



HOLISTIC
WELL-BEING

The background features a light beige color with delicate botanical line art of leaves and flowers in shades of green and brown. There are also several soft, abstract shapes in muted orange and green scattered across the page.

HOLISTIC WELLNESS PROGRAM

Even the healthiest among us can benefit from a wellness program, which can align the body, mind and spirit with the universe. Of course, it helps to follow such a program in an idyllic location and with the best therapists available, and both these boxes are ticked at the Veriō Spa, where the setting is truly tranquil and our staff excel at the art of relaxation.

We offer four different programs, ranging from a day to a week long. Whether you go for the detox retreat or the mindful set, the energy boost or the reward of life, you will emerge from this holistic therapy with renewed zest.

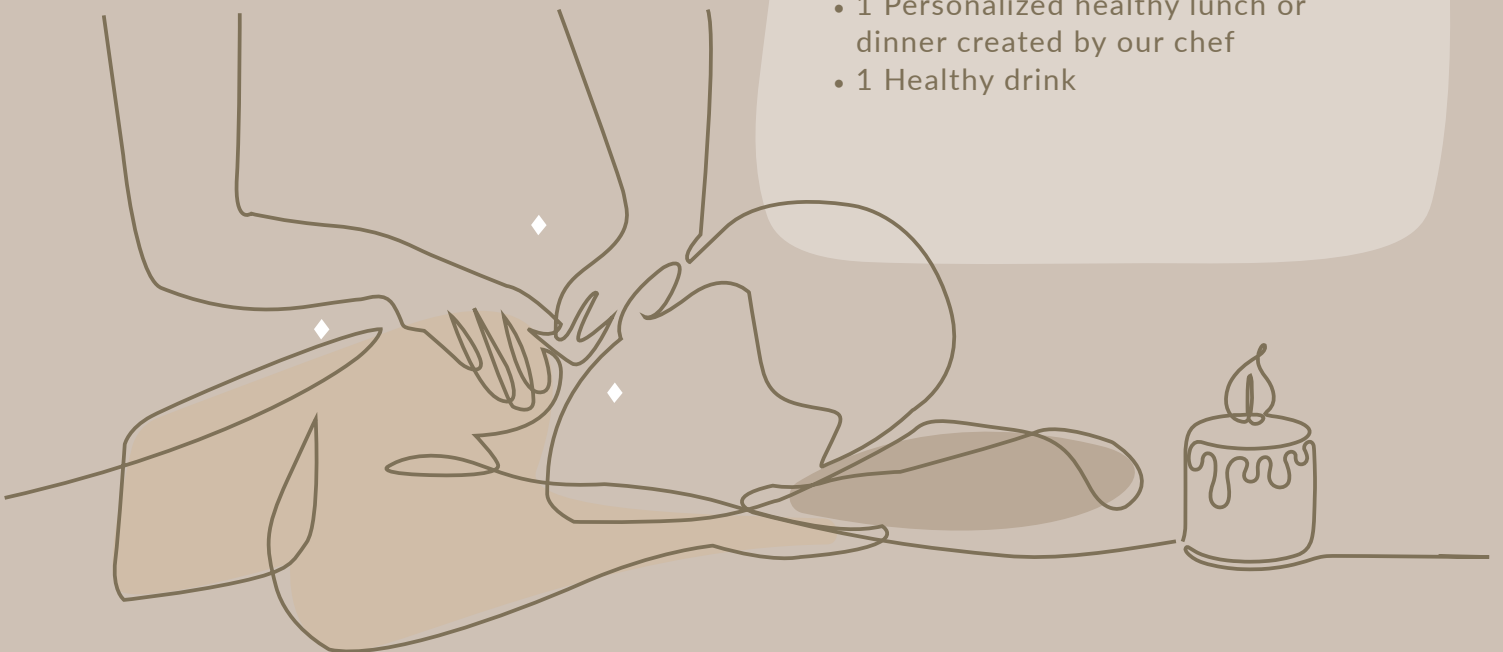
1-DAY "DETOX RETREAT"

THB 5,900

While we can't avoid the toxic aspects of our world, we can eliminate the harmful effects on our body through a combination of yoga, massage to remove toxic fluids, a soak in a crystal bath and eating plant-based detox cuisine designed for our personal benefit.

