



Epi Life Coach

# Anti Stress & Burnout Programs



Escape the stresses of everyday life with  
Epi Life Coach & Partners Retreats



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## **5 DAYS ANTI STRESS & BURNOUT PACKAGE**

### **Packages includes:**

- Initial Wellness Consultation with Bio Impedance Analysis
- 1 x Arrival Day Welcome Dinner
- 2 x Fresh juices & smoothies a day
- 2 x 60 min Absolute Aroma Retreat
- 1 x 60 min Indian Head massage
- 1 x 90 min Traditional Thai massage with herbal heat compress
- 2 x 60 min Absolute Foot Sanctuary
- Choice of 1 x 60 min Reiki Session OR 1 x 60 min EFT Session
- 1 x 45 min Stress Management Session
- 1 x 45 min Back, Neck & shoulder Bliss
- 1 x 30 min FAR Infrared Sauna Session
- 3 x Spa Cuisine meals a day
- 1 x Group Pilates Reformer/core suspend class
- Unlimited Yoga class & group meditation sessions
- Unlimited access to Group Fitness Classes
- Pool, Steam Room & Fitness Studio Access
- 10% Discount on all Spa, Detox, Ala carte treatments & Yoga, Pilates classes
- Roundtrip Airport Transfers
- 6 nights accommodation



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## 5 DAYS ANTI STRESS & BURNOUT PRICE LIST

<b>LOW SEASON (1 NOV- 26 DEC'16, 1 MAY - 31 JULY'17, 1-31 OCT' 17)</b>	<b>Single THB</b>	<b>Double THB</b>
SANCTUARY SUPERIOR	54,600	84,600
SANCTUARY DELUXE	61,800	91,800
SANCTUARY SUITE	67,800	97,800
<b>HIGH SEASON (8 JAN - 30 APR'17, 1 AUG - 30 SEP '17)</b>	<b>Single THB</b>	<b>Double THB</b>
SANCTUARY SUPERIOR	60,000	90,000
SANCTUARY DELUXE	66,600	96,600
SANCTUARY SUITE	72,600	102,600
<b>PEAK SEASON ( 27 DEC'16 - 7 JAN'17)</b>	<b>Single THB</b>	<b>Double THB</b>
SANCTUARY SUPERIOR	68,500	101,000
SANCTUARY DELUXE	75,100	107,600
SANCTUARY SUITE	87,100	119,600

### Terms & Conditions:

- All prices are nett
- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht.
- All treatments are strictly non exchangeable
- Package inclusions subject to change without prior notice at resort's discretion.



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## **7 DAYS ANTI STRESS & BURNOUT PACKAGE**

### **Packages includes:**

- Initial Wellness Consultation with Bio Impedance Analysis
- 1 x Arrival Day Welcome Dinner
- 2 x Fresh juices & smoothies a day
- 3 x Spa Cuisine meals a day
- 2 x 60 min Absolute Aroma Retreat
- 1 x 60 min Indian Head massage
- 1 x 90 min Traditional Thai massage with herbal heat compress
- 2 x 60 min Absolute Foot Sanctuary
- Choice of 1 x 60 min Reiki Session OR 1 x 60 min EFT Session
- 2 x 45 min Stress Management Sessions
- 1 x 45 min Back, Neck & shoulder Bliss
- 2 x 30 min FAR infrared Sauna Session
- 1 x 45 min Coffee Body Scrub
- 1 x 60 min Pevonia Oxygenating Booster Facial Treatment
- 1 x Group Pilates Reformer/core suspend class
- Unlimited Yoga class & group meditation sessions
- Unlimited access to Group Fitness Classes
- Pool, Steam Room & Fitness Studio Access
- 10% Discount on all Spa, Detox, Ala carte treatments & Yoga, Pilates classes
- Roundtrip Airport Transfers
- 8 nights accommodation



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## 7 DAYS ANTI STRESS & BURNOUT PRICE LIST

<b>LOW SEASON (1 NOV- 26 DEC'16, 1 MAY - 31 JULY'17, 1-31 OCT' 17)</b>	<b>Single THB</b>	<b>Double THB</b>
SANCTUARY SUPERIOR	76,300	119,800
SANCTUARY DELUXE	85,900	129,400
SANCTUARY SUITE	93,900	137,400
<b>HIGH SEASON (8 JAN - 30 APR'17, 1 AUG - 30 SEP '17)</b>	<b>Single THB</b>	<b>Double THB</b>
SANCTUARY SUPERIOR	83,500	127,000
SANCTUARY DELUXE	92,300	135,800
SANCTUARY SUITE	100,300	143,800
<b>PEAK SEASON ( 27 DEC'16 - 7 JAN'17)</b>	<b>Single THB</b>	<b>Double THB</b>
SANCTUARY SUPERIOR	95,500	143,000
SANCTUARY DELUXE	104,300	151,800
SANCTUARY SUITE	120,300	167,800

### Terms & Conditions:

- All prices are nett
- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht.
- All treatments are strictly non exchangeable
- Package inclusions subject to change without prior notice at resort's discretion.



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## **10 DAYS ANTI STRESS & BURNOUT PACKAGE**

### **Packages includes:**

- Initial Wellness Consultation with Bio Impedance Analysis
- 1 x Arrival Day Welcome Dinner
- 2 x Fresh juices & smoothies a day
- 3 x Spa Cuisine meals a day
- 2 x 60 min Absolute Aroma Retreat
- 2 x 60 min Indian Head massage
- 2 x 90 min Traditional Thai massage with herbal heat compress
- 2 x 60 min Absolute Foot Sanctuary
- Choice of 2 x 60 min Reiki Sessions OR 2 x 60 min EFT Sessions
- 3 x 45 min Stress Management Session
- 2 x 45 min Back, Neck & shoulder Bliss
- 3 x 30 min FAR infrared Sauna Session
- 1 x 45 min Coffee Body Scrub
- 1 x 60 min Pevonia Propolis Delight Facial Treatment
- 1 x Group Pilates Reformer/core suspend class
- Unlimited Yoga class & group meditation sessions
- Unlimited access to Group Fitness Classes
- Pool, Steam Room & Fitness Studio Access
- 10% Discount on all Spa, Detox, Ala carte treatments & Yoga, Pilates classes
- Roundtrip Airport Transfers
- 11 nights accommodation



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## 10 DAYS ANTI STRESS & BURNOUT PRICE LIST

LOW SEASON (1 NOV- 26 DEC'16, 1 MAY - 31 JULY'17, 1-31 OCT' 17)	Single THB	Double THB
SANCTUARY SUPERIOR	104,100	163,100
SANCTUARY DELUXE	117,300	176,300
SANCTUARY SUITE	128,300	187,300
HIGH SEASON (8 JAN - 30 APR'17, 1 AUG - 30 SEP '17)	Single THB	Double THB
SANCTUARY SUPERIOR	114,000	173,000
SANCTUARY DELUXE	126,100	185,100
SANCTUARY SUITE	137,100	196,100
PEAK SEASON ( 27 DEC'16 - 7 JAN'17)	Single THB	Double THB
SANCTUARY SUPERIOR	130,300	194,600
SANCTUARY DELUXE	142,400	206,700
SANCTUARY SUITE	164,400	228,700

**Terms & Conditions:**

- All prices are nett
- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht.
- All treatments are strictly non exchangeable
- Package inclusions subject to change without prior notice at resort's discretion.