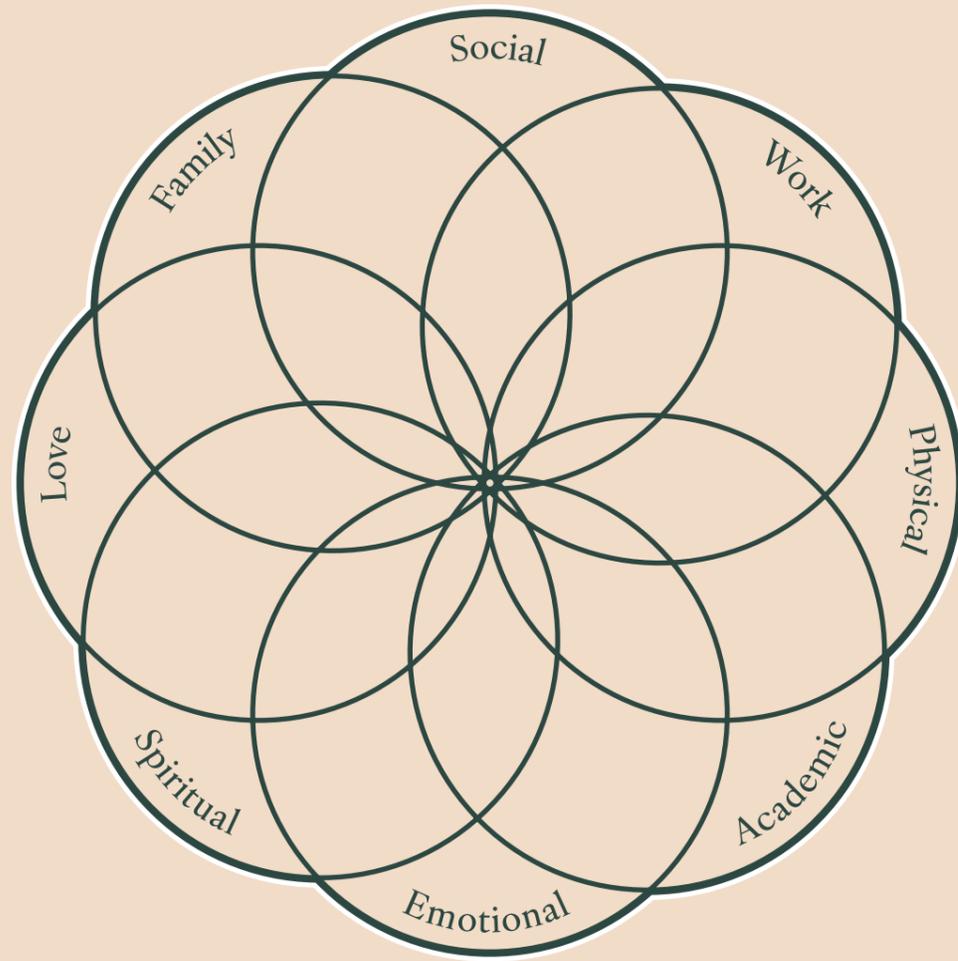


LAYAN
LIFE
BY ANANTARA



A TRANSFORMATIVE ‘WHOLE OF LIFE’ APPROACH TO WELLBEING.

In honouring the journey of life — marked by stages and chapters — Layan Life paves a multi-faceted path towards holistic health and happiness.



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For all Dimensions

There are many dimensions to life, such as family, love, work, social and cultural, physical, academic, emotional and spiritual aspects. All are supported and enhanced by the state of our physical health.



For all Seasons

Every season of our lives has a different mood and texture, with unique needs and aspirations. The way we lived once, may now require an evolution, a different path. This is the voyage of discovery, to age well; with energy and optimism.

For all Journeys

You may be travelling with a partner, you may have a family in tow, or perhaps this is your time. Whatever the case, the Anantara team attends to your every need - giving you the gift of time, to pause and reset with the support of Layan Life.



An enriching journey beckons.

LAYAN LIFE AN EXTRAORDINARY JOURNEY

The choices we make today shape the contours of our tomorrow, with each new dawn unfurling the promise of a fresh start. Such is the eternal cycle of life.

