

### **3-Night Fitness, Detox, and Yoga Retreat Thailand**

Enjoy the best fitness, nutrition, and cleansing retreat in Southeast Asia. At Phuket Cleanse, come and allow yourself to experience the benefits of detoxing by eating cleanly, sleeping deeply, and working out intensely (or moderately if you so desire). Give yourself the time to bring noticeable change to your body and your mind. While the 3-Night package is short and sweet, the experience will elevate your life forever. You are encouraged to relax, enjoy, learn, and experience a colorful blend of what Phuket Cleanse offers, from a wide range of organic nutrition to the best fitness and yoga; and from meditation to amazing recovery protocols that include ice bathing, infrared sauna therapy, massages, and lifestyle learning activities.

The 3-Night Escape in a Deluxe Room is 1,320 USD all inclusive. But with Airline Staff Rates discount of **25% discount**, that comes down to 990 USD. Bring a friend, share a room, and get an additional 10% off for both of you, bringing the cost for each of you to 858 USD all inclusive.

### **5-Night Fitness, Yoga, and Cleanse Retreat in Phuket**

Five nights at Phuket Cleanse will kickstart your healthy and balanced life. It truly is the best fitness, nutrition, and yoga retreat in Southeast Asia. Your time at Phuket Cleanse will allow you to really experience the benefits of detoxing and cleansing and give you the time to bring noticeable changes in your body and mind. The 5-Night package is shorter than our average stay at Phuket Cleanse, but it is long enough where you will feel and see results. The experience will elevate your life forever. You will enjoy the best fitness program in Thailand -- from yoga (Aerial, Partner, Bikram, Beach, Ashtanga, Power and SUP Yoga) to TRX, training on the beach and Muay Thai Cardio -- we are always mixing it up! You will experience a wide variety of our wellbeing talks, meditation offerings, and self-development master classes. You will gain an in-depth knowledge of the pillars of a sustainable, healthy lifestyle and start feeling better than you knew was possible.

The 5-Night Package at Phuket Cleanse in a Premium Room is 2,000 USD. With the **25% Airline Staff Rates discount**, that comes down to 1,500 USD all inclusive. If you bring a friend and share a room, you each get another 10% off, bringing the total to 1,300 USD for each of you.

### **7-Night Active Cleanse with Amazing Fitness & Nutrition in Phuket**

Come and experience the best fitness and nutrition vacation in Asia! Whether you want to lose weight, gain muscle, get lean, or simply just invest in a bit of "me" time, you will be given the tools to take home with you to live a healthy lifestyle. Come and learn how to optimize your energy, incorporate nutritional superfoods, detox your body by eating clean organic food, If you want to learn to make raw vegan cuisine, there is a daily cooking class for you. At Phuket

Cleanse, come and allow yourself to experience the benefits of detoxing by eating cleanly, sleeping deeply, and working out intensely (or moderately if you so desire). Give yourself the time to bring noticeable change to your body and your mind. Whatever your goal (weight loss, mindfulness, high intensity training, hot yoga, etc.) we are here to support you. You are encouraged to relax, enjoy, learn, and experience a colorful blend of what Phuket Cleanse offers, from a wide range of organic nutrition to the best fitness and yoga; and from meditation to amazing recovery protocols that include ice bathing, infrared sauna therapy, massages, and lifestyle learning activities.

The 7-Night Package at Phuket Cleanse in a Deluxe Room is 2,940 USD. With **the 25% Airline Staff Rates discount**, that comes down to 2,205 USD all inclusive. If you bring a friend and share a room, you each get another 10% off, bringing the total to 1,911 USD for each of you. You will love it!

### **21-Night Fitness, Detox, and Yoga Retreat Thailand**

Do you want a transformation? Do you have three weeks to rejuvenate and become the most optimal human being you can be? Then, come spend 21 nights with us at Phuket Cleanse and have the best fitness and nutrition vacation in Asia! Whether you want to lose weight, gain muscle, get lean, or simply just invest in a bit of “me” time, you will be given the tools to take home with you to live a healthy lifestyle. Come and learn how to optimize your energy, incorporate nutritional superfoods, detox your body by eating clean organic food. If you want to learn to make raw vegan cuisine, there is a daily cooking class for you. For those Cleansers that stay for three weeks or more at Phuket Cleanse, you will have your own Accountability Buddy. One of our Wellness Team Members will be there for you every day. It is just another reason why Phuket Cleanse is now the top-rated fitness and nutrition destination in Thailand. Check out our website and learn about us on TripAdvisor. You will love it!

The 21-Night Package at Phuket Cleanse in a Standard Room is 6,720 USD. **With the 25% Airline Staff Rates discount**, that comes down to 5,040 USD all inclusive. If you bring a friend and share a room, you each get another 10% off, bringing the total to 4,368 USD for each of you. This is our Transformative Package!

### **More General Info:**

At Phuket Cleanse, you can design your own detox protocol and sculpt an individualized workout program from range of fitness, nutrition, education, and yoga classes. Let's take a look:

- Fitness and workouts (five cardio classes, five weekly HIIT cardio classes, five weekly Muay Thai classes, and 15 weekly strength and conditioning classes, three weekly walking hikes -- you pick and choose the ones you want to do).

- Various yoga styles sessions to choose from (Aerial Yoga classes, Bikram-method and Hot Flow Yoga classes, Hatha and Yin Yoga, Power and Strength Yoga, and Beach and other outdoor Yoga classes).
- Spa and recovery treatments (four weekly evening massages, daily ice bath and herbal steam sauna, far infrared sauna, daily magnesium body scrub, and 1 complimentary natural spa treatment).
- Beach trips and activities (daily ocean therapy beach trips, one or two weekly health store shopping trips, one weekly boat trip to coral island, and one weekly trip to night market).
- Schedule orientation and consultations (pre-arrival guide book, induction and orientation, one complimentary weekly health and fitness consultation, and one complimentary physiotherapy consultation).
- Educational classes (five weekly raw food cooking classes, five weekly health and fitness educational classes, and guided meditation classes).

[www.phuketcleanse.com](http://www.phuketcleanse.com)