

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 deep, muted teal.

LAYAN
LIFE
BY ANANTARA

SHAPE FOR LIFE



SHAPE FOR LIFE

For a holistic path to a confident and balanced body

Let us support you on the only weight management journey you'll ever need. Beginning with comprehensive nutrition, wellness and fitness consultations and assessments, including epigenetic insights and hormonal profiling, each customised retreat experience offers true inner and outer transformation. IV drips, physiotherapy, colonic hydrotherapy and cryotherapy combine with personal training, effective slimming treatments, high-tech facials and more.

This carefully crafted retreat is ideal for men and women who want to rediscover body confidence and food freedom.

SHAPE FOR LIFE RETREAT	5N	7N	10N
TOTAL PRICE OF RETREAT (incl.Full board)	105,200 THB	139,200 THB	186,000 THB
Visia Face Image Consultation	0	1	1
Wellness Initial Consultation	1	1	1
Wellness Follow up Consultation	1	2	3
TTM Initial Consultation (Vitality TTM Consultation)	1	1	1
Physiotherapy Initial Consultation	0	1	1
Nutrition Consultation	1	1	1
Epigenetic - Cell Wellbeing Test	1	1	1
Myer's Cocktail Infusion	1	1	1
Metabolic Support Infusion	1	1	1
Pao Ya Heated Herbal Therapy (Herbal Pra Kob)	1	1	1
Fleur de Sil Scrub & Wrap (Herbal Scrub and Wrap)	0	1	1
Pain Management	1	1	1
Cryotherapy	1	1	1
Hyperbaric Chamber - Hyperbaric Oxygen Therapy (HBOT)	0	0	1
Chi Nei Tsang	1	2	3
Colon Hydrotherapy	1	2	3
Venus Legacy	1	2	2
Hydrafacial Therapy Mini Facial	1	1	1
Alkaline Bath Ritual	1	1	1
3D Body Scanner (incl. Fitness Assessment)	1	1	1
Super Stretching	1	2	3
Personal Training	2	2	3
Signature Massage	1	1	1
Envelopment Marine Treatment	1	1	2
Lift Corps Slimming & Toning Treatment	0	0	1
Total number of Treatments	21	28	37

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