



Presents

SAMUI STRONG

ONE WEEK ALL-INCLUSIVE

KOH SAMUI, THAILAND

7 NIGHTS
40,000THB
(circa \$1,165 USD)
Single Occupancy

70,000THB x 2 sharing
Exclusive 2024 Low Season Rates
Limited Suites Available

IN COLLABORATION WITH



KOH SAMUI, THAILAND

"Simply paradise for travellers, wanderlusts
& those seeking to reconnect with themselves.
Where better to experience a week purely for you
and your very personal strength journey"



SAMUI STRONG POWER UP, ISLAND STYLE

By popular demand, our Wellness Programs are back for our quieter season months of September, October and November. So, join us on the island of Samui for a week of intense strength training, recovery, and camaraderie. Walk away feeling recharged, driven, and focused. The Samui Strength program is a one-week, all-inclusive experience designed to push your limits and build a mindset of consistency. Train at the world-class, air-conditioned, all-weather fitness facilities of Maralaina Sports Resort, home to the Paris Saint-Germain training camp. Choose from a range of programs including Full Strength and Conditioning, TRX and bodyweight workouts, or take a break with some relaxing spa treatments. Whether you're a seasoned strength trainer or just starting out, there's something for every fitness level.

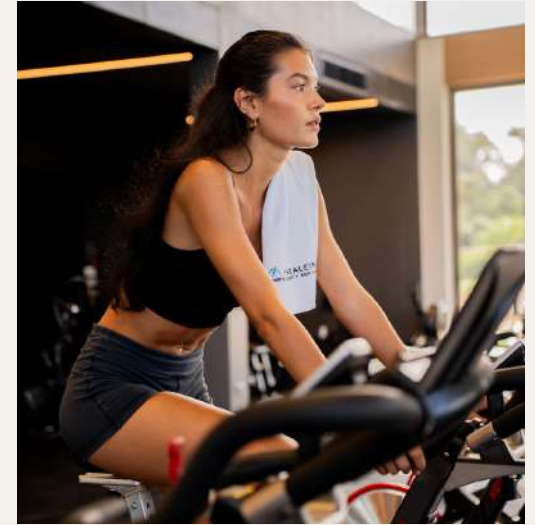
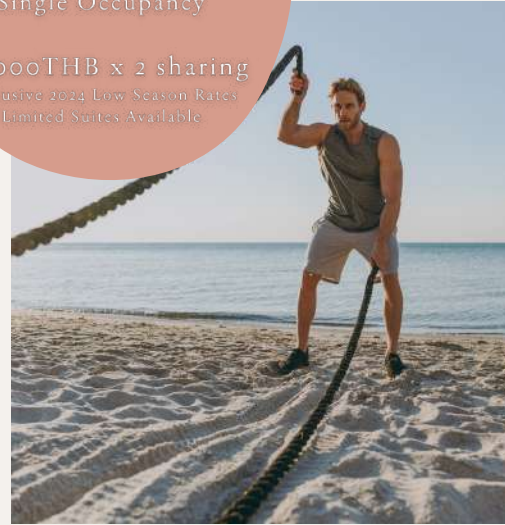
Stay for 7 nights at the award-winning boutique hotel, The Beach Samui, in an ocean-view suite. Fuel your body with an alcohol-free, all-inclusive wellness menu, top-tier supplements, and elixirs from our culinary team and leading brand partners. Enjoy full body biometrics, daily massages, energising morning runs, hot and cold therapy sessions, Muay Thai, Calisthenics Workshops, Pilates, Yoga and Breathwork. Plus, you'll have your own motorbike to explore the island.

For those looking to get even more out of the week, personalise your experience with one-on-one training sessions and in-suite rituals like Reiki and Sound Healing or cultural experiences such as Thai Cookery Class or Temple Blessing.

Join us and take the first step towards transforming your health in a powerful, supportive environment. Your journey to peak performance starts here!

