



HealingHolidays

TRAVEL ITINERARY

FOR

MR IAN HARRIS
AND
MS CELIA JANE WORMLEIGHTON

SATURDAY, 11 FEBRUARY 2017

At 21:20, depart from London Heathrow Airport (Terminal 2) on your overnight flight to Bangkok Suvarnabhumi International Airport, Thailand.

| | |
|---------------|--|
| Flight | Eva Air BR 068 |
| Depart | London Heathrow Airport Terminal 2 21:20 |
| Arrive | Bangkok Suvarnabhumi International Airport 15:45 on the 12th February 2017 |
| Class | Business |
| Seat | 09D, 09G |

Visit the Eva Air website www.evaair.com/en-global/index.html to check in online.

Online check-in opens 24 hours before your flight's scheduled departure time, and closes three hours before your flight's scheduled departure time.

We recommend that you arrive at the airport two hours before your flight's scheduled departure time, to give yourselves enough time to check in and drop off your bags, pass through security control, and make your way to the boarding gate.



SUNDAY, 12 FEBRUARY 2017

On arrival at 15:45 at Bangkok Suvarnabhumi International Airport, proceed to connect with your onward flight to Phuket.

Your luggage will be automatically transferred through from London Heathrow to Phuket, Thailand.

At 17:30, depart Bangkok Suvarnabhumi International Airport on your direct flight to Phuket, Thailand.

| | |
|----------------|---|
| Flight | Eva Air BR 3985 (Operated by Bangkok Airways PG 277) |
| Depart | Bangkok Suvarnabhumi International Airport 17:30 |
| Arrival | Phuket Airport (Domestic Terminal) 18:55 |
| Class | Economy |

On arrival at Phuket Airport (Domestic Terminal) at 18:55, clear customs, proceed with immigration and collect your luggage. Please make your way to the arrivals hall.

A local representative (from Asia World) will be waiting for you in the arrivals hall at the gate, carrying a signboard showing your name. You will then be transferred to Banyan Tree Spa Sanctuary, a drive of approximately 30 minutes by road (private car).

In the unlikely event when you are unable to find your local representative please contact the Asia World Phuket Operations Team on their Emergency contact number:

Khun Jan 089-823 1555
Khun Gift 091-229 0662

Alternatively please feel free to contact the Hotel Team on their contact number:

Khun Sam: 089-962 7878
Khun Bang Yunan: 089 924 4707
Khun Aekky: 081 812 4380

Overnight at Banyan Tree Spa Sanctuary for ten nights in a Spa Sanctuary Pool Villa (Double) on a Bed and Breakfast basis (American Buffet Breakfast).

We have requested a bright sunny quiet villa and preferably one of the following room numbers: 211, 212 and 221. Please note that the resort will try to accommodate your request and this subject to availability.

Your stay at Banyan Tree Spa Sanctuary includes the following:

Inclusions:

- Foot ritual in villa upon arrival
- Wellness consultation
- Daily Morning Yoga at the Orchid Garden
- Daily Spa breakfast in the privacy of your villa
- Daily Thai high tea in the afternoon at "The Cha"
- Daily minibar items (including non-alcohol soft drinks, and snacks - selected items only)

Please refer to in-villa mini bar menu. Please note that there is one refill per day and the property reserve the right to change mini bar items without prior notice.

- Unlimited In-Villa 90 minutes massage sessions (60 minutes massage and 30 minutes refreshing time): choose between Swedish, Balinese, Thai or Asian Blend massage

For any other spa treatments please see more details in the Banyan Tree Spa Menu.

You are free to pre-book your 60-minute in-villa massage session which is available between 10:00 – 22:00 (last massage starting at 20:30 daily). Alternatively you can book your session locally at the time of check-in.

- Full access to all Banyan Tree facilities

Please note that the tennis court has been booked for both of you at 08:00 in the morning from the 13th February – 21st February 2017 daily.



