their stays.

## IN-HOUSE



**Anamai Apaiso:** A former Buddhist monk who has spent the last 30 years leading spiritual retreats and sharing his techniques for living a happy, stress-free life, Anamai is a counselor and spiritual guide, a gifted listener and a life coach to those seeking change.

**Ben Flowerday:** A raw vegan chef, Ben has worked at some of Australia's finest restaurants including Montalto, Vue De Monde, Verge and Samudra. He has also travelled the world, surfing and exploring the benefits of a macrobiotic vegan diet and raw food. Today he brings a fine-dining aspect to raw vegan food, sharing the integral value of a holistic vegan lifestyle.



**Robert Hyrsky:** With over 20 years of experience including seven as Amanpuri's Head Therapist and Trainer, Robert has developed a multifaceted approach to health and wellbeing. His wide range of expertise along with his caring, healing presence have given him a loyal international following both for individual sessions and as a teacher in the healing field.

**Patrycja Klak:** Patrycja is a Holistic Therapist and international yoga teacher trained in Craniosacral Therapy, Rhythmic Movement, Emmett Technique and Kinesiology. Her classes and healing sessions are aimed at offering transformation and connection.



**Shy Sayar:** Well into his third decade as a yoga therapist, Shy believes in teaching people, not poses. His Tantravaya Yoga method integrates the classical Eight Limbs of Yoga, cultivating the body, breath and mind to encourage optimal health.

# AMANPURI

## VISITING



**Zoe Nash** 28 January - 28 February

A fully certified practitioner of Traditional Chinese Medicine (TCM) and an experienced yoga specialist with more than a decade of experience, Zoe offers sessions that approach your health holistically. Her gentle manner and intuitive nature ensure healing and relaxation in equal measure.

**Master Lei Ming 1 - 13 March**

A Tai Chi Master with more than 30 years of experience, Lei Ming is deeply knowledgeable of not only the physical side of Tai Chi, but also of the philosophical and psychological aspects of the discipline. He strives to share the benefits and enormous potential of Tai Chi in everyday life - good health, creativity and extraordinary balance - with every client.



**David Vogts** 13 - 27 March

With over 40 years in the healing field, David specialises in a unique blend of astrology and energetic bodywork, incorporating Polarity Therapy and Craniosacral Therapy. Since 1976, David has practiced, studied and taught students across three continents and runs his own renowned healing centre in California.

**Buathon Thienarrom Ph.D.** 27 March - 10 April

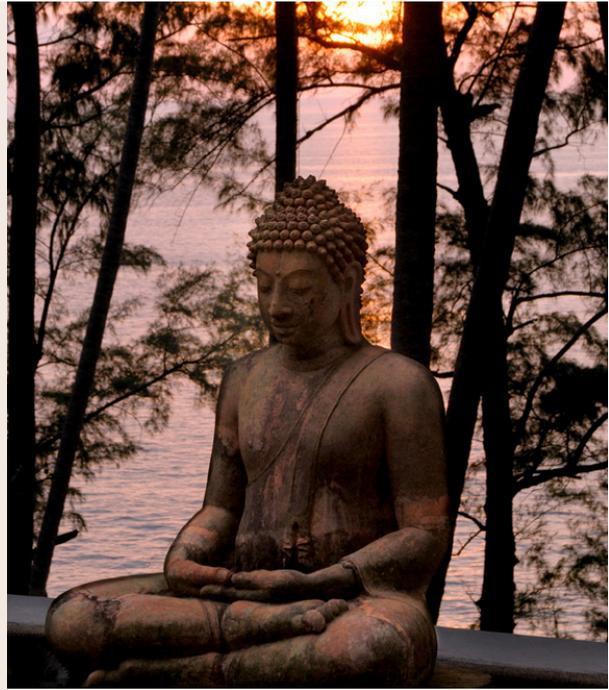
Dr Buathon is a holistic practitioner from Thailand and an expert in alternative medicine, Tibetan medicine and Taoist practice. With a background in nursing, psychology and health sociology and many years of hands-on experience, Dr Buathon uses her signature method, ZenNaTai, to help the body release tension and generate chi flow, encouraging a peaceful mind.



**Andrew Cox** 10 - 22 April

Andrew is a functional movement specialist, lifestyle coach and educator in the health, wellness and fitness industry who assists clients in making a shift from reactive to proactive health. A Master Trainer for the National Academy of Sports Medicine, he is also a regular on radio and a contributor to international publications in his areas of expertise.

# AMANPURI



## OTHER HIGHLIGHTS

- Amanpuri provides Hobie Cats and equipment for windsurfing, snorkelling and kayaking, as well as PADI-accredited dive programmes year-round. There are also four tennis courts lit for night play and five international-standard golf courses located within a 40-minute drive of the resort.
- Amanpuri's own fleet, Amancruises, numbers more than 20 speedboats and sailing craft, one of the largest resort-owned fleets in Southeast Asia. Sailing, deep-sea fishing, diving and overnight charters, with full crew, are all available.
- Phuket's Khao Phra Thaeo National Park is ideal for elephant trekking.
- There are approximately 30 Buddhist temples on the island. Among the most interesting are: Wat Chalong, with its gilt statues of two revered monks; Wat Phra Thong with its half-buried Buddha statue; and Wat Phra Nang Sang, which includes some fascinating frescoes and Buddha heads that date back 3,000 years.

## THE JOURNEY

Amanpuri is a 25-minute, 17km scenic drive from Phuket International Airport. Your Immersion includes complimentary private transfers to and from the airport.

TO BOOK

Amanpuri Tel: (66) 76 324 333 | Email: [amanpurires@aman.com](mailto:amanpurires@aman.com)