

The background of the entire page is a repeating pattern of stylized, overlapping leaves in a teal or dark green color. The leaves are arranged in a dense, vertical orientation, creating a textured, organic feel.

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

SHAPE FOR LIFE RETREAT	5N	7N	10N
TOTAL PRICE OF RETREAT	70,400 THB	113,960 THB	155,760 THB
Wellness Initial Consultation	1	1	1
Wellness Follow up Consultation	1	2	3
Medical Consultation	1	1	1
Traditional Thai Medicine 'Vitality' Consultation	1	1	1
Physiotherapy Initial Consultation	0	0	1
Nutrition Consultation	1	1	1
Epigenetic - Cell Wellbeing Test	1	1	1
Metabolic Support Infusion	0	1	2
Liver Detox Infusion	1	1	1
Pao Ya - Heated Herbal Therapy	1	1	1
Thai Aqua Vitality Ritual	0	1	2
Cryotherapy	1	1	2
Hyperbaric Chamber - Hyperbaric Oxygen Therapy (HBOT)	0	1	1
Maya Massage (Abdominal massage)	1	2	2
Colonic Hydrotherapy	1	2	2
Venus legacy Treatment	1	2	3
Alkaline Bath	1	1	2
3D Full Body Scanner (Styku)	1	2	2
Super Stretching	1	2	3
Personal Training	2	3	4
Total number of Treatments	17	27	36

The price includes treatments and a 10% service charge. Meals and accommodation are excluded.

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