



## Welcome to our Gift List

The Phuket Cleanse team want to offer you some extra Gifts, because you deserve it. Turn the pages to see all the Gifts on offer - our Gifts come wrapped in nothing but love. Select the Gift(s) you'd like to treat yourself to and redeem via our online booking system, SETMORE.

All Gifts are **subject to availability** and will require the relevant staff member to be on site at the time of your stay. Lastly, all Gifts are **weather permitting**... because even we can't control the weather ;)

During peak times with so many Cleansers to shower with Gifts, please bear with us whilst we do our best to accommodate as many as possible for you.

Feel free to talk to our Guest Services or Concierge team for more information.

Enjoy.



With Love,  
The Phuket Cleanse Team



## Fitness

### **Private SUP boarding session**

If SUP boarding is new to you this could be really beneficial to help you learn some simple tips and tricks, getting you boarding with confidence in no time.

### **1-1 snorkel session**

Want to get up close and personal with the fish but would prefer less people on your tail? Enjoy a private snorkel session on us, to find the best fish in the sea.

### **Private walk/hike**

Set your own pace and choose your route of preference for your own personal walk. Book in with one of our Fitness Team to enjoy the scenery at your leisure.

### **Personal run session**

Would you like one of our fitness trainers to accompany, coach and motivate you during a 1-1 run session, tailored to your needs? Book in online – our treat!

### **Private bike ride**

Enjoy a cycle ride without the crowd, at your own pace and in your own time. Get some useful tips, overcome the hills, or just simply enjoy the ride.

### **Private swim session**

Allow us to treat you to some 1-1 swimming instruction that'll help you brush up on your strokes, mastering efficient and effective breathing techniques.

### **Private strength and conditioning session**

Let our Fitness Team treat you to a 1-1 strength training session that will be perfectly crafted to meet your specific needs and goals. It would be our pleasure.

### **1-1 yoga session**

Trying to master a specific asana (pose) or simply want some extra attention to get the basics right? Enjoy a private yoga session on us, with one of our experts.



## Recovery

### **Infrared Ozone Sauna Therapy session**

This deep heating treatment eliminates toxins, revitalizes your cells, improves circulation, alleviates any aches and stimulates collagen for skin purification.

### **Oxygen Therapy session**

Let us treat you to an Oxygen Therapy session. Feeding your body with this high quality oxygen will work to breakdown any bacteria or infection in your cells.

### **1-1 foam rolling session**

Want some special attention to help alleviate any tension? Kick start your recovery and let us offer you a foam rolling session tailored to your needs.



## Food

### **Raw dessert cooking demo**

Let us show you how to make some of the best raw desserts with a 1-1 cooking demonstration. We'll send you off with the recipe and appetite to get baking!

### **Vegan Indian cooking demo**

Our chef Mukesh is a whizz when it comes to Indian inspired dishes. Let him show you how it's done with a private demo that'll leave you licking your lips.

### **Thai cooking demo**

We'd love to offer you a private Thai cooking demonstration so that you can whip up an authentic dish at home and serve it with love for someone special.



## Mind and Body

### **Private meditation coaching**

Accept a private meditation coaching session from us to help learn some useful techniques you can take home, and to implement into a regular practice.

### **The Hypnotic POD experience**

Do some inner transformative work in our powerful meditation POD. A mind and body sensory experience, feasting the eyes and journeying your soul.

### **Wellness/Life coaching introductory session**

Identify areas in your life that need attention and uncover powerful ways you can work towards living at your highest potential – the Gift of all Gifts.

### **Emotional Eating Coaching consultation with Holly**

Holly has helped countless people address their struggles with emotional eating, providing life changing coping strategies. Book a 30 min Skype call on us.

### **Your Human Design Chart**

With your birth data, let us provide you with a Human Design Chart that will give insight into your unique nature, psychology, vulnerabilities, strengths and talents.

