Puriti

A botanical longevity programme *for luxury hotels and resorts.*

PURITI BY THE LIVING BLUEPRINT

Trinity Napier with her Puriti Box.

WHY PURITI

Longevity, *offered by your resort.*

Since its creation in Phuket in 2004, Puriti has delivered 15,000 botanical longevity programmes for luxury resorts and private clients.

Puriti brings the botanical blends, and your resort provides the nutrition, movement and spa treatments, creating a coordinated daily programme that is enjoyable and easy to follow. Your spa team leads delivery, your chefs create the menus and your resort provides the luxury hospitality.

01 Longevity

Puriti approaches longevity through a daily rhythm that influences healthy ageing: how people eat, move, rest and recover.

02 Guest continuity

Guests with the digital Living Blueprint subscription keep up to date with their treatments, menus and at home care.

03 Private label

Your resort may choose to offer Puriti as a premium private label product under its brand name.

04 Full integration

Puriti is implemented throughout the spa and kitchen.

THE PROGRAMME

One rhythm. *Seven connected elements.*

Your spa coordinates meals, botanical preparations, drinks, activities and treatments, with time for guests to rest and enjoy the setting. The architecture of the programme remains consistent, while its expression changes according to the property, which makes it easy to implement globally.

01 Nutrition

The Puriti guest menu provides fresh nourishment, predominantly from locally sourced ingredients.

02 Botanical practice

The Puriti Box contains organic Thai botanical blends for use at set times during the day.

03 Hydration

Juices, smoothies and botanical preparations are offered at planned intervals within the day.

04 Movement

Light gym work, walking, swimming and yoga, set to suit the guest and the setting.

05 Treatment

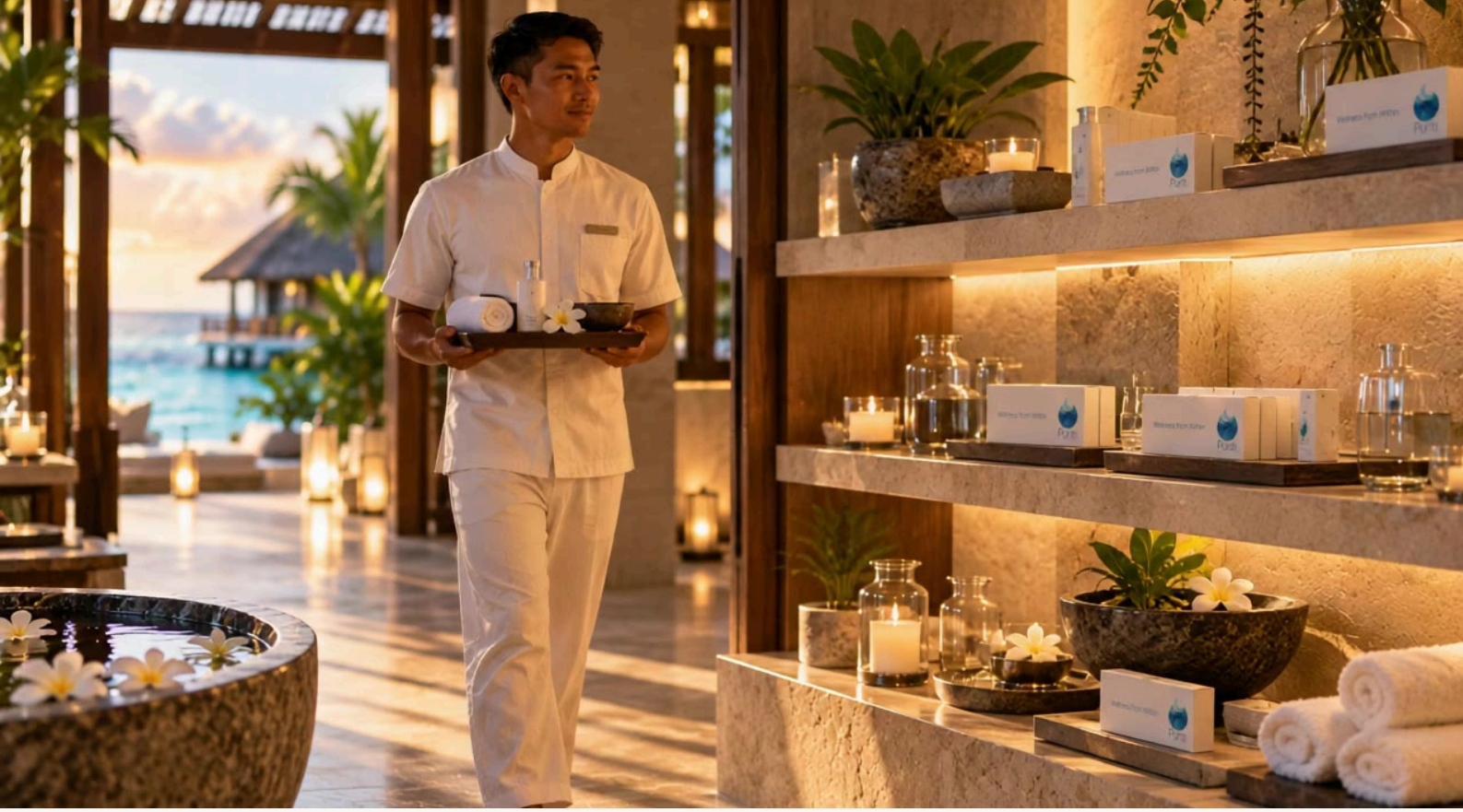
Spa treatments every other day, to suit the guest's progression.