The program includes:

- Select 1 of the Private Wellness Activities
- Select 1 of the Signature Experiences
- Select 1 of the Bath Rituals
- 1 Personalized healthy breakfast created by our chef
- 1 Personalized healthy lunch or dinner created by our chef
- 1 Healthy drink



Prices are subject to 10% service charge and government tax.

3-DAYS HOLISTIC PROGRAM "MINDFUL SET"

THB 15,700

Offering a combination of three signature experiences and three luxuriating bath sessions, as well as a personal fitness trainer, guided yoga sessions and meals that address your personal needs, this Mindful Set Program is everything you might hope for in a holistic course designed to revive and balance your mind.

The program includes:

- Select 3 of the Private Wellness Activities
- Select 3 of the Signature Experiences
- Select 2 of the Bath Rituals
- Select 1 of the Body Treatments
- 3 Personalized healthy breakfasts created by our chef
- 3 Personalized healthy lunches or dinners created by our chef
- 3 Healthy drinks



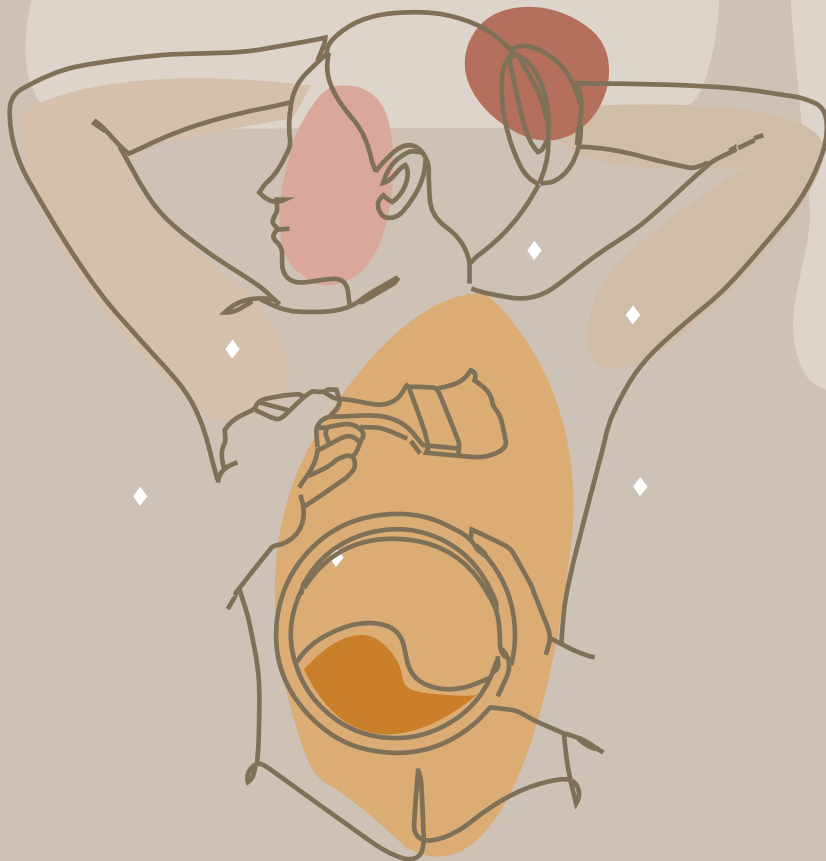
5-DAYS WELLNESS JOURNEY “ENERGY BOOST”

THB 24,100

This 5-day journey takes you through several relaxing and rejuvenating experiences, ranging from Pilates session with Fitball to a refreshing brown sugar scrub, from a milky blooming bath to a signature “CBD” journey. Plan your journey with the help of a consultant to ensure maximum benefit from each treatment or experience.