### **Energy and Chakra balance reading**

Use our up-to-the minute Chakra reading technology to take measures of your current chakra and energy waves, identifying any areas that may be out of line.

### **Private Singing Bowl session**

Want to dedicate some extra time to explore our Singing Bowl therapy? Book a 1-1 session to build your confidence and experience the benefits in no time.

### **Full body posture check**

Let our experts give you the 'head to toe' once over. Learn the importance of correct posture and discover adjustments that'll get yours in tip top shape.



## Meet our Independent Practitioners

Phuket Cleanse has found some incredible Practitioners who are experts in areas including fitness, health and nutrition, bodywork, performance coaching and alternative healing.

These are **paid-for services**. Prices vary for all Practitioners and their services – visit our online booking system SETMORE for more information and to make a booking. Please note that payment will be handled directly with the relevant Practitioner.

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Enjoy.



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## Eli Usma

With nearly 20 years in the fitness industry, Eli has a wealth of knowledge and extensive experience across countless fitness disciplines and approaches. She is also currently completing an advanced diploma in Nutritional Medicine.

### **Fitness and Nutrition services:**

- 1 – 1 personal training
- Written fitness plan
- Written nutritional pan



## Craig Burton

With 20+ years experience, Craig's sports nutrition background allows him to address issues including hormonal imbalances, digestive system dysfunction, toxicity and vitamin/mineral deficiencies, with prescribed diet & lifestyle plans.

### **Health and Nutrition services:**

- Bloodwork analysis and nutritional consultation



## Tom Wnuczek

Tom is one of Phuket Cleanse's Bikram yoga instructors. He practices Gua Sha - a traditional Chinese therapy in which the skin is scraped to release unhealthy elements from injured areas, stimulating blood flow and healing.

### **Bodywork services:**

- Chiropractor-style Bodywork, including Gua Sha



## Charlie Arm

Charlie is a qualified Physiotherapist with 3 years+ experience helping people address musculoskeletal and neurologic issues. These may include lower back pain, SI dysfunction, chronic office syndrome and sports-related injuries.

### Physiotherapy services:

- Physiotherapy
- Lymphatic Drainage treatment



## Phil Anthony M

Phil is an award winning Consultant and Coach. He has an exceptional ability to uncover and understand any given situation. He will build powerful strategies to help you achieve your aims and provide the know-how and the tools to do so.

### Consulting and Personal Coaching services:

- 60 or 90 minute Personal Coaching Consultation
- Mastering Sleep; 60 minute Consultation



## Holly Simmonet

Holly is a Life and Wellness coach, who also specialises in Emotional Eating. Once a full time staff member at Phuket Cleanse, Holly now works remotely helping countless people on their journey of transformation in several areas of their lives.

### Life Coaching and Emotional Eating services:

- 1-1 Coaching session (via Skype)



## Venus Robertson

Venus, the Soul Coach, specialises in a number of dynamic, tried and tested healing therapies. She is renowned for her ability to get you closer to achieving your aims; be them physical, emotional, spiritual or a combination of them all.

### Soul Coaching and Healing services:

- Verbal Clearing & Releasing Session
- Chakra Charging & Balancing (Reiki)
- Specific Healing (Body Processes)
- Love Coaching and/or Rewrite Your Relationship Blueprint
- For the Over-Thinkers: The Access Bars Treatment



## Simon Sutherland

Simon has been working in this field for over 6 years and is fully certified to teach both Reiki and Bikram Hot Yoga. He is one of Phuket Cleanse's Bikram yoga instructors and Reiki healing specialists.

### Healing services:

- Reiki Energy Healing
- Chakra Balancing



## Toni Matsepa

Toni co-produced all of Phuket Cleanse's audio meditations with Founder, Melanie Proctor. He has extensively travelled the globe, developing a keen eye and talent for photography and videography.

### Healing and Media services:

- Crystal Bowls Sound Healing
- Personal photography and videography