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A Natural Setting for Restorative Escapes: Anantara Koh Yao Yai Resort & Villas Introduces New, Personalised Wellness Journeys



▲ Naga Martial Massage, Signature Treatment at Anantara Koh Yao Yai Resort & Villas

Surrounded by the unspoilt beauty of Koh Yao Yai, Anantara Koh Yao Yai Resort & Villas pairs a naturally restorative island setting with new therapeutic wellness treatments and retreats designed to help guests slow down, reset and restore balance.

Anantara Spa at Anantara Koh Yao Yai Resort & Villas has introduced guided breathwork as the starting point for every spa journey, helping guests centre the mind and settle the body before their treatment begins. Drawing on an ancient practice found across traditions including yoga and

meditation, the ritual encourages deeper relaxation and creates a more considered transition into the treatment that follows.

The spa's signature Holistic Abdominal Massage goes beyond simple relaxation. It combines deep breathing to increase circulation and oxygen, particularly in the upper body, with gentle manual manipulation to improve digestive function, ease abdominal discomfort and generally calm the nervous system.

The Naga Martial Massage – inspired by the fluidity of ancient Thai martial arts – similarly harnesses the breath by harmonising long, deep inhalations and exhalations with traditional stretching techniques to release tension, restore mobility and improve flexibility. The treatment is particularly recommended after high-impact Muay Thai or training to speed recovery.

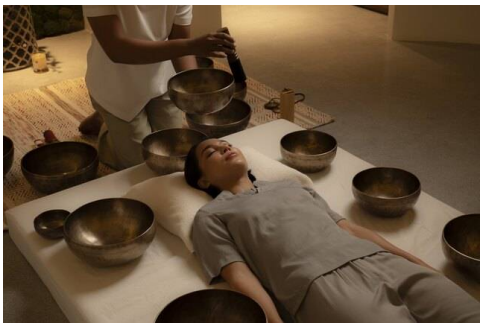
Wellness at Anantara Koh Yao Yai Resort & Villas extends outside the spa, with therapeutic massages such as Tok Sen and traditional Thai techniques accompanied by the natural rhythms of the waves in the resort's serene beach cabanas. Pool Villa and Penthouse guests can also enjoy sound healing sessions in complete privacy: floating on an inflatable bed in their personal pool, waves of sound act in concert with the water's natural drift to harmonise every cell in the body, while guided meditation aligns the mind.

"At Anantara Koh Yao Yai Resort & Villas, we take great pride in offering our guests the most restful, restorative of stays," says Erik Billgren, General Manager of Anantara Koh Yao Yai Resort & Villas. "We are thrilled to introduce these new wellness offerings and unique settings, as our guests can now look forward to even more restoration, returning to their daily lives completely renewed."

Guests are invited to experience the resort's newly launched wellness experiences by embarking on a personalised Anantara Wellness Retreat, including accommodation; a daily spa treatment, movement session or wellness workshop; one sound healing session; daily breakfast; and one wellness lunch. Guests can tailor the retreat according to their needs, choosing from the resort's extensive menu of treatments and facilities. Rates for the Anantara Wellness Retreat start from THB 18,000++ per night.

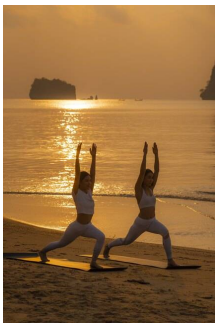
For more information about the resort and the Anantara Wellness Retreat, visit anantara.com/koh-yao-yai-phuket or email kohyaoyai@anantara.com.













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About Anantara Koh Yao Yai Resort & Villas

Anantara Koh Yao Yai Resort & Villas is a member of The Leading Hotels of the World, set on Thailand's last unspoiled island in the heart of Phang Nga Bay, just 35 minutes by boat from Phuket and 30 minutes from Krabi. Named New Hotel of the Year at the 2026 ULTRAs, one of TIME's World's Greatest Places 2025 and among the top 10 resorts in Thailand in the Condé Nast Traveler Readers' Choice Awards 2025, the resort combines island tranquillity with 148 spacious suites, pool villas and penthouses. Experiences span personalised wellness journeys at Anantara Spa, distinctive dining and island adventures for couples and families. Guests can discover nearby Hong Island's crystal-clear lagoon and panoramic viewpoint, or explore Koh Yao Yai through nature treks and sidecar tours that offer a glimpse into local island life.

Connect with Anantara Koh Yao Yai Resort & Villas on Facebook, Instagram and TikTok.

About Anantara Hotels & Resorts

A luxury hospitality brand for modern travellers, Anantara has connected guests to genuine places, people and stories in some of the world's most extraordinary destinations since 2001. Each Anantara embraces the surroundings and culture of its destination to create unforgettable memories for every guest. From city to sea and desert to jungle, Anantara delivers heartfelt, Thai-inspired hospitality at its over 50 hotels and resorts across Asia, Europe, Africa, the Middle East and the Indian Ocean.

Anantara is part of global hospitality group Minor Hotels and a member of the GHA DISCOVERY loyalty programme.

Visit anantara.com for more information, and connect with Anantara on Facebook, Instagram, TikTok, X and YouTube.

About Minor Hotels

Minor Hotels is a global leader in the hospitality industry with more than 640 hotels, resorts and branded residences in operation and committed development across 67 countries. The group crafts innovative and insightful experiences through its hotel brands including Anantara, Elewana Collection, The Wolseley Hotels, Tivoli, Minor Reserve Collection, NH Collection, nhow, Avani, Colbert Collection, NH, Oaks, and iStay, as well as a diverse portfolio of restaurants and bars, travel experiences, and spa and wellness brands. With over four decades of expertise, Minor Hotels builds stronger brands, fosters lasting partnerships, and drives business success by always focusing on what matters most to our guests, team members and partners.

Minor Hotels is a proud member of the Global Hotel Alliance (GHA) and recognises its guests through one unified loyalty programme, Minor DISCOVERY, part of GHA DISCOVERY.

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