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*BOOK NOW FOR EXCLUSIVE 2024 LOW SEASON RATES

WHAT'S INCLUDED?

COMFORT

7 nights accommodation
Superior ocean-facing suite
Return airport transfers
One week's motorbike hire (or car for an upgrade fee)*
Souvenir Tee Shirt, Bag & Water Bottle

NOURISHMENT

3 x nourishing daily meals
3 x daily healthful beverages
Supplements & Elixirs
Unlimited herbal infusions
Unlimited filtered water

FITNESS

Fit3D Bodyscan & Perfect Balance Custom Insoles
Daily access to Maraleina Sports Resort
Daily Massage
Earth energising morning runs/walks and stretching
Daily Hot & Cold therapy
Muay Thai
Pilates
Yoga
Core workshops
Body weight and Calisthenics workshops
Nutrition program

ADDITIONAL EXTRAS

BOOKABLE CULTURAL EXPERIENCES

Temple Meditation & Alms Offering 3500THB
Half-day Longtail Island Tour 2,500THB
Elephant Sanctuary Yoga 4,500THB
Thai Cooking Class 2,500THB

*3rd Party Motor Insurance at an additional cost

BOOKABLE RITUALS

Reiki & Crystal Healing 3,500TB
Sound healing journey 3,500TB
Private guided ice bath & breathwork 4,500THB
In-Suite IV Nutrient Drip (price upon enquiry)
20% off all pre-booked in-suite Massage Rituals

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THE BEACH SAMUI

Luxury all-suite Boutique Hotel and unrivalled views overlooking the archipelago that makes up Moo Koh Ang Thong, Thailand's protected National Marine Park







THE BEACH SAMUI

Colonial suites with endless views, where comfort, elegance and relaxation meet









FIND YOURSELF & OTHERS



"My dreams were surpassed by the beauty and magical energy of The Beach Samui, our retreat leaders and the wonderful team. My suite was exceptional and the program allowed me to finally disconnect and immerse myself in some wholesome experiences and a slower side of Thailand. I cannot recommend The Beach Samui enough as a place to retreat."



"This was my second time at The Beach Samui and each time I feel as if I'm coming home. This isn't a sprawling wellness resort but a small boutique wellbeing hotel where the team share a common interest in your health and you feel thoroughly taken care of physically, mentally and spiritually."



"The Beach Samui is a little piece of paradise where everything feels so personal. The suites are beautiful with the most heavenly views, the food is so well prepared, the rituals feel really special, practising yoga with that view is just such a treat each day and the team genuinely care for your wellbeing."

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 **MARALEINA** SPORTS RESORT | KOH SAMUI

MARALEINA SPORTS RESORT

Across 40 Acres and neighbouring The Beach Samui, Maraleina Sports Resort provides the perfect setting for athletes and families to train and have fun



MARALEINA
SPORTS RESORT • KOH SAMUI

FIT3D BODYSCAN & INSOLES

Fit3D body scanning offers a comprehensive and precise way to measure your progress during your wellness program, providing detailed insights beyond what traditional methods can offer. By creating a 3D model of your body, Fit3D captures exact measurements of your shape, posture, and body composition, allowing you to track changes with incredible accuracy. This helps you see the real impact of your efforts, whether you're focusing on weight loss, muscle gain, or overall health improvement, keeping you motivated and aligned with your goals.

In addition to tracking your progress, Fit3D body scanning also offers valuable insights into your body's unique structure and composition. The data it provides includes posture analysis, fat mass, lean mass, and balance assessments, which can help tailor your wellness program to better suit your individual needs. Understanding these aspects of your body can lead to more personalised and effective fitness and nutrition plans, optimising your results.

In addition to body scanning, the program includes foot scanning to assess your posture and balance, leading to the creation of custom insoles. These insoles, tailored to your specific needs, can improve both your posture and performance, enhancing your overall wellness experience. As part of your program, you'll receive two pairs of custom insoles, ensuring you get the support needed.



