

Wellness retreat program

ANANTARA

WELLNESS



The Anantara Wellness Retreat Program offers a seamless fusion of holistic traditions and advanced scientific practices, carefully crafted to nurture well-being in the heart of an urban sanctuary. Guided by intuitive expertise, guests embark on a transformative journey, experiencing curated rituals and therapies designed to align with their personal wellness aspirations.

At Anantara Riverside Bangkok Resort, we embrace the philosophy that true wellness begins within. By fostering self-love, nurturing the body, mind, and soul, and promoting balance and harmony, we empower our guests to adopt a healthier and more fulfilling lifestyle. Our tranquil riverside setting and thoughtfully designed wellness spaces provide the perfect backdrop for this life-enhancing experience.

EACH RETREAT PROGRAM, RANGING FROM 3 TO 12 NIGHTS, INCLUDES:

- Elegant Accommodation, designed to ensure ultimate relaxation and restful sleep.
- Full-Board Wellness Cuisine, meticulously crafted to nourish the body while delighting the senses.
- Seamless Airport Transfers, for effortless arrivals and departures.
- Epigenetic Wellness Assessment, to personalize your wellness journey for optimal results.
- Wellness Amenities, including a relaxing bath set-up to enhance relaxation and comfort.
- Exclusive Wellness Goodies, to inspire well-being beyond your stay.

ADD-ON TREATMENT BENEFITS:

- 20% off all holistic wellness
- 20% off all spa treatments
- 15% off all the aesthetic programs
- 10% off medical wellness check-ups

Experience a profound renewal of mind, body, and spirit with Anantara. Every element of your retreat is meticulously crafted to guide you toward lasting wellness and transformative well-being.

Anantara Signature Wellness Retreat

Experience a unique wellness journey that fuses cultural exploration and holistic rejuvenation with the Anantara Signature Wellness Retreat. This immersive program invites you to dive into the rich heritage of Thailand, while nourishing your mind, body, and spirit through personalized wellness practices.

The retreat is thoughtfully divided into two parts: a 2-night, 3-day aboard program and a 2-night, 3-day on-site experience, offering a seamless blend of river cruising and wellness sanctuary. The uniqueness of this retreat lies in the seasonal ebb and flow of the river's tides, shaping the activities on board and enriching the cultural exploration. Depending on the high or low tide, the journey adapts to ensure you experience the best that Thailand's cultural landmarks and wellness offerings have to offer.

The Anantara Signature Wellness Retreat is more than just a retreat – it is a transformational journey that integrates wellness, culture, and tranquility in a way that is truly unique.

PROGRAM INCLUSION	4 NIGHTS
	STARTING FROM THB 265,800
WELLNESS ASSESSMENT	
Retreat Introduction & Wellness Lifestyle Consultation Initial	1
Epigenetic Cell Wellbeing Assessment	1
Body Composition Analysis	1
WELLNESS ACTIVITIES & TREATMENTS	
Aboard Program	
Cycling Tour – 2Hrs (High Tide)	✓
Explore flower market and Wat Pho (High Tide)	✓
Traditional Thai massage class at Wat Pho (High Tide)	✓
Explore Wat Arun – The Temple of Dawn (High Tide)	✓
Tuk-tuk tour to Sunundhra Palace (High Tide)	✓
Visit Wat Chalermphrakiat (High Tide)	✓
Choice of Morning meditation at Wat Pailom, Koh Kret or Tour by van to the UNESCO World Heritage Site, Ayutthaya (High Tide)	✓
Brunch on the cruise (High and Low Tide)	✓
Visit a pottery factory for a pottery handicraft lesson at Koh Kret (Low Tide)	✓
Explore Wat Niwet Worawihan, and Bang Pa In Palace (Low Tide)	✓
Explore Wat Phanan Choeng and the canals of Ayutthaya by a longtail boat (Low Tide)	✓
Visit a conservatory of dessert for a Thai dessert making lesson (Low Tide)	✓
Explore Ayutthaya Historical Town (Low Tide)	✓
A choice of morning meditation at Wat Bot or on deck of the cruise (Low Tide)	✓
Visit Wat Bot – alm offering to monks and fish feeding (Low Tide)	✓

