



BANYAN TREE  
SAMUI

# BEGIN YOUR WELLBEING

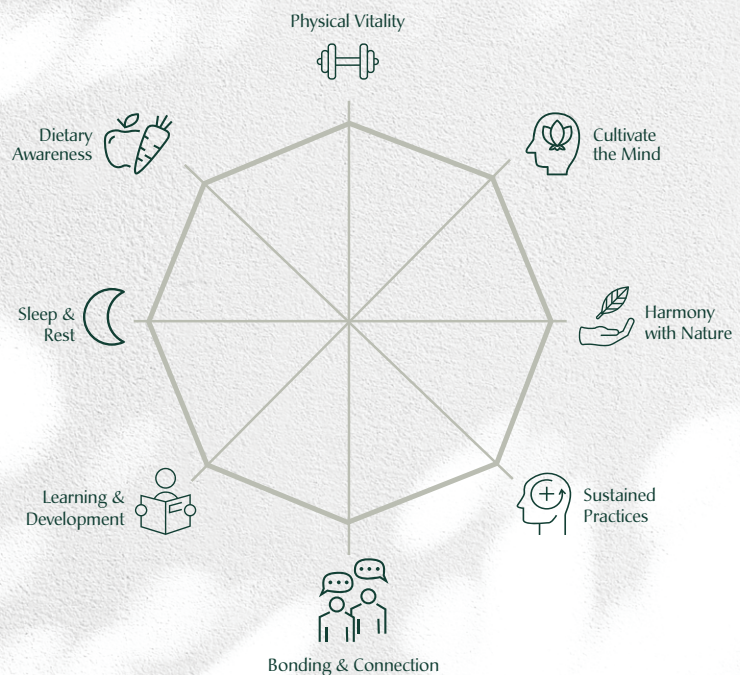
# JOURNEY HERE

## WELLBEING SANCTUARY

At Banyan Tree Samui, we believe that we are all interconnected. This philosophy drives the concept of Wellbeing Sanctuary, a personal stay experience that includes Spa, dining, multifunctional practice spaces, and a choice of wellbeing activities, into a single exclusive journey.

We take a clarified approach to personal wellbeing practices, backed by evidence. Every journey starts with a simple and structured assessment based on 8 key pillars:

- *Sleep & Rest*
- *Dietary Awareness*
- *Bonding & Connection*
- *Physical Vitality*
- *Cultivate the Mind*
- *Learning & Development*
- *Harmony with Nature*
- *Sustained Practices*



This exclusive experience enables you to design and combine a leisure vacation with the flexibility to choose your own activities. We are here to support your wellbeing journey and sustain your learning into daily life.

## BEGIN HERE

A flexible and open system of discovery, where you may choose your own activities throughout your stay, with the support of the property's wellbeing host.



## PERSONAL PRACTICE

A clarified approach to self-care developed from research and feedback. Guests who experience Wellbeing Sanctuary can sustain their learning through daily practice.



## SELF, OTHERS, NATURE

Our belief that wellbeing is about the connection to self, and relationship of self with others and nature, in order to find one's balancing points, appreciate the here and now, and find ways to improve one's state of being.



## STAY

Your wellbeing journey includes:

- Accommodation at a wellbeing villa, designed for sleep enhancement
- Daily balanced breakfast
- Daily afternoon nutrition platter
- Daily complimentary laundry (2pcs. per room)
- In-room wellbeing amenities
- Nightly rest rituals
- Personalised wellbeing guide to take home for personal practice
- Complimentary one-time 60-minute Body Treatment for 2 persons (minimum 3-night stay)
- Complimentary one-time 60-minute Body Treatment and 60-minute Rainforest experience for 2 persons (minimum 5-night stay)

## WELLBEING PRIVILEGES

- 30% off a la carte Spa treatments
- 30% off wellbeing cuisine
- 30% off chargeable activities
- Daily access to complimentary wellbeing activities
- Choose from a wide range of simple but impactful activities that are inspired by our philosophy and destinations, such as:
  - **Mindful Practice** - gratitude meditation, balance tuning, mindful movement
  - **Body Awareness** - body tension release, sleep meditation
  - **Optimal Fitness** - HIIT, cardio, yoga, Pilates
  - **Cultural Insights** - learning local language, community visit and volunteering
  - **Lifestyle Enrichment** - positive resilience, nutrition for vitality

WELLBEING.BANYANTREE.COM

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