

AMANPURI



Individual Wellness Immersions

Intensive & Original: Weight Management ▪ Detox & Cleansing ▪ Mindfulness & Stress Management ▪ Life Reset

Inspired by its serene tropical setting on the shores of Thailand's Andaman Sea, Amanpuri invites you to experience one of its multi-day Original or Intensive Individual Wellness Immersions. Designed to promote profound change with the support of a diverse wellness team and a dedicated wellness chef, these carefully calibrated programmes aim to steer you onto a new path making full use of the resort's extensive wellness facilities. Whether you seek to shift unwanted weight and its emotional root causes, deep cleanse your entire system or manage stress, Amanpuri's Immersion experiences ensure palpable results and a deep sense of inner peace and happiness.



INDIVIDUALLY TAILORED

Each of Amanpuri's Immersion pathways begins with an initial transformation program orientation and an in-depth consultation. Based on thorough assessments and the understanding that your goals may well be multiple, our tight-knit team aims to support you with a bespoke program of exercise, spa treatments, healing therapies and nutritious meals all focused on bringing you back to balance. So while you may opt, for example, for a weight-management focus, decreasing stress levels might also be a priority, and this will be reflected in every facet of your program.

Each day of your Immersion is utterly personalised and includes specialist therapy and private movement sessions, a spa treatment in the serene Aman Spa, optional group movement sessions, and every meal. Our Wellness Immersion Managers track your progress and regularly check in on how you are feeling in order to fine-tune your Immersion. A final consultation marks the end of your program, our team aims to send you home empowered and educated, ensuring your journey towards optimum health continues at home.



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 40 villas are surrounded by lush gardens and coconut palms, all with private terraces and many with sea views and private plunge pools.

THE FOOD

Nutritional support and education lie at the core of each Immersion. Conceived by Amanpuri's specialist raw and vegan chefs, all meals reflect your nutritional and physiological needs and are created with your Immersion goals in mind. All aim to stabilise blood sugar levels, reduce inflammation and harmonise gut flora while supporting and rebalancing the digestive system. Whether your programme calls for a raw, liquid or cooked diet, your personal preferences as well as any allergies or intolerances will be catered for without you ever feeling deprived or dissatisfied. Deep cleanses include a regular intake of herbal elixirs, fresh juices and alkalising broths.





THE SPA

Set on a verdant hill above the resort, Amanpuri's Aman Spa features 12 treatment suites, six brand new, and all double the original size after a complete refurbishment. Each suite offers a spacious treatment room, its own bathing area, private steam room and a dressing room.

Other spa facilities include two infrared saunas, known for their healing effects, hydrotherapy areas, including a steam room, a traditional sauna, a Jacuzzi and a cold plunge pool, and a finishing salon for nails and hair, as well as a yoga pavilion, a meditation room and a juice bar. At the top of the hill rests Amanpuri's two-storey light-flooded fitness centre incorporating a glass-walled gym, a Pilates studio and a MuayThai studio with boxing ring, all with breathtaking sea views.





Choose your path

INTENSIVE IMMERSIONS

Unique to Amanpuri, these minimum five-night Intensive programmes begin with an extensive pre-arrival questionnaire, followed by a comprehensive medical consultation and physical examination by a doctor on arrival. Medical diagnostics including blood panel and heavy metal OligoScan testing, inform your uniquely curated programme. This includes prescribed medical treatments, as well as a personalised nutrition plan, customised private movement sessions, and specialised therapies and spa treatments to meet your needs.

ORIGINAL IMMERSIONS

Beginning with an extensive pre-arrival questionnaire and lasting a minimum of three nights, Original Immersions are tailored to individual wellness needs to inspire and promote meaningful change. Whether shifting unwanted weight, detoxing for renewed awareness or managing stress, each Immersion is personalised based on in-depth assessments and wellness screenings, with no medical diagnostics or treatments. These Immersions are flexible enough to accommodate non-Immersion travel partners without compromising results.

