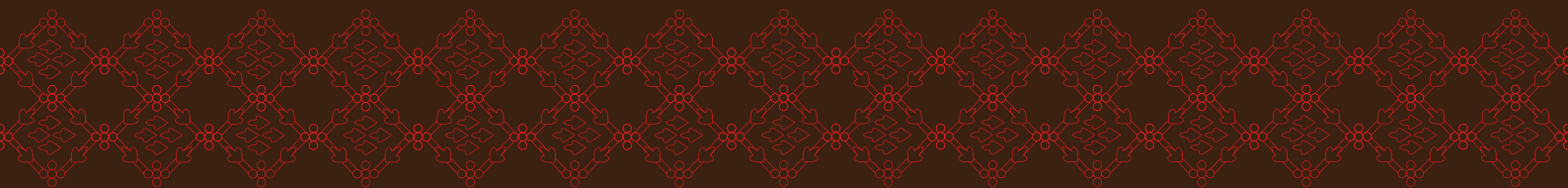




THANN WELLNESS DESTINATION  
Bangsai Ayutthaya



*“The sanctuary for artistic life and thorough well-being”*



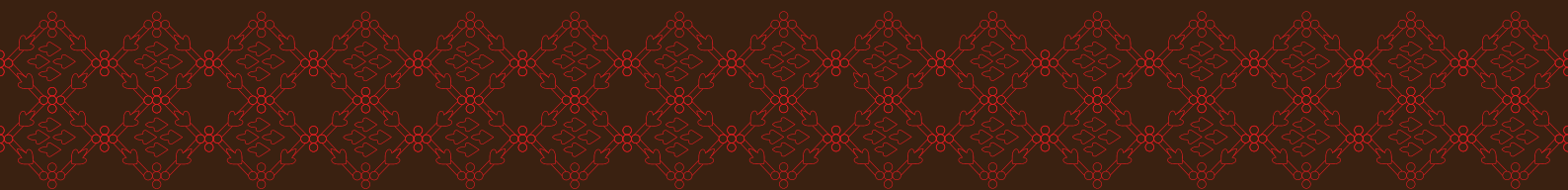


THANN WELLNESS DESTINATION is a luxury spa destination providing a total wellness with 6 elements consisting of a world renowned historical location, pure lush landscape, nutritious foods, individualized wellness activities, professional spa treatment and luxury accommodations. The moment of solitude in tranquil Noi River and lush Ayutthaya rice field induces consciousness leading to wisdom.

Resort guests are aware of their own physical and emotional conditions with desires to improve to a better stage. THANN Wellness Destination embraces 10 acres (25 rais) lush landscape of Bangsai district in Ayutthaya, old capital of Thailand with a UNESCO World Heritage Site.

Journey from Bangkok to the resort is approximately an hour by car.

\*This is a non smoking property.

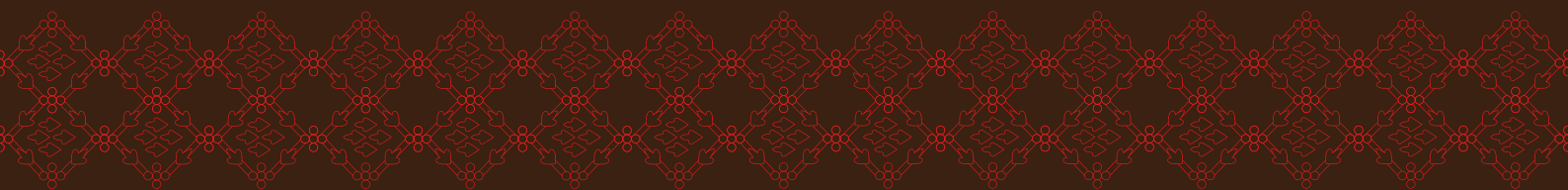


## LANDSCAPE AND ARCHITECTURE



Architectural design of resort property aims to provide serenity with discreet influence from ancient Ayutthaya art and design. The wood roofing provides different visual effect from morning until dawn. Art objects and antiques displayed throughout the property reflect art and civilisation of Ayutthaya era. Such culture-rich décor stimulates individual's positive energy and satisfaction.