Banyan Tree Spa Sanctuary – General Information

Overview

Banyan Tree Spa Sanctuary, an adult-only boutique resort in Phuket inclusive of unlimited in villa massage, which encourages guests to embrace the five-senses – sight, sound, touch, taste and smell. Infused with spa elements, healthy cuisine, award-winning spa and wellness activities, you will embark on a journey of rejuvenation and wellness with experiences to indulge and soothe all senses at our Phuket luxury resort.

Room features:

- Floating bedroom concept (kingbed pavilion)
- Outdoor sunken bath
- Outdoor Jet-Pool
- Outdoor shower
- Outdoor private pool with water bubble beds
- Writing desk, television and DVD
- Private steam room
- Traditional Thai architecture and décor
- Exclusive Spa treatment services
- Scenic View
- Complimentary daily mini-bar (non-alcoholic)
- Thai sala
- Tea and coffee making facilities

Hotel facilities:

- Fitness Pavilion: state-of-the-art gym
- Andaman Sea Beach: Water sports available
- Laguna Phuket Golf Club: 18-hole golf club voted Top Ten for Best Golf Resort in Asia
- Yoga
- Tennis courts
- Banyan Tree Gallery

Dining Experience at Banyan Tree:

- In-Villa Dining
- Lobby Bar & Wine Rack: Open between 06:30 – 12:30
- Saffron: Open between 18:30 – 22:30
- Tamarind Restaurant: Open between 11:00 – 15:00
- Banyan Café: Open between 06:30 – 19:00
- Pool Bar: Open between 10:00 – 18:00
- The Watercourt: Open between 06:30 – 11:30
- Sanya Rak Dinner Cruise: 17:30 (bookings accepted by 5 hours in advance)
- Dinner of the Senses: 17:30 (bookings accepted by 5 hours in advance)
- Tre Restaurant: Open between 18:30 – 22:30

WEDNESDAY, 22 FEBRUARY 2017

This morning, at a time to be advised locally, a local representative will transfer you from your hotel to Phuket Airport (Domestic Terminal).

On arrival at Phuket Airport, proceed to check in for your flight to Bangkok Suvarnabhumi International Airport, Thailand.

At 08:45, depart from Phuket Airport (Domestic Terminal) on your flight to Bangkok Suvarnabhumi International Airport.

Flight **Eva Air flight BR 3936 (Operated by Bangkok Airways flight PG 290)**

Depart **Phuket Airport**
 Domestic Terminal
 08:45

Arrive **Bangkok Suvarnabhumi International Airport**
 10:10

Class **Economy**

Visit the Eva Air website www.evaair.com/en-global/index.html to check in online.

Online check-in opens 24 hours before your flight's scheduled departure time, and closes three hours before your flight's scheduled departure time.

We recommend that you arrive at the airport two hours before your flight's scheduled departure time, to give yourselves enough time to check in and drop off your bags, pass through security control, and make your way to the boarding gate.

On arrival at 10:10 at Bangkok Suvarnabhumi International Airport, proceed with your onward connecting flight to London Heathrow.

Your luggage will be automatically transferred through from Phuket, Thailand to London Heathrow, United Kingdom.

At 13:05, depart Bangkok Suvarnabhumi International Airport on your direct flight to London Heathrow Airport (Terminal 2).

Flight **Eva Air flight BR 067**

Depart **Bangkok Suvarnabhumi International Airport**
 13:05

Arrive **London Heathrow Airport**
 Terminal 2
 19:20

Class **Business**

Seat **09D, 09G**

Arrive at London Heathrow Airport (Terminal 2) at 19:20 this evening, local time.

