Safeguard Your Wellbeing at Home with Top Wellness Tips from Anantara Hotels, Resorts & Spas





Safeguard Your Wellbeing at Home with Top Wellness Tips from Anantara Hotels, Resorts & Spas

Bangkok, April: Practicing social-distancing and staying at home in isolation to remain protected from COVID-19 are part of daily routine for all of us across the globe right now.

We know this can take a toll on feelings of well-being and overall mental health.

To help us all through these unusual days, we asked our Anantara Spa experts in wellness for advice on how to practice self-care at home, and we're sharing their wisdom with you.

If you want to stay up to date with regular at home tips to follow, Anantara Hotels, Resorts & Spas from all corners of the world will be sharing bitesize video content and healthy living recommendations across social media channels using the hashtag #AnantaraEscapism.

Follow these easy insights and moments of Zen and peace to stay healthy, balanced and happy at home.

Practice Overall Wellbeing from Galina Antoniuk, Spa Director, Anantara the Palm Dubai Resort, United Arab Emirates.
Try to stay in a routine even while working from home or if you're not able to spend a lot of time outside. Wake up at your usual time and use any saved commute time to get into a home fitness regime.
It's also good to get into the habit of squeezing half a lemon into a glass of warm water and drink

first thing in the morning – this helps to boost the immune system and is rich with vitamin C. Eat as much fresh fruit and vegetables as possible. Berries are known to have a lot of antioxidants, helping you fight colds and flus. A relaxing 20-minute warm bath before bed will calm the body, soul and mind.

The Beauty of Sleep from Dr Serge Landrieu, Master of Wellness, Anantara Bophut Koh Samui Resort, Thailand.
For a fully restorative sleep, it is best to stop eating after lunch and then break this fast with breakfast. If you can, try to keep a window of 16 or 18 hours without eating over 24 hours. This is a form of intermittent fasting. Do not eat food before going to sleep, if you are hungry take a little sip of oil.
Going to bed and falling asleep early is essential as the hours of sleep sustained before midnight count the most for reviving the whole immune system.
To wind down for sleep, establish an evening ritual before you go to bed. This can include

meditating, practicing gratitude, praying, or slowing down your breath with Pranayama (breathing exercises).
To ensure that you sleep through the night, stop drinking around 5.00 – 6.00 pm, and drink just half a glass of water before bed to avoid waking in the middle of the night to use the bathroom.
Jump start your day by planning something you enjoy for when you wake up so that you wake up with a purpose.

Meditating from Dr. Eranga Kaushal, Ayurveda Doctor, Anantara Kalutara Resort, Sri Lanka.
Meditation helps to calm the mind and centre your chakras. Promoting reduced blood pressure, better daily functioning, and improved focus, regular practice of mindful meditation at home can help the mind send the right messages to the body and act accordingly. It also helps to lower the stress levels, which helps boost your immune system.
We can recommend the Pranayama breathing meditation, also called breath control. Take a steady breath in through both nostrils. Inhale until you reach your lung capacity while maintaining a tall spine. Hold your breath for a second, then constrict some of the breath at the back of your throat, as if you were about to whisper a secret, and exhale slowly through both nostrils. The slow, calming rhythm brings natural rest to the mind and releases tension from the stressed-out parts of the body.

Follow a light meal plan from Dr. Gopal Govindasamy, Master of Wellness, Anantara Rasananda, Koh Phangan Villas,Thailand
Naturopathic doctor and yoga expert Dr. Gopal Govindasamy, originally from India specializes in Ayurveda, wellness, and nutrition and lifestyle at Anantara Rasananda Koh Phangan Villas. He has been a leading wellness expert for over 16 years, and his record for relieving and correcting persistent physical problems has resulted in an international reputation as “Dr. Magic Hands”.
His top tips to maintain optimum wellness during self-isolation or lockdown include following a light meal plan with healthy foods, plenty of fluids, regular exercise, and maintaining a routine.
• Eating light simple food is recommend due to lower levels of activity when staying inside a house or apartment almost all day as eating heaving foods will add too much pressure to cleansing system, which pulls down your immunity.
• Stay hydrated, drinking between two and three litres of mineral water daily, room temperature or lukewarm water is best for the system and avoid carbonated beverages and energy drinks.
• Exercise. Keep your daily routine balanced with mild exercise, yoga or Tai-Chi for 45-60 minutes every day.
• Stay home. Most important of all, stay at home and be healthy.