

WELLNESS ESCAPES COLLECTION · THAILAND

# Absolute Sanctuary

*Choeng Mon, Koh Samui — Gulf of Thailand*

A 38-room boutique wellness resort five minutes from Samui airport, running 22 programmes from detox and Pilates bootcamps to burnout recovery. Adults only, class-based and sociable — the easiest short wellness reset to reach from Singapore, with airport transfers included.

## GETTING THERE

### 5 min from USM

3.5 km from Samui International Airport. Transfers included in every programme.

## PROGRAMME LENGTH

### 2 – 4 nights

Signature Detox runs from four nights; lighter programmes from two.

## BEST MONTHS

### February – September

Driest February to April. Guests must be aged 12 and above.

## Programmes SHORT-STAY SELECTION

### Wellness Getaway

2 – 4 nights — the flexible short break

### Spa programme

2 – 4 nights — treatment-led rest and recovery

### Signature Detox

4, 6 or 8 nights — the resort's classic cleanse

**22 programmes, 15 categories.** Also available: Yoga, Fitness, Be Strong, Pilates Reformer Bootcamp, Weight Management, Mindfulness, Sleep Well, Destress & Burnout Recovery and Rest & Rebalance. A one-day pass is offered for guests staying elsewhere on the island.

**Please note.** Minimum length varies by programme — several begin at four or five nights. Confirm availability for your chosen dates before booking flights.

## Board basis & indicative rates OBSERVED AUGUST 2026

Meals are built into each programme from the Love Kitchen. Detox programmes run on **full board**; lighter programmes include breakfast plus the meals set out in the programme.

### PROGRAMME — ACCOMMODATION, MEALS & TRANSFERS INCLUDED

### INDICATIVE FROM

Detox — 3 days / 4 nights

THB 37,500

4 nights, double occupancy, Sanctuary Superior

US\$1,624 per person

4 nights, single occupancy, Sanctuary Superior

US\$1,964 per person

**Budget guide.** A three-night stay typically works out at roughly S\$900 to S\$1,400 per person depending on the room category and programme chosen, before flights. Rates are indicative and quoted before service charge and VAT — Victory Travel will confirm one all-inclusive price in writing.

What is included & excluded

PROGRAMME SCOPE

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
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| <div><div>INCLUDED</div><div><div>■ Accommodation throughout the programme</div><div>■ Return airport transfers</div><div>■ Wellness consultation and bio-impedance analysis</div><div>■ Programme meals from the Love Kitchen</div><div>■ Curated treatments per the programme</div><div>■ Daily group fitness, yoga and Pilates classes</div><div>■ Use of the pool, FAR infrared sauna and steam room</div><div>■ Complimentary beach shuttle</div></div></div> <div><div>EXCLUDED</div><div><div>■ International flights</div><div>■ Alcoholic beverages</div><div>■ À la carte spa treatments beyond the programme</div><div>■ Certain diagnostic tests</div><div>■ Service charge and VAT</div><div>■ Travel insurance, gratuities and personal expenses</div></div><div>Transfers are already covered. Victory Travel can add flights and travel insurance to the same quotation.</div></div> |
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Classes & treatments

AVAILABLE ON PROGRAMME

|                    |                                       |                    |            |                 |            |                    |                    |
|--------------------|---------------------------------------|--------------------|------------|-----------------|------------|--------------------|--------------------|
| Hot yoga           | Pilates reformer                      | HIIT               | Core blast | Weight training | Aqua power | Sunrise beach walk | Myofascial release |
| Thai & oil massage | Colon hydrotherapy — detox programmes | FAR infrared sauna | Body wraps |                 |            |                    |                    |

How the week runs

STRUCTURED CLASS SCHEDULE

Absolute Sanctuary publishes a weekly class timetable, and your treatments are booked around it after the arrival consultation.

|    |                                                             |    |                                                    |
|----|-------------------------------------------------------------|----|----------------------------------------------------|
| 01 | Wellness consultation and bio-impedance analysis on arrival | 03 | Treatments scheduled around your classes           |
| 02 | Daily group classes from the published timetable            | 04 | Meals from the Love Kitchen to suit your programme |

The resort

FACILITIES & ACCOMMODATION

|                                                                                                                                                                                                                                                       |                                                                                                                                                                         |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div><div>■ Yoga studio and Pilates reformer studio</div><div>■ Fitness centre</div><div>■ Detox and spa centre</div><div>■ FAR infrared sauna and steam room</div><div>■ Swimming pool</div><div>■ Love Kitchen restaurant and juice bar</div></div> | <div><div>ACCOMMODATION — 38 ROOMS</div><div>■ Sanctuary Superior</div><div>■ Deluxe</div><div>■ Suite</div><div>■ Adults and guests aged 12 and above only</div></div> |
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Ready to plan your escape? **Speak with your Victory Travel consultant.**

We package your programme, flights and insurance under one confirmed quotation — for individual travellers, groups of friends and company wellness days.



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IATA Accredited · Established 1995  
Rates and inclusions observed August 2026 and subject to confirmation.