

Aleenta Resort & Spa
Phuket – Phang Nga

Detox Retreat



A rewarding life...

Detoxification is about balance. It is the process of taking time to rebalance your body's energy by removing harmful toxins that have accumulated over time. Detoxification does not mean deprivation and you do not have to go to extremes to punish your body in the process of reacquiring a healthy balance.

The Aleenta Detox Retreat is a balanced approach to restoration. It combines healthy nutrition and tailored Spa treatments with activity and relaxation. Aleenta provides you with balanced cuisine featuring our own organic vegetables, fruits, natural juices, and low fat dishes. The Aleenta Detox Retreat is an opportunity to rebalance and to give your own personal needs a chance to catch up with the demands put on you by everyday life.

Aleenta's Detox Retreat includes:

- 7 days/6 nights in a luxury suite
- Refreshing welcome cocktail upon arrival
- 2 activities per day (Yoga, Yogilates, Pilates, Power Walk, Body Firming, Abs & Stretching Workout)
- 3 meals from the Well Being Cuisine and 2 snacks per day (arrival day will begin with dinner) using all organic ingredients
- 3 daily healthy vegetable juices
- One treatment from our Detoxifying Individual Menu per day
- Complimentary herbal refreshment after massage or treatment
- Complimentary use of our Fitness Room, Sauna and Steam @ Aleenta Ka Spa

1 November 09 – 31 March 10

Ocean View Loft:	101,500
Beachfront Suite:	105,600
Pool Suite:	134,700
Pool Villa:	145,900
1 Bedroom Pool Residence	151,000

- Rates are in Thai Baht and subject to 10% service charge and 7% VAT.
- Not valid during stays from 18 December 2009 until 9 January 2010
- Note: Room & breakfast is based on 2 persons; the Detox Program is based on 1 person. (Extra Detox person 38,844)