06 Rest

The daily schedule protects time for sleep, relaxation and privacy.

07 Environment

The Puriti programme draws on the resort's natural landscape, climate and architecture.



HOW IT RUNS

Led by *the spa.*

The spa leads the programme and coordinates each guest's timetable of botanical blends, gym work, yoga, Pilates, swimming, walking and spa treatments. The kitchen prepares the nutritional programme alongside it: fresh produce, raw dishes, smoothies, juices, soups, broths and cooked food. Your chefs develop recipes within Puriti's nutritional framework, drawing on local produce and the character of the destination.

Puriti provides the nutritional architecture. *The chef creates the expression.*

3	5	7	14
DAYS	DAYS	DAYS	DAYS
A pattern interrupt	*A call to wellness*	*A foundation for fitness*	*The ultimate experience*

Puriti is modular. Guests choose the number of Puriti Boxes to suit their stay, and every programme begins with preparation and ends with a return to normal eating.

TRAINING

Trained by professionals. *Delivered by your team.*

Before launch, Deborah Delaney spends three full working days on site with spa, operations and management. Once training is complete, your teams are ready to guide each guest through a seamless Puriti journey. Return visits after launch can be arranged if required, and for hotel groups Puriti can be developed across a collection.

- Spa team orientation, programme coordination and delivery
- Product knowledge of the botanicals and guest recommendations
- Building each guest's daily timetable
- Kitchen preparation of the nutritional programme
- Guest communication and operational procedures
- Final management review and launch preparation

FOR THE RESORT

Programme bookings

Guests can reserve Puriti when booking or take part once at the resort.

The kitchen

The signature dishes developed by your chefs belong to the property.

The spa

The spa becomes the centre of the stay rather than a single appointment.

Botanical retail

Puriti Boxes are offered as spa retail, separate from the programme.

WHY PURITI, WHY NOW

Loyalty, *built into the stay.*

Distinction

A longevity programme guests experience with your resort, offered under its name if you choose.

Continuity

With The Living Blueprint subscription, each guest's record, shared with their permission, is a reference for the next booking.

Ease

Delivered by your spa and kitchen within existing facilities, after three days of training.

ROOTED IN THAI HERBAL TRADITION

Deborah Delaney

Founder of Puriti, The Living Blueprint and Arc Vitae

Deborah Delaney formulated Puriti's botanical blends under the guidance of a third generation Thai Chinese master herbalist. Commercial sales began in 2006, when the Phuket Gazette recorded the launch. A British herbalist, nutritional therapist, longevity coach and ikigai practitioner, Deborah Delaney has developed and delivered programmes for international resorts and private clients for more than twenty five years, including supplying and training Six Senses. Puriti is offered today at The Nai Harn, Phuket.

"The Puriti program is easy to use and effective. I intend to carry out the Puriti program at least once a year."

Sonu Shivdasani, Founder, Six Senses and Soneva

"A real overhaul for the mind and body. Great work Deborah."

Anthony Lark, General Manager, Trisara Phuket

ENQUIRE

Discuss Puriti *for your property.*

contact@puriti.life puriti.life

Puriti botanicals are produced in a Thai FDA approved facility. The Puriti programme is not intended to diagnose, treat, cure or prevent any disease. Original Puriti logo artwork by Deborah Withey.