



Presents

Health & Wellness Signature Packages in Southeast Asia

- by **Red Elephant Reps**



SPEAKER:

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- **Health & wellness in a disruptive world**
- **Thailand**
 - **Bangkok**
 - ✓ 137 Pillars Suites & Residences
 - ✓ Rembrandt Hotel & Suites
 - **Chiang Mai**
 - ✓ 137 Pillars House Chiang Mai
 - **Hua Hin**
 - ✓ Aleenta Hua Hin – Pranburi Resort & Spa
 - **Koh Samui**
 - ✓ SALA Samui Chaweng Beach Resort
 - **Phuket**
 - ✓ Mangosteen Ayurveda & Wellness Resort
 - ✓ The Slate
 - ✓ The Racha
 - ✓ Aleenta Phuket - Phang Nga Resort & Spa
- **Cambodia**
 - **Siem Reap**
 - ✓ Park Hyatt Siem Reap
- **Indonesia**
 - **Bali**
 - ✓ Viceroy Bali
 - ✓ The Samaya Seminyak Bali



Each year, we take time off from our crazy hectic lifestyles in an attempt to relax and recharge. While the regular vacation tends to simply be time off from our daily routine, retreats offer a much more enriching getaway. They provide a serene sanctuary in which to experience a deeper physical and emotional withdrawal from the stresses and strains of everyday life.

From delicious healthy meals, meditation and yoga to healing therapies and counselling, retreats offer a healthy alternative to a regular holiday.

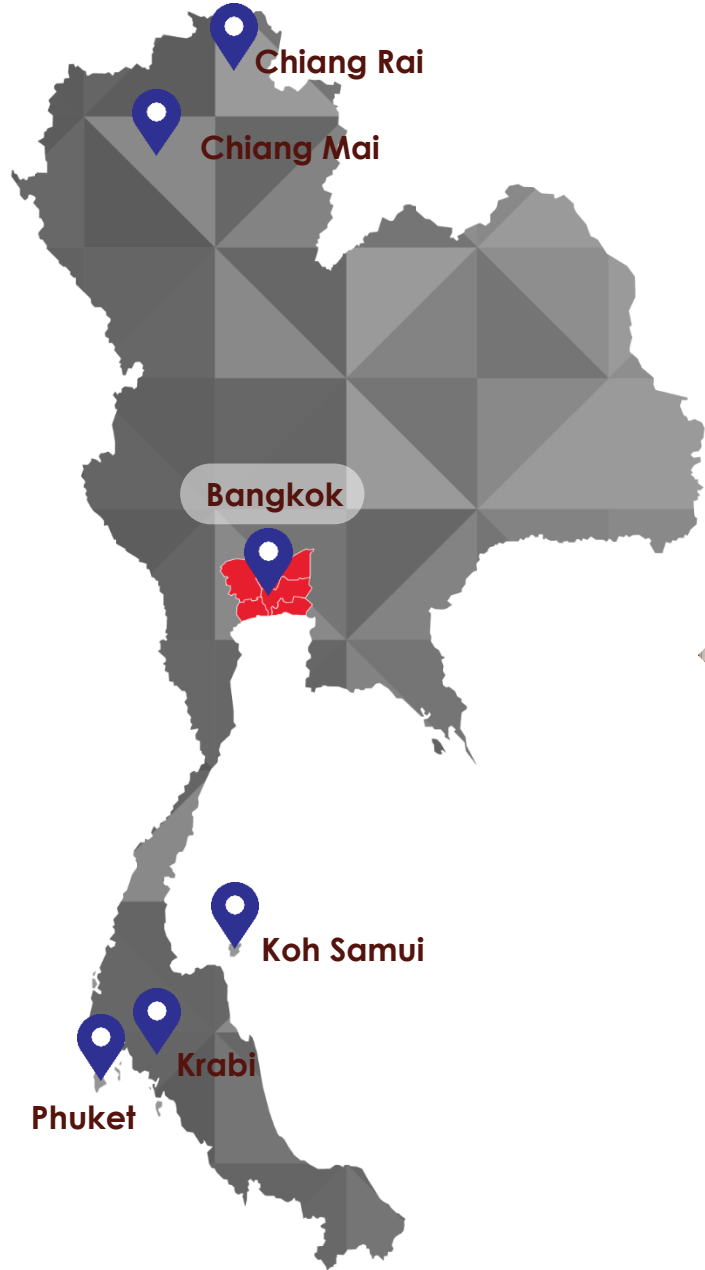
In this webinar we will explore a selection of discerning and unique treatments for those seeking more “me” time – carefully selected by **Red Elephant Repts.**



Thailand – The Land of Smiles



Bangkok – Serene And Vibrant





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137 PILLARS SUITES & RESIDENCES

★★★★★ Bangkok — Thailand

- Most A-List Suite Experience, Small Luxury Hotels Awards 2017
- Butler service and personal mobile phone with 4G connection
- Maxi bars with private wine cellars in all suites
- Louie and Jack, the 137 Pillars London cabs offer complimentary transfers to the skytrain and nearby shopping malls
- Personal shopper service, private barber and hairstylist
- Privately curated Bangkok art tour



137 PILLARS SUITES & RESIDENCES

SLEEP BY DESIGN THERAPY

Overview:

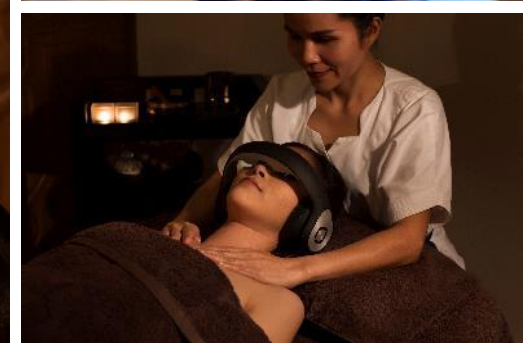
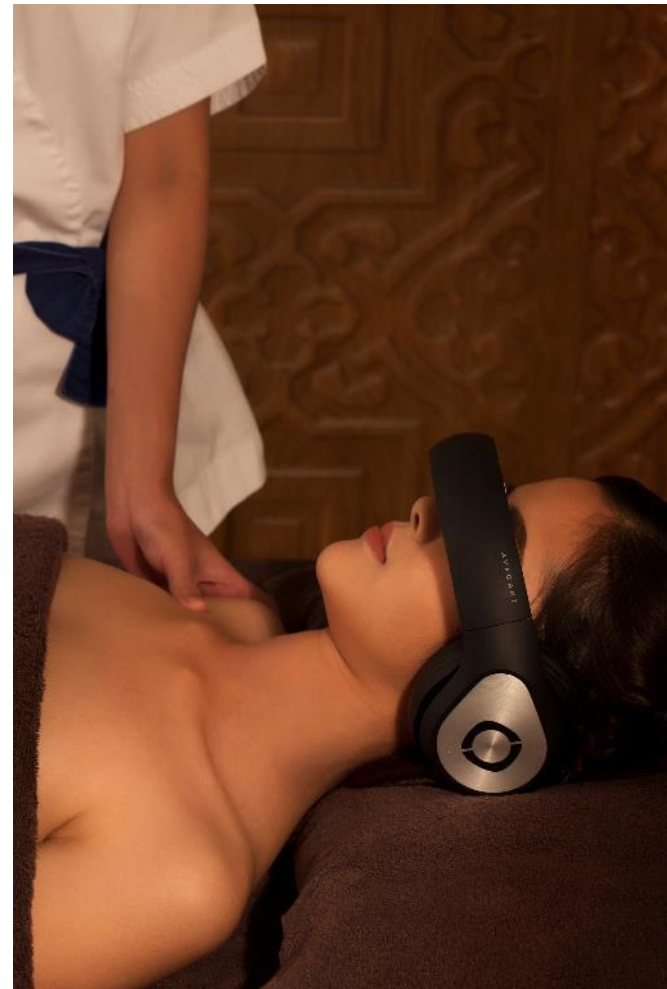
Exclusive to 137 Pillars Hotels & Resorts' Wellness Programme, the Sleep by Design therapy programme is a deeply restorative, soothing and relaxing treatment that improves quality of sleep and recovery through a combination of traditional holistic elements, combined with the latest technology.