The program includes:

- Select 5 of the Private Wellness Activities
- Select 5 of the Signature Experiences
- Select 2 of the Bath Rituals
- Select 3 of the Body Treatments
- 5 Personalized healthy breakfast created by our chef
- 5 Personalized healthy lunches or dinners created by our chef
- 5 Healthy drinks



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7-DAYS WELLNESS JOURNEY "REWARD OF LIFE"

THB 31,400

If you opt for our most extensive and most inclusive wellness program, prepare for a transformative journey that will leave you physically detoxified, mentally alert and spiritually balanced. This is achieved through a combination of relaxing ambience, knowledgeable staff and healing activities that will take you to a higher level.

The program includes:

- Select 7 of the Private Wellness Activities
- Select 7 of the Signature Experiences
- Select 4 of the Bath Rituals
- Select 4 of the Body Treatments
- 7 Personalized healthy breakfast created by our chef
- 7 Personalized healthy lunches or dinners created by our chef
- 7 Healthy drinks



PRIVATE WELLNESS ACTIVITIES



- 60 minutes yoga session and mindfulness breathing class

THB 1,200

- 60 minutes morning meditation session in the garden

THB 1,200

- 60 minutes personal training session at the fitness center

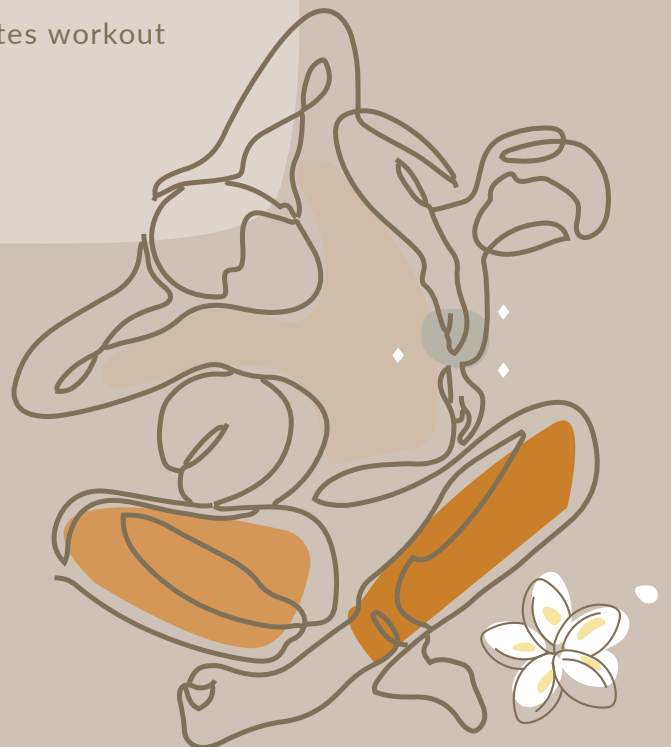
THB 1,200

- 60 minutes private Muay Thai boxing class

THB 1,200

- 60 minutes full body Pilates workout with Fit ball

THB 1,200



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BATH RITUALS & BODY TREATMENTS



BATH RITUALS

- 30 minutes Detox crystal bath
THB 1,000
- 30 minutes Milky blooming bath
THB 1,000

