



出發及完成入住日期：1/4-31/10/2020

現凡訂購Amatara Wellness療程 + 酒店住宿
多包來回香港至布吉島泰國微笑航空
直航經濟客位機票一張
即日起至31/5或之前預訂多包一晚(住宿及早餐)

只適用於淡季日子出發。優惠受條款及細則約束

!報名時必須繳付全數

Wellness Program include : (for paid nights only)

- 3 nights accommodation
 - Roundtrip airport transfer arranged by hotel (seat-in-coach)
 - Daily full board : 3 healthy cuisine meals (a la carte) or set detox program menu at The Retreat Restaurant
 - 1 Thai Hammam Journey (105 minutes)
 - Individual wellness consultation (60 minutes)
 - Blood pressure check up
 - Physical analysis (30 minutes)
 - Departure consultation (30 minutes)
 - Access to Wellness movement classes
 - Daily infrared sauna or steam
 - Specific program treatments as listed below
Choose 1 of 8 programmes
- | | |
|-----------------------|--------------------------------|
| A. Amatara Detox | E. Weight Management |
| B. Amatara Body Detox | F. Stress and Burnout Recovery |
| C. Amatara Mind Detox | G. Spa Revive |
| D. Amatara Yoga | H. Amatara Active |

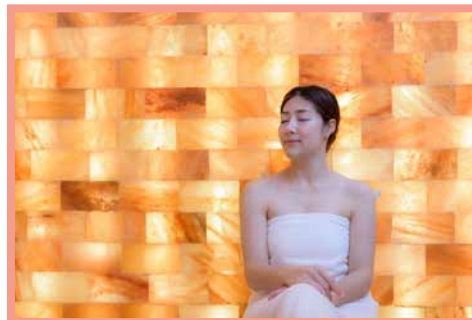


- ◆ 位於Panwa Beach，自成一角，環境清幽
- ◆ 開業以來，備受名人熱捧；更曾經成為電影拍攝場
- ◆ 以養生為主題，超過2萬呎大型水療中心，配合健康膳食及排毒健身課程，訂制成不同之療程套餐

必試療程

- 🌸 Thai Hammam Journey全球首個泰式土耳其浴水療療程，結合摩洛哥及土耳其式傳統和泰式元素
- 🌸 Chi Nei Tsang Massage「內器官按摩」釋於腹部的緊張、壓力及排毒
- 🌸 "Signature of Amatara" Massage酒店皇牌療程，助你放鬆繃緊的肌肉





3 + 1 Book on or before 31/5, include one extra night (include room + breakfast only)

Period of stay	4 Days 3 Nights	
Room Type	Share Twin	Single Room
Bay View Suite (70sqm)	11199	13299
Ocean Pavilion (60sqm)	11499	13699
Sea View Suite (70sqm)	11799	14299
Pool Pavilion (78-87sqm)	12699	16299
Bay View Pool Villa (150sqm)	13499	17899
Ocean View Pool Villa (150sqm)	14399	19599

< Please contact us for the prices of 5 nights and 7 nights program >

Terms & Conditions :

- [1] Include one round trip Economy class air ticket per person on Thai Smile (TG2609/2608)
- [2] Flights and seats are subject to availability
- [3] Valid for low season departure only. Surcharge apply on high season
- [4] Tickets must be issued at least 30 days before departure
- [5] Airport tax, HK Passengers Security Charge, Fuel Surcharge, ticket service fee and related surcharges are NOT included

A. Amatara Detox



- 1 'Chi Nei Tsang' detoxifying abdominal massage (60 minutes)
- 1 Colon hydrotherapy (60 minutes)
- 1 Signature of Amatara massage (75 minutes)
- 1 Detox support supplements set
- 1 Take-home guide to detox