Inclusions:

- Pre-warmed towels
- Oil aroma burner
- Binaural beats (sound wave therapy)
- Eye mask
- Floral foot cleansing ritual
- Reiki treatment
- Full body massage therapy

Pricing:

Sleep by Design Therapy is priced at **THB 4,200++ per person.**





WELLNESS CUISINE

Overview:

The team of talented chefs at **137 Pillars Suites & Residences Bangkok** has created a menu of sumptuous dishes that perfectly match the therapies being offered during the hotel's Season of Wellness, based on different food groups.

Inclusions:

- Sustainable, organic and seasonal ingredients from Thailand and around the world
- The open kitchen and a wellness menu curated by award winning Chef Nanang
- The spacious Nimitr Terrace with its breathtaking city views

Pricing:

A la carte menu available at **Nimitr Restaurant** for both lunch and dinner.



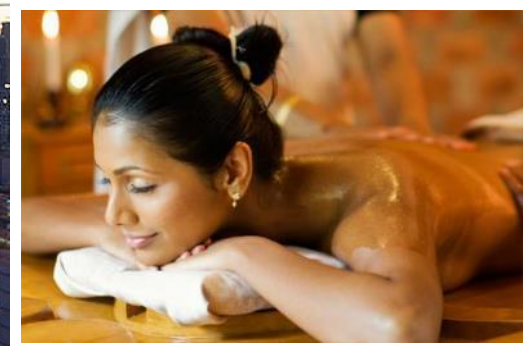


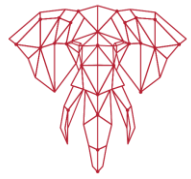
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REMBRANDT HOTEL & SUITES

★★★★ Bangkok — Thailand

- Located in the heart of Bangkok in a quiet location just a few minutes walk from the popular Sukhumvit Road
- Within walking distance to the Skytrain, Metro and major shopping malls
- Multi award-winning restaurants and a rooftop bar
- Suitable for all types of travellers including business, families, honeymooners and solo-travellers
- Suvarnaveda SPA with Ayurvedic treatments and a health counsellor





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PANCHAKARAMA

Overview:

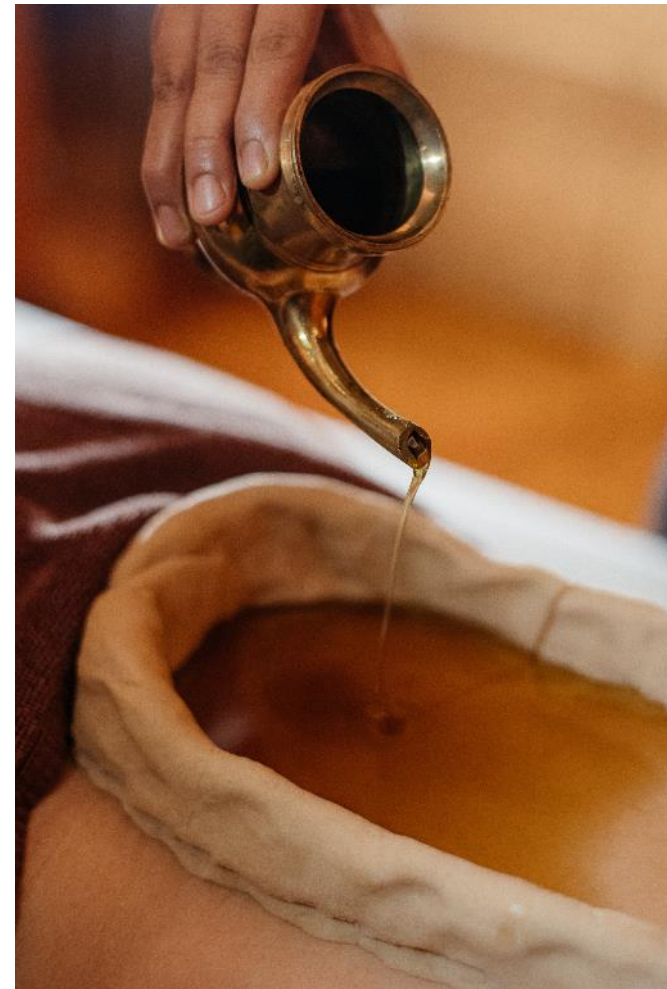
Panchakarama is a group of therapies that work together to purify the body and thus reduce the development of disease and aging. This invigorating and energising treatment can last from 1 to 3 weeks, depending on the needs of the client. It is beneficial for chronic pain, arthritis, allergies, asthma, auto immune disorders, obesity, infertility, diabetes, hypertension, insomnia, skin and digestive disorders. The therapies detoxify and enhance the power of digestion and metabolism.

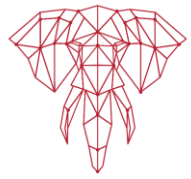
Inclusions:

- Accommodation for the full duration of the treatment
- Personalised detoxifying Panchakarma treatment, depending on your needs
- Detoxification through a personalised Ayurvedic diet including appetising and digestive herbs
- Therapies for loosening and removing the toxins

Pricing:

Starting at 32,000 THB for 4 days, the treatment can last up to 21 days, based on your requirements





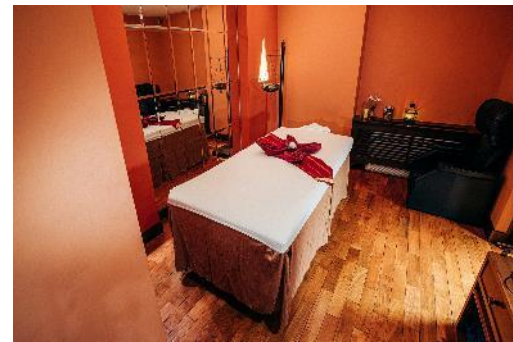
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NAVARAKIZHI

