



AMANPURI, PHUKET, THAILAND

Peaceful wellness in the tropics

TEXT Emilia Florek-Guerrero

PHOTOS Courtesy of Aman

Phuket, Thailand is one of the world's most renowned beach destinations. People from all over the world flock to Phuket to enjoy its warm and perfect year-round climate, shimmering blue waters of the Andaman Sea, palm trees and fine white sand. Thailand's delicious cuisine, rich culture,

and tradition make it the ideal place to experience life at its best. The Amanpuri, "place of peace" takes the beauty of Phuket and turns it into an oasis of tranquility. It is a flagship resort of the Aman collection; known for their vision of building a collection of retreats with a sense of serenity, warm hospitality, and

a holistic wellness experience.

The Amanpuri is only a 30 minute drive from Phuket International Airport, with its own peninsula encompassing nature, space, and breathtaking views of the Andaman Sea.

With 40 private villas and 40 stand-



alone pavilions, one can truly embrace the local classic architecture along with a luxurious setting. Guests are surrounded with luscious green palm trees and gardens that give that extra sense of discretion along with the connected network of raised walkways that direct them to their immaculate rooms. The villas are secluded with coconut palms casting tropical shadows onto private terraces, providing an ultimate experience of peace and tranquility.

The Buddhist architecture of the ancient Ayuthaya gives a sense of being in a spiritual location. The villas all have private pools and others with infinity pools. The villas range from one to nine rooms with outdoor dining and lounging areas, ocean or garden views, a private courtyard and much more. Guests can



also be accompanied by a personal live-in Thai chef and a butler.

Influenced by the bountiful environment that it inhabits, Amanpuri's authentic dining venues utilize locally sourced ingredients and explore cuisines from across the globe, including Thai, Italian, Mediterranean, and Japanese with an emphasis on fresh seafood.

One thing that makes the Amanpuri really unique is that it is Aman's first Holistic Wellness Center with Intensive Wellness Immersions. Integrative medical services such as preventive medicine, sport performance, and aesthetic medicine are offered at the Amanpuri. The highly qualified and certified medical team along with world-renowned experts in ancient healing techniques and alternative therapies are there to provide



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guests with the best care possible.

The Amanpuri has also incorporated wellness into the menu of its restaurants with three new culinary concepts as part of the Wellness Immersions. Aman has launched a wellness dining which caters to those guests that want to maintain and improve their wellbeing. One can expect gluten and dairy-free meals with vegan and vegetarian options. This option of the wellness menu focuses on a vast range of fresh and raw ingredients. If guests want to enjoy local tastes there are also Thai-inspired vegan dishes available.

Tailored to the finest detail, the Intensive Wellness Immersions offer different pathways towards wellbeing. Aman's Wellness Concierge connects with guests before their arrival to assist in choosing the program that best suits their needs. For those that want to embark on their journey into wellbeing, the Amanpuri offers a Detox and Cleansing Immersion program. After a private consultation,

this program is uniquely designed to regenerate body and remove toxins and obstacles that are a result of bad habits and a high-stress lifestyle and environment.

Guests are also equipped with tools on how to break up negative thoughts, forge new neural pathways and increase mental health. This will lead to a better quality of life as all of these techniques are to be used in daily life. In addition, there are wellness activities such as acupuncture, yoga, and lymphatic drainage. Along with that, there is a daily mindful menu of fresh juices and a personalized blend of herbal tea created by a Traditional Chinese Medicine (TCM) specialist.

Amanpuri does not offer solely a place to stay. It offers a journey into a new, happier, healthier, relaxed, and mindful life with its beginning in this tropical setting like no other. Amanpuri is a real place of transformation.



Amanpuri, Pansea Beach
83110 Phuket, Thailand
www.aman.com/resorts/amanpuri

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