Displayed at the center of the lobby building, "the wise monkeys" embody the proverbial principle of 'see no evil, hear no evil and speak no evil'. The fourth monkey statue, handing out banana, symbolises mercy.



## ACCOMMODATIONS



46 spacious guest accommodations, including river view suites, tree houses and pool villas ranging from 64-213 sq.m.

Complimentary in-room healthy drink and snack bar facilitates balanced diet and enhances experience of the guests. Plastic bottled water will not be used throughout the property in order to maintain sustainable natural environment.

Apart from bath amenity, a range of best seller THANN natural skincare and aromatherapy products is provided to enhance thorough wellness lifestyle.



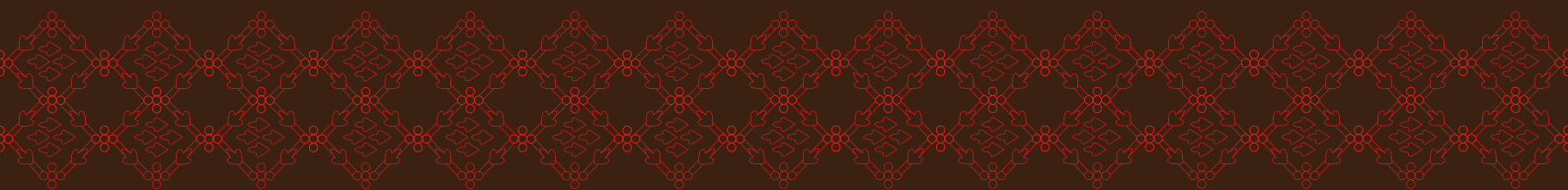
## DINING

Foods and beverages at THANN WELLNESS DESTINATION are designed to be nutritious and to deliver natural flavour of each ingredient. Each menu is carefully created as 'art of plate' for additional role of uplifting mind. To ensure freshness and high nutrition, many ingredients including fruits, vegetables, river prawn, river fish and free range chicken are supplied from local community and resort's pesticide residue free garden. At THANN WELLNESS DESTINATION, all main meals are part of the room charge. The three restaurants are designed to deliver different food concepts and interior décor styles.



### *Tea Room*

This 42 seats café with modern oriental décor at lobby level offers variety of mind blowing international dishes. An Asian antique collection of tableware and cooking utensil is displayed in the tea room. Walk-in guest can enjoy lunch and afternoon tea at this venue. Breakfast and dinner are reserved only for check-in guest. Private social gathering up to 10 guests can be arranged at the private dining suite.



### *Thai street foods*

Resemblance to the local Thai street food market, guest can experience Thailand's authentic dining scene and its foods. Variety of food stalls include stir frying in an ancient wok, pounding papaya, grilling meat skewers with sticky rice, Thai noodles and desserts. This simple and light meal is ideal for lunch. It locates on basement level of the lobby building where cooking class also held.



### *Riverfront Restaurant*

SAMRUB is a Thai word for "multi main course meal" which is common for elite Thai family. Different dishes in samrub have distinctive ingredients, flavours and ways of cooking. Every samrub always includes stir fried dish, hot & spicy soup, curry, chilli paste, fresh vegetables, fish or meat, steamed rice and traditional dessert. Each dish is meticulously prepared to deliver the Thai culinary art experience. The elegant dining room is overlooking the Noi River flowing serenely beyond the flowerbeds of an impressive lush forestry. The high ceiling glass windows open onto a balcony for alfresco dining, ideally for breakfast and dinner, exclusive for in-house guests only.

## WELLNESS AND RECREATION PROGRAMS

THANN WELLNESS DESTINATION offers experience beyond a day spa service. Individualised treatment programs are performed by professional to restore vitality, maintains good health and uplifting spirit.