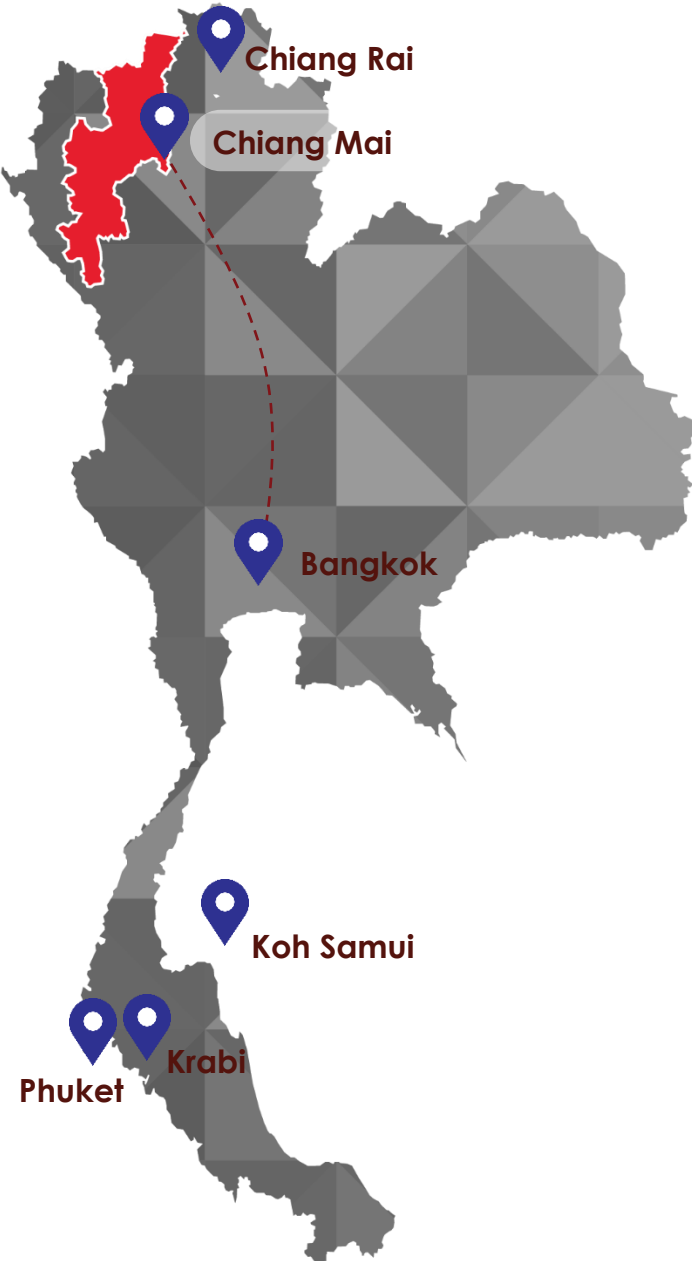
Overview:

This is one of the most popular therapies used for the purpose of rejuvenation of the body. This type of massage uses a special type of medicated rice. The therapy endows several benefits to a healthy person as well as to the ill. "Navarakizhi" improves complexion of the skin, promote digestion and restores vigour.

Pricing: 2000 THB for 60 min



Chiang Mai – The Rose Of The North





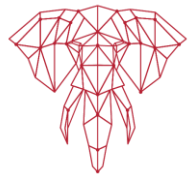
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137 PILLARS HOUSE CHIANG MAI

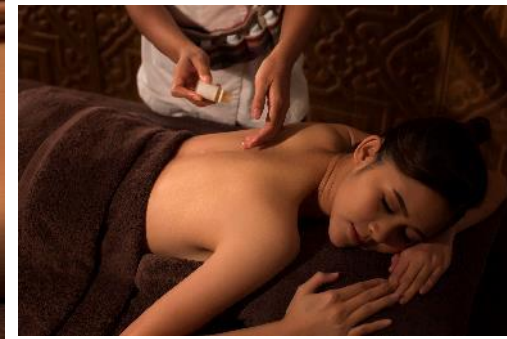
★★★★★ Chiang Mai — Thailand

- The former headquarters of the Borneo Timber Company dating back to 1889
- An intimate boutique hotel that combines old world elegance with modern facilities
- Lush landscaping and majestic trees create a tranquil rainforest environment
- Peaceful location, yet still close to the old city
- Dedicated Butler for each suite





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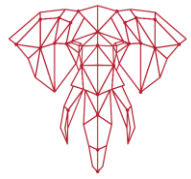
TRADITIONAL THAI MASSAGE

Overview:

Ancient healing art of old Siam, using pressure points and palm pressure combined with meridian line stretches to improve mobility, ease stress and strain, and increase circulation and range of movement. Applied through clothes without the use of oils.

Pricing:

60 / 90 minutes THB 2,500++ / THB 3,500++ per person



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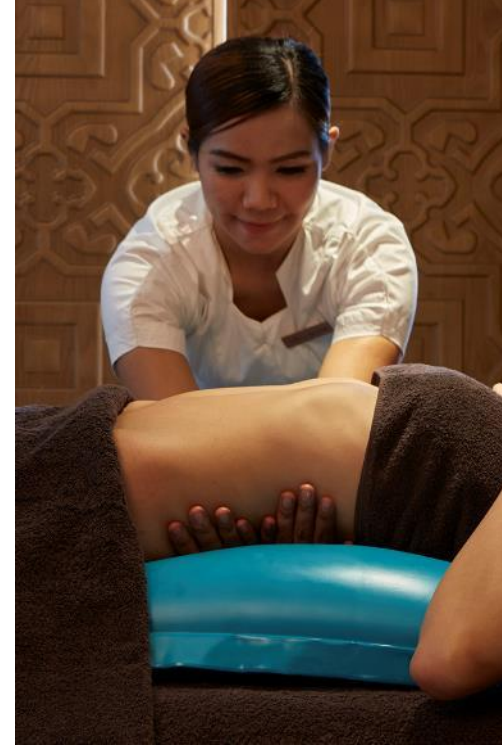
AQUA THERMA MASSAGE

Overview:

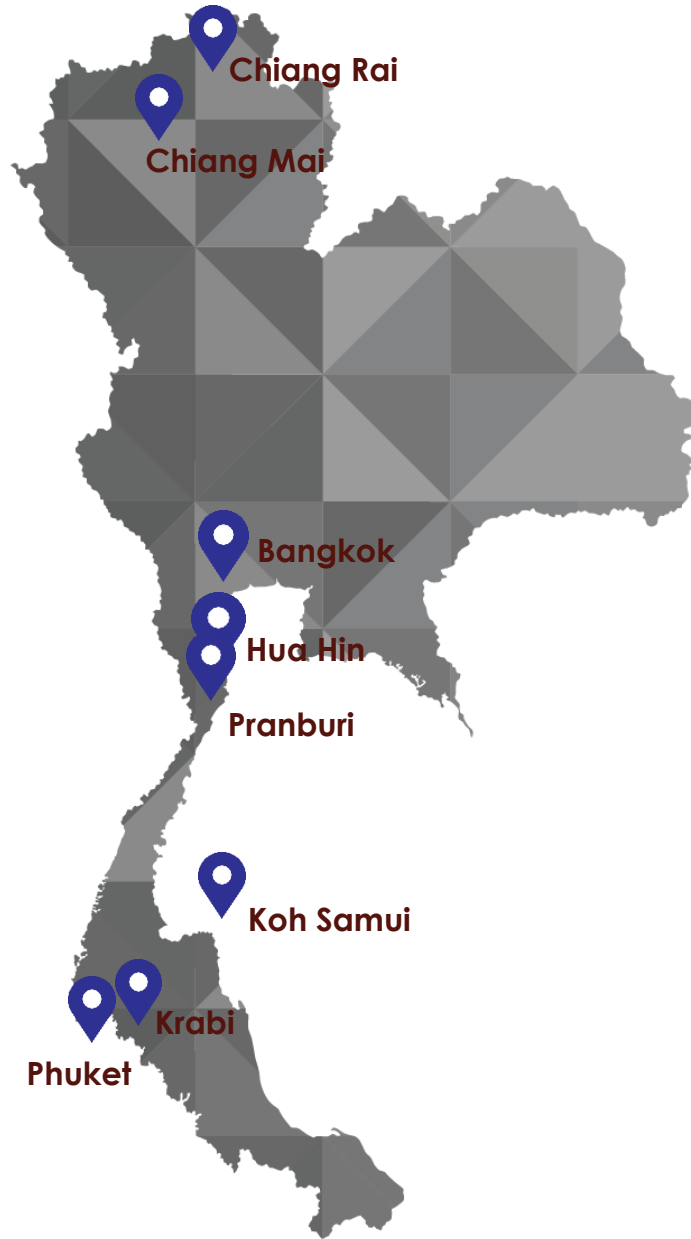
Ideal for warming and increasing poor circulation and peripheral areas of the body, increasing efficiency in the lymphatic and detoxification processes. It is highly recommended for couples. Women over 4 months pregnant can benefit from this treatment as well, since the whole massage is applied whilst the recipient lays face up, to access those aching lower back muscles that 'mums to be' so often experience. A rare treat indeed.

