

# 10 DAYS LUXURY YOGA, DETOX and WELLNESS - REJUVENATION BEAUTY RETREAT in KO SAMUI

March 9th - 19th 2024, 10 NIGHTS

2 Teachers/Therapist for max. 10 people



6 Bedrooms Retreat-villa



Villa and surrounding area



Next beach Taling Ngam Beach

Mountaintop Private Villa Retreat Offering Koh Samui's Ultimate Panoramic Sea And Island Views

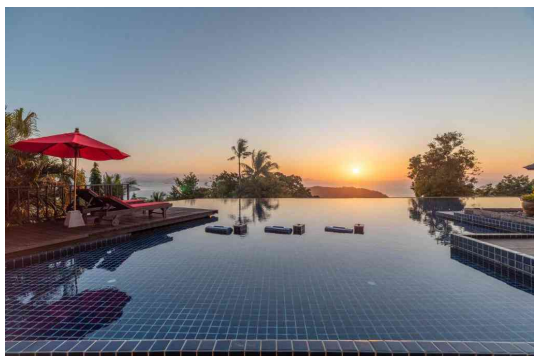
A panorama that stretches across the ocean, mountains and lush vegetation of Samui's Taling Ngam Beach, The villa is a luxurious spa retreat for women seeking a break from the hustle and bustle of everyday life to rejuvenate, recharge, relax, rejuvenate or simply enjoy a retreat

The 6 bedroom / 6 bathroom villa is a spacious, completely private retreat set on more than an acre of land on a hill with sensational 270 degree panoramic sea views

Enjoy one of Koh Samui's largest private swimming pools, probably the best views on offer on the island, several distinct indoor & outdoor social areas and great services.

## Property Highlights

- Spectacular panoramic sea and island views with sunrise and sunset
- Largest private swimming pool on Koh Samui
- Set on 6,400sqm of private gardens surrounded by tropical natural forest
- Complete privacy with no overlooking properties



Thanks to the villa's location, you can enjoy sunrise and sunset in one place in our retreat



Built-in Jacuzzi loungers



Gym with wonderful view

This main living area is very cool with its high ceiling and several doors that open up to the spectacular views of the sea, the terrace and the huge swimming pool. The pool offers a large, shallow area with built-in Jacuzzi loungers. On the pool terrace there are several sun loungers, dining tables and a shaded soft seating area to the side.



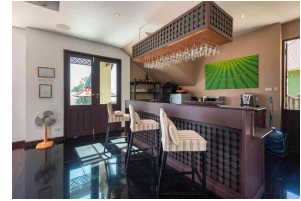
Outdoor Terrasse



Living area



Dinning area



Bar

The upper level hosts the master bedroom and two guest bedrooms all featuring incredible panoramic seaviews and with private attached bathrooms. The master bedroom has a very large wrap-around balcony where the 270 degree views can be enjoyed. There is an additional bed in this room allowing 2 adults with 2 children to stay. Both guest bedrooms offer a double bed.

Two further guest bedrooms are located in the level under the main living area each equipped with 2x double beds allowing 4 guests to sleep. These guest bedrooms also open to a sea view balcony and offer attached private bathrooms.

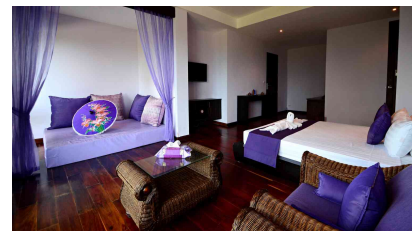
The 6th bedroom is located on the other side of the property in a self-contained cottage, also with attached bathroom and private sea view balcony.



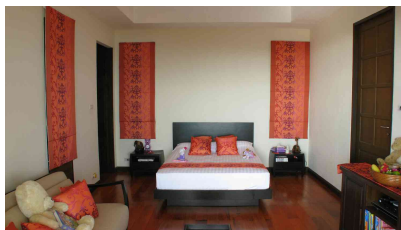
Bedroom 1



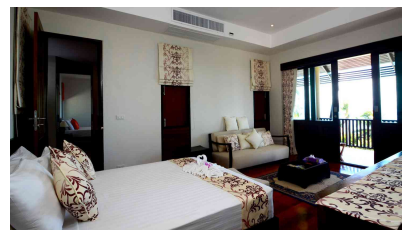
Bedroom 2



Bedroom 3



Bedroom 4



Bedroom 5



Bedroom 6

## THE 10 DAYS BEAUTY-DETOX-YOGA PROGRAMM IN KOH SAMUI

Before I introduce you to the program, I would like to mention a few important things

### WHY IN A RETREAT?

A retreat is a planned break from everyday life, often in a secluded environment. It serves as a time for detoxification, regeneration, healing, deep self-reflection, meditation or spiritual renewal.

A detox vacation focuses not only detoxifying your body but also on recharging your mind and soul.

The benefits of a retreat, briefly explained

- Detoxify your body
- Recharge and rejuvenate
- Boost your energy
- Strengthen your immune system
- Live healthy
- Mental/spiritual clarity

## **WHY DETOXIFY THE BODY?**

The need to be more active again and to do more for our own well-being is growing. The word detoxification is often used in this context. A detoxification cure is intended to support the body's own detoxification process, eliminate harmful substances and stimulate the metabolism.