Layan Life is immersed in the healing elements of nature - earth (din), water (nam), wind (low) and fire (fai). At any given moment these four elements are also within us, symbols of our innate being, with a balanced interplay being fundamental to the essence of life and living; vitality and evolution, movement and stillness, being and doing, striving and thriving.

The 'Life Method' is built upon four pillars of healing that nurture a healthy vibrant life: advanced diagnostics and treatments that whisper the secrets of rejuvenation and graceful ageing; ancient Thai traditions that harmonise herbs, bodywork and spiritual healing to the unique rhythms of each soul; complementary therapies that provide holistic paths to an integrated life; and lifestyle practices that elevate all dimensions of health and happiness.

Our founding principle is the joy of choice—whether to share wellness experiences with friends and family or seek solitude for personal reflection. Savour nutritious cuisines, embark on exhilarating adventures, or simply rest and rejuvenate. Be guided with care and wisdom, or forge your own path with courage.

Your extraordinary life awaits!

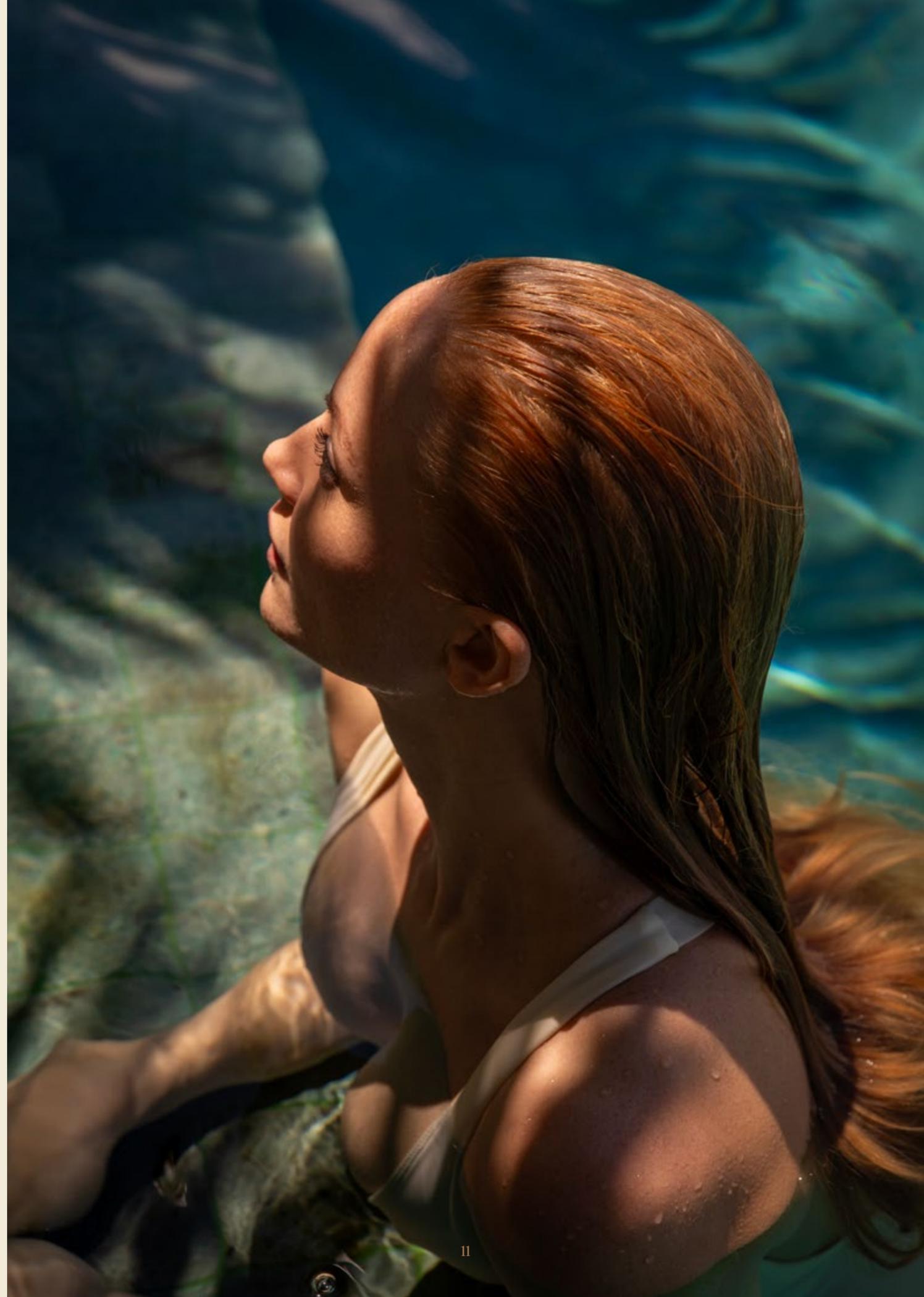
THE LAYAN LIFE EXPERIENCE

Layan Life paves a multi-faceted path towards holistic health and happiness.

Our services encompass advanced diagnostics and assessments to pin-point the exact state of current health and functionality, that then inform a tailored programme of services for results that rejuvenate both internally and externally.

Cleansing hydrothermal and water rituals.
Invigorating cryotherapy.
Reviving breathing practices and oxygen chambers.
Uplifting movement classes and adventures.
Innovative high frequency therapies.
Internal vitamin therapy and external aesthetics.
Traditional wisdom and modern expertise.

In harmony with the natural beauty of lush green tropics, fresh air and the blue sea, Layan Life, along with the Anantara Spa, the Active Zone, our nourishing wellness cuisine and other healthy initiatives woven throughout the resort, is well poised to guide and empower each guest towards a state of balance, youthful vitality and increased longevity.