Pricing:

60 minutes THB 3,500++ per person



Hua Hin – Royal Seaside





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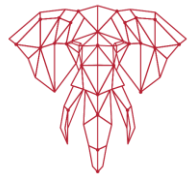
ALEENTA HUA HIN - PRANBURI RESORT & SPA



Pranburi — Thailand

- Most residences have a private pool
- Each suite is located within mere footsteps of the beach
- An onsite wedding planner
- A new 'Epicurean Spa' with deep healing therapies
- All spa inclusive option





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FAMILY FUN DIGITAL DETOX PACKAGE

Overview:

Break free of your devices and go on a family digital detox holiday. By switching off your digital gadgets it allows you to switch off from life completely - the best way to de-stress and reconnect with yourself and your loved ones without any interference.

Inclusions:

- Organic farm excursion and pick-your-own-eggs for your breakfast
- Beach kite flying experience
- Clay dolls painting
- Yoga class for kids from 6 to 12 years old
- Batik crafting
- Cupcake decoration class
- Pizza-making class
- Seashell picking on the beach with our resort guide
- Visitation to nearby attractions such as national park and navy base
- Herb press crafting
- Aleenta signature cooking class

Pricing:

The Package is available for just **THB 500 per person** per night when guests book **a minimum of 3 nights**.





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AYURAH WELLNESS STRESS & BURNOUT PREVENTION RETREAT 5 DAYS / 4 NIGHTS

Overview:

Spend five days at our Hua Hin Resort to regain your vitality and restore your energy levels. Our balancing wellness retreats are carefully designed to create positive changes, reduce and manage your stress levels.

Inclusions:

- Accommodation in an Ocean View Residence
- Welcome drinks & introductions
- Personal Wellness Assessment to customise your yoga and healing treatments
- Daily 60 minutes customised yoga and meditation (morning and evening)
- 30 minutes deep yogic relaxation for improved digestion
- 60 minutes yogic detox Kriya and pranayamas (breathing techniques)
- 90 minutes therapeutic massage treatment
- Visit to Aleenta organic garden, and healthy cooking session
- Full board (three daily meals): Delicious and balancing Thai-Fusion vegetarian meals developed by our creative chef
- Healthy juices/smoothies, water and infusions
- Welcome gift

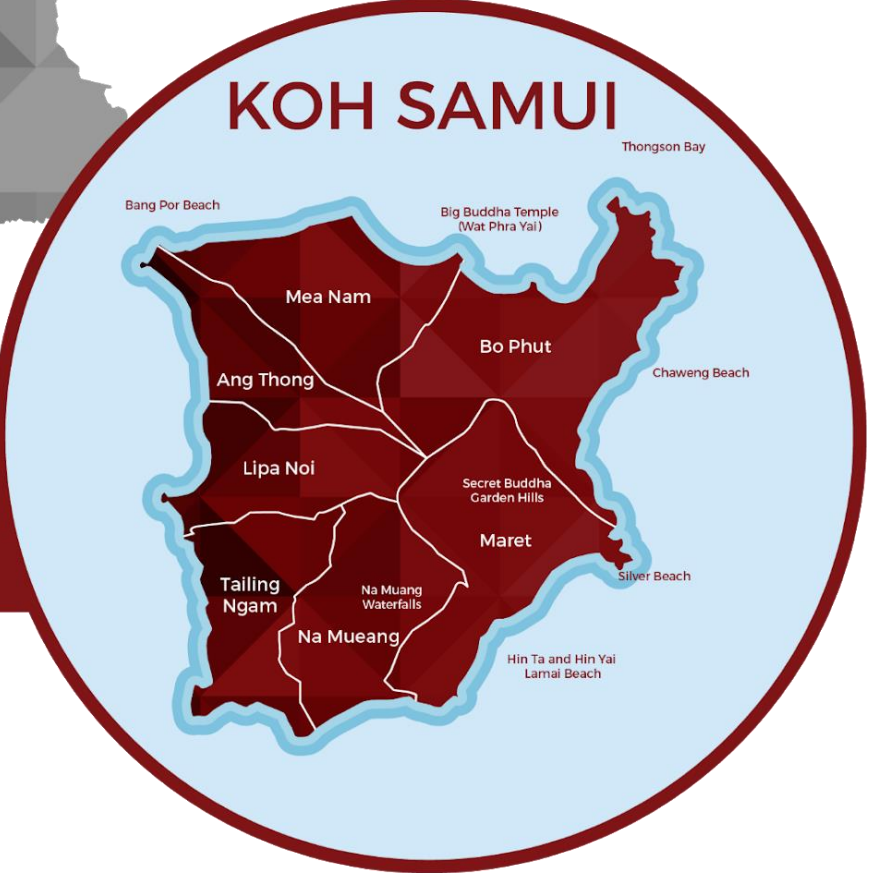
Pricing:

Single occupancy: THB 34,000++

Double occupancy: THB 27,000++ per person



Koh Samui - Enchanting island retreat





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SALA SAMUI CHAWENG BEACH RESORT

★★★★★ Koh Samui — Thailand

- New resort, only opened in 2018
- Good location in the main resort of Chaweng
- Spacious rooms with unique layout
- Innovative dining options



SALA Spa Retreat Package

Overview:

Treat yourself to a blissful break on the pure shores of Koh Samui with our soothing spa retreat package. Guests will enjoy three days of pampering at the SALA spa in Chaweng. Minimum stay of 3 nights.

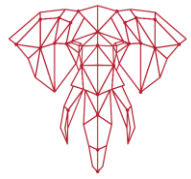
Inclusions:

- Daily breakfast for 2
- Transfer from/to Samui International Airport or any other point on Koh Samui
- Daily spa treatments:
 - 1st day: 2-hour "The Choice is Yours" package (30-minute body scrub and 90-minute massage for two)
 - 2nd day: 2-hour Aromatic Swedish massage and Thai Herbal Facial (60 minutes each)
 - 3rd day: 90-minute Soothing Aroma Massage
- Healthy drinks will be served at the end of the spa treatments.
- A complimentary healthy lunch for two.
- Complimentary late check out at 4pm, subject to availability.

