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WESTIN[®]
HOTELS & RESORTS

Westin Meeting Packages

Energizing Full Day meeting package

- Clutter-free Meeting Set up
- “Responsible” Ice Water, Mints, Stationery
- “Energizing” morning stretching (10 minutes)
- Morning “Motivated” Tea / Coffee Break
- Lunch
- “Wellness” afternoon guided breathing exercise (10 minutes)
- Afternoon “Energizing” Tea / Coffee Break
- Plenary room rental during 8:00 a.m. – 5:00 p.m.
- Complimentary 1 unit of LCD projector & screen only for 1 main meeting room per day
- Complimentary 2 units of flip chart and 1 wireless microphone only for 1 main meeting room per day

Note:

A minimum of 30 people is required for buffet lunch, otherwise set lunch will be served

Note: Please see for more detail:

Appendix A – Non FB break inclusive
Appendix B – FB break inclusive menu

Energizing Half Day meeting package

- Clutter-free Meeting Set up
- “Responsible” Ice Water, Mints, Stationery
- “Energizing” morning stretching (10 minutes)
- Morning or Afternoon “Energize or Motivated” Tea / Coffee Break
- Lunch
- Plenary room rental during 8:00 a.m. – 12:00 p.m. or 1:00 p.m. – 5:00 p.m.
- Complimentary 1 unit of LCD projector & screen only for 1 main meeting room per day
- Complimentary 2 units of flip chart and 1 wireless microphone only for 1 main meeting room per day

THE WESTIN SIRAY BAY RESORT & SPA PHUKET
21/4 Moo 1 T.Rasada, A.Muang, Phuket, 83000 Thailand
T : 66.76.335.600 • F : 66.76.335.700 • E : sales.phuket@westin.com
www.westinsiraybay.com



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Executive Meeting Package

Wellness-Inspired Full Day Executive meeting package (Maximum of 30 guests)

- Wellness inspired Meeting set up or Clutter-free Meeting Set up
- “Responsible” Ice Water, Mints, Stationery
- “Energizing” morning stretching
- Morning “Motivated” Tea / Coffee Break
- Morning “Wellness” mini massage (Head, Shoulders and Neck) 10 minutes per person
- “Eat-well” – Organic Lunch buffet or set lunch
- “Wellness” afternoon guided breathing exercise or hand therapy (10 minutes)
- Afternoon “Energizing” Tea / Coffee Break
- After meeting Yoga / Zumba / Salsa on the beach at Sun Set time 5pm (60 minutes)
- Plenary room rental during 8:00 a.m. – 5:00 p.m. or at our “Adaptive” non-traditional meeting space
- Complimentary 1 unit of LCD projector & screen only for 1 main meeting room per day
- Complimentary 2 units of flip chart and 1 wireless microphone only for 1 main meeting room per day

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Pre / Post Wellness-Inspired Activities

- **Morning / Evening Run**

3.5km run on our local route along the beach with our Run Concierge.
Finishing the run with our “Responsible” activity at the local community beach

- **Biking on local route**

4.5km bike run, paddling through our unique route around the local community area with our Bike Concierge. Finishing with our “Responsible” activity at the local community beach (Maximum 30 guests/session)

All Meeting groups will be provided a “20% discount for body massages” at Heavenly Spa@Westin. This offer is not applicable / combinable with any other discounts or promotions.

Note: Please see for more detail:

Appendix A – Non FB break inclusive
Appendix B – FB break inclusive menu
Appendix B1 – Eat well - organic lunch buffet menu
Appendix C – Pre/post Wellness-Inspired activities detail



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Appendix A – Non FB break inclusive

- **Morning Stretching - 10 minutes**

It can really make a difference how both your body and your mind start the day. Learn 10 stretching poses with our coach from our “Move well” program for 10 minutes.

- **Afternoon breathing exercise - 10 minutes**

Practice regular & mindful breathing exercises. This brings calming and energizing effects and is said to even help stress-related health problems ranging from panic attacks to digestive disorders.

- **Mini massage (Head, Shoulders, and Neck) - 10 minutes**

Reduce your tensions with a short break for 10 minutes with our mini massage, targeted for your head, neck and shoulders. Perfect to loosen up those stiff muscles.

- **Hand Therapy - 10 minutes**

Reduce your stress points on your hands and at the same time provide moisture with the help of our professional therapists.



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Appendix B

FB break inclusive menus

Motivated

- Goat cheese, grape & pistachio 🌱
- Oatmeal raisin 🌱
- Smoked salmon, vegetable & cheese roll 🌱

Refresh

- Chili & mango smoothie 🌱
- Pomegranate & beet shooter 🌱

Energized

- Pistachio biscuit 🌱
- Broccoli & quinoa muffin 🌱
- Chocolate minty brownie 🌱

Refresh

- Blueberry & clove smoothie 🌱
- Green apple & celery shooter 🌱

Note : all breaks are inclusive of tea and coffee

🌱 = Eat Well Menu items



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Appendix B1

Eat well - Organic Lunch Buffet Menu

ORGANIC SUPPLY Demonstration

"Miang bua luang"

- Wrapped lotus flower with ginger, lime, onion, chili, coconut flakes
- Quinoa salad - mesclun cherry tomato, ripe mango, raisin & balsamic reduction

Eat Well salad

- Rocola, romaine, red & green coral, butter head, Iceberg lettuce
- Asparagus, baby corn, green beans, broccoli, tomato, cucumber, carrot, beetroot, red onion

Condiments & Dressing

- Olives, garlic crouton, capers, parmesan shavings, feta cheese & bocconcini
- Coconut oil, red wine vinegar, virgin olive oil, balsamic, lemon wedges
- Sesame soy dressing, basil pesto, tomato salsa