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OUR PROGRAM TEAM



GILL HARPER
PROGRAM LEAD



SAM THAI HUGHES
STRENGTH COACH



SVETLANA KAIVALYA
SOUND HEALER



THIJS COOLENS
BREATHWORK COACH



NURSILA SULONG RPH
HERBAL PHARMACIST



FRANKLIN SAMAT
PERFECT BALANCE

SAMUI STRENGTH 7-NIGHT PROGRAM

SATURDAY ARRIVAL

REST

- Check-in
- Rest
- Afternoon orientation and registration for Maraleina Sports Resort
- Initial Fit3D & Perfect Balance full body audit, weigh-in, 3D body scan and measurements
- Healthful welcome dinner together

SUNDAY DAY 1

- Morning beach run & stretch
- Sunday Sweat class at Maraleina
- Open Gym Session at Maraleina with optional PT
- Hot and Cold recovery therapy
- Healthful breakfast & lunch at The Beach Samui
- Afternoon massage and or personal training or open gym
- Local sight-seeing or free Ritual time
- Healthful dinner at The Beach Samui
- Evening in Fisherman's Village

MONDAY DAY 2

- Morning beach run & stretch
- HiiT class at Maraleina
- Hot and Cold recovery therapy
- Healthful breakfast & lunch at The Beach Samui
- Afternoon massage and or personal training or open gym
- Local sight-seeing or free Ritual time
- Muay Thai class at Maraleina
- Cardio Class Challenge & Marathon time
- Healthful dinner at The Beach Samui

TUESDAY DAY 3

- Morning beach run & stretch
- Spin class at Maraleina
- TRX Class at Maraleina
- Hot and Cold recovery therapy
- Healthful breakfast & lunch at The Beach Samui
- Afternoon massage and or personal training or open gym
- Local sight-seeing or free Ritual time
- Core Blast at Maraleina
- Healthful dinner at The Beach Samui

WEDNESDAY HALF WAY!

DAY 4

- Optional Pig Island swimming and snorkelling boat trip with healthful lunch
- Or Elephant Sanctuary yoga
- Or a visit to Maraleina for the following guided workouts:
 - Body Sculpt class
 - Workout followed by Hot and Cold recovery therapy
 - Muay Thai class
- Healthful breakfast & lunch at The Beach Samui
- Afternoon massage and or personal training or open gym
- Local sight-seeing or free Ritual time
- Met-Con workout at Maraleina
- Yin Yoga class at The Beach Samui
- Healthful dinner at The Beach Samui

THURSDAY

DAY 5

- Morning beach run & stretch
- Circuit Training class at Maraleina
- Pilates Class at Maraleina
- Hot and Cold recovery therapy
- Healthful breakfast & lunch at The Beach Samui
- Afternoon massage and or personal training or open gym
- Local sight-seeing or free Ritual time
- Butts & Guts class at Maraleina
- Deep Sleep workshop
- Healthful dinner at The Beach Samui

FRIDAY

DAY 6

- Morning beach run & stretch
- Time to Lift Weights class at Maraleina
- Muay Thai class at Maraleina
- Hot and Cold recovery therapy
- Healthful breakfast & lunch at The Beach Samui
- Afternoon massage and or personal training or open gym
- Local sight-seeing or free Ritual time
- Healthful dinner at The Beach Samui

SATURDAY

DEPARTURE

PASSAGE HOME

- Final Fit3D & Perfect Balance full body audit, weigh-in, 3D body scan and measurements
- Healthful breakfast & lunch at The Beach Samui
- Farewells & Friendships

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WE SO LOOK FORWARD TO SEEING YOU ON THE ISLAND
TO POWER UP WITH US

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Should you have any questions at all, feel free to reach out via WhatsApp or email to The Beach Samui
Wellness Program Lead Gill

Gill +66 93 671 7093
Gill@TheBeachSamui.com

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IN COLLABORATION WITH