Pricing:

THB 16,200/2 persons with a minimum stay of 3 nights, rates are subject to 7% service charge and government tax





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MOTHER-TO-BE

Overview:

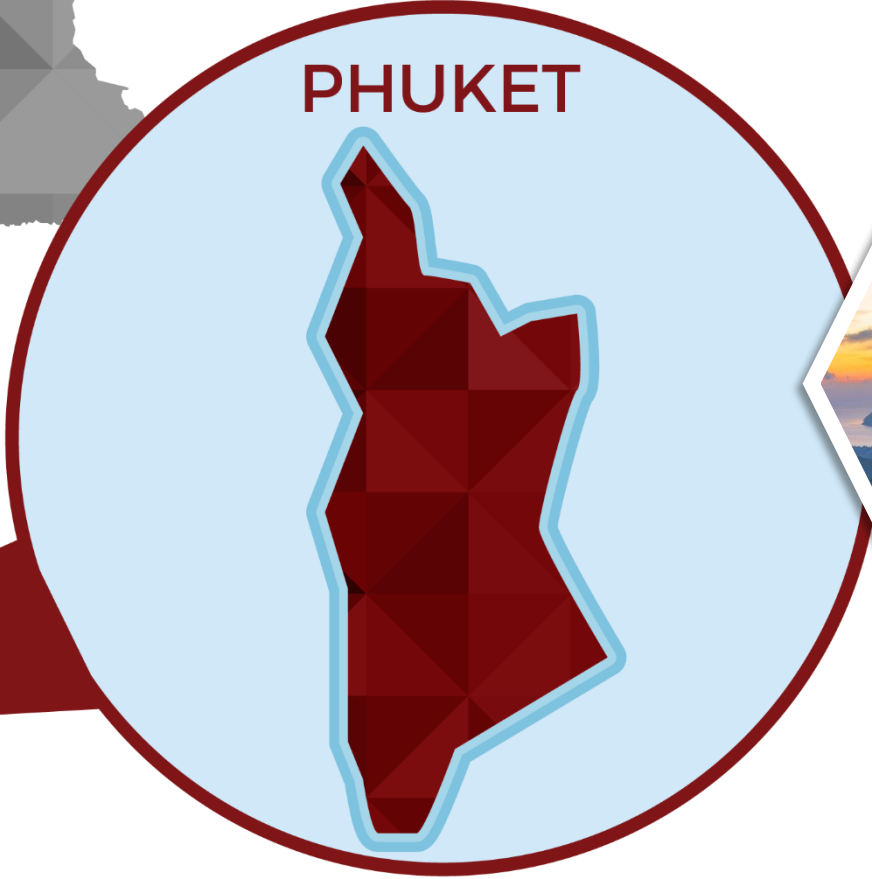
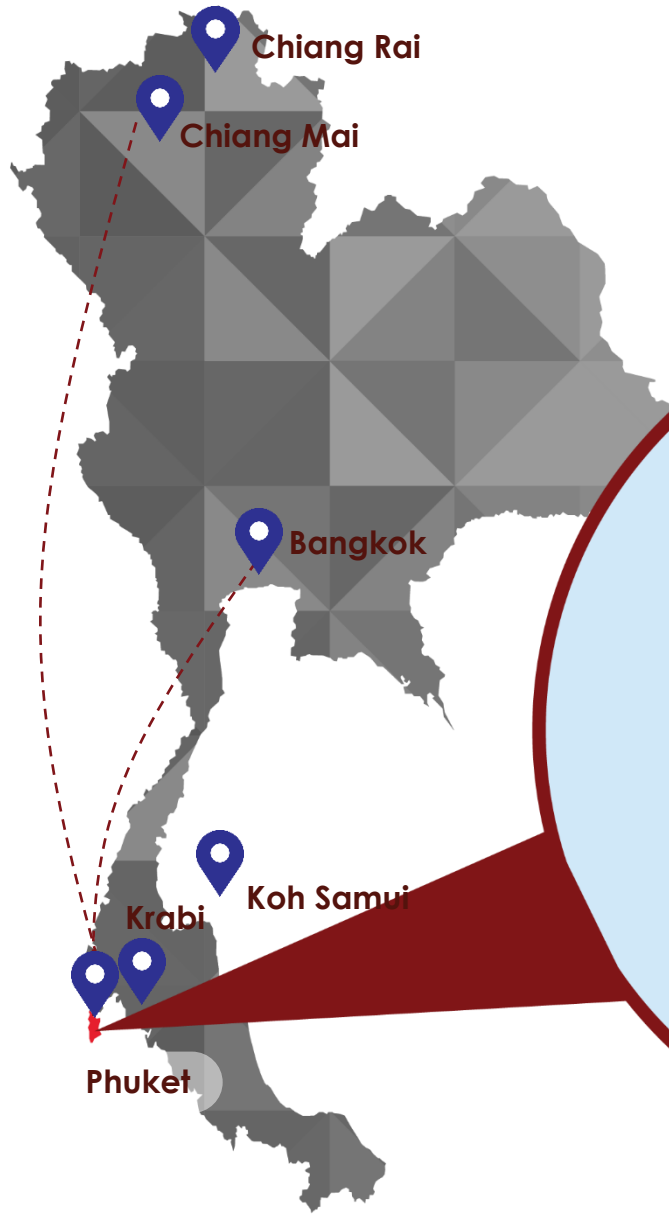
Designed specifically for mothers-to-be, this massage promotes relaxation, increases circulation and provides comfort during this wondrous time of change. The treatment helps to relieve tension and alleviate swelling in the hands or feet. Your comfort and safety are assured with supportive pillows and sweet almond oil.

Pricing:

60min treatment for THB 2,800 or 90 mins treatment for THB 3,200



Phuket – Pearl of The Andaman





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MANGOSTEEN AYURVEDA & WELLNESS RESORT

★★★★★ Phuket — Thailand

- Authentic Ayurveda treatments with in-house certified Ayurveda doctor
- Choice of yoga and wellness retreats
- Healthy Ayurveda food menu offered as part of the retreats
- Unique design by Australian designer - John Underwood
- Underground wine cellar with extensive choice of wines.



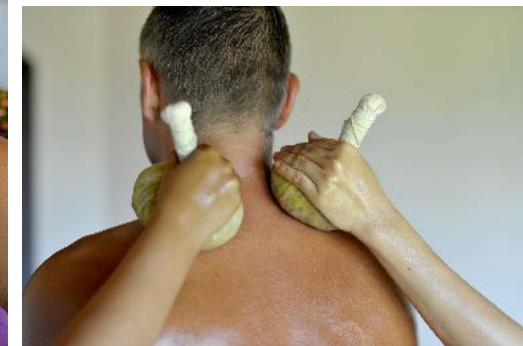
AYURVEDA HEALTH & WELL-BEING PACKAGES

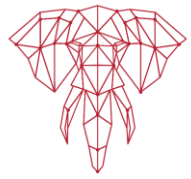
Overview:

The Mangosteen Ayurveda Resort offers a variety of health packages, which can be further individualised.

