

WELLNESS ESCAPES COLLECTION · THAILAND

The Sanctuary Thailand

Haad Tien Bay, Koh Phangan — Gulf of Thailand

A jungle-and-beach retreat on a bay reachable only by boat, running guided fasting cleanses since 1989. Rustic by design and deliberately off-grid — the choice for independent travellers who want a serious cleanse without a resort around it.

GETTING THERE

By boat only

Fly to Samui, then taxi and longtail, or ferry via Thong Sala. Allow half a day.

PROGRAMME LENGTH

3 – 4 nights

The shortest guided cleanse runs about three and a half days.

BEST MONTHS

December – April

Calmer seas. High waves can disrupt boat access at other times.

Programmes SHORT-STAY SELECTION

Guided Detox & Fasting Cleanse

3.5 to 10.5 days — the shortest is the entry point

Strength Training package

Structured training alongside the daily schedule

Yoga classes & retreats

A weekly timetable of varied styles

Good to know. This is a rustic, remote property, not a polished resort. Accommodation ranges from shared dorms to private beachfront houses, the bay is reached by boat, and the atmosphere is bohemian rather than luxurious. Guests who want that are delighted; guests expecting resort standards are not. We will tell you honestly which camp you are in before you book.

Board basis & rates ROOM AND PROGRAMME PRICED SEPARATELY

The cleanse is **not full board**. Your programme supplies detox shakes, herbs and an evening broth; accommodation is billed separately and the beachfront restaurant is à la carte. Yoga classes and pool and steam access are included with most stays.

Rates. A short cleanse starts from around US\$300, with accommodation on top and a wide spread by room type. In practice a three- to four-night stay with a short cleanse lands at roughly **S\$400 to S\$900 per person** before flights, staying in a budget or mid-range room. Victory Travel will confirm current rates and one all-inclusive price in writing.

WHAT WE NEED TO QUOTE YOU

- Travel dates and number of nights
- Number of guests and room sharing
- Room type — dorm, jungle bungalow or beachfront house
- Cleanse length, and any massages wanted

What is included & excluded CLEANSE PACKAGE

INCLUDED IN THE CLEANSE

- Pre-fast interview and support manual
- Detox and probiotic shakes
- Targeted herbs
- Evening vegetable or miso broth
- Daily colonic sessions — cleansing and repopulating
- Steam room access
- Supervision by the wellness team
- Yoga classes and pool and steam access with most stays

EXCLUDED

- Accommodation — billed separately
- International flights
- Boat transfers to the bay
- À la carte food at the restaurant
- Massages and additional treatments
- Alcoholic beverages
- Taxes, travel insurance and personal expenses

Victory Travel books the room, the cleanse, flights and the boat leg together, so you receive one price rather than four.

Therapies & practices AVAILABLE ON SITE

Colonic & colemo hydrotherapy

Juice and liquid fasting

Infrared sauna

Cold plunge

Steam room

Daily yoga — varied styles

Meditation

Breathwork

Sound healing

Workshops & longevity talks

Thai and other massage — charged separately

How the cleanse works PROGRAMME STRUCTURE

01 Pre-fast interview and preparation with the wellness team

02 Fasting days on shakes, herbs and evening broth

03 Daily colonics and steam alongside the cleanse

04 A build-up day to return to solid food

Yoga and workshop timetables change weekly; there is no fixed hourly schedule.

The bay FACILITIES & ACCOMMODATION

- Wellness centre and spa
- Steam room, infrared sauna and cold plunge
- Yoga halls
- Beachfront restaurant
- Jungle and beach setting on a private bay

ACCOMMODATION

- Shared dormitories
- Garden and jungle bungalows
- Private beachfront houses
- Standards are simple throughout

Ready to plan your escape? **Speak with your Victory Travel consultant.**

We package the cleanse, your room, flights, the boat leg and insurance under one confirmed quotation — and tell you honestly whether this retreat suits you.

V | TRAVEL

Victory Travel Pte Ltd

11 Sam Leong Road, #01-01 TRIO, Singapore 207903

www.victory-travel.com

UEN 199501042K · STB Licence STB-00959

IATA Accredited · Established 1995

Rates and inclusions observed August 2026 and subject to confirmation.