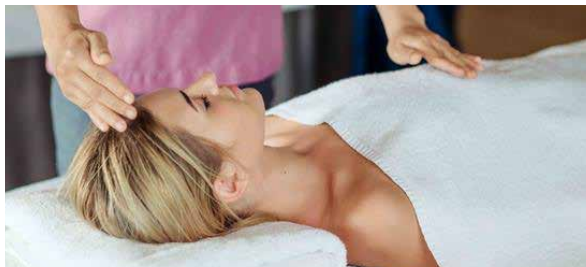
B. Amatara Body Detox



- 1 'Chi Nei Tsang' detoxifying abdominal massage (60 minutes)
- 1 Manual lymphatic drainage treatment (90 minutes)
- 1 Private pranayama session (50 minutes)
- 1 Foot reflexology treatment (60 minutes)
- 1 Dry skin body brushing and detox bath salt soak (40 minutes)
- 1 Body brush gift
- 1 Take-home guide to detox

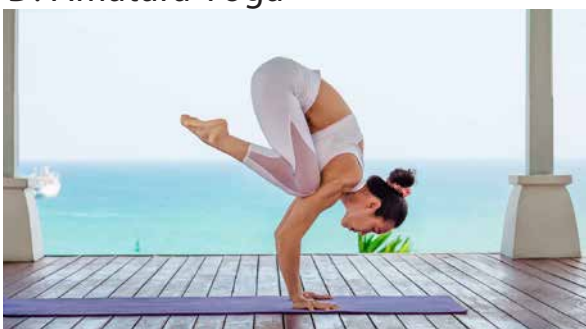
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C. Amatarara Mind Detox



- 1 'Chi Nei Tsang' detoxifying abdominal massage (60 minutes)
- 2 Private meditation sessions (50 minutes)
- 1 'Signature of Amatarara' massage (60 minutes)
- 1 Reflection journal gift
- 1 Self-care planning take-home guide

D. Amatarara Yoga



- 1 Yoga consultation (30 minutes)
- 1 Private yoga session (50 minutes)
- 1 Private pranayama session (50 minutes)
- 1 Abhyanga Ayurvedic massage (90 minutes)
- 1 'Jala Neti' shatkriya includes neti pot (45 minutes)
- 1 Home practice guide
- Daily group yoga class

E. Weight Management



- 1 Private personal training session (50 minutes)
- 1 Fitness assessment (30 minutes)
- 2 Body composition and biological age assessment (30 minutes) - pre & post
- 1 Detoxifying and draining slimming treatment (90 minutes)
- 1 Nutrition consultation (60 minutes)
- 1 Weight management and personalised nutrition take-home guide

F. Stress and Burnout Recovery



- 1 Private meditation session (50 minutes)
- 1 Stress management session (60 minutes)
- 1 Relaxing lavender therapy massage (90 minutes)
- 1 Foot reflexology treatment (60 minutes)
- 1 Adrenal support supplements
- 1 Stress management take-home guide
- 1 Reflection journal gift
- 1 Detox bath salts gift

詳細療程內容，詳情請參閱：<https://www.amataraphuket.com/stay/wellness-stay>

Details and content of spa and retreat programs are subject to change without prior notice

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G. Spa Revive



- 1 Amatara signature organic facial (60 minutes)
- 1 Foot reflexology treatment (60 minutes)
- 1 Manicure (60 minutes)
- 1 Pedicure (60 minutes)
- 1 Signature of Amatara massage (90 minutes)
- 1 Balanced living take-home guide

H. Amatara Active



- 1 Private Personal Training Session (50 minutes)
- 2 Body composition and biological age assessments (30 minutes) - pre & post
- 1 Fitness Assessment (30 minutes)
- 1 Essential Physiotherapy Session (60 minutes)
- 1 Deep Muscle Massage (90 minutes)
- 1 Plant-based protein smoothie per day
- 1 Take-home fitness guide

注意事項：

[1] 所有價目及條款如有任何更改，恕不另行通知。

[2] 此套票須受本公司「報名及責任細則」約束，詳情請瀏覽本公司網頁或向分行職員查詢。

[3] 航班資料僅供參考，航空公司保留調動航班編號及時間之權利。

[4] 刊登圖片只供參考。

查詢電話 (852) 2332 1633

瀏覽更多旅遊資訊 www.exholiday.com

辦公時間：星期一至五 09:00-18:00 星期六：09:00-13:00 (星期日及公眾假期休息)

自置物業地址：旺角通菜街 1A-1L 號威達商業大廈 4 字樓 412 室

Express Holiday Ltd
運通假期有限公司