Resting on a calm reflective pond within a circle of lush green foliage, the Layan Life building complements its peaceful setting.

The 1,767-sqm, double-storey biophilic structure is both rational and aspirational, simple and profound. A minimal organic aesthetic and colour palette offer the space to breathe, while glass walls invite an abundance of natural light into the heart of the space.

The building comprises:

A large (220 sqm) Gym with state-of-the-art equipment by Technogym - divided into four sections for functional, free weight, cardio and strength training.

A light filled (60 sqm) Yoga Studio for meditation and movement practices, including aerial yoga.

An inspirational (35 sqm) Pilates Studio with Reformers, Cadillac and other equipment for postural perfection.

Male and female changing rooms, each with an aromatic steam room and a Himalayan Salt dry sauna.

Warm and cold vitality pools with massage jets, an experience shower and loungers.

TTM Aqua Vitality Ritual and Bathing Rituals.

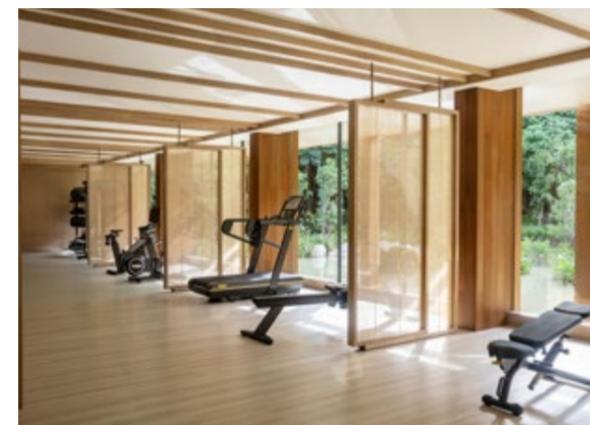
Icepod® Cryotherapy and Hyperbaric oxygen chamber and colonic hydrotherapy.

Consultation and treatment rooms.

Traditional Thai medicine herbal dispensary.

Garden-facing IV vitamin therapy lounge.

In complement to these indoor facilities, there are many options for outdoor activities and adventures, as well as three swimming pools and the sea.



The 'Life Method' rests upon four primary pillars that support a healthy lifespan and youthful glow.

Longevity Medicine

Diagnostics and treatments for rejuvenation and graceful ageing

Longevity medicine is in service to helping us live a high-quality life for longer. Advanced diagnostics can indicate future health risks and pin-point areas where there may be current health concerns or genetic challenges. As such, this personalised approach allows us to customise optimal preventative measures and target therapeutic approaches for anti-ageing and prolonging life.