PROGRAM INCLUSION	4 NIGHTS STARTING FROM THB 265,800
WELLNESS ACTIVITIES & TREATMENTS	
On-Site Program	
Daily sunrise or sunset yoga	✓
Wellness Spice Spoon Cooking Class	1
Rajasamnak Royal Style Therapeutic Massage 60mins	1
Cannabis Stress Release Journey 90mins	1
Acupuncture & Moxibustion	1
Icoone Body Remodeling - 2 Area - 60mins	1
HydraFacial Deluxe 45mins	1
Retreat Program Review	1
OTHER INCLUSION	
Overnight Hotel Stay(s) in Deluxe Room	✓
Overnight Aboard Stay(s) in Loy Dream Cruise	✓
Daily three wellness meals and an afternoon snack	✓
Wellness Gift Set	✓
Wellness Amenities	✓

Radiance & Longevity

Rediscover your vitality and embrace timeless beauty with the Radiance & Longevity Wellness Retreat. Expertly guided by a skilled aesthetic doctor and wellness practitioner, this transformative program is designed to support cellular regeneration, enhance your natural radiance, and promote long-term vitality and anti-aging.

Start each day with calming sunrise or sunset yoga to cultivate mindfulness and balance. A personalized wellness lifestyle consultation and advanced testing form the foundation of a journey tailored to your unique needs. Cutting-edge therapies blend seamlessly with holistic practices to rejuvenate your skin, revitalize your body, and renew your youthful glow.

Set in the serene elegance of Anantara, this retreat offers the ultimate path to radiant health, inner harmony, and enduring vitality.

PROGRAM INCLUSION	5 NIGHTS	3 NIGHTS
	STARTING FROM THB 214,750	STARTING FROM THB 176,400
WELLNESS ASSESSMENTS		
Aesthetic Doctor Consultation including Visia Skin Analysis	1	1
Retreat Introduction & Wellness Lifestyle Consultation Initial	1	1
Epigenetic Cell Wellbeing Assessment	1	1
Body Composition Analysis	1	1
WELLNESS ACTIVITIES & TREATMENTS		
Daily Sunrise or Sunset yoga	✓	✓
Radiance Beauty Elixir IV Drip	1	1
Revive Foot Massage 30mins	1	1
Anantara Signature Massage 60mins	1	1
Fleur De Sel Scrub & Wrap 60mins	1	0
Hydrafacial Deluxe 45mins	1	1
Gua Sha Facial Therapy 60mins	1	0
Icoone Lymphatic Drainage - Face & Body	1	0
Icoone Body Remodelling - 2 Area 60mins	1	0
Collagen Biostimulator	1	1
Ulthera Session	1	1
Retreat Program Review	1	1
OTHER INCLUSION		
Overnight Hotel Stay(s) in Deluxe Room	✓	✓
Daily three wellness meals and an afternoon snack	✓	✓
Wellness Gift Set	✓	✓
Wellness Amenities	✓	✓

Weight Balance

Achieve harmony in body and mind with our Weight Balance Wellness Retreat, a holistic journey designed to help you attain and sustain your ideal weight while enhancing overall well-being. This transformative program combines personalized consultations with expert nutritionists and fitness trainers, tailored meal plans, advanced treatments, and holistic therapies to promote sustainable results and long-term wellness.

This retreat is thoughtfully curated to help you reset, recharge, and embrace a healthier, more balanced lifestyle, leaving you feeling lighter, energized, and empowered.

PROGRAM INCLUSION	12 NIGHTS	7 NIGHTS
	STARTING FROM THB 285,800	STARTING FROM THB 172,400
WELLNESS ASSESSMENTS		
Retreat Introduction & Nutrition Lifestyle Consultation Initial	1	1
Epigenetic Cell Wellbeing Assessment	1	1
Body Composition Analysis	1	1
WELLNESS ACTIVITIES & TREATMENTS		
Daily Personal Training Session	✓	✓
Daily Herbal Steam 30mins	✓	✓
Nutrition Consultation	1	1
Slim Sculpt Drip	1	1
Detox Renew Infusion	1	1
NAD+ IV Drip	1	0
Icoone Body Remodelling - 2 Area	8	5
Icoone Lymphatic Drainage Face & Body	5	2
Icoone Customize Session (Face) - Premium	2	1
Acupuncture & Moxibustion	2	1
Acupuncture & Chi Nei Tsang	2	1
Anantara Signature Massage 60mins	1	1
Anantara Bespoke Massage 60mins	1	1
Pro-Glow Renewal Facial 60mins	1	0
Revive Foot Massage 30mins	2	2
Retreat Program Review	1	1
OTHER INCLUSION		
Overnight Hotel Stay(s) in Deluxe Room	✓	✓
Daily three wellness meals and an afternoon snack	✓	✓
Wellness Gift Set	✓	✓
Wellness Amenities	✓	✓

Detox & Gut Health

Embark on a revitalizing journey with a strong emphasis on gut health, designed to cleanse, heal, and restore your body's natural balance. This program focuses on optimizing digestive health, boosting energy levels, and fostering a deep sense of renewal through expert guidance and tailored therapies.