BODY TREATMENTS

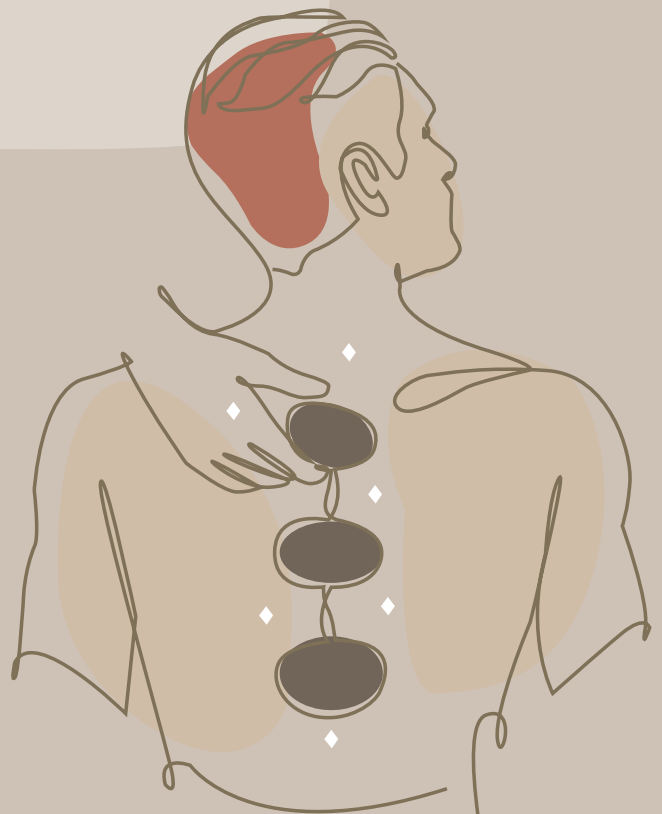
- 60 minutes Detox Dead Sea mud bath
THB 2,100
- 60 minutes Raw sugar scrub
THB 2,100
- 60 minutes Sea salt scrub
THB 2,100
- 60 minutes Organic body scrub
THB 2,100
- 60 minutes Body wrap
THB 2,100



SIGNATURE EXPERIENCES



- 90 minutes Signature “CBD” journey
THB 4,000
- 90 minutes Signature “Relax” experience
THB 4,000
- 90 minutes Signature “Revive” experience
THB 4,000
- 90 minutes Signature “De-Stress” experience
THB 4,000
- 90 minutes Signature “Detox” experience
THB 4,000



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DAY 1

FOOD MENU

Our Chef has selected quality products to create a detox food program adapted to your well-being retreat.

- Natural & Organic ingredients
- High in nutrients & low calories
- Free of Chemical additives
- Low sugar content

BREAKFAST

Healthy Green Smoothie Bowl
Avocado, spinach, coconut, chia seed

Root Awakening Juice
Beet, celery, carrot, ginger, lemon

Coconut Panna Cotta
Mango, pineapple, papaya

Energize Bites

Organic Quinoa Salad
Sweet corn, cherry tomato, cucumber, mixer herbs, lemon

LUNCH

Hummus Dip
Gluten free bread, cumin, cherry tomato, coriander

Roasted Cauliflower Steak
Yellow curry, tofu, tomato salsa, mixed herbs

Banana Chia Seed Cake

Fresh Pineapple Juice

DINNER

Detox Vegetables Soup
Carrot, Broccoli, rice noodle, coriander, vegetables broth

Grilled Atlantic Salmon
Wild rocket, corn salsa, lemon, dill

Seasonal Fruit Platter

Hot Ginger Tea



DAY 2

BREAKFAST

Immunity Boost Smoothie
Orange, carrot, mango, coconut water, ginger, turmeric

Garden Party Juice
Green apple, spinach, cucumber, lemon, mint

Oatmeal with Soy Milk
Almond, green apple, honey

Energize Bites

Beetroot Salad
Pink radish, grappes, wild rocket, mustard seed dressing

LUNCH

Rainbow Salad
Romaine, red cabbage, tomato, capsicum, feta cheese, honey, olive oil

