



balance

WELLNESS BY ANANTARA

WELLNESS VILLA

The Global Wellness Institute defines “Wellness” as the active pursuit of activities, choices and lifestyles that lead to a state of holistic health.

Our Wellness Villa package aims to offer a personalised arrangement, services and activities to enhance your wellbeing and support wellness lifestyle during your stay. Relax, explore, and reconnect whilst surrounded by beautiful nature, using the tools included in your Wellness Villa, featuring a consultation with our Wellness Practitioner, a dedicated Wellness Host to support your journey, and private wellness movements and spa treatment.



## WELLNESS VILLA INCLUSIONS



- Five Senses Enhancement room features.
- One Wellness box.
- Wellness Villa Host Service.
- One Wellness Consultation per guest, per stay.
- One daily movement therapy (*Fitness or Yoga*)
- All-inclusive wellness mini bar.
- One wellness cooking class per guest, per stay.
- One 30 minute jetlag foot massage per guest, per stay.
- 20% off on any additional wellness treatments.



## ROOM FEATURES STIMULATE THE FIVE SENSES



Do you know what happens when you see, taste, hear, smell and touch things that bring you joy?

Your body experiences a chemical release of one or more of the happy hormones: dopamine, endorphin, oxytocin or serotonin.

Our in-villa features offer small touches that will stimulate the five senses to create an ideal wellness space.



# ROOM FEATURES ENHANCING

## SIGHT

Light therapy affects brain chemicals linked to mood and sleep. Light therapy is used to assist with depression, sleep disorders and jetlag.

A living plant in the room is proven to help improve the quality of air and results in improving breathing and lowering stress level.

## SOUND

### RELAXATION MUSIC

Most people don't fully grasp how much they depend on music to manage their emotions or how powerful the medical evidence for music therapy is. Each room will be equipped with a Bluetooth speaker and complimentary access to relaxation music through a QR code.

## SMELL

AROMA THERAPY - A humidifier with essential oils helps to alleviate sinus infections and colds. Higher humidity is also helpful in treating skin conditions such as eczema and dry skin.

## FEEL

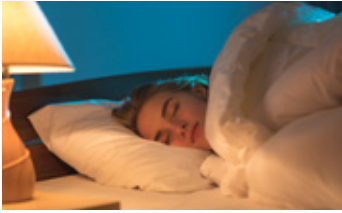
PILLOW MENU - Each wellness guest will be offered pillow preferences upon reservation to enhance their sleep comfort.

### GROUNDING MAT

When you touch the Earth with your bare skin, this acts an essential connection that promotes overall well-being. The Grounding Mat plays as an extension cord to the earth when you're indoors relaxing, meditating, or simply starting your day by placing your feet on the mat for calming sensations.

## TASTE

ALL-INCLUSIVE WELLNESS MINI BAR - Wholefood mini bar, free from refined processed ingredients. Nutrient dense snacks and beverages which energize, balance the mood and support a healthy metabolism are available in your villa throughout your stay.



## IN ROOM AMENITIES

Our room amenities are formulated from a results-based aromatherapy, natural skincare and wellness solutions founded on authentic Ayurveda principles. The products are created with intent to address multiple skin and body concerns, whilst delivering high performance results empowering one's physical, mental and emotional wellbeing.

All products are made in Australia following European standards of natural skincare, does not contain parabens, mineral oils, silicones or artificial fragrances to create safe, ethical and effective products.

Mint & Spike Ginger Lily Shampoo

Mint & Spike Ginger Lily Conditioner

Rasayana Hand and Body Wash

Rasayana Hand and Body Lotion



## SPECIAL SERVICES

### Wellness Host

A dedicated host to support guests through their wellness journey, help with your itinerary, schedule wellness activities and treatments and ensure meals are prepared to meet your needs.

### Wellness Consultation

With every booking of a Wellness Villa, guests are entitled to a complimentary consultation with one of our in-house Wellness Practitioners. Whether you are looking for wellbeing and nutrition advice, health and fitness routine or to enhance mindfulness and flexibility.

### Daily Wellness Movement Therapy

Choose between a mindful Yoga session, or energetic personal training session with our in-house instructors.



# ALL-INCLUSIVE WELLNESS

## MINI BAR AND AMENITIES

*Wholefood mini bar – free from refined processed ingredients. Nutrient dense snacks and beverages which energize, balance mood and support a healthy metabolism.*

### Beverages

- Mineral Water
- Coconut Water  
(for jetlag and water retention)
- Organic Juices
- Plant Based Milk
- Therapeutic Tea
- Dandelion Coffee

### Healthy Snacks

- Kale chips
- Organic Chocolate
- Protein balls
- Fresh Fruit
- Balance wellness snack jar

### Nutrient Pouches

- Terranova Life Drink and Mag Plus



## WELLNESS COOKING CLASS

*Wellness cooking class with chef.*

*Learn a healthy way of cooking while also making some tasty yet healthy dishes. Choose 3 dishes to help you achieve your wellness goal. Whether you are looking to enhance your Sleep Quality, Immunity, Weight Balance, or Detox*

