

A NUTRITIONAL PATTERN INTERRUPT WITH PURITI

AT

THE NAI HARN PHUKET

One of the Island's Leading Luxury Resorts Now Offers Personalised Holistic Programs for guests looking to De-Stress and embrace the benefits of ritual good health.

For Immediate Release

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Overlooking tranquil Nai Harn bay, Phuket's first luxury resort and only member of Leading Hotels of the World offers the last word in beachfront luxury on Thailand's most famous Andaman Isle. Settle into your own private sanctuary by the sea, complete with cutting-edge technology, designer amenities and generous floor plans opening onto private terraces overlooking the ocean. Each of The Nai Harn's 130 luxurious guestrooms and suites features panoramic views of the azure bay dotted with sailing boats, making it one of Phuket's most relaxing beach resorts. In addition to 130 rooms and suites all with private terraces and stunning seaview, this luxury resort features two restaurants, a rooftop lounge bar, swimming pool, water sports and day spa and offers a unique welcome, far away from the hustle and bustle of daily life.

Starting from 01st April the resort has launched an exclusive selection of holistic wellness retreats designed by *Puriti* global wellness consultancy for personalized and corporate wellbeing.

Commencing in April and continuing throughout the year as a series of 3- and 5-day retreats, these personalised programs are well-known for being highly effective in reducing stress, re-introducing healthy living and promoting weight loss by incorporating a range of treatments and practices that leave guests feeling fully revitalized and reconnected to the benefits of feeling healthy.



The Puriti program encompasses a bespoke, plant-based vegan diet, a carefully planned exercise regime and a combination of holistic wellness practices including yoga and massage to create an integrated schedule of activities and therapies designed to target specific health issues and needs.

The program, designed by Deborah Williamson, an international banker turned nutritionist and herbalist. Deborah originally studied under a third-generation Thai-Chinese Master Herbalist on Phuket. Her innovative programs offer participants a unique opportunity to purify the body and prepare the mind for complete relaxation and rejuvenation away from the exhaust fumes of contemporary living.

Prices start at **THB 11,600** for a 3-day program and to complement the wellness activities guests will be able to sink into an even deeper state of relaxation and inner peace with accommodation in one of THE NAI HARN'S luxurious suites

For more information on the Puriti Retreats at THE NAI HARN, please visit www.thenaiharn.com or contact +66 7638 0200-10 or info@thenaiharn.com