

MIND BALANCE



The Mind Balance Wellness Retreat is a uniquely tailored holistic 5, 14 or 21 nights retreat package inclusive of yoga meditation, healing spa retreat, and a healthy culinary program. It is offered exclusively at Aleenta Phuket Resort within Ayurah Wellness Center, and specially designed for individuals who seek for a wellness retreat experience, without the need to join a scheduled retreat. This program helps you take care of your health in a way that we know best, by using nature to heal. Mind Treasured, combines knowledge of old Thai Holistic Medicine with an analysis of 4 life elements 7 chakras balanced.

The program focuses on three areas:

- Mind Purification - Renew and cleanse the mind, helping to reduce stress and anxiety or relax muscle tension and relieve various illnesses by holistic yoga and meditation.
- Body Rejuvenation - A healing spa retreat program for relaxation. Revitalizing all the elements: Dinn (Earth), Naam (Water), Loom (Wind), and Faii (Fire) within your body.
- Health Balance - Nutritious, healthy meals along with carefully selected fresh ingredients prepared to suit the needs of each individual.

Included

- *Luxury accommodation
- *Wellness assessment and consultation
- *Healthy cuisine 3 meals a day planned by certified nutritionist with full plant-based options
- *Daily energy boosting juice right after waking up and purifying tea before bedding
- *Personalised movement and exercise Muay Thai, Qi Gong and tai chi (one hour per day)
- *Mindfulness practice meditation (one hour per day)
- *Chakra recovery and energy healing by Tibetan sound therapy (one during stay) and breathing flow daily
- *Daily holistic spa treatments such as integrative massage therapy, hydrotherapy, facial elixir
- *Distilled water consumption 3 refillable bottles per day
- *Wellness cooking classes so that you can take your favourite recipes home

Adventure, tour and additional activities can be arranged throughout the stay at additional cost. This may include national park hikes, various local farms visits, etc.

From THB16,000 net per person per night double occupancy

From THB21,500 net per person per night single occupancy

For Reservation:

E: wellness@aleenta.com
T: +66 (0) 76 580 333
LINE: @aleenta.resorts
Whatsapp: +66 (0)62 245 2857



33 Moo 5, Takua Thung, Khok Kloi, Phang Nga, Phuket, 82140 Thailand

DETOXIFICATION-TOTAL PURIFYING RETREAT



The 5, 14 or 21 nights Detoxification Total Purifying Retreat is a uniquely tailored deals holistically with the symptoms and underlying causes of adrenal burnout, and emphasises stress prevention and recovery from a mind, body, and spirit perspective.

The synergy of combining the below optimise your wellbeing and inspire you to embrace the future with renewed vitality and purpose:

- Healthy food nutrition
- Breathwork to remove mucus, inflammation, and lymphatic drainage
- Detoxifying therapies
- Personal consultations lifestyle
- 4 elements and 7 chakras guidance
- Stress management
- Traditional oriental medicine with nutritional and herbal remedies

Included

- *Luxury accommodation
- *Ayurah wellness assessment
- *Bio-impedance analysis
- *Blood pressure & blood sugar check-up, and skin analysis
- *Thai element analysis and chakra Analysis
- *Personal health & wellness consultation
- *A daily detoxify spa treatment
- *Personalised movement and exercise and mindfulness purification
- *Healthy cuisine 3 meals a day planned by certified nutritionist with full plant-based options
- *Detox Juice (twice a day)
- *Daily oxygen therapy
- *Unlimited participation to the Ayurah wellness activities (based on resort weekly activity schedule)
- *Wellness cooking classes so that you can take your favourite recipes home

Adventure, tour and additional activities can be arranged throughout the stay at additional cost. This may include national park hikes, various local farms visits, etc.

From THB16,000 net per person per night double occupancy

From THB21,500 net per person per night single occupancy



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AYURAH ALL INCLUSIVE TOTAL IMMERSION YOGA RETREAT



The 5, 14 or 21 nights all-inclusive Ayurah Yoga Retreat in Aleenta is a uniquely tailored holistic retreat package that combines movement, mindfulness and coherence. It is offered exclusively at Aleenta Phuket Resort, and specially designed for individuals who seek for a wellness retreat experience.

Included

- * Luxury accommodation with delicious and nutritious breakfast
- * Wellness Meals, detox juices, health snacks included daily
- * Wellness cooking classes so that you can take your favourite recipes home
- * Spa & Massage Treatment
- * Yoga practices daily
- * Various mindfulness and meditation practice throughout the stay
- * Breath work practice
- * Nutrition workshop and healthy cooking class
- * Round Trip Transfer Included

Adventure, tour and additional activities can be arranged throughout the stay at additional cost. This may include national park hikes, various local farms visits, etc.

