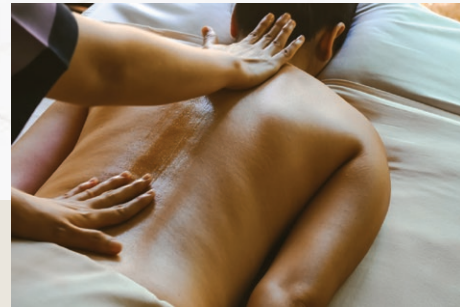




BANYAN TREE
PHUKET

TO KNOW THE WORLD
YOU MUST KNOW YOURSELF



BANYAN TREE WELLBEING SANCTUARY

BOOKINGS NOW OPEN FOR STAYS FROM 1ST OF FEBRUARY 2020



Banyan Tree Wellbeing Sanctuary offers the time and space to empower one's awareness of wellbeing. We work with each guest to nurture sustainable wellbeing practices through connection with self, others and nature.

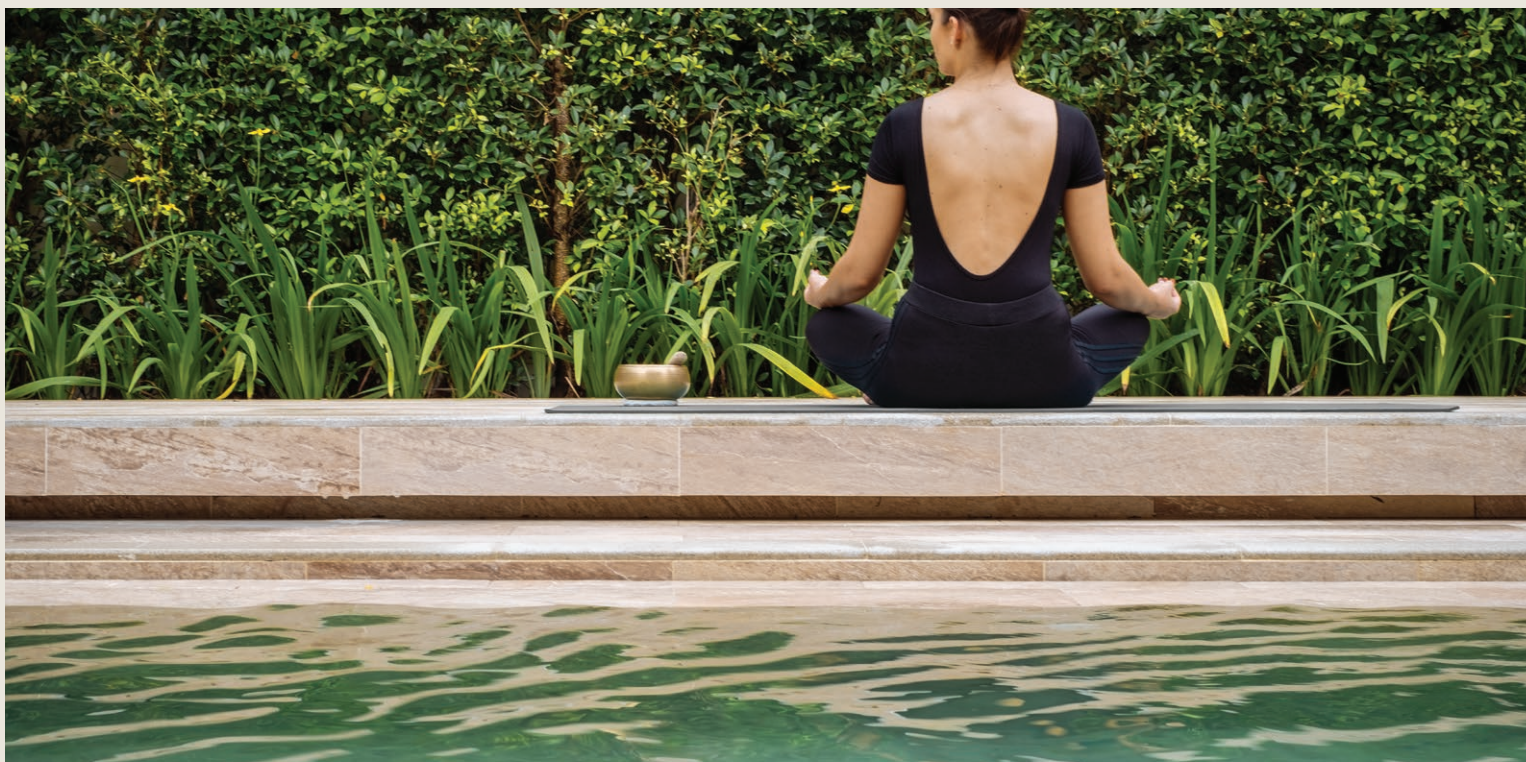
Resident wellbeing practitioners curate bespoke programmes comprising body awareness sessions, fitness classes, mindfulness practices and lifestyle workshops. Intimate cultural insights and daily spa treatments are weaved into each day's programme for a truly enriching experience.

Guests enjoy access to 50 wellbeing activities each week conducted in our new Wellbeing Centre and the first White Room in Thailand. Signature activities include Posture Alignment, Balance Tuning, Muay Thai, Yoga Duo, Positive Resilience, Mindful Movements and Conscious Grounding. In between activities, enjoy wholesome snacks, daily fresh fruits and refreshing juices that are served in-villa.

Nourish your body with naturally good cuisine prepared with sustainably sourced local ingredients. Detox food plans and cultural cooking classes are also available, each personalised to fit individual dietary needs.

In the evening, meditative and relaxation classes together with bath rituals place one in the best state to rest. Each villa is fitted with luxurious organic cotton bed linen, patent lights and binaural music to create an ideal sanctuary for sleep.

At the end of the stay, wellbeing hosts offer guidance for guests to take their personal learnings home.



WELLBEING POOL VILLA

Embark on journey of awareness at Banyan Tree Wellbeing Sanctuary with our newly appointed Wellbeing Pool Villa.

Nestled within lush tropical gardens, each villa features a 17.5 sqm swimming pool with whirlpool, surrounded by generous movement practice and sunbathing area. In addition to a spacious day bed and oversized bathrooms, the bedroom is fitted with luxurious organic cotton bed linen, patent lights and binaural music to enhance your sleep experience. In-villa wellbeing amenities include personal yoga mats, exercise bands and singing bowls for private practices.

Inclusions

Arrival Wellbeing Consultation per guest per stay
Daily Balanced Breakfast & Afternoon Nutrition Platter
Unlimited access to 50 different Wellbeing Activities per week
60 min Massage per guest for each night of stay
Nightly Rest Rituals

CLICK TO DOWNLOAD PHOTOS OF
VILLA AND ACTIVITIES



CLICK TO DOWNLOAD
WELLBEING CALENDAR