This retreat offers a complete reset, empowering you to restore balance, improve digestion, and feel revitalized from the inside out.

PROGRAM INCLUSION	7 NIGHTS	5 NIGHTS	3 NIGHTS
	STARTING FROM THB 153,550	STARTING FROM THB 111,600	STARTING FROM THB 77,350
WELLNESS ASSESSMENTS			
Retreat Introduction & Nutrition Lifestyle Consultation Initial	1	1	1
Epigenetic Cell Wellbeing Assessment	1	1	1
Body Composition Analysis	1	1	1
WELLNESS ACTIVITIES & TREATMENTS			
Daily sunrise or sunset yoga	✓	✓	✓
Daily Herbal Steam 30mins	✓	✓	✓
Detox Renew Infusion	1	1	1
NAD+ IV Drip	1	0	0
Revive Foot Massage 30mins	2	1	1
Icoone Lymphatic Drainage Face & Body	2	2	1
Icoone Body Remodelling - 2 Area - 60mins	1	0	0
Fleur De Sel Scrub & Wrap 60mins	1	1	1
Anantara Signature Massage 60mins	1	0	0
Himalayan Thermal Therapy Massage 90mins	1	1	1
Colon Hydrotherapy	1	1	0
Acupuncture & Chi Nei Tsang	1	2	1
Acupuncture & Moxibustion	1	0	0
Fire Cupping	1	1	1
Retreat Program Review	1	1	1
OTHER INCLUSION			
Overnight Hotel Stay(s) in Deluxe Room	✓	✓	✓
Daily three wellness meals and an afternoon snack	✓	✓	✓
Wellness Gift Set	✓	✓	✓
Wellness Amenities	✓	✓	✓

Sleep Enrichment

Rediscover the restorative power of deep, rejuvenating sleep with our Sleep Enrichment Wellness Retreat, a program thoughtfully crafted to improve your sleep quality and overall well-being. This retreat addresses sleep challenges by blending scientific approaches, holistic therapies, and personalized guidance to help you achieve restful nights and energized days.

This retreat is your gateway to achieving peaceful, uninterrupted sleep and waking up each day feeling refreshed, balanced, and ready to embrace life fully.

PROGRAM INCLUSION	7 NIGHTS	5 NIGHTS	3 NIGHTS
	STARTING FROM THB 121,250	STARTING FROM THB 94,750	STARTING FROM THB 69,350
WELLNESS ASSESSMENTS			
Retreat Introduction & Nutrition Lifestyle Consultation Initial	1	1	1
Epigenetic Cell Wellbeing Assessment	1	1	1
Body Composition Analysis	1	1	1
WELLNESS ACTIVITIES & TREATMENTS			
Daily sunrise or sunset yoga	✓	✓	✓
Antioxidant IV Drip 150mg	1	1	1
Revive Foot Massage 30mins	1	1	0
Rajasamnak Royal Style Therapeutic Massage 60 mins	1	0	0
Acupuncture & Chi Nei Tsang	2	2	1
Herbal Shirodara	2	1	1
Cannabis Restful Slumber journey 90mins	1	1	1
Sweet Herbal Dreams 90mins	1	1	1
Retreat Program Review	1	1	1
OTHER INCLUSION			
Overnight Hotel Stay(s) in Deluxe Room	✓	✓	✓
Daily three wellness meals and an afternoon snack	✓	✓	✓
Wellness Gift Set	✓	✓	✓
Wellness Amenities	✓	✓	✓

Woman's Health

Experience a transformative journey tailored to nurture and empower women's wellness. Empower your mind, body, and spirit with our Women's Health Wellness Retreat, a sanctuary designed to address the unique health needs of women at every stage of life. This holistic retreat focuses on nurturing hormonal balance, emotional well-being, and physical vitality through tailored therapies, expert-led sessions, and restorative practices.

This retreat is a celebration of wellness, offering women the tools and support they need to thrive, rejuvenate, and feel truly empowered in their health journey.

