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Reset & Recharge: Kickstart Healthier Habits with New Signature Wellness Retreats from AvaniWell



Guests looking to discover a renewed sense of wellbeing or to escape for a weekend of top-to-toe pampering, can reset and recharge with [AvaniWell](#)'s new signature wellness retreat packages. Available exclusively at [Avani+ Hua Hin Resort](#), multi-day **Reset and Recharge** programmes combine accommodations, healthful meals and curated activities ranging from physical to aesthetic and meditative, ensuring a holistic wellness journey.

The **two-night Reset Retreat** is the perfect weekend escape, offering a supervised system reboot in a serene environment. For those looking to deepen their commitment to wellbeing, the **four-night Recharge Retreat** provides a more comprehensive experience, ideal for planning out a personalised wellness roadmap and achieving long-term health goals.

Both packages combine relaxation for restful sleep and exercise for better physical and mental health. Gut-loving ingredients in the daily breakfast are also found in healthy lunches and dinners that are tailored based on a body composition analysis. The daily schedule, while leaving plenty of time to enjoy pool dips, is a choreographed sequence of expert-led activities designed to maximise guests' time as they move from rebalancing yoga to muscle-burning workouts to feel-good Reformer Pilates. Thanks to the extra days at their disposal, Recharge Retreat attendees will also benefit from a Raw Juice Detox and a Wellness Cooking Class focused on wholesome dishes.

At AvaniWell, lulled into serenity by a sound bath, guests will be treated to rejuvenating full-body massages and JetPro facials, while western physiotherapy and Traditional Thai Medicine sessions, including medicinal Chae Ya power baths, are there to address chronic conditions.



“The start of the year is a time of renewal, and our new retreat packages are designed to inspire guests to embrace personalised wellbeing at their own pace,” said Premjit Phothiwaraparn, Minor Hotels' Regional Director of Spa & Wellness – Thailand, Sri Lanka and Maldives. “With these programmes, AvaniWell goes beyond traditional wellness offerings, blending nutritional science,

ancient practices and lifestyle-focused elements to deliver results that guests can carry into their daily lives.”

The **Reset Retreat** package starts from THB 17,040 net based on one person staying for two nights in an Avani Deluxe Room (THB 28,680 per couple), with all meals, consultations and activities included. The **Recharge Package** is THB 35,980 net per person (THB 66,160 net per couple) for four nights. For guests seeking an extra touch of luxury, both packages offer the option to upgrade to a private Avani Pool Villa.

For more information about the packages, please visit <https://www.avanihotels.com/en/hua-hin/offers/signature-wellness-retreat>. For bookings, please visit www.avanihotels.com/en/hua-hin, email at res.vhhv@avanihotels.com or call +66 3 898 989.



About Minor Hotels

Minor Hotels is a global hospitality group operating over 560 hotels, resorts and residences in 58 countries, pursuing its vision of crafting a more passionate and interconnected world. As a hotel owner, operator and investor, Minor Hotels fulfils the needs and desires of today's global travellers through its diverse portfolio of eight hotel brands – Anantara, Avani, Elewana Collection, NH, NH Collection, nhow, Oaks and Tivoli – and a collection of related businesses. Minor Hotels is rapidly accelerating its global growth ambitions, aiming to add more than 280 hotels by the end of 2027.

Minor Hotels is a proud member of the [Global Hotel Alliance \(GHA\)](#), the world's largest alliance of independent hotel brands, and participates in the [GHA DISCOVERY](#) loyalty programme.

For more information, please visit minorhotels.com and connect with Minor Hotels on [Facebook](#) and [LinkedIn](#).

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