THE PROGRAMMES (available as Original & Intensive)

- Weight Management - a minimum of 7 nights
- Detox & Cleansing
- Mindfulness & Stress Management
- Life Reset

Wellness Immersions include:

Original:

Full board (breakfast, lunch, dinner, wellness mini bar and non-alcoholic beverages as prescribed for the program)

Arrival day:

- Initial Wellness Consultation including nutrition and lifestyle advice and body composition analysis
- One 90 min Aman Signature Spa treatment

Full days:

- One daily 90 min spa treatment
- One daily 60 min wellness specialist session
- One daily 60 min private movement session

Departure day:

- Departure Wellness Consultation
- One 60 min spa treatment or private movement session

Intensive :

As above, plus:

Arrival day:

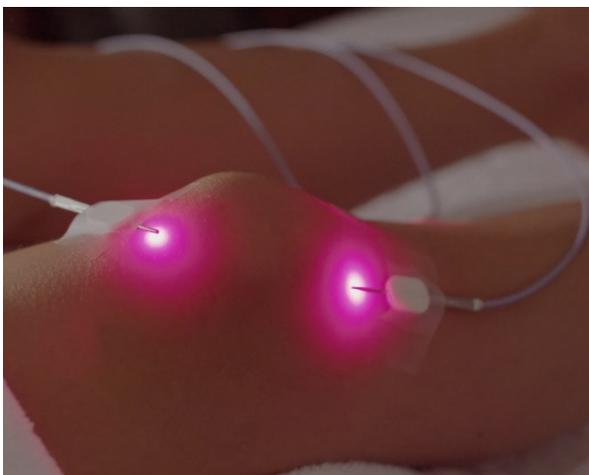
- Initial Wellness Consultation with the in-house Medical Doctor
- Blood test in the morning after arrival and blood test analysis on the third day of the program

Full days:

- One daily 60 min Integrated Medical Treatment

Departure day:

- Departure Wellness Consultation with the in-house Medical Doctor





Weight Management

From 7 nights to shed unwanted weight

This Wellness Immersion is designed to help you control and manage your weight in a healthy and holistic manner. It demystifies weight management by focusing on boosting metabolism, promoting digestion and improving the movement of fluid in the body in order to obtain and sustain an optimum weight and state of health. Dietary and herbal supplements are nutritionally aligned to your individual needs.

An initial consultation and optional blood analysis form the basis of your Immersion. The tests address 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. Therapies include slimming body wraps and full-body massage, lymphatic drainage, and traditional abdominal massage, while private movement sessions are overseen by a personal trainer and complemented by optional group movement classes. A final consultation provides guidance for the future.

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.

Weight Management

Sample Daily Schedule

8am: Optional morning *Wellness class
(Pilates or Yoga for example)

9.30am: Breakfast or a prescribed juice/tonic tea

11am: Movement Session

1pm: lunch (personalized menu)

3.30pm: Wellness Specialist session
(Acupuncture, Abdominal Massage,
Craniosacral Therapy, etc.) or another
movement session

4.40pm: Herbal steam & beverage
(prescribed juice, coconut or herbal tea)

6.30 pm: Dinner (personalised
menu)

7.30pm: 90-minute spa treatment
(Lymphatic Drainage, Deep Tissue
Massage, etc.)

Intensive

One medical treatment to be added to the above
schedule:

- Colonic irrigation hydrotherapy
- Intravenous infusion
- Ultrasound therapy
- Physiotherapy

Sample Treatments & Movement Therapies

Infrared Sauna Therapy: known for their healing benefits, Infrared saunas help the body to release toxins including heavy metals and environmental chemicals. They also boost circulation and aid in weight loss, relaxation, pain relief and skin purification.

Radio-Frequency Slimming Treatments: By stimulating subdermal collagen and elastin production, radio-frequency therapy can reduce the appearance of fine lines while also reducing fat to non-invasively manage and treat lax skin.