## **DETOX-YOGA**

During the retreat, guests are cleansed, rejuvenated and detoxified in line with the yoga philosophy and the intensive detox program.

Detox yoga comprises a series of traditional yoga exercises that promote blood circulation and the proper functioning of the organs involved in the detoxification process. These include the thyroid gland, intestines, liver, kidneys, pancreas and spleen.

Detox yoga stimulates digestion and frees the body from accumulated "toxins". The yoga program is specifically tailored to the detoxification and digestive organs, which are most important for detoxification and digestion.

Detox yoga combines detox treatments with special yoga exercises and asanas. The exercises require little physical exertion and mainly involve twists that massage the internal organs, activate the metabolism and detoxify in the process.

## **BEAUTY WELLNESS PROGRAM**

Daily 60-90 min massage, pedicure-manicure, 2 facial treatments, 2 body treatments

All details below in the description.

## **HIGH-QUALITY DRINKWATER**

The water you drink AT US during the retreat is rare, it is just as important as the medicine.

Our water is treated, distilled, energized with special crystal stones and charged with the healing frequency 528 Hz to accelerate the healing process. This water quality is only available from us.

## **FOOD**

We have the privilege of having our private chef prepare organic delicious food fresh from the market every day.

Detoxifying foods provide antioxidants that can protect the body and also the detoxification organs (liver, kidneys, intestines) from damage caused by toxins, so that the latter can detoxify better and do not suffer cell damage. In addition, some antioxidants can specifically stimulate the body's own detoxification.

## **BEAUTY WELLNESS PROGRAM PER GUEST**

|                              |          |
|------------------------------|----------|
| 2 x Traditional Thai Massage | - 60 min |
| 2 x Oil massage              | - 60 min |
| 1 x Vitamin E Massage        | - 60 min |
| 1x Aloe Vera Massage         | - 60 min |
| Pra kob Massage              | - 90 min |
| Shoulder/Neck/Back massage   | - 60 min |
| Fussmassage                  | - 60 min |
| Golden oil massage           | - 60 min |
| Herbal oil body scrub        | - 60 min |
| Body scrub and mask          | - 90 min |
| Face massage                 | - 60 min |
| Manicure und Pedicure        |          |

## **FREETIME ACTIVITIES**

There are many possible leisure activities in Koh Samui. We can organize everything for you, for example:

### **- Jungle Safari Tour**

Jungle safari Tours serve you a discovery of Samui across the jungle, driving through an amazing landscape with a beautiful vegetation, viewpoints, and to bath in a small waterfall. Lunch on the highest point of Samui

### **- Island Hopping** Group Island Hopping tours around Koh Samui have many options. Snorkeling, kayaking

The best islands near Koh Samui are the top choices for island-hopping adventures in the Gulf of Thailand.

- and much more...

## **YOUR PROGRAM COULD LOOK LIKE THIS IN THE RETREAT:**

7.00 am: SHATKARMA - JALA NETI (CLEANSING)

7.15 am: PRANAYAMA - BREATHING WORKS

7.45 am: DETOX YOGA / HATHA YOGA / HATHA VINYASA YOGA

9.00 am. BREAKFAST

10:00 am WELLNESS - BEAUTY TREATMENTS - BEACH

1:00 pm: LUNCH

2:00 pm: WELLNESS - BEAUTY TREATMENTS, FREETIME ACTIVITIES...

5.30 pm: YIN YOGA - RESTORATIVE YOGA

6.30 pm: MEDITATION WITH SOUND HEALING / YOGA NIDRA

7:30 pm: DINNER

## **PRICE: Reduction for bookings until February 10th, 2024**

|  |   |
|--|---|
| Master room with private whirlpool, garden shower for sole use | <b>5700 € (USD 6210)</b> instead of 6200 €      |
| or 2 persons occupancy   | <b>4800 €/pers.(USD 5230)</b> instead 5300 €    |
| Other rooms with en-suite bathroom for sole use                | <b>5550 € (USD 6050)</b> instead of 6050 €      |
| or 2 persons occupancy   | <b>4600 €/pers.(USD 5010)</b> instead of 5100 € |

## **THE PRICE INCLUDES:**

10 nights in Mountaintop Private Villa Retreat

3 delicious vegetarian organic meals per day (full board) prepared by our private chef

Drinks like tea, water, juices

Daily 2 x yoga classes (early and late) with 2 Teachers in a small group of max.10 people

Daily cleansing (Shatkarma)

Daily breathing work class (Pranayama)

Daily meditation course with sound healing

Daily detox drinks

Daily natural detox medicine

9 x various Massages (60-90 min)

2 x Body Treatment

2x Face Treatment

1x Manicure/pedicure

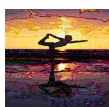
Daily cleaning

Towels and bed linen changed every 3 days except Sundays

Full-time on-site villa manager

Return airport transfers included for guests arriving / departing on the same flight

**We speak English, German, French and a bit Italian**



for more information about yoga, teachers, retreats and more

[www.wellness-yogaprana.com](http://www.wellness-yogaprana.com)

[info@wellness-yogaprana.com](mailto:info@wellness-yogaprana.com)