End of Services



HealingHolidays

INCLUSIONS AND EXCLUSIONS

INCLUSIONS

Flights as specified on the itinerary
Airport transfers as specified
Flight taxes and air passenger duty tax
Hotel accommodation as specified
Meals as specified
All inclusions specified on the itinerary
Any other services specified on the itinerary
Tennis session booked – payable locally

EXCLUSIONS

Any services not specified
Any items of a personal nature
Optional sightseeing tours and excursions
Gratuities
Souvenirs
Drinks (unless specified)
Laundry services (unless specified)
Telephone, fax and e-mail services
Additional spa treatments
Additional activities
Travel insurance
Visa costs
Immunisation costs
Early check-in or late check-out from hotels



IMPORTANT NOTES

PASSPORTS AND VISAS

Please ensure that you have a full and valid passport.

Please ensure that your passport has sufficient blank pages for stamps, visas and endorsements. Your passport should have at least two blank visa pages (not endorsement pages). If there is insufficient space in your passport, entry into a country could be denied.

Please ensure that you have made all the necessary visa arrangements prior to departure, unless visas are available on entry.

You should verify entry requirements and visa requirements with the relevant consulate, embassy or high commission of all countries you will visit on your journey. Entry requirements and visa requirements are liable to change at short notice.

Thailand

United Kingdom passport holders do not require a visa for stays of up to 30 days for touristic purposes.

Your passport must be valid for at least six months beyond the period of intended stay.

All visitors require proof of sufficient funds to cover the length of their stay, and must hold documentation for their return or onward journey.

HEALTH PRECAUTIONS

It is advisable to take out full medical and travel insurance covering all eventualities.

Please consult your doctor regarding health precautions for all areas you will visit.

Thailand

A valid Yellow Fever vaccination certificate is required if you are arriving in Thailand within 10 days of leaving or transiting through a Yellow Fever infected country.

Countries with risk of yellow fever transmission

Angola, Argentina, Benin, Bolivia, Brazil, Burkina Faso, Burundi, Cameroon, Central African Republic, Chad, Colombia, Côte d'Ivoire, Democratic Republic of the Congo, Ecuador, Equatorial Guinea, Ethiopia, French Guiana, Gabon, Gambia, Ghana, Guinea, Guinea-Bissau, Guyana, Kenya, Liberia, Mali, Mauritania, Niger, Nigeria, Panama, Paraguay, Peru, Republic of the Congo, Rwanda, Senegal, Sierra Leone, South Sudan, Sudan, Suriname, Togo, Trinidad and Tobago, Uganda, Venezuela



FLIGHT CHECK-IN

Eva Air

Visit the Eva Air www.evaair.com to check in online.

Online check-in opens 24 hours before your flight's scheduled departure time, and closes three hours before your flight's scheduled departure time. Click on Check In, Baggage and Airports, then click on Online Check-in.

In business class you can pre book your meals online too from 21 days before the flight up until 24 hours before departure. Visit evaair.com and select to managing your booking you can then select your meal choices to pre book ahead of the flight departure.

BAGGAGE ALLOWANCE

Checked baggage:

The free baggage allowance for checked baggage is as follows:

Business Class 2 bags per person

Total weight of bags 40 kg

Weight of each bag Maximum 32 kg

Economy Class

Total weight of bags 40 kg

Total dimensions of each bag Up to 158 cm (62 inches) height x length x width

Any bag or item that is over the maximum free allowance weight or size limit will be liable to excess charges.

Hand baggage:

The free baggage allowance for hand baggage is as follows:

2 x cabin bags

Maximum size (including handles, pockets and wheels): 23 x 36 x 56 cm / 9 x 14 x 22 inches

Total size of bag 115 cm / 45 inches

Maximum weight: 7 kg

You must be able to lift your cabin bag into the overhead locker by yourself.

