

# A Modern Approach to Fitness & Wellbeing



Dusit Thani Krabi Beach Resort has recently introduced a holistic “BeWell” program that is designed to improve lives through fitness and wellness and to provide experiences that have long-lasting, positive and health-enhancing benefits. Innovative and flexible, “BeWell” consists of 6 individual premium retreats - Muay Thai; Fitness; Spa & Wellness; Weight Loss; Yoga; Active Wellbeing.

The retreats make full use of Dusit Thani’s wonderful fitness and spa facilities. DFiT, Krabi’s biggest and best equipped fitness center, provides a comprehensive selection of free weights, state-of-the-art cardiovascular equipment, tennis and badminton courts and a professional-standard Muay Thai ring; The aptly named Linger Longer Spa, set in tranquil, calming surrounds, offers a carefully chosen menu of health, beauty and massage treatments that combine a global fusion of influences from Bali, Thailand, Hawaii, Japan and China.

Each “BeWell” retreat runs for 3 - 14 days (up to 21 days for the Weight Loss retreat) and can be structured to meet the needs of every individual, to ensure the perfect balance between “BeWell” and holiday leisure time. Each includes a health and wellness consultation, personal training in the chosen activity, a selection of massages at Linger Longer Spa, access to over 30 weekly group classes and free use of all facilities at DFiT.