

BANYAN TREE

WELLBEING

SANCTUARY

A BANYAN TREE SIGNATURE WELLBEING EXPERIENCE

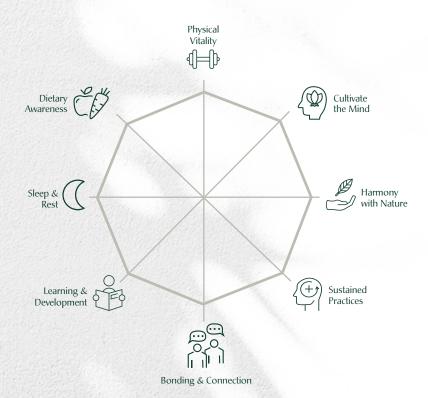






WELLBEING PILLARS

Our Wellbeing Sanctuary enables you to design and combine a leisure vacation with wellbeing elements in a flexible and open way. You have the time and space to choose your own activities throughout your stay.

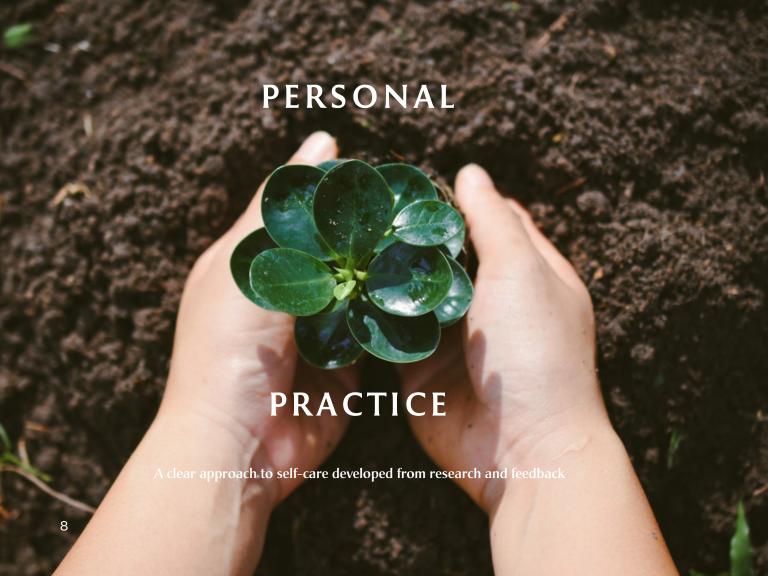






YOUR PERSONAL WELLBEING JOURNEY INCLUDES:

- Accommodation at a wellbeing suite or villa, designed for sleep enhancement
- Complimentary one-time 60-minute Body Treatment for 2 persons (minimum 3-night stay)
- Complimentary one-time 60-minute Body Treatment and 60-minute the Rainforest experience for 2 persons (minimum 5-night stay)
- 24-hour check-in and check-out
- Daily balanced breakfast
- Daily afternoon nutrition platter
- Daily access to complimentary wellbeing activities
- Daily complimentary laundry (2 pcs. per room)
- In-room wellbeing amenities
- Nightly rest rituals
- 30% off a la carte Spa treatments (excluding special promotions and facial treatments)
- 30% off wellbeing cuisine
- 30% off chargeable activities
- Wellbeing guide to take home for personal practice



EMBARK ON A JOURNEY OF DEEPER SELF-KNOWLEDGE, WITH THE SUPPORT AND ASSISTANCE OF OUR WELLBEING HOSTS WHO CAN PROVIDE THE FOLLOWING:

- Explain and recommend suitable wellbeing activities
- Suggest inspirational and cultural experiences
- Review basic health conditions and advise appropriate activities
- Plan and adjust daily itinerary
- Customise a programme to suit your needs
- Propose wellbeing cuisine and dining options
- Recommend appropriate spa treatments
- Set up nightly rest rituals
- Offer different pillows and linens to enhance sleep experience
- Provide wellbeing guide that you can take home for personal practice



Banyan Tree Krabi's unique approach to our wellbeing sanctuary is to combine personal wellbeing and greater sustainability into one concept. We believe that wellbeing exists both within the self-mind, body and soul and externally in the way you relate to others, nature, and the world around you.

When you book a stay at our Wellbeing Sanctuary, you can choose a variety of simple but impactful wellbeing activities, inspired by our philosophy and the destination.

For example, for a deep dive into the self, you can sign up for activities that focus on Body Awareness or Mindful Practice, such as walking meditation and morning stretching.





WELLBEING ACTIVITIES

Here are some examples of wellbeing activities that allow you to discover and enhance your wellbeing journey, some of which are inspired by the locale or destination.

BODY AWARENESS

Morning and Afternoon Stretching

Relieve any tension or pain from sleeping the night before and during the day and increase your blood flow.

Duo Stretching

Improve the relationship and connection. Relief the stress, increase flexibility, and support better poster.



OPTIMAL FITNESS

Basic Yoga

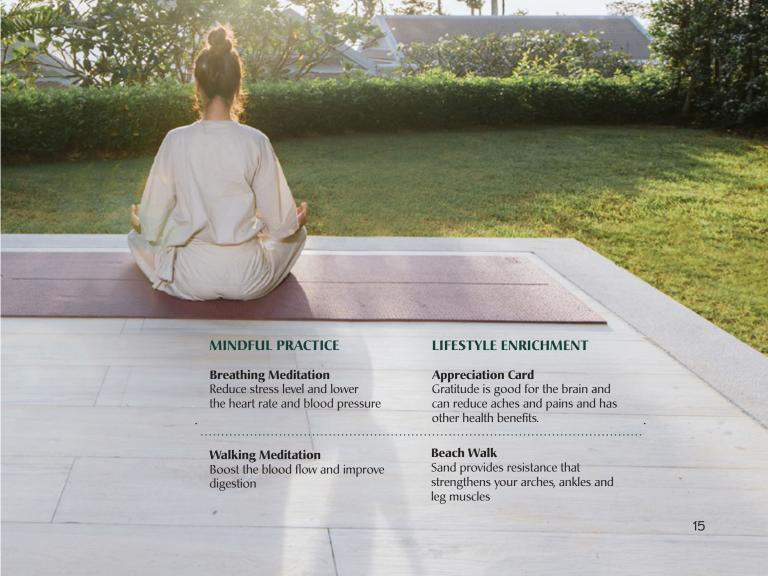
An introduction to the basics of yoga

Mat Pilates

Achieve core muscle conditioning with just a mat

Aqua Exercise

Improve heart health, reduced stress, and improve muscular endurance and strength.



FIND YOUR SANCTUARY AT BANYAN TREE KRABI 279 Moo 3, Tambon Nongtalay, Amphoe Muang, Krabi 81180 Tel +66 75 811 888 | Email Krabi@banyantree.com