From THB19,000 net per person per night double occupancy

From THB24,500 net per person per night single occupancy

What you can expect with the Immersive Yoga Retreat:

- Balancing body & mind while finding true coherence and harmony
- Mobilization and embody your yoga practice, modalities and alignments, mobility, joint freedom, strength and balance
- Mindfulness & Meditation with conscious awareness and controlled choice of focus
- Recovery and stamina with supplements and healthy food choices
- Enjoy delicious Wellness cuisine and nutrition while learning about supporting joint health with natural and holistic home care
- Recipes for the meals you love. Simple and delicious menu ideas and meal planning



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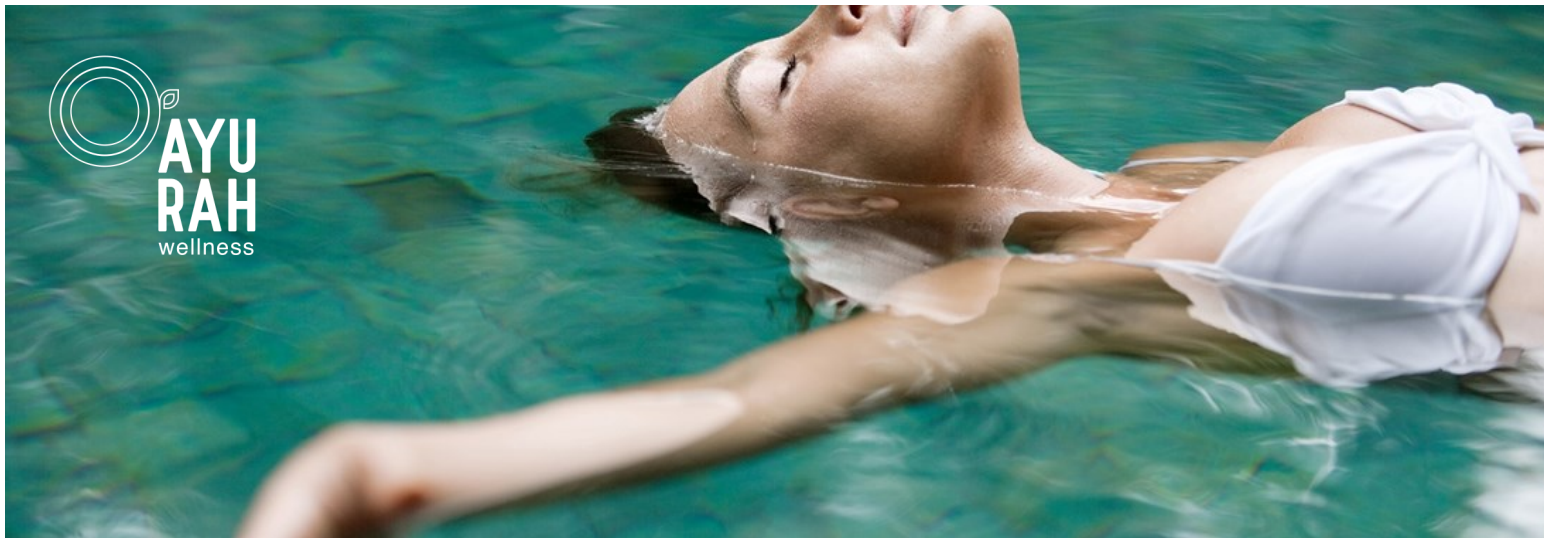
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BREATHING VITALITY – BREATHING RECOVERY & IMMUNITY BOOSTING



Boost your immune system, promote stronger lung, better breathing practice, form a new habit that protects, leans and cleans. Understand the importance of breathwork for a healthy body and mind - remove mucus, Inflammation and lymphatic drainage. Gain knowledge in movement and physical routine that suits each individual physical needs while enjoying a chance to relax, recompose, refocus and ready your mind to the brave new world.

The Breathing Recovery & Immunity Boosting Programme is private, tailored to each participant's needs, each retreat is 5, 14 or 21 nights and includes private accommodations, full board and all services are included.