In addition to the hand-carry baggage, you may carry, without additional charge (subject to local country specific restrictions, if any), the following free carry-on items (of reasonable size) or an item of similar size:

- a laptop computer or
- a purse or
- a small backpack or
- a briefcase or
- a camera case or
- rain gear (umbrella, raincoat) or
- a limited amount of duty-free merchandise

Please note:

- You must be able to fit your bags into the baggage gauge at check in.
- For your convenience, a measurement Test Unit is available at either the check-in counter or boarding lounge to help you to determine whether your baggage meets these requirements.
- Any items you purchase at the airport, including duty free, form part of your hand baggage allowance.
- If you go over your allowance of two bags (2 x cabin bags and 1 x personal bag), you may have to check in one of your extra bags, for which there may be a charge.
- Occasionally there may not be space to stow all hand baggage safely on board and you may be asked to check in some or all of your hand baggage at the boarding gate.
- Please make sure your hand baggage is within the size and weight limits shown, otherwise you will be charged for extra baggage.

Special Items:

Some special items are not suitable as check-in baggage due to its nature and request permission to carry in the cabin. Such baggage should be stored at the closed overhead bin or under the seat. If it cannot place the locations as mentioned, it will be treated as cabin baggage and charge for an extra seat.

- One infant's carrying basket or fully collapsible stroller, push-chair, car seat or car's harness. There is no limitation of volume, weight, size for infant's push chair or carrying basket. The fully collapsible stroller can be stored in the closed overhead bin.
- Infant's necessity items such as napkins, feeding bottle and food for consumption during the flight cannot exceed 5 kg when carry on board.
- Walking stick/ Wheelchair/ crutches/ braces/ prosthetic device/any assistive device, this is needed by disabled passengers.
- Medicine/medical equipment or supplies, including transplanted organs. For blood transportation, it is necessary to provide a non-infectious certificate from a related clinical laboratory in advance.
- Sculptures/ urns in non-square shapes: These items can be accepted in the cabin but must be stored in the closed overhead bin to avoid moving, falling and blocking an emergency exit. However, if you do not want to store such items in the closed overhead bin, they can only accepted as cabin baggage and you have to pack them into secure and strong boxes.
- Musical instruments: No cabin baggage can be higher than the seat back, except musical instruments. However, musical instruments cannot block the walkway of passengers or obstruct other passenger's view of emergency signs. Only aisle seats behind a partition are allowed to store the cabin baggage on seats. A cello, accepted as cabin baggage and stored up on the passenger deck, cannot block the walkway to an emergency exit; for example, window seats behind partition are not recommended. Nevertheless, a cello can be accepted in the row in front of partition only under the condition that passengers have free to access to an emergency exit.
- Bulky baggage: Items cannot be stored in the closed overhead bins or under the seats and accepted as cabin baggage.
- Valuable items: Cash, financial documents, jewelry, cameras, cell phones, portable electronic devices, and other valuables should be kept on your person or in your carry-on bags. You can store such items in the closed overhead bin or under the seat.



For aviation safety, any oversize or overweight hand-carry baggage will be intercepted and tagged as checked baggage whenever it might endanger the safety to the aircraft and other passengers. After 911 events in the USA, all airports maintain a high security alert. Any banned items detected at a security checkpoint could be delivered late, confiscated or held by authorities. EVA Air cannot be responsible for any banned items found by security authorities. Please contact EVA Air or the airport security authority for details before traveling.

Eva Air flights operated by Bangkok Airways

Your Bangkok Airways operated flights will honour the Eva Air checked baggage allowance only.

Bangkok Airways operated flights has a lower hand baggage allowance.

We recommend that you follow the lower hand baggage allowance throughout your flight itinerary, to avoid any excess baggage fees locally.

Bangkok Airways hand baggage allowance:

The free baggage allowance for hand baggage is as follows:

| | |
|----------------------|-----------------------------|
| Economy Class | 5 kg per person |
| Size of hand baggage | Up to 56 cm x 36 cm x 23 cm |

Any bag or item that is over the maximum free allowance weight or size limit will be liable to excess charges.



HealingHolidays

CONTACT DETAILS

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HealingHolidays

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Amphur Talang
Phuket
Bang Tao Beach
Thailand

Telephone +66 76 372 400
E-mail corporate@banyantree.com
Website www.banyantree.com



TRAVEL ESSENTIALS

THAILAND

Time

GMT +7

Electricity

220 volts AC, 50 Hz. Both flat and round two-pin plugs are used.