Benefits, Terms and Conditions:

- Free upgrade to Royal Balcony Villa.
- Free airport transfer, two ways.
- Guaranteed priority booking, means we will have availability for you when you need it.
- Validity: 3 years, choose any travel dates within 3 years from date of purchase. No blackout periods.
- Non-refundable but travel schedules can be amended free of charge, as often as necessary.
- Transferable: As a present for family or friends.





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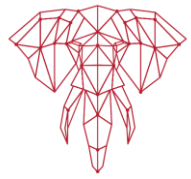
ROYAL SHIRODHARA

Overview:

Experience a complete state of mindfulness and bliss with this 90 minutes of gentle flow of medicaments over the Third Eye Chakra. The treatment helps to reduce stress and enhances cellular intelligence and immunity. This involves the continuous pouring of oils, milk, buttermilk or ghee over the forehead and scalp. Oil stroking the 'third eye' has a balancing effect on the deepest recesses of the brain. The treatment helps with anxiety and hypertension, relaxes the nervous system, and treats neurological disorders.

Pricing: 5000 THB for 85 min





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BURNOUT-PREVENTION RETREAT 7 NIGHTS / 8 DAYS

Overview:

The Mangosteen Ayurveda & Wellness Resort is a perfect place to join a Burnout Prevention programme, as it offers comfortable accommodation, a calm and peaceful atmosphere, and dedicated staff that regard your tranquility to be of the utmost of importance.

Inclusions:

- 360 minutes spa treatments
- 720 minutes yoga & meditation
- 60 minutes cardio or zumba
- Magnesium Float 60 minutes
- Healthy homemade welcome drink, cold towel, and homemade local sweets upon arrival
- 2 daily yoga sessions (60 minutes each) at Prana Yoga Sala with one of our expert teachers
- 24 hours use of salt-water treated swimming pool
- 24 hours use of fitness centre
- Free use of Himalayan Rock Salt Infrared Sauna (during public hours)

Pricing: NO PRICING YET



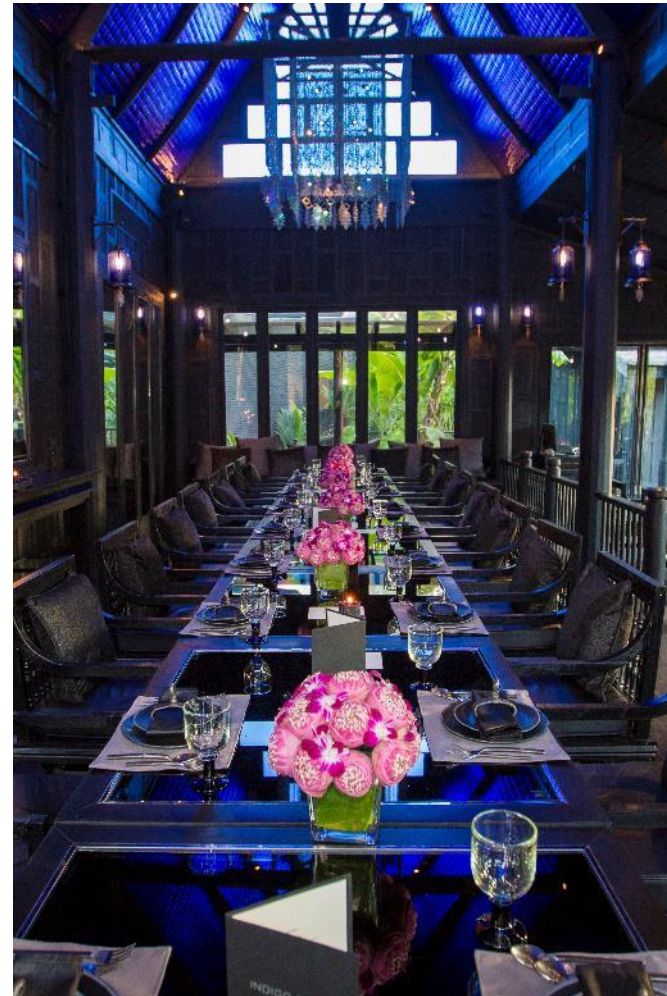


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THE SLATE

★★★★★ Phuket — Thailand

- Located by a protected national park with a calm shallow lagoon (safe swimming, no jet skis)
- Private Pool Villas up to 2500sqm with butler service
- Family Suites with connecting rooms
- Uniquely designed Spa





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HEALTH BY DESIGN

Overview:

Revitalise with our Premium Vitamin Drip supervised by a certified physician from the American Board of Anti-Aging & Regenerative Medicine at KRU Precision Wellness clinic within the resort.

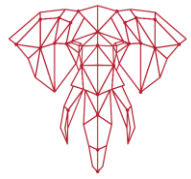
Inclusions:

- The Slate signature welcome drink
- One-time Vitamin Drip for 1 person with a 30 minute massage service for foot or neck and shoulder during the session
- One-time 60 minute massage for 1 person at Coqoon Spa
- Complimentary basic yoga and pilates session (24 hours advance booking is required)
- Complimentary one time lunch for 2 people at Underground Café
- Complimentary lone time dinner for 2 at Tin Mine or Black Ginger: recommended by Michelin Guide
- Complimentary stay for 2 children under 7 years old inclusive of daily breakfast, one time lunch at Underground Café and one time dinner at Tin Mine or Black Ginger, from Little Miners menu (for D-Buk Family Suite only)
- One day free car rental

Pricing:

2 nights in a Pearl Bed Suite – THB 12,600++ per person





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PURPLE FRANGIPANI WRAP

Overview:

Combining the elements of purple frangipani for firming and softening, rice bran oil for its moisturising attributes, and rose floral water for its antibacterial properties. Emerge feeling silky smooth.

Pricing:

60 mins THB 2,700++





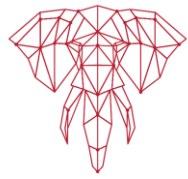
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THE RACHA

★★★★★ Koh Racha Yai, Phuket — Thailand

- An award-winning SLH resort (2019 World Luxury Hotel Awards)
- Environment Sustainability: 'Silver Certification' from EarthCheck and 'Gold Level' Green Hotel Award from Thailand's Ministry of Natural Resources & Environment
- Set on the beautiful Batok Bay on the island of Racha Yai
- Three ozonated swimming pools with underwater music and hydro jets
- Superb snorkelling and diving destination
- Fully equipped five-star Racha Dive Center





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WHITE MUD BODY MASK - 55 MINS

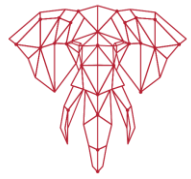
Overview:

White mud contains gypsum minerals that act both as a cleanser and 'blanket' to tighten the pores of the skin. This super-rich combination of marine minerals and vitamins help eliminate water retention whilst improving circulation in the body. A Thai beauty secret for maintaining a smooth silhouette.

Pricing:

No Price Yet





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PERFECT SPA FOR MEN - 2 HOURS

Overview:

Relax your muscles and melt away tension in a steam bath. Feel your skin renewed with a herbal body scrub followed by a deep tissue full body Sanctuary Sports massage.

