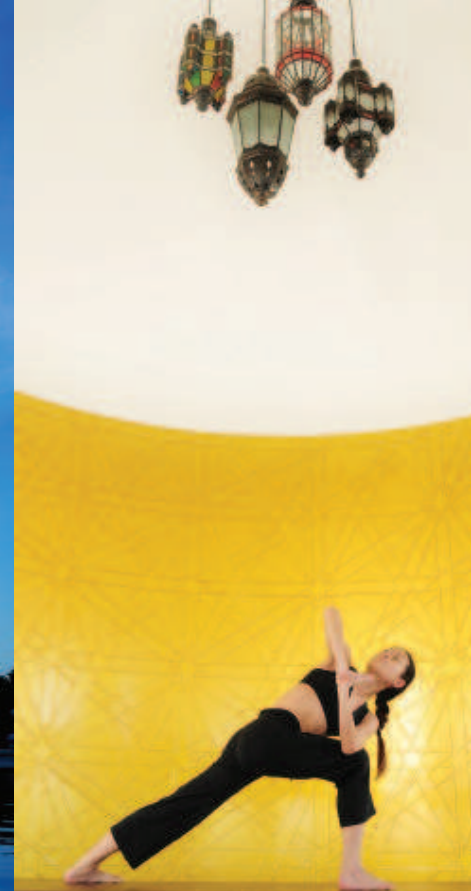
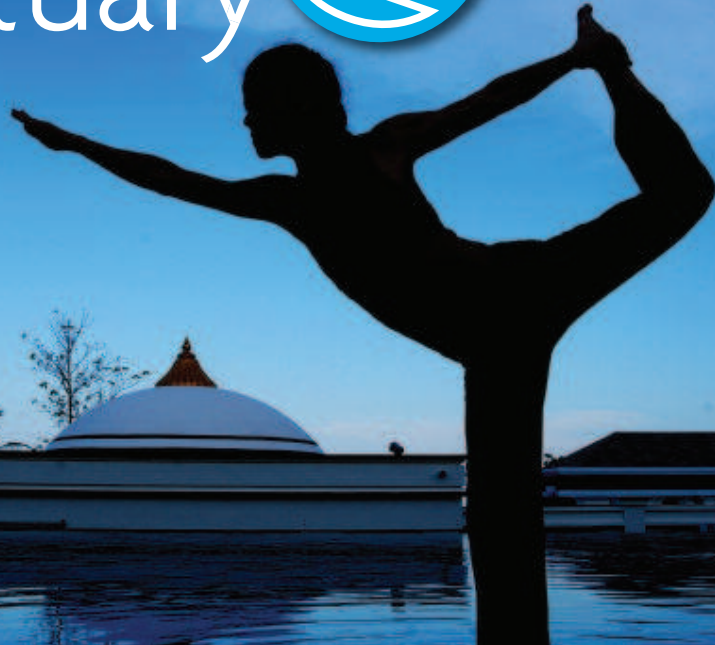


absolute sanctuary

by Claire Bostock



For those wanting to indulge and be pampered, there is a wide choice of massages, facial & body treatments as well as Yoga exercises to help refresh and recharge. The Spa Centre which features both indoor treatment rooms and outdoor Thai salas, prides itself in spa treatments with a healing element to them.

With unlimited daily classes combined with meals & daily massages, the Yoga centre comprises 3 beautiful studios. The Jungle Studio offers a view of lush green foliage & features a heating system. The Ocean studio offers stunning panoramic sea views, whilst the Pool studio looks out on to a large infinity edge pool. Up to 25 classes are conducted a week featuring a wide variety of styles such as Hot, Flow, Hot Flow, Pranayama & Meditation, Yin, Yin-Yang, Restorative, Hatha, Pilates, Yoga Pilates and a special introduction to Yoga classes for pure beginners.

The Spa cuisine restaurant features dishes that have been painstakingly created not only to provide nutritional benefit but also to tantalise the tastebuds. Special menus have been devised to support the detox programmes and everything, from sea salt to sesame oil, has been carefully selected for taste, quality and, above all, freshness.

With 38 Moroccan-inspired rooms, a detox centre with 6 hydrotherapy rooms, a Yoga Centre featuring 3 Yoga studios, a Spa centre with indoor & outdoor massage areas, a Spa cuisine restaurant, an Infinity edge pool with juice bar, Mini Theatre/Conference room, Steam Room and a Far Infrared Sauna, the resort aims to provide an opportunity to embark on a journey into wellness.

Further details from: www.absolutesanctuary.com.

2 FREE extra nights' accommodation for every 7 day/8 nights detox package or 7 day/7 nights Yoga holiday package. (Booking period from 1st Jan - 31st Jan 2011 for travel from 15th Jan - 31st May 2011). Not valid in conjunction with any other promotions or discounts.

Absolute Sanctuary, Thailand's Detox & Yoga resort is a Moroccan inspired boutique wellness resort specialising in Detox, Spa & Yoga holiday programmes. Situated on Koh Samui Island, the resort is a haven for those seeking a journey back to balance, rejuvenation and a healthy lifestyle. To help recharge, rejuvenate & revitalise, the resort offers different routes to suit individual needs. Absolute Sanctuary is also a leading Yoga teacher training & retreat centre conducting Yoga workshops, retreats & teacher trainings continuously throughout the year by well renowned Yoga teachers.

As part of Absolute Yoga Group, it started off as a vision of its founders Benjaporn Karoonkornsakul. Having run Yoga studios in both Thailand & Singapore, Ms Karoonkornsakul found through her own detox experience that detox & Yoga could go hand in hand enhancing not only one's well-being but also Yoga practice.

A wide range of detox programmes are on offer to meet individual needs and requirements. Each includes daily colon hydrotherapy sessions, detox drinks, massages, Yoga classes & nutritional supplements. Specialised detox programmes such as Holistic Detox, Candida Eradication programme and Chelating Detox programmes are also available, with emotional therapies to support you on your journey.