Language

Thai is the official language, although English is widely spoken in tourist areas.

Money

The unit of currency is the Baht (THB), which is divided into 100 satang. Currency can be exchanged at the airport, banks, hotels and bureaux de change. Banks are open Monday to Friday. ATMs are available in most cities and tourist resorts. Most major credit cards are accepted at hotels and larger businesses.

Travel health advice

As a health precaution, travellers should take medical advice at least three weeks before travelling to Thailand. Malaria is a risk outside Bangkok and the major tourist resorts, and immunisation against Hepatitis A and typhoid fever is also advised. Yellow fever vaccination certificates are required for travellers from infected areas. There has been an increase in reported cases of dengue fever, particularly in the south, and vaccination against Japanese encephalitis is also recommended. You should drink or use only boiled or bottled water and avoid ice in drinks. Medical facilities are good in major cities, but good medical insurance is vital - without insurance, or cash/credit card, travellers will not be treated. Bangkok has excellent international hospitals.

Safety information

Although the political situation in Thailand is currently more stable than before, there have been major political demonstrations in Bangkok in recent months. Tourists have not been targeted during the protests, but travellers are advised to avoid all political gatherings and marches and to stay well-informed about the situation in the country. Abide by any curfews or other rules imposed by the Thai government. There is a threat from terrorism throughout South East Asia and travellers should be particularly vigilant in public places, including tourist resorts.

Visitors to major cities are advised to secure their passports and credit cards and not carry too much money or jewellery.

Local customs

Public displays of affection are frowned upon. Dress is informal, although beachwear should be confined to the beach. Drugs are illegal and travellers should know that possession of even small quantities can lead to imprisonment, and that drug traffickers risk the death penalty.

Communications

The international country dialling code for Thailand is +66. The outgoing code is 001, followed by the relevant country code (e.g. 00144 for the United Kingdom). City/area codes are in use, e.g. Bangkok is (0)2 and Chiang Mai is (0)53. To dial a mobile in Thailand an 8 must precede the city code. International direct dial facilities are available throughout most of the country. Mobile phone networks cover most towns, cities and holiday resorts; operators use GSM 900, 1800 and 1900 networks.

Duty free

Travellers to Thailand do not have to pay duty on 200 cigarettes, 250g tobacco or equivalent amount of cigars, 1 litre of alcohol, 1 camera with 5 rolls of film or 1 movie camera with 3 rolls of 8 or 16 mm film. Goods to the value of Bt10,000 per person for non-residents with transit visas and Bt20,000 per person for holders of tourist visas are allowed. Family allowances are double the individual allowances.

Tipping

Tipping is not expected, but is becoming more common in places frequented by tourists. A 10% service charge is added to the bill at most hotels and restaurants. Taxi drivers are not tipped.

Climate and weather

The climate in Thailand experiences high temperatures and humidity levels throughout the year. The hottest months in Thailand are between March and May, and monsoon season runs from June to October. In September and October much of the country suffers from flooding, particularly in the north, north eastern and central regions. The cool season is the best time to visit Thailand, running from November to February.

Useful contacts

Tourist Office

Thailand Tourist Office: +66 (0)2 250 5500 (Bangkok) or www.tourismthailand.org

Thailand embassies

Royal Thai Embassy, London, United Kingdom: +44 (0)20 7589 2944 ext. 5500.

Foreign embassies in Thailand

British Embassy, Bangkok: +66 (0)2 305 8333.

Thailand emergency numbers

Emergencies: 191

AIR TRAVEL TIPS FOR MAINTAINING HEALTH AND COMFORT

We all love to travel and experience new places, but long haul flights can leave you feeling lethargic, bloated, dehydrated and far from fresh faced on arrival. Here are a few simple steps that can help lessen some of these discomforting symptoms so you can arrive at your destination as you mean to go on.