PROGRAM INCLUSION	5 NIGHTS	3 NIGHTS
	STARTING FROM THB 94,750	STARTING FROM THB 63,250
WELLNESS ASSESSMENTS		
Retreat Introduction & Wellness Lifestyle Consultation Initial	1	1
Epigenetic Cell Wellbeing Assessment	1	1
Body Composition Analysis	1	1
WELLNESS ACTIVITIES & TREATMENTS		
Daily sunrise or sunset yoga	✓	✓
Radiance Beauty Elixir IV Drip	1	1
Icoone Silhoutte	1	1
Goy Tong Therapy	2	1
Moringa Blissful Journey	1	0
Acupuncture & Gua Sha Facial	1	1
Acupuncture & Chi Nei Tsang	1	0
Retreat Program Review	1	1
OTHER INCLUSION		
Overnight Hotel Stay(s) in Deluxe Room	✓	✓
Daily three wellness meals and an afternoon snack	✓	✓
Wellness Gift Set	✓	✓
Wellness Amenities	✓	✓

Men's Health

Achieve peak performance and holistic well-being with our Men's Health Wellness Retreat, a program tailored to address the unique health and lifestyle needs of men. This retreat focuses on enhancing physical strength, mental clarity, and overall vitality through personalized treatments, fitness sessions, and expert guidance.

This retreat is a pathway to rediscovering balance, building strength, and empowering you to feel your best in every aspect of life.

PROGRAM INCLUSION	5 NIGHTS	3 NIGHTS
	STARTING FROM THB 97,800	STARTING FROM THB 66,150
WELLNESS ASSESSMENTS		
Retreat Introduction & Wellness Lifestyle Consultation Initial	1	1
Epigenetic Cell Wellbeing Assessment	1	1
Body Composition Analysis	1	1
WELLNESS ACTIVITIES & TREATMENTS		
Daily sunrise or sunset yoga or Personal Training Session	✓	✓
Antioxidant IV Drip 150mg	1	1
Icoone Men Zone	2	1
Burut Therapy	2	1
Acupuncture & Tui Na Massage	1	0
Gentlemen's Muscle Melt Massage 60mins	1	0
Retreat Program Review	1	1
OTHER INCLUSION		
Overnight Hotel Stay(s) in Deluxe Room	✓	✓
Daily three wellness meals and an afternoon snack	✓	✓
Wellness Gift Set	✓	✓
Wellness Amenities	✓	✓

Midlife Glow

Embrace the beauty and vitality of midlife with our Midlife Glow Wellness Retreat, a nurturing program designed to support women during this transformative phase. This retreat combines expert guidance, therapeutic treatments, and holistic practices to help you navigate menopause with confidence, vitality, and radiance.

This retreat is a celebration of midlife, offering the tools, support, and self-care practices to help you glow from within and embrace this new chapter with strength and grace.

PROGRAM INCLUSION	5 NIGHTS	3 NIGHTS
	STARTING FROM THB 100,000	STARTING FROM THB 78,100
WELLNESS ASSESSMENTS		
Retreat Introduction & Wellness Lifestyle Consultation Initial	1	1
Epigenetic Cell Wellbeing Assessment	1	1
Body Composition Analysis	1	1
WELLNESS ACTIVITIES & TREATMENTS		
Daily sunrise or sunset yoga	✓	✓
Slim Sculpt Drip	1	1
Neuro Boost IV	1	1
Goy Tong Therapy	1	1
Lipid and Water-Soluble Antioxidant Diagnostic	1	1
Abhyanga Shirodara	1	1
Revive Foot Massage 30mins	1	1
Acupuncture & Chi Nei Tsang	1	1
Icoone Lymphatic Drainage Face & Body	1	0
Pro-Glow Renewal Facial 60mins	1	0
Retreat Program Review	1	1
OTHER INCLUSION		
Overnight Hotel Stay(s) in Deluxe Room	✓	✓
Daily three wellness meals and an afternoon snack	✓	✓
Wellness Gift Set	✓	✓
Wellness Amenities	✓	✓



TERMS & CONDITIONS:

- Rates are subject to change based on booking seasonality.
- Rates are quoted in Thai Baht and are inclusive of a 10% service charge and 7% government tax.
- Rates are per person, per program.
- A 100% deposit is required at the time of reservation.
- a cancellation must be made at least 48 hours in advance to avoid 50% advance payment charge. No show will be charge 100% of the total price.
- Treatment programs will be personalized based on individual health conditions and recommendations from medical doctors and wellness advisors.
- For the Aboard Program within the Anantara Signature Wellness Retreat, the itinerary may vary depending on river tide seasonality. High tide typically occurs from October to November.
- A minimum of 48 hours' advance booking is required and subject to availability.

SCAN FOR ONLINE BROCHURE

ANANTARA WELLNESS AT ANANTARA RIVERSIDE BANGKOK RESORT

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