

# TRISARA

## “Trisara Puriti Purification Program”

### *The Ultimate Body Revitalizer*

(Hong Kong, January XX, 2007)— Trisara, Phuket’s most luxurious resort-spa has teamed up with Puriti, global purification specialists to offer the ultimate in body cleansing and revitalization – the “Trisara Puriti Purification Program.”

Aimed at those looking to feel revitalised and renewed, or who want to increase their levels of energy, vitality and stamina, the five and ten day courses taking place at Trisara require dedication and commitment - but guarantee results.

The programs focus on total body purification through nutrition and treatments and are 100% chemical free.

Throughout the course guests are provided with a personalised diet and fitness regime combined with luxurious body wraps, massages and scrubs. All daily supplements needed to help strip the body of toxins are included in the Puriti Purification Program. No solid foods are eaten throughout the programs, except on guests’ first and last days when raw organically grown living foods are served. Instead participants go back to basics using only fresh fruit and vegetable juices which allow their bodies to rest and renew.

Unlike other detox camps, Trisara offers a sanctuary of relaxation and renewal in a stunning tropical location. Set within 40 acres of idyllic beauty, it is the only resort in Southeast Asia to offer spectacular ocean views and private infinity pools at all of its 42 suites and villas. Guests completing the *Trisara Puriti Purification Program* will be given the option of undertaking activities within the resorts 1,500 sq ft award winning spa or in the privacy of their own pool villas and suites.

“It really is a complete body, mind and spirit overhaul,” comments Anthony Lark, General Manager of Trisara, “...people fully commit themselves to five or ten days of holistic and organic living from the inside-out. Our beautiful surroundings, in-villa treatments, peaceful atmosphere and trained consultants will send people home feeling reborn.”

As well as improving general overall well being the *Trisara Puriti Purification Program* can increase metabolism and aid weight loss. It can also increase the bodies immunity levels, improve digestion and water balance, invigorate circulation, strengthen and lubricate joints, improve sleep patterns, reduce allergy symptoms, heighten mental clarity and generally promote a feeling of well-balance and calm throughout the entire body.

Both the five day and ten day packages at Trisara are fully inclusive of guests’ choice of accommodation, limousine airport transfers, all shakes, juices and Puriti Purification supplements and exercise programs. In addition each guest enrolling on the *Purification program* will receive an individual health and wellness consultation with Puriti consultants and a hospital medical check-up.

Five-day courses start from US\$3,170 for a twin-sharing ocean view pool suite room and US\$5,455 for the 10-day.

### Daily Schedule at a Glance

7.00 am	3 Puri-Caps
7.30 am	30 minutes Exercise
8.00 am	1 Puriti Super Pure Power Shake & Pur-Oil
9.00 am	1 Puriti Puri-Shake
10.00 am	45 Minute Swimming or Gym Exercise
11.00 am	3 Puriti Puri-Caps, Vegetable Juice & Pur-
12.00 pm	Steam & Spa Treatment
1.00 pm	1 Puriti Puri-Shake
1.30 pm	Yoga
3.00 pm	3 Puriti Puri-Caps, Vegetable Juice & Pur-
5.00 pm	1 Puriti Puri-Shake
5.30 pm	30 minute Walk or Swim
6.00 pm	Evening Broth
7.00pm	2 Puriti Pur-Biotics
8.00pm	1-3 Puriti Pur-Evac & Pak-Wan Tea
8.30pm	Lights out and restful sleep

Bookings at Trisara can be made via travel planners or through the hotel reservation office directly.

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Email: [reservations@trisara.com](mailto:reservations@trisara.com)

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### **Notes to Editors**

#### **About Trisara**

Trisara has become a landmark for privacy, space and good taste since it opened in November 2004.

Located along Phuket's undeveloped northwestern coastline, the resort sits within 40 acres of tropical beauty and peace and quiet. It is the only resort in Southeast Asia to offer spectacular ocean views and private infinity pools to all of its 42 suites and villas. Shrouded by elegant towering hardwoods, Trisara enjoys the utmost of privacy and seclusion.

Its 1,500 square-meter Trisara Spa sets new benchmarks in the world of beauty. All 100 sq. m. treatment rooms open out onto an open and breezy pavilion lined with calming tropical ponds and gardens for those wishing to have their treatments outside. In addition, Trisara offers spa treatments to guests within their own private pool villas or suites for utmost privacy and seclusion.