Included

- *Luxury accommodation
- *Pre arrival - wellness assessment
- *Upon arrival - doctor consultation, wellness assessment & medical check up
- *All meals, 3 per day, planned by a certified nutritionist & with full plant-based options
- *Wellness cooking classes so that you can take your favourite recipes home
- *Detox juice & meal supplements available throughout the day
- *Daily movement & exercise sessions tailored to your needs by a personal trainer with options including: yoga, power *Beach walk, strength training & Muay Thai (one hour)
- *Daily mindfulness practice to promote better breathing & sleep (one hour)
- *Daily immunity boosting spa treatment (one hour)
- *Oxygen therapy (3 times during stay)
- *Breathing exercise with wellness practitioner or sport performance professional (3 times during stay)
- *Hydrotherapy spa treatment (once during stay)
- *Integrative medicine treatment, if needed, prescribed by naturopath or medical doctor (cost of meds to be advised at time of prescription)

Adventure, tour and additional activities can be arranged throughout the stay at additional cost. This may include national park hikes, various local farms visits, etc.

From THB17,500 net per person per night double occupancy

From THB23,000 net per person per night single occupancy



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BREATHING VITALITY – SPORTS PERFORMANCE ENHANCING



Using latest technology, the Sport & Performance Enhancing Programme aims to help enhance performance on your favourite sports. Learn to improve your breathing technique, reduce breathlessness, build a stronger body and immune system. Led by a sport medicine practitioner, your retreat will include steps to follow upon returning home. Each plan is tailored to each individual's needs after a private assessment.

Private retreat starts at THB 17,000 ++ per night, includes a testing with scientific equipment to measure each metric, eliminating guesswork.

Test Includes:

Lung function effectiveness | Metabolism function | Heart rate variability (stress test) | Resting heart rate | Blood glucose levels | Resting metabolic rate | Respiratory frequency | Lung capacity

Included

- *Luxury accommodation
- *Pre arrival - wellness assessment with holistic scientific equipment
- *Upon arrival - doctor consultation, wellness assessment & medical check up
- *All meals, 3 per day, planned by a certified nutritionist & with full plant-based options
- *Detox juice & meal supplements available throughout the day
- *Daily movement & exercise sessions tailored to your needs by a personal trainer with options including: yoga, power
- *Beach walk, strength training & Muay Thai (one hour)
- *Daily mindfulness practice to promote better breathing & sleep (one hour)
- *Daily immunity boosting spa treatment (one hour)
- *Oxygen therapy (3 times during stay)
- *Breathing exercise with wellness practitioner or sport performance professional (3 times during stay)
- *Hydrotherapy spa treatment (once during stay)
- *Integrative medicine treatment, if needed, prescribed by naturopath or medical doctor (cost of meds to be advised at time of prescription)

Adventure, tour and additional activities can be arranged throughout the stay at additional cost. This may include national park hikes, various local farms visits, wellness cooking classes so that you can take your favourite recipes home, etc.

From THB20,000 net per person per night double occupancy

From THB24,500 net per person per night single occupancy



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HEALTHY LIVING PROGRAMME



Aleenta Phuket, together with Ayurah Wellness, have partnered to offer an exceptional life changing programme to address the pre and post diabetes in a way that will reduce your dependency on heavy medications.

The programme takes a research proven cues to lifestyle change and nutritional approach to curve your dependency on heavy medication for those living with diabetes or those who may have tendency to develop the symptoms.

Included

- *Luxury accommodation
- *Pre arrival - wellness assessment
- *Upon arrival - doctor consultation, wellness assessment & medical check up
- *All meals, 3 per day, planned by a certified nutritionist & with full plant-based options
- *Wellness cooking classes so that you can take your favourite recipes home
- *Detox juice & meal supplements available throughout the day
- *Daily movement & exercise sessions tailored to your needs by a personal trainer with options
- *Including: yoga, power beach walk, strength training & muay thai (one hour)
- *Daily mindfulness practice to promote better breathing & sleep (one hour)
- *Daily immunity boosting spa treatment (one hour)
- *Oxygen therapy (3 times during stay)
- *Chest massage & exercise by certified osteopath (3 times during stay)
- *Hydrotherapy spa treatment (once during stay)
- *Integrative medicine treatment, if needed, prescribed by naturopath or medical doctor (cost of
- *Meds to be advised at time of prescription)

Adventure, tour and additional activities can be arranged throughout the stay at additional cost. This may include national park hikes, various local farms visits, etc.

From THB19,500 net per person per night double occupancy

From THB24,500 net per person per night single occupancy



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SELF-LOVE RETREAT



How you love yourself is how you teach others to love you!

Learn to love yourself unconditionally through wellness, self-inquiry and personal transformation under the mindful guidance of the wellness experts at Ayurah. Experience a luxurious stay in tranquil surroundings, with healing massages that soothe away stress, allowing the body and mind to reset. Overcome limitations through personal coaching, guided meditation, learning about your inner energy, and physical movements.

