

The background of the entire page is a repeating pattern of stylized, dark teal leaves. The leaves are arranged in a dense, overlapping manner, creating a textured and organic feel. The color is a muted, earthy teal.

LAYAN  
**LIFE**  
BY ANANTARA

ACTIVE FOR LIFE



# ACTIVE FOR LIFE

## *For a proactive approach to enhancing strength and fitness*

Catapult lifelong wellbeing with a specific customised physio and work-out journey. After in-depth consultations and body analysis, explore activities including yoga, Pilates and personal training. At the same time, access full physiotherapy support to align and heal postural imbalances, recover physical strength and achieve new fitness levels. Add IV drips, cryotherapy, hyperbaric oxygen therapy, massages, facials and more.

This retreat is ideal for men and women who want to embrace a visionary, cutting-edge approach to a stronger, longer life.

ACTIVE FOR LIFE RETREAT	3N	5N	7N	10N
<b>TOTAL PRICE OF RETREAT (incl.Full board)</b>	<b>59,200 THB</b>	<b>98,800 THB</b>	<b>143,200 THB</b>	<b>183,600 THB</b>
Wellness Initial Consultation	1	1	1	1
Wellness Follow up Consultation	0	0	1	1
Physiotherapy Initial Consultation	1	1	1	1
Physiotherapy Follow up Consultation	0	1	1	1
Epigenetic - Cell Wellbeing Test	0	1	1	1
Myer's Cocktail	0	1	1	1
Energy Infusion	1	1	1	1
Nicotinamide Adenine Dinucleotide (NAD+) Infusion	0	0	1	1
Pao Ya Heated Herbal Therapy (Herbal Pra Kob)	0	1	1	1
Fleur de Sil Scrub & Wrap (Herbal Scrub and Wrap)	0	0	1	1
Pain Management (Physiotherapy Session)	1	1	1	1
Re-Functional Training	0	1	1	1
Radiofrequency Therapy	0	1	1	1
Upper Back Release "Office Syndrome"	0	1	1	1
Moti Dynamic Postural Analysis	1	1	1	1
Cryotherapy	0	1	1	1
Hyperbaric Oxygen Therapy (HBOT)	0	0	1	1
Chi Nei Tsang	1	1	1	2
Colon Hydrotherapy	1	1	1	2
Hydrafacial Therapy Mini Facial	1	1	1	1
Alkaline Bath Ritual	1	1	1	1
Yoga	0	1	1	1
Pilates Reformer	0	0	1	1
3D Body Scanner (incl. Fitness Assessment)	0	0	1	1
Super Stretching	1	1	2	3
Personal Training	1	1	2	3
Signature Massage	1	1	1	2
Sea Shell Herbal Therapy	0	0	0	1
Traditional Thai Massage	0	0	0	1
<b>Total number of Treatments</b>	<b>12</b>	<b>21</b>	<b>29</b>	<b>36</b>

LAYAN  
**LIFE**  
BY ANANTARA

**ANANTARA LAYAN PHUKET**  
168 MOO 6, LAYAN BEACH SOI 4, CHERNGTALAY, THALANG, PHUKET 83110, THAILAND

+66 76 317 210 | [LAYANLIFE@ANANTARA.COM](mailto:LAYANLIFE@ANANTARA.COM)