Traditional Thai Medicine

Food, herbs and spiritual healing for one's individual constitution

Thai Traditional Medicine is an approach to wellness wisdom that has been handed down through seven centuries. This method of healing considers the characteristics of a whole human - physical, emotional and spiritual. When out of balance, dimensions of our wellbeing suffer, however vitality can be restored and uplifted with a tailored approach through food, herbs and healing methods.

Complementary Medicine

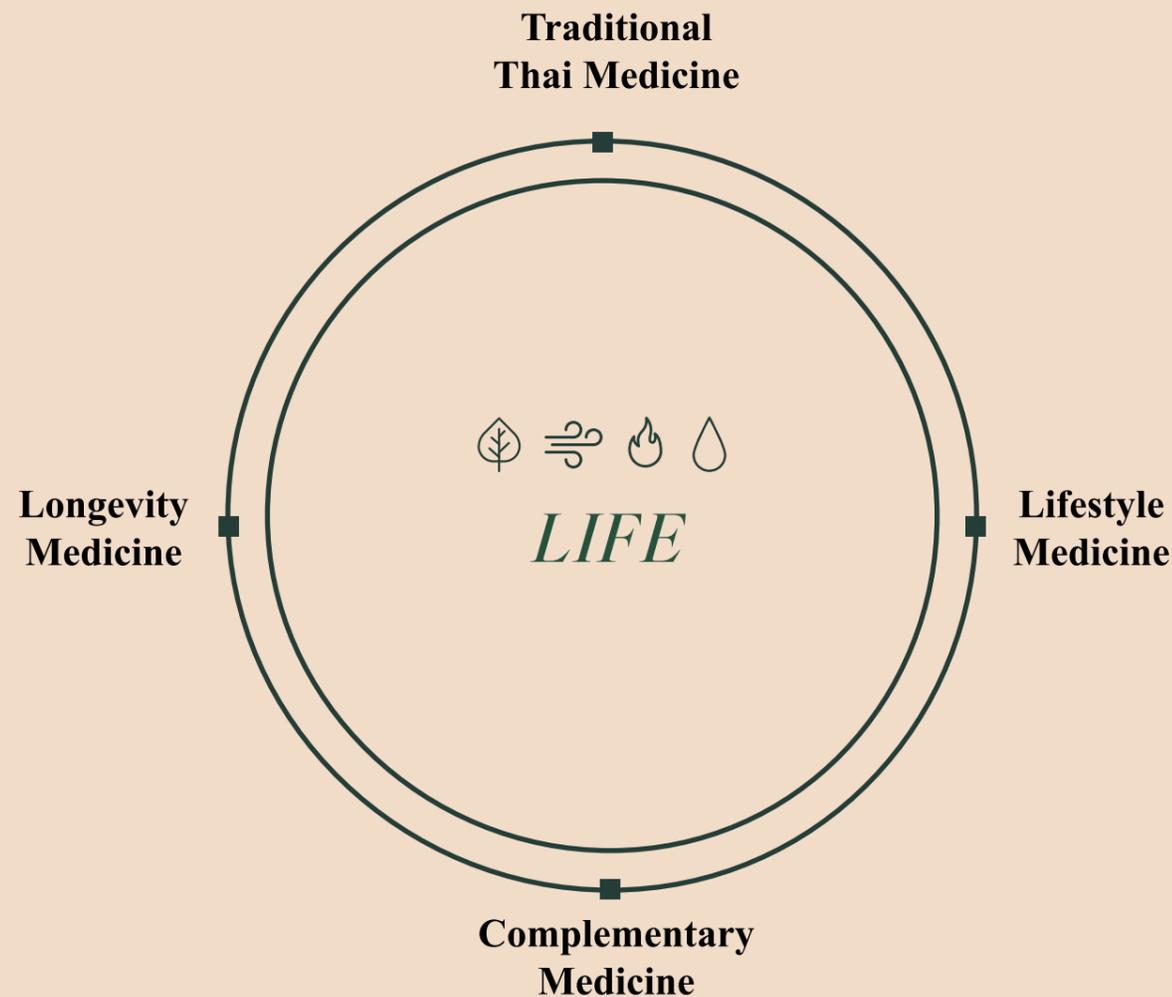
Holistic therapies and experiences that empower wellbeing

Holistic therapies support balanced health and are preventative by nature, so they are a wonderful complement to traditional Western medicine. Our complementary therapies provide a well rounded approach to wellbeing and empower our guests with mind-body techniques and other practices for living well every day.

