



LAYAN
LIFE
BY ANANTARA

TRADITIONAL THAI MEDICINE FOR LIFE



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For a whole approach to mind, body and spirit

Starting with a Traditional Thai Medicine consultation and constitution analysis, discover ancient insights and wisdom for a modern world. Herbal remedies and lifestyle recommendations combine with scrubs, wraps and massages for an immersion in traditional healing protocols, while IV drips and fitness assessments offer additional access to the best of modern science. From ‘food as medicine’ nutrition support to empowering treatments, each customised experience is tailored for deep holistic transformation.

This retreat is ideal for anyone that respects the wisdom of a traditional approach that looks at mind, body and spirit, while being open to the additional insights that science offers for a whole of life solution.

TTM FOR LIFE RETREAT	3N	5N	7N	10N
TOTAL PRICE OF RETREAT (incl.Full board)	51,600 THB	85,600 THB	109,600 THB	141,600 THB
Wellness Initial Consultation	1	1	1	1
TTM Initial Consultation	1	1	1	1
TTM Follow up Consultation	0	1	1	2
Epigenetic - Cell Wellbeing Test	1	0	1	1
Myer's Cocktail Infusion	0	1	1	1
Energy Infusion	1	1	1	1
TTM Massage ("Rajasamnak")	1	1	2	2
Pao Ya Heated Herbal Therapy (Herbal Pra Kob)	0	1	1	1
Sweet Herbal Dreams (with Head massage)	1	1	1	1
Fleur de Sil Scrub & Wrap (Herbal Scrub and Wrap)	0	1	1	2
Moti Dynamic Postural Analysis	0	1	1	1
Cryotherapy	0	1	1	1
Hyperbaric Chamber - Hyperbaric Oxygen Therapy	0	0	0	1
Chi Nei Tsang	0	0	1	1
Hydrafacial Therapy Mini Facial	1	1	1	1
Tranquil Thai Herbal Bath Ritual	1	1	1	1
Pilates Reformer	0	1	1	1
3D Body Scanner (incl. Fitness Assessment)	0	1	1	1
Super Stretching	0	0	1	2
Personal Training	1	1	1	2
Sea Shell Herbal Therapy	0	0	0	1
Traditional Thai Massage	1	1	1	1
Total number of Treatments	10	17	21	27

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