Meridian Therapy: Drawing on the wisdom of Traditional Chinese medicine and the theory behind acupuncture and acupressure, Meridian Therapy is a form of massage which restores energy flow through the body's twelve meridians to release blockages and restore balance in body and mind.

Integrated Deep Tissue: Blending deep tissue massage techniques with the ancient principles of Traditional Thai massage, this intense yet deeply relaxing massage aims to realign the deeper layers of muscles. An ideal treatment for chronic aches and pains, and for easing contracted areas such as the lower back, neck, shoulders and leg muscles.

*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.



Detox & Cleansing

From 3 nights to purify body and mind

For those seeking to purify the body, refresh the mind, and promote a long and healthy life, this Wellness Immersion eases the way by naturally stimulating the detoxification pathways of the body. It aims to improve the digestive, lymphatic and elimination systems with a complete detox diet, cleansing herbal remedies and complementary therapies to brighten the eyes, clear the skin, improve organ function and promote cellular rejuvenation. Treatments include lymphatic drainage massage and detoxing body wraps, while specialist therapies and private movement sessions focus on clearing the body of toxic accumulations caused by hectic modern lifestyles. A final consultation provides guidance for the future.

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Detox & Cleansing

Sample Daily Schedule

8am: Optional morning *Wellness class (pilates or yoga for example)

9am: Prescribed healthy juice or tonic tea

9.30am: Healthy breakfast (personalised healing menu – raw, vegan or liquid)

11am: Movement session

1pm: Healthy lunch (personalised healing menu – raw, vegan or liquid)

3.30pm: Wellness Specialist Session (Chi Nei Tsang, Cupping Therapy, etc.) or another movement session

6pm: Healthy dinner (personalised healing menu – possibly raw, vegan or liquid)

7.30pm: 90-minute spa treatment (Lymphatic Drainage, Deep Tissue Massage, Detoxifying Scrub and Wrap, etc.)

Intensive

One medical treatment to be added to the above schedule:

- Colonic irrigation hydrotherapy
- Intravenous infusion
- Ultrasound therapy
- Physiotherapy

Sample Treatments & Movement Therapies

Lymphatic Drainage Massage: A gentle massage intended to encourage the natural drainage of the lymph, which carries waste products away from the tissues.

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 the metabolism and reduces digestive disorders.

Tai Chi: A martial art and moving meditation, Tai Chi was developed in China approximately 500 years ago. The slow, rhythmic and graceful movements allow qi or prana to circulate around the body, bringing optimum health and calming the mind.

*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.



Mindfulness & Stress Management

From 3 nights to achieve renewed clarity and lightness of being

This Wellness Immersion combines therapies and practices that shift focus inward to heighten self-awareness, imbue a deep sense of peace and relaxation, and develop the skills for managing a stressful lifestyle. Meditation, Qi gong, yoga and breathwork complement purification and cleansing rituals. Specialist sessions work deeply to transform the body and mind and may include acupuncture, traditional bodywork, and/or mindfulness. Mental and physical tension is released through daily spa treatments including deep relaxation massage. Nutritional programs are designed to relieve physiological systems of stress while boosting immunity and clarity. A final consultation provides guidance for the future therapies and practices that calm external stimuli.

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Mindfulness & Stress Management

Sample Daily Schedule

8am: Optional morning *Wellness class (pilates or yoga for example)

9am: Prescribed healthy juice or tonic tea

9.30am: Healthy breakfast (personalised menu)

11am: Movement session (TRX Suspension Training, Tai Chi, etc)

1pm: Healthy lunch (personalised menu)

3.30pm: Wellness specialist session (Craniosacral Therapy, Physiotherapy, etc.) or another movement session

6pm: Healthy dinner (personalised menu)

7.30pm: 90-minute spa treatment (Lymphatic Drainage, Deep Tissue Massage, Detoxifying Scrub and Wrap, etc.)