Super seeds

- Goji berry, quinoa, chia seeds, flax seeds, sunflower seeds, pumpkin seeds

Fresh by Juicery - Goodness

- Carrot, beetroot, red & green apple, pineapple, celery, ginger, tomato, kale, banana

Sandwiches from whole grain rye breads

"Your choice of filling style"

- Smoked salmon, sliced turkey breast, tuna spread, boiled egg
- Avocado spread, sugar free mayonnaise, cream cheese
- Sliced tomato, cucumber, onion, red cabbage, baby romaine lettuce, micro greens

Soup

- Pumpkin soup with quinoa - no cream, no milk

Sweet

- Local freshly cut fruit
- Dark chocolate & nut candy bar
- Wild honey & strawberry panna cotta

 = Eat Well Menu items



Appendix C - Pre/post Wellness - Inspired activities detail

Morning/Evening Run

Stay Fit as well as be conscious of keeping the environment clean.

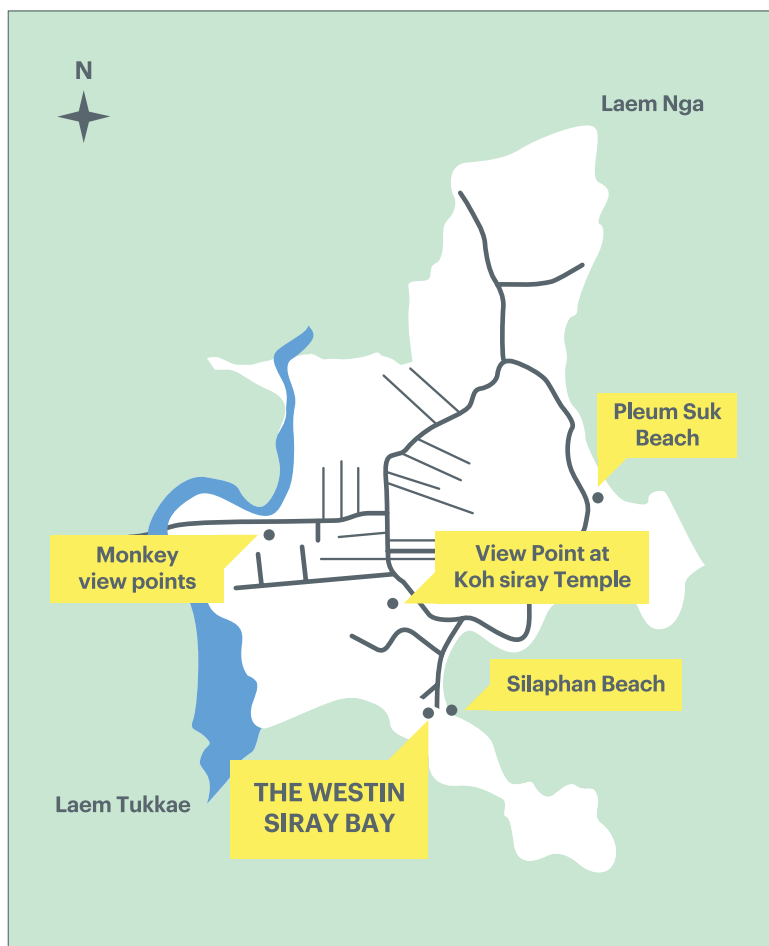
This program consists of a 3.5 km run around the resort, ending at the nearby local beach on Siray Island, where the activity includes assisting in cleaning the beach from rubbish and debris to keep it unpolluted and safe for people and local marine wildlife. (Save worlds activity)

3.5 KILOMETER ROUTE

1. Start from hotel lobby and head towards building no. 15.
2. Turn around in front of building no. 15 and run along the path.
3. Turn left at gazebo in the middle of the bridge and run down to Horizon Pool and then down to resort beach.
4. Run along the beach. Turn right and come up on the steps.
5. Turn right and run up the ramp. Run to lobby and rest for a few minutes.
6. Turn around and run down all the way to Heavenly Spa by Westin™.
7. Take the right up the hill between Prego by the Beach and Heavenly Spa by Westin™.
8. At roundabout, take the right and run up to building no. 44.
9. Turn around in front of building no.44 and follow the same track.
10. Turn left in front of the Heavenly Spa by Westin™ and exit hotel's main entrance.
11. Take the first right and run along the track until you reach Pai Laem Restaurant.
12. Follow the same path back to the hotel, enter the main entrance and finish at the starting point, hotel lobby.

Disclaimer Notice: As a courtesy to our guests the attached running/walking course map identifies distances and routes created by using an independent outside mapping source. This map was not created by the Hotel. The identified routes are on City public streets and ways. As the Hotel has no direct or indirect control over public areas we urge you to use common sense for your own safety and security. The Hotel in no way guarantees the safety or condition of the identified routes. Use of this map is at your own risk. Please observe all rules and posted signs and warning, including traffic signals.

Biking through Siray Island



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Appendix C - Pre / post Wellness - Inspired activities detail

This activity will include a 4.5 km bike ride through the countryside of Siray Island. Visit 4 sightseeing venues on the island and at the last venue participate in an activity which assists in cleaning the local beach on the island to make it clean & safe for the people and marine wildlife. (Save worlds activity)

Five Sight-seeing and activity stops:

1. Monkey view point (Banana feeding)
2. Pleum Suk Beach (Save worlds activity)
3. View point at Koh Siray Temple (Save worlds activity)
4. Silaphan Beach (Save worlds activity)
5. Collecting garbage around beach and area (Save worlds activity)