The Aleenta Self-Love Retreats are private, tailored to each participant's needs (5, 14, 21 nights), and include private accommodation, full board as well as all services.

Included

- *Luxury accommodation
- *Daily breakfast
- *Cleansing & nutritious meals & juices
- *Wellness cooking classes so that you can take your favourite recipes home
- *Breathing & calming exercises
- *Chakra analysis & consultation
- *Chakra balancing yoga
- *Chakra balancing enhancements in Spa treatments and massage, facials and hydrotherapy/Chromobath
- *Qi- Gong and meditation
- *Introduction to Muay Thai
- *Mindfulness, meditation and focus practices
- *Evening breathwork
- *Personal love & life coaching

Adventure, tour and additional activities can be arranged throughout the stay at additional cost. This may include national park hikes, various local farms visits, etc.

From THB20,500 net per person per night double occupancy

From THB26,000 net per person per night single occupancy

Learn to love yourself, rebalance, re-energise and understand yourself on a deeper level with a transformative Self-Love Retreat at Aleenta Phuket Spa Resort.



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WEIGHT OPTIMISATION PROGRAMME



The programme takes a research proven cues to lifestyle change and nutritional approach to curb your dependency on heavy medication for those living with BMI over 23 or diabetes or those who may have tendency to develop the symptoms.

Included

- *Pre-arrival - wellness assessment
- *Upon arrival - doctor consultation, wellness assessment & medical check up (CBS, URINE, FBS, BUN, CREATININE, URIC ACID, Lipid profile, Cholesterol, Triglyceride, HDL, LDL, AST, ALT, ALP)
- *All meals, 3 per day, planned by a certified nutritionist & with full plant-based options
- *Detox juice & meal supplements available throughout the day
- *Daily cardio vascular interval training tailored to your needs by a personal trainer with options : yoga, power walk, strength training , cardio training & Muay thai (one hour)
- *Daily breathing exercise to promote better energy metabolism, breathing & sleep (one hour)
- *Daily body firming spa treatment (one hour)
- *Oxygen therapy (3 times during stay)
- *Aquatic aerobics (3 times during stay)
- *Hydrotherapy spa treatment (once during stay)
- *Integrative medical treatment, if needed, prescribed by medical doctor (cost of medicines to be advised at time of prescription)

Adventure, tour and additional activities can be arranged throughout the stay at additional cost. This may include national park hikes, various local farms visits, wellness cooking classes so that you can take your favourite recipes home, etc.

From THB15,500 net per person per night double occupancy

From THB20,500 net per person per night single occupancy

14 nights minimum

Doctor Fee and Lab Test included

Prescribed and take-home medication and supplements not included



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STRESS & PAIN REDUCTION CBD RETREAT



The retreats are available under 3,5,7 nights packages, include pain management, stress management and nidra sleep enhancement. Treatments are tailored to individual upon consultation with the retreat's physician and a holistic consultant.

The cannabis seeds, buds, leaves medical grade extract in various forms are used for both external treatments and internal medication depending on the guest's condition. The programme will include Therapeutic cannabis oil massage, hemp seed oil facial therapy, bath and body treatments, personalised yoga sessions, sound healing meditation, a specialised plant based diet plan with nutritionist counselling, and an introductory session about the medical and nutritional value of cannabis. The retreat will guide guests on how to include medical cannabis in daily lifestyle and can pick up products to continue the journey at home.

What is Cannabis Retreat beneficial for:

- Long term management of
- Sleep Enhancement
- Pain Management (Migraine, Long Term Injury management, Back Pain, Knee Pain, Joint Pain)
- Stress Reduction
- Reduce dependency on heavy medication

Included

- *Pre-arrival - wellness assessment
- *Upon arrival, before departure - physician consultation, wellness assessment & medical check up CBS, URINE, FBS, BUN, CREATININE, URIC ACID, Lipid profile, Cholesterol, Triglyceride, HDL, LDL, AST, ALT, ALP
- *All meals, 3 per day, planned by a certified nutritionist & with full plant-based options
- *Cannabis tea, drink & meal supplements available throughout the day
- *Daily personalised yoga sessions (one hour)
- *Daily 60 minutes Therapeutic cannabis oil massage (one hour)
- *Daily 30 minutes Hemp seed oil facial therapy
- *Sound healing meditation (one during stay)
- *Hemp cleansed bath and body treatments (one during stay)
- *Integrative CBD medication treatment, and supplements, prescribed by physician

From THB25,000 net per person per night double occupancy

From THB29,500 net per person per night single occupancy

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