

Elite Havens: The Epitome of Laid Back Luxury and Secluded Chic



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"You are more capable than you realize," I hear my own inner voice speak authoritatively to me. I am sitting in a guided meditation with my eyes closed tightly. I feel empowered and calm. The master meditator encourages me to go even deeper into relaxation, and as I do, I become extra aware of the space around me. I smell the fresh salt coming from the Andaman Sea below. I feel the gentle breeze brush up against my sticky face; it relieves me from the humidity.

I can feel tiny pinches on my ankle, another on my thigh; I try with every fiber of my body to lay still. I can't take it any more, and I swat at the mosquito. The master meditator says softly, "Ah. The mosquito. In Thailand we call them our great teachers. Letting things be is the key to your awareness", she says. Letting things be, I sigh and laugh at the same time. I think to myself, "I am trying. I have been trying to let things be. How much more surrender can I do?"

"To truly be present you must just be aware but not react." Her voice is soft with a Swedish accent. Somehow I know she isn't just referring to the mosquito but perhaps a greater approach to life.



I am spending the evening at Villa Wang Nam Jai, a gorgeous, Asian-inspired luxurious villa overlooking Pantong Bay in Phuket Thailand. Far away from the hustle of the streets, placed high onto the cliff, I am indeed well.

This is the wellness package, which includes a private yoga class, master meditation session, all meals cooked to order, and all access to the four-bedroom villa, including an expansive infinity pool. If you have ever fantasized about running off to an unspoiled island paradise and being submerged in wellness luxury, Villa Wang Nam Jai answers that fantasy.



Villa Wang Nam Jai is the crème de la crème of laidback luxury and the epitome of secluded chic. It is a veritable palace of pleasure set in a private estate along Phuket's Millionaires' Mile, with panoramic views across Patong Bay. A 20-metre pool adds another layer of sparkling blue to the sea and sky horizon, while koi ponds and flowing water features enhance the villa's serene setting. Each of this contemporary and vibrant villa's four ensuite bedrooms has fantastic sea views. Facilities include a fitness room, home theater, and poolside barbecue area with table tennis. A full-time team of staff provide friendly and efficient service, while Phuket's top sights, including Patong and Kamala beaches, are just a short drive away. Nestled in the quiet and protected development of Jomchang Estate, Kamala Beach, as you approach the gates of the villa, the grand wooden doors welcome you into a lookout point facing a breathtaking and picturesque view of Patong and the Andaman Sea.

This truly is unadulterated heaven on earth.



The cool and calm water is a strong feature at Villa Wang Nam Jai. I gaze out, taking in the magnificent views across Patong Bay. The water theme also extends to the villa's name: "Nam Jai" translates to "water heart" in Thai, an expression meaning kindness and generosity, while "Wang" means "palace." **What makes Villa Wang Nam Jai most spectacular is the focused professional staff. They are full of passion and love; you can tell they truly care about each guest and their greatest desire is your comfort and joy.** Upon arrival I am greeted by the entire staff, the chef, housekeepers, villa manager, and security—they are all flashing their beautiful Thai smiles. They beam excitement from every fiber of their bodies. A warmth floods over me as I feel immediately accepted and at home. I am handed a cool citrus-infused towel and ice tea. I am escorted to the main xxx with a fresh coconut to zip and eat.

As soon as I set foot on property, I notice Villa Wang Nam Jai brims with a serene elegance. It is quiet; I hear tropical birds as well as the waves fold into each other down. The entrance flanked by flowing water, flowering frangipani, and perfumed pandanus.



Spread over five floors, the villa has a beautiful balance of shared spaces and private rooms, all with modern amenities and fabulous views from floor-to-ceiling windows. Peak-roofed pavilions are arranged around large terraces on two levels, off which are a living room with stunning views and, below next to the pool, a comfortable and well-equipped media room. Tucked privately away in one corner of the estate are a cluster of oceanview pavilions housing three guest bedrooms and a fitness/yoga room. Complete privacy is also assured for those staying in the large master bedroom, which occupies the entire upper level of a large pavilion above the dining room and kitchen. If you are looking for a retreat center for your soul, Villa Wang Nam Jai is your answer.

The wellness package includes:

Thai body scrub and massage:

Enjoy a Thai massage and coconut sugar body scrub. Other restorative treatments available upon request in the privacy and comfort of the villa's open-air spa bed.

Private Yoga Session:

Guests can participate in a private one-hour yoga flow class, also in the open-air pavilion or the private fitness studio.

Meditation Class:

You will have access to a master meditator who will guide you through an hour-long resting meditation to align with your body, heart, and soul.

Healthy Meals:

All guests have access to wonderful meals, including fresh locally sourced foods all made to order.



Want to go:

Elite Havens: Villa Wang Nam Jai

<http://www.elitehavens.com/villa-wang-nam-jai-villa/kamala-phuket-thailand.aspx>

www.wangnamjai.com

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