Intensive

One medical treatment to be added to the above schedule:

- Colonic irrigation hydrotherapy
- Intravenous infusion
- Ultrasound therapy
- Physiotherapy

Sample Treatments & Movement 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.

Meditation: Used across many cultures to focus the mind, meditation helps to relieve stress, calm the emotions and heal the body, while also enlightening those who practice. There are many different techniques and traditions.

Qi gong literally translates as energy (qi) work (gong.) Combining breathwork with tai chi-like movements, qi gong promotes circulation, mental focus, relaxation, and general wellbeing. Qi gong has a long history in China and has evolved as an integral part of martial art and spiritual practices over many centuries. It is said to increase lymphatic flow, balance hormones, release tension in the muscles and joints, and calm the mind.

*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.



Life Reset

From 3 nights to modify one's lifestyle and turn the page

Designed to transform you physically, mentally and emotionally – this pathway holistically lifts you from a state of exhaustion and sets you firmly in a place of balance, equilibrium and positivity. Curated to give you exactly what you need in terms of nutrition, stress management and coping mechanisms, your Immersion will be tailored to your personal circumstances and health needs, addressing every aspect of burnout for a total and long-lasting lifestyle reset.

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.

Life Reset

Sample Daily Schedule

8am: Detox juice shot

8.30am: Morning movement session - fitness circuit training

10am: Detox tea and healthy breakfast

11.30am: Slimming, Detox and Anti-cellulite treatment

1pm: Sauna, cold plunge and Jacuzzi

1.30pm: Detox lunch

2.30pm: Relaxation time

3.30pm: Private Muay Thai boxing fitness session

4.30pm: Therapeutic massage

7pm: Healthy dinner

Intensive

One medical treatment to be added to the above schedule:

- Colonic irrigation hydrotherapy
- Intravenous infusion
- Ultrasound therapy
- Physiotherapy

Sample Treatments & Movement Therapies

Radio-Frequency Slimming Treatments: By stimulating subdermal collagen and elastin production, radio-frequency therapy can reduce the appearance of fine lines while also reducing fat to non-invasively manage and treat lax skin.

Colon Therapy: colon hydrotherapy is a safe and gentle infusion of warm water into the colon which supports the removal of encrusted faeces and mucus. This allows for increased absorption of vital nutrients through the large intestine which in turn leaves you feeling rejuvenated and healthier. Colon hydrotherapy tones and reshapes the colon and can improve elimination, skin disorders, indigestion, allergies, fatigue, body odour, constipation and diarrhea, bloating and excessive gas, poor concentration and headaches.

Intravenous (IV) nutrient therapy is a method of feeding vitamins, minerals, amino acids, oxygen, ozone, and UV light directly into the bloodstream.

Intensive cardiovascular workout (circuit training, Muay Thai, beach bootcamp): High level of intense cardio work is essential in weight loss and will continue to be used throughout the program. Using these workouts in the morning hours jump starts the metabolism and capitalizes on the fat burning that has been created by the Intermittent fasting.



One-Day Introduction to Wellness

Accommodating guests intrigued by the Immersion concept and interested in boosting wellbeing, this programme provides the freedom to experience Amanpuri's wellness offerings in a more condensed manner. Ideal for those travelling with friends or a significant other and keen to add a wellness aspect to their holiday without committing to a multi-day Immersion.

Inclusions:

- Aman transformation program orientation and body composition analysis
- Nutrition and lifestyle advice
- One private specialised therapy session
- One private fitness, movement or mindfulness session
- One spa treatment
- Full use of hydrotherapy facilities
- One wellness meal and juice



48-HOUR WELLNESS DISCOVERY:

Incorporates a comprehensive range of medical diagnostic tools and screenings, as well as results-oriented complementary therapies known to reduce stress and initiate positive change. Ideal for busy individuals concerned about the state of their health or in need of a quick lifestyle reboot.