Lifestyle Medicine

Practices that elevate all dimensions of health and vitality

Lifestyle Medicine is an evidence-based process that rests upon the six key pillars of - eating well, active movement, restorative sleep, stress management, positive social connections and the reduction of harmful substances. Throughout the resort, thoughtfully designed touch points promote healthy eating, sleeping, movement and social habits, while significantly reducing stress and harmful substances for your highest well-being.





SERVICES WE OFFER

The services we offer are both comprehensive and thoughtfully considered. Highly developed technology and products have been selected for efficacy and outcomes, while a proficient team of medical wellness experts guide your journey.

Consultations

Insights with an Edge

We offer initial and follow-up appointments with our medical team, and other consultations in holistic nutrition, physiotherapy, fitness, wellness and Traditional Thai Medicine. This allows us to discuss current challenges and your health and happiness goals, so that your path to wellbeing is tailored at every turn.

Medical Assessments & Diagnostics

Cutting-Edge Self Discovery

Our advanced diagnostics and assessments include interpretation of blood tests, body composition scanning, epigenetic testing, facial skin analysis, heavy metal tests and postural analysis. While other laboratory tests can indicate future risks and uncover the specific reason for a health challenge. This information allows us to customise an optimal anti-aging and longevity plan specifically for you.

IV Vitamin Therapy

For a comprehensive and specific boost to body-mind nourishment

Based on our consultations and diagnostics a truly targeted approach to the essential nutrients your body requires can be crafted by our medical team. Then delivered intravenously by our doctors and nurses, the vitamins, minerals and amino acids provide a potent boost to your wellbeing.

Look Good for Life

Aesthetics for Face and Body

Layan Life has curated non-invasive aesthetic services that work on the deeper layers of the skin to build collagen and improve hydration, while other aesthetic technology works on adipose and connective tissue to slim and reduce cellulite. All services rejuvenate and encourage greater confidence for life.

Thai Traditional Medicine

A holistic health solution that honours each individual constitution

Officially recognised by the Thai Government as a healing method since the year 2000, Thai Traditional Medicine acknowledges that the body is made of four elements or dhatus - earth (din), water (nam), wind (low) and fire (fai). When out of balance, dimensions of wellbeing suffer, however health and vitality can be restored with a tailored approach that considers body, mind and spirit.

Physiotherapy

Move into your future with pain-free musculoskeletal health

Offering advanced physiotherapy solutions, our high-tech postural analysis and pioneering non-invasive therapies combine with our experts' superlative skills and knowledge to relieve pain and accelerate recovery. Resulting in pain-free movement and mobility so that you can get back to living life to the fullest.

Bathing Rituals & Cleansing Therapy

Bathing rituals for the body and internal cleansing for digestion

Our bathing rituals include the Hammam and a hydrotherapy bath, which cleanse the skin stimulate lymphatic system while relaxing the mind and body. Our internal approach to detoxification includes Chi Nei Tsang, a potent abdominal massage and colonic hydrotherapy to promote effective elimination through the digestive tract, supporting various aspects of wellbeing and boosting energy levels.

Bio-Harmonising

Cryotherapy and hyperbaric oxygen to power up your physiology

Utilising science-backed technology, our bio-harmonising services include cryotherapy and hyperbaric oxygen, which both tap into your biology to optimise and enhance performance, cognition and overall quality of life. Both services provide numerous health benefits from reducing inflammation to improving immunity.





Mindfulness

Meditative breath and movement practices to cultivate a state of calm

The simple yet compelling practice of mindfulness through stillness, breathing and movement has profound benefits for the mind and body. Offering private and group classes in various forms of meditation, pranayama breathing and Tai Chi supports the development of mindfulness for everyday life.

Movement

Yoga, stretch and Pilates unify flow, poise and peace for the mind and body

Mindful movement sequences offered via private and group classes in a variety of yoga styles unify heart, mind and breath for a state of centred awareness. Other classes in Pilates, stretching and foam roller exercises cultivate mobility, flexibility and balance for a body that feels stable and free.