Pricing:

No Price Yet





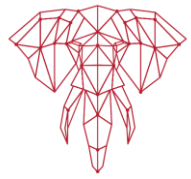
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ALENTA PHUKET PHANG NGA RESORT & SPA

★★★★★ Phang Nga — Thailand

- Short distance away from the Blue Canyon Golf Course and Phang Nga Bay
- Spacious rooms starting from 80sqm
- Resort packages and special offers for honeymooners, adventure and families
- All spa inclusive option





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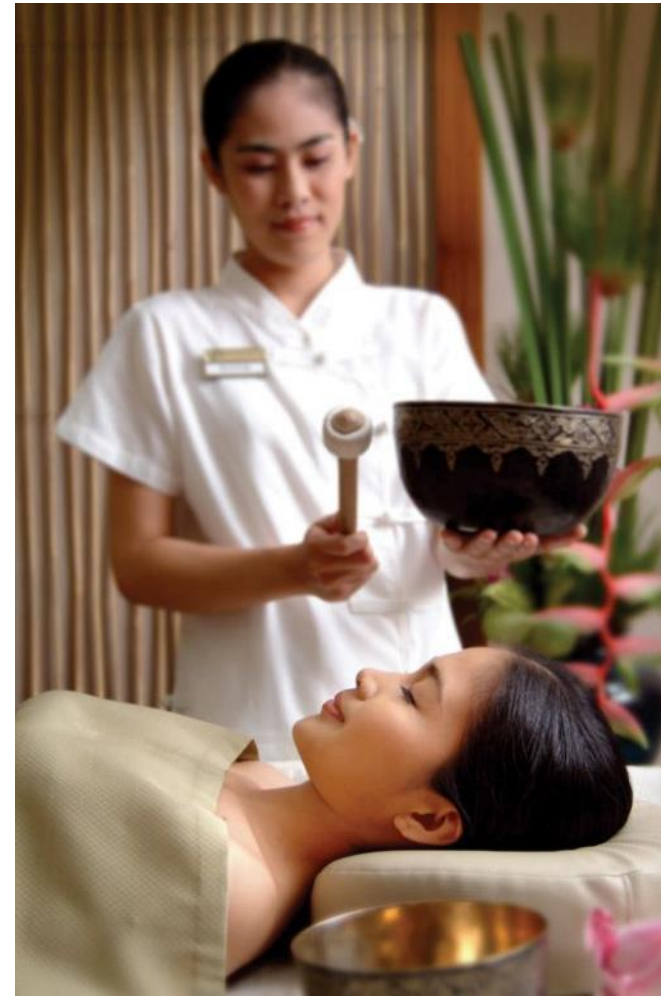
TIBETAN SINGING BOWL THERAPY

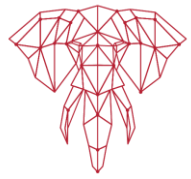
Overview:

Sound therapy with Tibetan singing bowls is an ancient form of regeneration. The first bowls were made from an alloy of various metals and were being used over 6000 years ago in the Far East. The sound of the Tibetan singing bowls and the gongs harmonise and allow deep relaxation of both sides of the brain. It stimulates stress relief on all levels and the elimination of toxins from the body. After sound therapy emotions are calm and the mind clearer, as the sound vibrations have an effect on the body after the singing bowls have been played on it.

Pricing:

THB 1,500 per person per session - advanced booking required





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LINDA MEREDITH COLLAGEN FACIAL MASKS

Overview:

Linda Meredith has worked in the beauty industry for over 40 years. Throughout that time she has noticed a dramatic change in how our skin is evolving. Researching what has caused these changes, it became very clear that in the last 60 years toxins are a major factor.

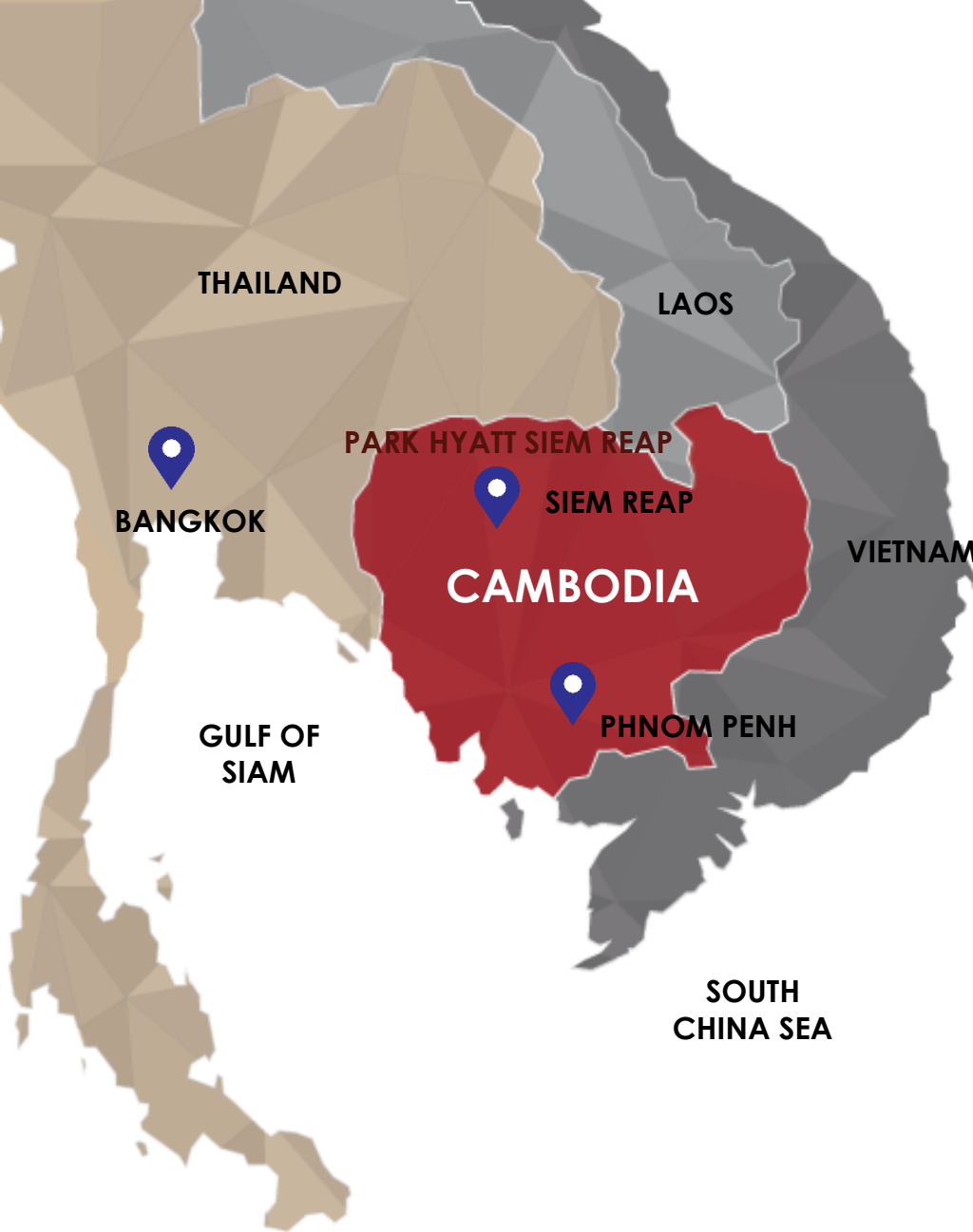
Collagen is essential to skin regeneration. A sheet impregnated with freeze dried collagen is moistened into the contours of the face. This process reactivates the collagen which is then allowed to absorb deep into the epidermal layers of the skin acting as a powerful skin moisturizer.

