“Be Well at Dusit Thani Krabi Beach Resort”





A Modern Approach to Fitness & Wellbeing

Commanding a prime position on the magnificent shores of Krabi’s Klong Muang Beach, Dusit Thani Krabi Beach Resort offers 240 spacious and comfortable guest rooms and suites spread out in 8 units of low-rise buildings that intertwine beautifully with lush tropical gardens and ponds. Superb facilities include a plethora of dining options featuring cuisines from across the globe, two outstanding swimming pools, fitness center, spa and a host of fun water sport activities including sailing, snorkeling, kayaking and speedboat excursions to unspoiled tropical islands in the Andaman Sea.

The 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 makes 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.

Resort General Manager, Urs Lienhard explained the reasoning behind the introduction of “BeWell”…”We want to provide something for everyone who visits us here at this beautiful spot on the Andaman Sea. Our aim with the “BeWell” program is to help create the perfect holistic time away from home by bringing balance to a vacation so that when people move on they feel healthier,

energized and revitalized.”