The open-air dining experience is Phuket's finest; with menus designed and created by Australia's most respected Chef, Neil Perry, owner of Sydney's "Rockpool" restaurant.

The resort also manages within its grounds a number of beautiful privately owned residences which are available to rent as 2, 3, or 4 bedroom villas. The final stage of private villas is now available for purchase - the first eight of which are already sold on the resort's most southern headland. Villa sale enquiries should be directed to [villas@trisara.com](mailto:villas@trisara.com)

Accolades include:

**Robb Report** (USA) "Best of the Best" survey - resort category, 2005

**Conde Nast Traveler** (USA) "Hot List", 2005

**Conde Nast Traveler** (USA) "Hot Spas", 2006

**The Gallivanter's Guide** (UK) "Hotel of The Year 2006"

**The Gallivanter's Guide** (UK) "Number One Resort in South East Asia," 2006

**The Gallivanter's Guide** (UK) "Third Best Resort Worldwide," 2006

### **About Trisara Puriti Purification Programs**

- **10-Day Purification Program**

Price per person per room category (US\$):

<b>Room Category</b>	<b>Single</b>	<b>Twin - sharing</b>
Ocean View Pool Suite	7,350	5,455
Ocean View Pool Villa	9,535	6,545
Ocean Front Pool Villa	12,755	8,155

*Rates are subject to 18.7% service charge and government taxes.*

- **5-Day Purification Program**

Price per person per room category (US\$):

<b>Room Category</b>	<b>Single</b>	<b>Twin - sharing</b>
Ocean View Pool Suite	4,120	3,170
Ocean View Pool Villa	5,210	3,720
Ocean Front Pool Villa	6,820	4,520

*Rates are subject to 18.7% service charge and government taxes.*

## Program Details

- **5 Day Program:**

**Day 1:**

**Familiarization / consultation day**

- Pick-up from the airport
- Private consultation
- Trisara Oil Massage (90 min)
- Physical check-up at the hospital
- 1<sup>st</sup> day Purification program

**Day 2:**

- 2<sup>nd</sup> day Purification program
- Scrub of your choice(30 min)
- Sukhothai Massage (90 min)
- Yoga (60 min)

**Day 3:**

- 3<sup>rd</sup> day Purification program
- Trisara Oil Massage (90 min)
- Yoga (60 min)

**Day 4:**

- 4<sup>th</sup> day Purification program
- Body treatment (90 min)
- Sukhothai Massage (90 min)
- Yoga (60 min)

**Day 5:**

- 5<sup>th</sup> day Purification program
- Reintroduce solid meal for breakfast
- Trisara package of beauty (2 hrs)
- Yoga (60 min)
- Review program before check-out

- **10 Day Program:**

**Day 1:**

**Familiarization / consultation day**

- Pick-up from the airport
- Private consultation
- Trisara Oil Massage (90 min)
- Physical check-up at the hospital
- Day of Raw

**Day 2:**

- 1<sup>st</sup> day Purification program
- Scrub of your choice (30 min)
- Sukhothai Massage (90 min)
- Yoga (60 min)

**Day 3:**

- 2<sup>nd</sup> day Purification program
- Trisara Oil Massage (90 min)
- Yoga (60 min)

**Day 4:**

- 3<sup>rd</sup> day Purification program
- Body treatment (90 min)
- Sukhothai Massage (90 min)
- Yoga (60 min)

**Day 5:**

- 4<sup>th</sup> day Purification program
- Trisara Oil Massage (60 min)
- Yoga (60 min)

**Day 6:**

- 5<sup>th</sup> day Purification program
- Wrap of your choice (60 min)
- Sukhothai Massage (90 min)
- Yoga (60 min)

**Day 7:**

- 6<sup>th</sup> day Purification program
- Aroma Relax Body Envelopment (90 min)
- Trisara Oil Massage (60 min)
- Yoga (60 min)

**Day 8:**

- 7<sup>th</sup> day Purification program
- Scrub of your choice (30 min)
- Sukhothai Massage (90 min)
- Yoga (60 min)

**Day 9:**

- 8<sup>th</sup> day Purification program
- Trisara Oil Massage (60 min)
- Trisara package of beauty (2 hrs)
- Yoga (60 min)

**Day 10:**

- Trisara Senses Massage (90 min)
- Review program before check-out
- Reintroduce solid meal for breakfast