Spa complex, 1,600 sq.m space features:

- 15 treatment rooms (2 double aroma rooms, 9 single aroma rooms, 2 double Thai massage rooms and 2 single Thai massage rooms).

All senses will be awakened by the unique spa concept through a contemporary design and a wider range of treatments to rediscovering inner physical and mental wellness. All therapists are certified with extensive knowledge on anatomy, aromatherapy and massage techniques.



- *Aromatherapy baths*

Comprise of 3 baths in different temperatures, all are using infused water from essential oil extraction process.

- Cool bath at 25°C, stimulates the lymphatic and immune systems
- Warm bath at 30°C, eases and soothes tired or aching muscles and joints
- Hot bath at 39°C, improves circulation and accelerates metabolism



- *Aromatherapy steam room*

Enhance the balance of physical, mental and well-being in the aromatherapy steam bath at the temperature of 50°C. The chamber is filled with aroma-therapeutic steam, which warms the skin, opens the pores and relaxes the muscles of the body.

- *3 all-purpose studios*

- *Fitness*

For each day of stay, guests will receive a spa treatment, unlimited wellness, activities and main meals of your choice. Wellness programs and recreation facilities are aiming to rejuvenate body, mind, enhancing energy, reducing fatigue and providing guests with a complete path towards tension release. Whether the purpose of stay is for total relaxation or for body and mind improvement, THANN Wellness Destination team will assist guests in making the entire experience truly fulfilling and memorable.





*Complimentary holistic body movement activities 60 mins/session*

*1. Yoga*

The yoga is a mind and body practice includes the physical postures and breathing exercises. Yoga provides an opportunity to stretch, unwind and release tension, prepares the body for deeper spiritual practices such as meditation.

*2. Fit-ball*

Using fit ball is a great way to improve strength, cardio endurance and balance. The exercises involve with push-ups, squats, and planks on an unstable surface, muscles get more tone and in shape.

*3. Stretching*

Increases body's flexibility, improves body posture, reduces stress and body aches.

*4. Body Weight Training*

Requires no equipment only use body weight to build lean muscles, improves immune, cardiovascular and hormonal health.

*5. Thai Boxing*

Thai boxing or Muay Thai is a combat sport of Thailand that uses stand-up striking along with various clinching techniques, combining the use of fists, elbows, knees and chin.

*6. Yochi Balance*

Yochi Balance is a combination of yoga and tai chi practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Yochi balance helps reduce stress and anxiety as well as increases flexibility and balance.

*7. Aqua aerobic*

Aqua aerobics class designed to tone the body with no impact to joints. Ideally for those with arthritis, back problems, foot or leg injuries and knee conditions.

*8. Zumba Dancing*

A dance based fitness program, alternating fast and slow rhythms to help improve cardiovascular fitness. Zumba targets lots of different muscle groups at once for total body toning.

*9. Power Combat*

A fiercely energetic exercise that encompasses the martial arts which uses kicking, punching, blocking and striking movement to defined muscles and toned body shape. The whole body workout for cardio fitness is superb for burning fat, releasing stress and improving your co-ordination.