You should always consult your G.P with regard to any health concerns that you may have prior to travel or before taking any medication.

Top tips for long haul air travel:

Pre-flight exercise:

As little as half an hour of aerobic exercise can help improve circulation for several hours afterwards. A jog, walk or swim before departing for the airport is advisable before a long flight.

What to wear:

The cabin environment is the most important factor when deciding what to wear on a long haul flight. Your body swells during flight and the cabin temperature can vary from very warm when stationary to very cool once in flight. Loose clothes, loose shoes and extra layers are all essentials. Avoid restrictive clothing and you may want to consider compression stockings, helping to maintain blood flow and reduce discomfort and swelling.

What to drink:

Keep hydrated throughout your flight. The air on-board is extremely dry. Water is available upon request on the majority of airlines, but it's worth buying your own bottle before you board to have it at hand. Drinks containing electrolytes (such as coconut water) are ideal for keeping hydrated during a flight and for re-hydration immediately after flying. Fizzy drinks are not recommended because the gas expands in the stomach at altitude. Alcoholic drinks are best avoided as they act as a diuretic and are more potent when flying.

What to eat:

Many foods are gas-forming and can make the stomach swell uncomfortably. The best foods to consume during a long flight are fruits and salads and/or small portions. Foods that are difficult to digest, such as meat and gas inducing foods such as beans, peas, cabbage, cauliflower, cucumber, turnips, and anything with a high roughage content are best avoided. In addition, if you find air travel stressful it is best to avoid chocolates, soft cheese, citrus fruits, yeast extract and red wine, all of which can cause hypertension.

Minimising ear pain:

A change in cabin pressure, particularly during take-off and landing may cause some discomfort in the ears. This is relieved by swallowing which releases pressure on the middle ear. Chewing gum and sucking sweets can be helpful.

Avoiding bugs:

Air circulating around a cabin is a mix of around 50 per cent fresh air and around 50 per cent recirculated air. Both sources are fed through filters which stop bacteria's, but can't stop viruses. The multicultural nature of airline passengers mean that we have a lower resistance to these foreign viruses. A dose of up to 1000mg of Vitamin C prior to travelling and a dab of tea tree oil (a natural antibiotic) just below the nose during a flight can help prevent infection. Safer still is to use a 'Bugstopper' mask.

Avoiding air sickness:

Passengers who are predisposed to air sickness or anxiety may prefer a window seat. It is suggested that air sickness can be caused by disorientation due to the aircraft's movement. Being able to see out of the window can help to alleviate the symptoms. Anti sickness tablets and wrist-bands are widely available from chemists in airports and on high streets.

Swollen feet and ankles:

The lack of opportunities to move freely during a flight can result in swollen feet, ankles and legs due to poor circulation. If possible, occasionally walk about the cabin during the flight, or simulate walking by moving your feet up and down ideally for 15 minutes of every hour. Try to keep your legs slightly elevated by using the foot rest or placing your feet on your hand luggage on the floor in front of you. Take an aspirin the day before the flight (subject to your doctor's advice). Passengers with a history of varicose veins or venous thrombosis should wear compression socks/stockings, specially designed to apply pressure to your lower legs, helping to maintain blood flow and reduce discomfort and swelling.

Feeling fresh on arrival:

In order to lessen the effects of tiredness on arrival it is advisable to keep up your levels of beta-carotene. Scientific research has shown that drinking carrot juice two or three days before flying can make you feel much fresher on arrival by helping to retain more oxygen in your blood stream.

On arrival:

To lessen the impact of jet lag you should synchronise yourself to local time as much as possible, limiting yourself to short naps during the daytime. Exposure to daylight on arrival helps to speed up the process as does sticking to local meal times. The best foods to choose on arrival are complex carbohydrates such as muesli bars, sandwiches, pasta, rice and potatoes, plus bio yoghurts and supplements of vitamins E & C. Kiwifruit can help alleviate constipation. Jet lag is normally more pronounced when flying from West to East.