

NEW SPA CONCEPT ACROSS THE BRAND

ANANTARA Hotels, Resorts and Spas has launched 'Balance' is a new wellness concept soon to be rolled out in Anantara properties across the globe, starting from Thailand. Balance offers a wide range of different wellness elements for guests to choose from, supported by expert guidance and personalised programmes.

Healthy food, fitness lessons and spa treatments work together to help burn off excess weight, tone the body and de-stress the mind. Anantara Spa treatments range from indigenous rituals and products to revered ancient traditions and advanced western techniques.

Educational seminars will also be offered, giving guests the knowledge and practical coaching skills to implement a more balanced lifestyle into their daily routine.

While a "Masters of Wellness" visiting practitioner calendar offers holistic healing therapies by trusted experts that have been hand selected by Anantara.