*Complimentary leisure activities*

*1. Cooking class*

*2. Facial workshop*

*3. Biking on the river*

*4. Palm leaves' weaving*

*6. Aromatherapy and personalized aromatic gel workshop*



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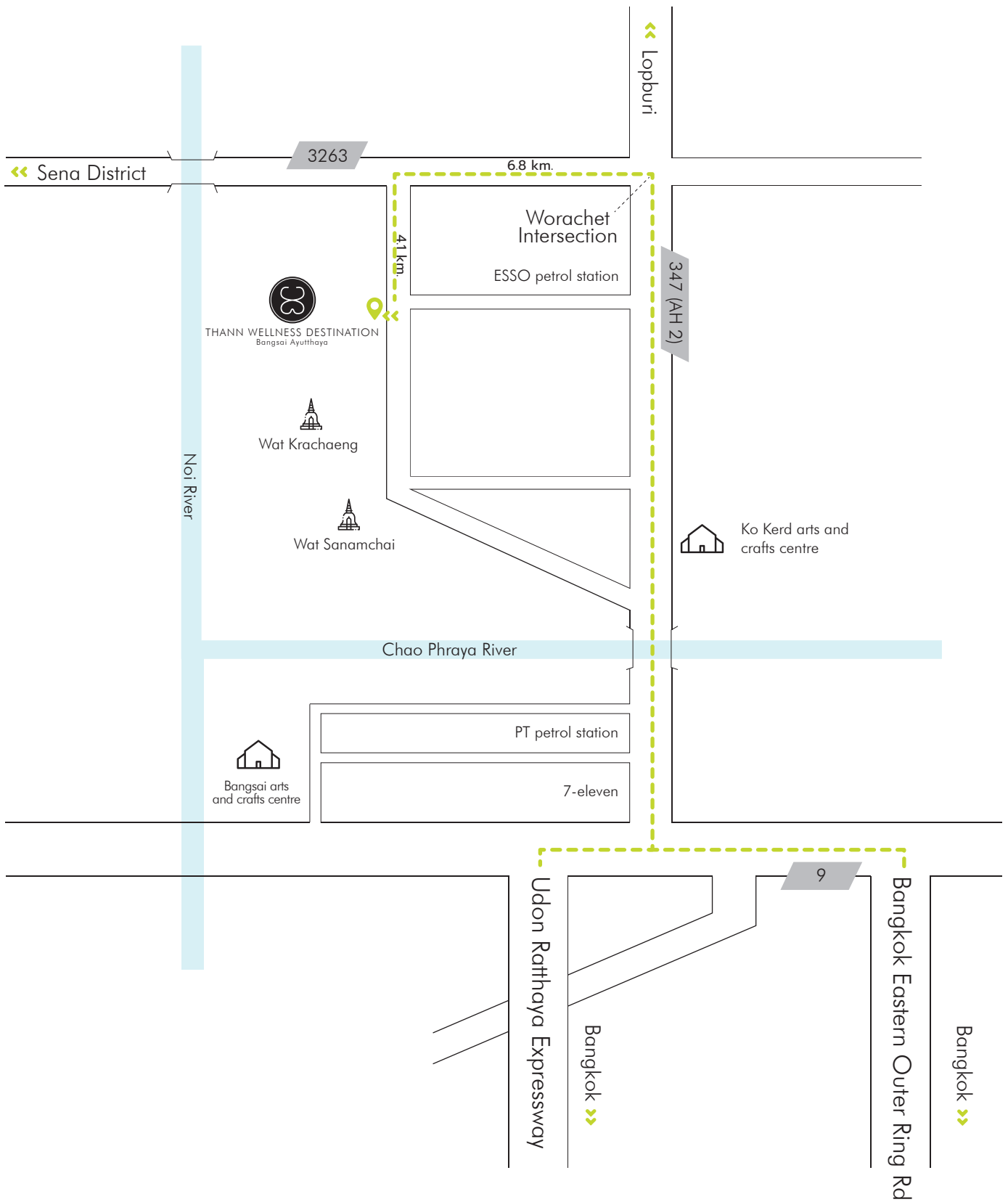
## ABOUT THANN

Founded in 2002, THANN is the leader of natural aromatherapy and skincare brand in Asia with distribution for its products and day spa in over 15 countries worldwide. In addition to THANN's retail presence, this has in recent years expanded into the award redemption and in-flight amenities for premium airlines, top hotelier and airport lounges.



THANN is a range of reliable natural body, hair and skincare products formulated from botanicals derived by combining the art of natural therapy with the modern dermatological science. Aiming to offer customers a lifestyle of total wellness, THANN provides quality products and services through its design, innovation, professional retail staff, and worldwide distributors.

Please visit [www.thann.info](http://www.thann.info) for more information on the resort, products, retail stores and day spas.



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