

TRANSFORM YOUR BODY IN THAILAND

Private 1-to-1 weight loss,
health & longevity retreat

Lose weight, restore your energy
and improve long-term health in a
5-star beachside setting in
Phuket, Thailand.



Private 1-to-1
coaching



5-star
resort & spa



Personalised
nutrition



Private suite &
airport transfers

Phuket, Thailand

A luxury setting for
life-changing results

OnTrack Retreats Phuket is a clinically structured, residential transformation experience. Every element is designed to help you lose weight, reduce body fat, restore energy, optimise metabolic health and build lasting, healthy habits that you can take home for life.



SALE RATE - JUST £2,090 PER WEEK!

YOUR PRIVATE TRANSFORMATION PROGRAM

A world-class, clinically structured residential experience



A COMPLETE PROGRAM FOR LONG-TERM CHANGE

Our Thailand retreat is designed to help you lose weight, reduce body fat, restore energy, improve strength and mobility, optimise metabolic health, and build healthy habits that last.

Real results. Real support. Real change.



PERSONAL TESTING & BODY ANALYSIS

Your transformation starts with data. Baseline testing may include DEXA body composition analysis, structured performance assessments and optional blood marker evaluation. We track your progress and adjust your plan in real time.

Measure. Monitor. Move forward.



1-to-1 coaching

Private coaching tailored to your goals, based on clinical expertise and real-world results.



Precision nutrition

Delicious, nutrient-dense meals designed around your body, goals and metabolic needs.



Recovery & spa

Massage, spa therapies and mindful recovery to reduce stress and support deep rest.



Accountability & habit change

Daily structure, expert guidance and practical strategies to build lasting lifestyle change.



TYPICAL DAY AT ONTRACK RETREATS

1



7:00AM

Morning movement & assessment

Optional walk, mobility session and daily check-in to set your intentions.

2

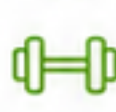


7:30AM

Healthy breakfast

Nutrient-rich meals to fuel your body and support your goals.

3



8:00-10:00AM

Personal training & coaching

Tailored workouts and 1-to-1 coaching to build strength, burn fat and improve performance.

4



12:00PM

Lunch & recovery time

Balanced lunch to refuel your body and recharge.

5



2:00-4:00PM

Afternoon activity

Walk, pool time, mobility session, spa treatment or restorative activity.

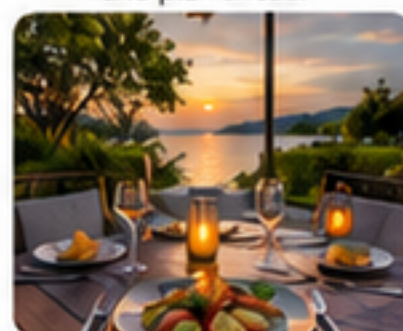
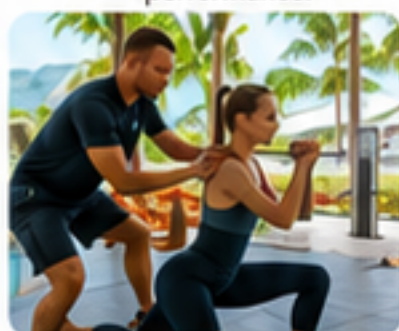
6



6:00PM

Structured evening meal & reflection

Healthy dinner and evening reflection to review progress and plan ahead.



YOUR TIME YOUR TRANSFORMATION

Enjoy world-class facilities, stunning surroundings and completely personalised support while you focus on becoming the healthiest, strongest version of you.



Private support for all ages, shapes, sizes & fitness levels

Real people, personalised
support and life-changing results.



IS THE THAILAND RETREAT RIGHT FOR ME?

Yes — if you want real results
with personal support.

Our retreat is 100% personalised to you. Whether you're just starting your health journey or looking to take things to the next level, we'll meet you where you are and help you move forward with confidence. No group classes, no comparison — just the right support for you.



WHY PRIVATE 1-TO-1 DELIVERY WORKS

Personalised attention.
Proven transformation.

With complete personal attention, daily guidance, tailored nutrition and recovery support, you avoid the guesswork and stay on track. This focused 1-to-1 approach helps you accelerate progress, overcome challenges and build lasting confidence throughout your stay and beyond.

“ OnTrack gave me the tools, support and motivation I needed to take control of my health and get my life back on track.

Jody

“ I've been over eating and sedentary for years. In two weeks I got back in touch with my body, my strength and my love of exercise and healthy food.

Maria

“ OnTrack was exactly what I needed to kick start my weight loss and healthy living routine. I would recommend it to anyone seeking a lifestyle change.

Alana

“ The weight loss was great and more than I expected, but most important was the information I gained to make healthy changes at home.

Kerry

“ The decision to attend the OnTrack weight loss retreat has been one of the best decisions I have made.

Robert

“ OnTrack was the kick start I needed and I came home so motivated and happy. Loving the endorphins :) Thank you

Fran

“ What a great experience. OnTrack has given me the tools and knowledge to succeed on my weight loss journey for life.

Sheryl

“ I have tried diets, joined gyms and had plenty of personal training, but nothing compares to the OnTrack Program. I am now ready to move forward with a much healthier lifestyle.

Leesa

Join 100's of real life success stories



5-STAR RESORT LUXURY IN PHUKET

Beautiful surroundings for
transformation, recovery and focus

OnTrack Retreats Phuket is set within a private beachside 5-star resort, surrounded by tropical gardens, turquoise seas and white sand.

Enjoy infinity pools, a full-service spa and massage, calm spaces to rest and reflect, and every detail designed to support your health, recovery and long-term results.

This is your time. This is your space.
This is where real change happens.



**SALE RATE - JUST
£2,090 PER WEEK!**

[OnTrack Retreats Booking Form >>](#)



RESORT FACILITIES



Infinity pool with ocean views



Full spa & massage services



Private beach setting



Peaceful tropical grounds



Personalised training support



High-speed internet throughout



Private airport transfers



Dedicated recovery & relaxation space



KING PREMIUM GARDEN TERRACE ROOM



Spacious 60 sq. m. private suite with a furnished terrace and garden access. Features a Serenity Bed, black-out curtains, air conditioning, bath and walk-in shower, comfortable seating area, dedicated workstation, premium amenities, bathrobes, slippers and daily housekeeping.

TIME FOR ACTION AT ONTRACK THAILAND

Your private 1-to-1 transformation
retreat in Phuket

Take the next step towards the healthiest,
strongest, most energised version of you.
We handle every detail, so you can focus
100% on results that last.

JUST £2,090 PER WEEK!

HOW TO BOOK



- 1 Complete the
online booking form



- 2 Secure your week with
a 50% deposit



- 3 Speak directly with
our team on
0800 689 3104



- 4 Receive your confirmation
and pre-arrival guidance



- 5 Confirm your travel details
and we'll arrange your
private airport transfer



[OnTrack Retreats Booking Form >>](#)



2026 Private Placement Dates

*Each week is reserved for
one private client only.*



July 5th

Final Placement



July 12th

Final Placement



July 19th

Final Placement



July 26th

Final Placement



August 2nd

Final Placement



August 9th

Final Placement



Spaces are very limited.

Secure your week today to avoid disappointment.