

Wellness Retreat

3, 5 or 7 night packages available

Take charge of your **health** and be on the path to **wellness**. **Health and wellness means** the ability to live life fully with vitality and meaning. Wellness is optimal health and vitality, encompassing physical, emotional, intellectual, spiritual, interpersonal and social, and environmental well-being.

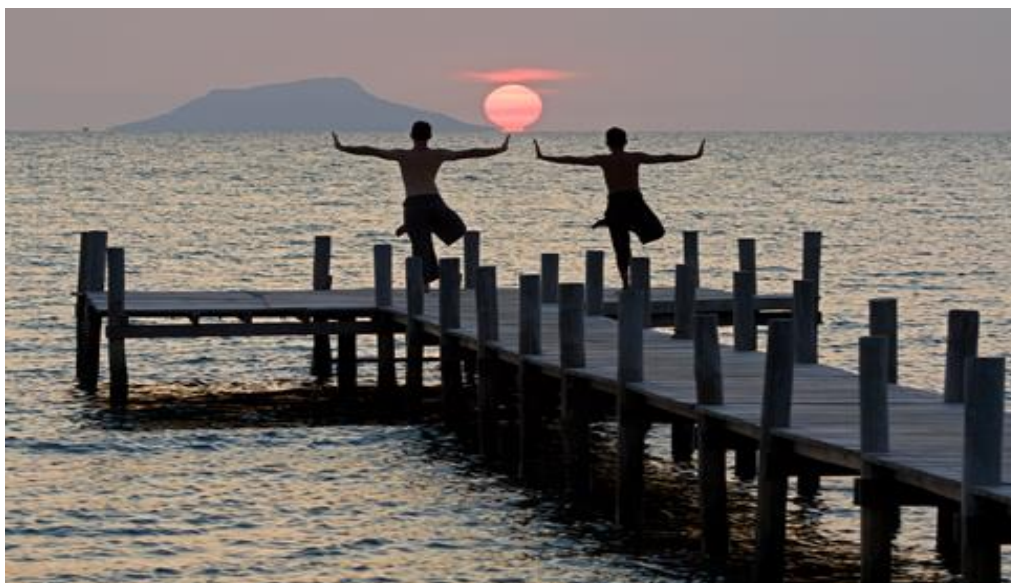
Our wellness programs are designed to disconnect you from that which can get in the way of a healthy lifestyle. For many people it is long days at the office, stress, relationships and the performing of everyday errands that can lead to a way of life that is damaging to our health. Our holistic approach combines nutrition, mindfulness, meditation and relaxation that encourages you to re-connect to yourself and promote wellness and inner beauty. Relax in lush tropical gardens on the Gulf of Siam, practice yoga, take a in a spa treatment or enjoy low impact exercise like a light walk in the Kep National park, leisurely bike ride through the countryside or a fun paddle in a sea kayak.

The importance of proper nutrition

The food choices you make will significantly influence your health throughout your life. Choosing a healthy diet helps to support maximum fitness and to protect against lifestyle diseases. You have total control over your diet so you need to choose foods wisely to ensure maximum health. Our specially designed wellness menu offers a wide selection and options of fresh, raw, wholesome, gluten free, low fat, low dairy and high nutrient meals that will promote and encourage your body to cleanse and purify.

About Knai Bang Chatt

A combination of personal, intimate, individualized and unique lodging experience. Knai Bang Chatt is “Pure Essence”. The lush and private grounds house a collection of completely remodeled and expanded modernistic 1950s villas, with 18 spacious ensuite rooms all tastefully furnished with local antiques and artifacts. A driving force behind the clean lines and minimalist style of Knai Bang Chatt is the ancient philosophy of Wabi Sabi, which places importance on purity, simplicity, understated elegance, and the inherent beauty of imperfection.



PACKAGE INCLUSIONS

- Full board* from our specially designed *wellness* menu
- Two daily private yoga or spa treatments daily
- Unlimited use of mountain bikes, sea kayaks or paddle boards from our Discovery Centre
- Welcome beverage upon arrival
- Cold towel upon arrival
- Complimentary access to main pool
- Complimentary Wi-Fi Internet access in rooms

*please note that day 1 includes dinner and the final day includes breakfast and lunch, all other days include all three meals per day. Includes drinks listed on *wellness* menu

PACKAGE EXCLUSIONS

- Meals other than those specified
- Drinks other than those specified on the *wellness* menu
- Items of a personal nature such as laundry, mini bar and telephone

PACKAGE PRICES

Package	Price per person*
3 Nights / 4 days	385 USD**
5 Nights / 6 days	590 USD**
7 Nights / 8 days	735 USD**
Extra Days	115 USD** per day
	*does not include accommodation ** Includes all taxes and service charges

ACCOMMODATION OPTIONS

- A range of accommodation options are available upon request. These rates may vary from season to season and depending on room category requested.

Important notes

Consult Your Physician or Health Care Provider. We advise you to speak with your own physician before starting a wellness or cleanse program of your body; or participating in any other aspect of a food or lifestyle program. Do not disregard professional medical advice or delay seeking professional advice because of information you have received from us. Do not stop taking any medications without speaking to your physician or health care professional.

No Guarantees. Our role is to support and assist you in reaching your goals, but your success depends primarily on your own effort, motivation, commitment and follow-through. We cannot and do not guarantee that you will attain a particular result and you accept the risk that results differ by each individual.

Cycling

Cycling in Asia can be a rewarding activity and a great way to experience local life, but before you ride it's very important that you carefully consider the safety aspects. Cycling in Asia is not for the inexperienced rider and many people do not have the familiarity with local conditions and road use practices. Helmets should be worn at all times. Be aware that all cycling is done at your own risk.

GENERAL TERMS & CONDITIONS

ROOM & PACKAGE BOOKING:

Kep /Resort:

Hours : Saturday – Sunday / 8.00 am to 5.00 pm

Address : Phum Thmey Sangkat Prey Thom, Khan Kep, Kep City,
Kingdom of Cambodia, POB 9890

Tel : (855) 78 888 556

All reservations are subject to availability and confirmed via a written confirmation by email or fax from THNGAY BAING CHHAT Resort.

All bookings need to be directed to: reservations@knaibangchatt.com

RESORT CONTACTS

Sales contact : sales@knaibangchatt.com, 078 888 557

Front Office contact : fom@knaibangchatt.com, 078 888 556

Reservation contact : reservations@knaibangchatt.com, 078 888 557

Financial controller : accounting@knaibangchatt.com, 078 333 682

CHECK-IN AND CHECKOUT TIMES

Check in time is 14:00 (Time on Property) and check out time is 12:00 (Time on Property). The rooms confirmed as reserved will be available for occupation by the guest at the check in time on the date of arrival until check out time on the date of departure.