Inclusions:

- Medical and Wellness consultations on arrival
- Body composition analysis and Heavy metal analysis
- Nutrition and lifestyle coaching
- Personalised wellness programme including specialised therapies, movement sessions and spa treatments
- Prescribed medical treatments from colon hydrotherapy, personalized formulated infusions, a TCM session or physiotherapy treatments by certified medical professionals
- Three meals per day including healthy juices and tonics
- Wellness mini-bar and in-room amenities

This Wellness Discovery is valid for new bookings only, is subject to availability for a minimum of 3 nights, 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.

THE SPECIALISTS

When it comes to health, Amanpuri work with only the world's best to ensure the most effective Immersion experiences possible. Robert Hyrsky, James Jackson, Bocharkorn Boonserm, Sarah Savidge and Pop Pimchanok, are the resort's in-house specialists who consult with you on a daily basis and oversee every detail of your Immersion. Visiting specialists throughout the year bring additional expertise and therapy options to the Immersion programmes during their stays.

HEALTHCARE PROFESSIONALS

Dr Sutthi (Winyou Sawetsuthiphan), Physician: Dr Sutthi graduated from Prince of Songkhla University Medical school over 30 years ago. For the first five years of his career he practiced as a family doctor and went on to do a postgraduate in anti-ageing medicine at the European centre for aging research and education. Driven by an intense wish to further understand integrative health care, Dr Sutthi has continued his studies throughout his career on cell therapy, hormonal treatment and certified plant based nutrition. Most recently he received a certificate in regenerative medicine from the Enzyme Therapy Thai Integrative Medical Association.



Kimberly Rose Kneier, Wellness Immersion Manager & TCM Master: Kimberley received her under graduate diploma in natural therapeutics with an emphasis on herbal medicine, nutrition, aromatherapy and vibrational medicine before completing her master's degree in acupuncture and classical Chinese medicine. Her studies are comprised of over eight years training in both complementary and allopathic medicine, including study abroad in Beijing and at the Cheng Du Hospital in China. Having travelled the globe following her passion for acupuncture, herbal medicine and sharing her understanding in holistic health, Kimberley is responsible for designing integrative wellness immersion programs customized, in every aspect, to support guests in reaching their optimal health goals.

Bocharkorn Boonserm, Abdominal Massage (Chei Nei Tsang), Cupping Moving Massage: Khun Maam began her education in conventional medicine as a nurse. She then shifted her studies towards natural healing and integrative medicine. Her trainings and certifications abroad include Nutrition, Western Herbal Medicines, Acupuncture, Cupping, Moxibustion and therapeutic Chinese abdominal massage known as Chi Nei Tsang.



RESIDENT PRACTITIONERS



Sarah Savidge, Hatha, Vinyasa, Power Vinyasa & Yin Yoga: Sara is a certified Yoga Instructor, Health and Lifestyle Coach. Yoga enables one to take charge of one's health, as an exercise for the physical and mental body. Khun Sarah started practicing yoga because it gave her the freedom to nourish the spirit and be present in the moment. Having completed 200 Hours of Vinyasa Yoga training, 200 Hours in traditional Hatha and 50 Hours in Sculpt Yoga, she now offers classes in these yoga styles for all levels along with Pranayama and Meditation.

Pop Pimchanok, Physiotherapist, Specialist Bodywork & Body Movement Rehabilitation: Khun Pop is a Physiotherapist with a Master's degree in Movement and Exercise Science. Using a combination of manual techniques such as massage, stretching, tension relief, postural correction, therapeutic exercise and mobilization she is able to help alleviate many types of pain and increase range of motion.



VISITING SPECIALISTS



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.

James Jackson, Pilates & Specialist Bodywork: British born, former dancer, James brings over 10 years of experience from the movement and wellness industry to his role as Pilates instructor and specialist in health, wellness and rehabilitation to Amanpuri. James' international client base testify to the value of his attention to detail and therapeutic approach to Pilates education in small group, individual and teacher trainings.



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