Steamed Seabass & Zucchini
Grilled zucchini, italian pesto, hazelnut, lemon

Multigrain Cookies

Fresh Orange Juice

DINNER

Detox Coconut Soup
Cabbage, lemongrass, chili, mushroom, jasmine rice

Tiger Prawn & Tofu
Wok-fried prawn, pakchoy, tofu, ponzu sauce, sesame

Seasonal Fruit Platter

Bael Fruit Tea

DAY 3

BREAKFAST

Heart Beet Smoothie
Beet, celery, cucumber, avocado, banana, coconut

ABC Juice
Apple, Beet, Carrot

Coconut Chia Seed Pudding
Mango, passion fruit, dragon fruit

Energize Bites

Spelt Salad
Coriander, avocado, cucumber, mint, parsley, olives, tatziki

LUNCH

Eggplant Dip
Pita bread, garlic, sumac, parsley

Grilled Free-range Chicken Breast
Grilled sweet corn, avocado, tomato

Samui Coconut Cake

Fresh Watermelon Juice

DINNER

Detox Mushroom Soup
Shiitake, Shimeji, button mushrooms clear soup, spelt

Tuna Poke Bowl
Edamame, sweet corn, tomato, cucumber, quinoa, soy sauce

Seasonal Fruit Platter

Hot Ginger Tea

DAY 4

BREAKFAST

Healthy Green Smoothie Bowl
Avocado, spinach, coconut, chia seed

Advanced Green Juice
Green, cucumber, fennel

Matcha Panna Cotta
Green tea, coconut milk, strawberry

Energize Bites

Tabbouleh
Parsley, mint, tomato, cucumber, capsicum, lemon

LUNCH

Organic Vegetable Sticks
Raw mixed vegetables, tatziki low fat dressing

Scallop & Soba Noodle
Carrot, spring onions, sesame, ponzu

Multigrain Cookies

Fresh Vegetable Juices

DINNER

Detox Green Soup
Green peas & asparagus, pak choy, mixed herbs

Steamed Atlantic Salmon
Pineapple & tomato salsa, bulgur, coriander

Seasonal Fruit Platter

Bael Fruit Tea

DAY 5

BREAKFAST

Immunity Boost Smoothie
Orange, carrot, mango, coconut water, ginger, turmeric

Root Awakening Juice
Beet, celery, carrot, ginger, lemon

Oatmeal with Soy Milk
Pistachio, apple, honey

Energize Bites

Beetroot Salad
Pink radish, grapes, wild rocket, mustard seed dressing

LUNCH

Beetroot Hummus Dip
Gluten free bread, sweet corn, coriander

Tiger Prawn & Pumpkin
Raw pumpkin spaghetti, honey dressing, sun flower seed

Carrot Chia Seed Cake

Fresh Tropical Fruit Juice

DINNER

Detox Vegetable Soup
Carrot, Broccoli, rice noodle, coriander, vegetables broth

Grilled Free-range Chicken Breast
Eggplant, zucchini, tomato, spelt

Seasonal Fruit Platter

Hot Ginger Tea

DAY 6

BREAKFAST

Heart Beet Smoothie

*Beet, celery, cucumber, avocado,
banana, coconut*

Garden Party Juice

Green apple, spinach, cucumber, lemon, mint

Coconut Chia Seed Pudding

Mango, passion fruit, dragon fruit

Energize Bites

Mixed Green Salad

*Cucumber, zucchini, green capsicum,
mixed herbs*

LUNCH

Hummus Dip

*Gluten free bread, cumin, cherry tomato,
coriander*

Tofu & Broccoli

*Grilled tofu steak, steamed broccoli,
pistachio, red curry*

Samui Coconut Cake

Fresh Orange Juice

DINNER

Detox Coconut Soup

*Cabbage, lemongrass, chili, mushroom,
jasmine rice*

Steamed Seabass

Pak choy, brown rice, carrot, lemon

Seasonal Fruit Platter

Bael Fruit Tea

DAY 7

BREAKFAST

Healthy Green Smoothie Bowl

Avocado, spinach, coconut, chia seed

ABC Juice

Apple, Beet, Carrot

Matcha Panna Cotta

Green tea, coconut milk, strawberry

Energize Bites

Organic Quinoa Salad

*Sweet corn, cherry tomato, cucumber,
mixer herbs, lemon*

LUNCH

Eggplant Dip

Pita bread, garlic, sumac, parsley

Tuna Poke Bowl

*Carrot, cucumber, corn, tomato,
edamame, bulgur*

Multigrain Cookies

Fresh Beetroot Juice

DINNER

Detox Mushroom Soup

*Shiitake, Shimeji,
button mushrooms clear soup, spelt*

Roasted Cauliflower Steak

*Yellow curry, tofu, tomato salsa,
mixed herbs*

Seasonal Fruit Platter

Hot Ginger Tea



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REGENCY™

KOH SAMUI

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