Pricing:

45 minutes session THB 3,000++



CAMBODIA – Kingdom of Wonder





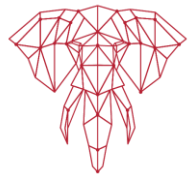
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PARK HYATT SIEM REAP

★★★★★ Siem Reap—Cambodia

- Located near the renowned twelfth-century ruins of Angkor
- Within walking distance of the city's shopping and nightlife area
- Riverside restaurant and infinity style pool
- Each room is furnished and decorated with traditional materials





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KAFFIR LIME BATH

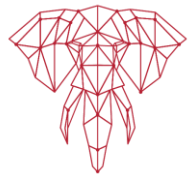
Overview:

Feel your stress melt away as you bathe in the delightful concoction of kaffir lime, plai and eucalyptus essential oils. This citrusy and minty bath will leave you feeling invigorated and tranquil while the therapeutic essence of the ingredients will soothe and hydrate your skin.

Pricing:

30 minutes - USD 45++





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CHOCOLATE BODY WRAP

Overview:

Feel the sweet embrace of cocoa and its amazing healing benefits in this sumptuous wrap. Rich in antioxidants and vitamins, the luscious mix stimulates blood flow and leaves the skin supple, plump and dewy.

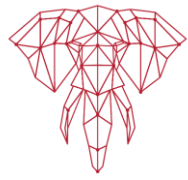
Pricing:

60 minutes - USD 70++



INDONESIA – Ultimate in diversity





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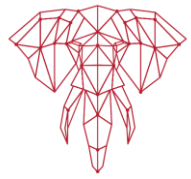


VICEROY BALI LUXURY VILLAS

★★★★★ Bali — Indonesia

- Infinity pool
- Total privacy and discretion
- Supports the local community
- All villas have their own pool





**RED
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REPS**

WELLNESS RETREAT PACKAGE

Overview:

A blissful, holistic stay inspired by the Island of the Gods – rejuvenate with daily spa treatments, fresh juices and private yoga lessons. Switch off from your busy life and take some precious time for yourself with the Viceroy Bali wellness retreat.

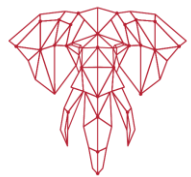
Inclusions:

- Accommodation for 3 or 4 nights in a luxury pool villa
- One way airport transfer to Viceroy Bali
- Daily spa treatment – choice of Balinese massage, facial, reflexology
- Daily private yoga lesson – restore physical and mental wellbeing with our private yoga master
- 3 course set menu lunch at CasCades restaurant for 2 persons

Pricing:

\$2,200 for a 3 night stay in a Pool Suite





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FOOT REFLEXOLOGY

Overview:

An ancient healing process of detoxification, our therapist will work on your meridians and nerve endings to stimulate and remove crystallization in the joints of your feet which control the organs, nerve system and thyroid glands.

Pricing:

60 minutes treatment for 600,000 IDR, subject to 21% government taxes and services charge





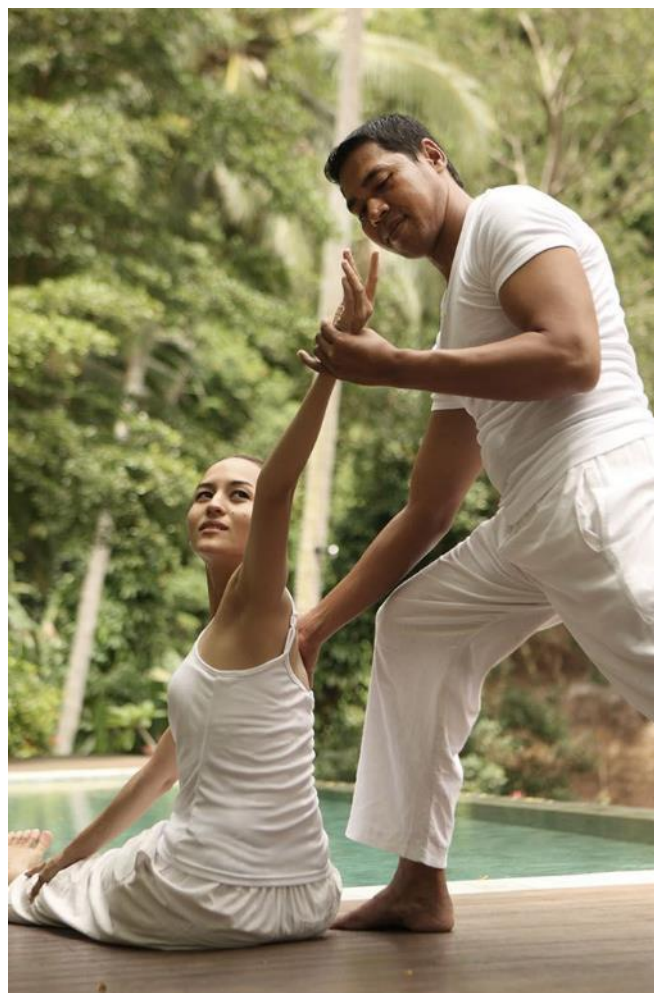
**RED
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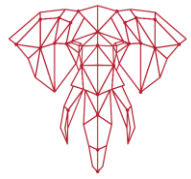
THE SAMAYA SEMINYAK BALI



Bali — Indonesia

- Located right on the famous Seminyak beach
- Each villa comes with a private plunge pool and private garden
- Set in two hectares of beautifully landscape gardens overlooking the Indian Ocean





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BALINESE ETERNAL BLISS

Overview:

Rituals from around the globe, from the island of Bali and from the heart of this luxury resort. Escape the limits of time, immerse yourself and rejoice.

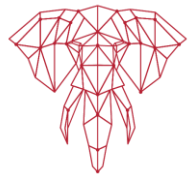
Inclusions:

- Aromatic sea salt delight foot wash
- Warm oil tropical flower massage
- Choice of royal Javanese Lulur or Balinese Coffee Body Scrub
- Milk Bath with tea ceremony
- Frangipani and Jasmine Body Lotion
- Traditional facial

Pricing:

2.5 hours treatment for the price of 1,690,000 IDR for singles and 2,970,000 IDR for couples, subject to a 11% government tax and 10% service charge





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CHILD MASSAGE

Overview:

This revitalising massage for toddlers helps to relieve tiredness and tension for a little active person. This is a luxurious massage using the most exquisite imported essential oils. Areas where stress builds up are gently soothed and muscle fatigue is alleviated.

Pricing: 30min treatment for 300,000 IDR or 60min treatment for 650,000 IDR, subject to a 11% government tax and 10% service charge



A woman in traditional Thai attire, including a red top and a patterned skirt, is sitting on a brick wall. She is wearing a large, ornate gold headdress and jewelry. The background is a brick wall.

THANK YOU



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REPS**