



AMATARA WELLNESS RESORT OFFERS BRAND NEW 'WELL ESCAPE PROGRAM'

A Flexible 3-night Transformative Wellness Program to Nurture Your Well Living



Phuket, 2 October 2019: A leading luxury wellness resort in Phuket, Amatara Wellness Resort, provides thoughtfully created health & wellness facilities that allow you to truly relax and unwind with its new '**WELL Escape Program**', the flexible transformative wellness program that aims at nurturing a sustainable healthy lifestyle. Within this 4 day/ 3 night program, guests will receive 3 nights accommodation, roundtrip airport transfers, healthy half board meals, an initial wellness consultation, a spa treatment of choice, a group activity of 'creative wellness', a private mind-body class, a spa credit and unlimited access to our daily scheduled wellness activities. The program rates start from THB 20,400 per person.

As we all are aware, stress is on the rise in every area of our lives and we are constantly dealing with technology which keeps us dependent on our devices. Amatara's team encourage you to simply escape from this daily routine to find the 'pause' button. The WELL Escape Program provides guidance and support through the initial consultation to personalize a journey suitable to individual needs. The wellness specialists also offer the creative wellness 'tools' to keep you sustainably on the path of wellbeing once you are back in your normal routine.

Amatara's **Well Living** philosophy nurtures mind, body and spirit through an array of holistic treatments as well as carefully designed creative wellness activities and mind-body sessions to help to improve lifestyle patterns and reconnect with oneself through a new approach. Reduce stress, insomnia and anxiety as well as improve overall physical strength and flexibility.

The WELL Escape Program rates include:

- 3 nights of accommodation as per room category selected
- Roundtrip Airport Transfers



- Daily healthy breakfast at The Retreat
- One Daily healthy set meal (choose between lunch or dinner) at The Retreat
- One Initial Wellness Consultation session (30 minutes)
- One 60-minute spa treatment, choose from:
 - Signature of Amatara Massage
 - Deep Muscle Release
 - Intuitive Massage
 - Traditional Thai Massage
 - Relaxing Foot Massage
 - Shirobhyanga (Indian Head Massage)
 - Neck and Shoulder Massage (30 minutes)
- One Creative Wellness Group Activity, choose from:
 - Natural Soap Making
 - Healthy Juice for a Healthy Gut
 - Healthy Snacks Making
 - Making Herbal Salves | Massage Balm | Lip Balm
 - Healthy Cooking Class
 - Towel Folding
- One 60-minute Mind-Body Private Class, choose from:
 - Yoga (60 minutes)
 - Thai Boxing (60 minutes)
 - Art of Focus – different styles of meditation (30 minutes)
 - Inner Visualization – guided meditation (30 minutes)
 - Pranayama (30 minutes)
 - Journal Writing (60 minutes)
- Spa credit valued at THB 1,200*
- Unlimited access to daily scheduled wellness activity classes (excluding Creative Wellness Group Activities)

Positioning itself as one of Thailand's leading wellness resorts, [Amatara Wellness Resort](#) in Phuket is a perfect venue that offers the tranquil natural setting, spacious accommodation, and tasteful nourishing cuisine to its guests. This sanctuary is perfect for people of all ages who are looking into rebalancing emotional and behavioral, nurturing inner peace, and being inspired to continue living a healthy lifestyle. Guests who take part in this program can enjoy wholesome and nutritious dishes at Amatara's *The Retreat* restaurant; delivering unrefined, nutritious cuisine from a menu inspired by modern healthy eating influences.

The WELL Escape Program is available from 1st October 2019 onward and the prices start from THB 20,400 per person on double occupancy and THB 27,400 per person on single occupancy. Rates are subject to VAT, service charge, and provincial tax in a total of 18.7%



For further information and reservations, visit www.amataraphuket.com, email: reservations.phuket@amataraphuket.com or call: +66 76 318 888. Follow Amatara Wellness Resort for latest news and promotions at Facebook Fanpage [@amatarawellnessresort](https://www.facebook.com/amatarawellnessresort) and Instagram [@amatararesort](https://www.instagram.com/amatararesort).

-ENDS-

Notes to editors:

Amatara Wellness Resort, Phuket, Thailand

Amatara Wellness Resort offers the life-enhancing and transformative wellness retreat experiences with the view of picturesque turquoise Andaman Sea. This wellness resort awaits to welcome you to relax, recharge, and be inspired. This resort was established with the vision of creating this place to be the comprehensive wellbeing sanctuary. The place to support guest's life journey with continued improvement, learning, sharing and in line with mindful practice and sustainable wellness approach. Amatara understands the individual needs and therefore also offers the ideal relaxing and luxury seaside resort for leisure guests to wind down either by its 55-metre infinity-edged pool or at Sun & Moon rooftop lounge. The resort has 105 suites and villas, each with its own private balcony and sea view. The stunning Premier Sea View rooms, Pavilions, and Suites set new standards in comfort and design while the ultimate Pool Villas feature their own private pool, which allows an unforgettable luxury and privacy. This tropical resort also offers the finest gourmet cuisines and one of the region's best ocean-view spa facilities.

For further press information and images, please contact:

Juthamart Lipikornsukthaweekul (Joy)

Assistant Director of Marketing Communications

Email: juthamart.l@amataraphuket.com

Tel +66 (0)85 553 6199