Fit & Strong

Conditioning for power, strength, core, speed, cardio and endurance

Our spacious Gym is run by an experienced fitness team and furnished with state-of-the-art Technogym equipment for cardio and strength training. We offer personal training, as well as other specific classes focused on intense cardio conditioning, abs and core strengthening, stability and muscle building for real outcomes and peak performance.

Active Adventures

Explore new places and try new pursuits in the great outdoors

Outdoor classes, activities and adventures for life abound in our vast Active Zone and the surrounding national park. Book in for scheduled group sessions or for a private adventure designed to enhance skills, improve health and expand horizons.

This is an opportunity to have a lot of fun whilst exploring nature in a kayak, on a bike or while zip-lining through the trees.

FOOD FOR LIFE

Delicious Nourishment

A holistic approach to food informed by the best health philosophies

Our Food for Life menu has been carefully curated by expert Wellness Chef Filippo Tawil to support optimal digestive health and various wellness goals. We serve a healthy and abundant variety of fresh whole foods, high quality carbohydrates and proteins, and healthy fats.

All of our wellness meals are free of gluten, dairy and processed sugar. Our preparation and cooking methods maintain the nutrient quality of the ingredients for the best health outcomes.

Our specialist Wellness Chef has curated a nourishing menu that embraces many food philosophies - from pure plant-based recipes to protein-rich ones. We also highlight traditional and popular dishes with a healthy twist, because we believe that the 'whole of life' is here to be enjoyed.

All dishes feature the balance of macronutrients so that you can meet your personal goals with ease. There are options to easily customise your plate with your favourite ingredients, and to have flavourful sauces and condiments on the side, allowing you to keep a measure on fat content. The choices abound!

Our intention is that you have the pleasure of delicious clean food and the joy of sharing good company with family or friends for a life that feels full and whole.





Anantara Spa

Offering time-honoured treatments and heartfelt service

Rooted in Thailand, the essence of Anantara philosophy, 'without end', stems from ancient Sanskrit origins, and our luxurious spa brings this philosophy to life with an extensive menu of spa and wellness traditions from Thailand, China and India, complemented by a selection of results-driven western therapies.

Wellness Host

Your iPad-armed personal assistant

Your wellness host is your personal accountability partner here to support your digital detox, if you book one of our retreat packages. Acting as your schedule keeper and coordinator, they will take care of every detail and every requirement, ensuring that your appointments are all flowing with ease.

Sweet Sleep

A comprehensive sleep kit to ensure a deep restful slumber

A good night's sleep is a key pillar for wonderful health, and with that in mind we have curated a menu of sleep enhancing options for your highest wellbeing. Please speak to our Guest Services team for further details.

Wellness Abode

Health-promoting suite amenities to upgrade your stay

Upon request, your chosen accommodation can be upgraded with wellness additions that enhance and harmonise the environment. You can also opt for a wellness-inspired minibar, free from less healthy distractions.

Kids & Teens

Take time out for yourself while knowing the family are taken care of

Anantara's Chang Club, located near the hillside pool, provides care for toddlers and children up to the age of eight, ensuring they are looked after by our experienced carers. The Teen Zone, situated within the Active Zone area, offers fun activities for children aged eight to 12. For programmes tailored to teenagers between 12 and 16, please speak to our Active Zone team.



MEMBERSHIPS FOR LIFE

Committed memberships make health and happiness a way of life

Set within the lush grounds of our resort, Layan Life offers a comprehensive menu of facilities, experiences and services created for health and happiness.

Based on the four pillars of Longevity Medicine, Traditional Thai Medicine, Complementary Medicine and Lifestyle Medicine, Layan Life is the ultimate health club. Our membership includes use of all fitness and hydrothermal facilities, classes and a generous number of services that span the whole of the menu.

The potential for transformation in all areas of your life is profound. Your membership begins with advanced diagnostics, assessments and consultations with our expert team. The information gained paves the path for a programme and plan that can help you achieve your highest personal goals. Whether that be reversing your biological age, improving fitness or food habits, increasing energy, overcoming digestive or hormonal imbalances or finding inner stillness.

The wellness benefits of committing to a membership are limitless

You will have the ongoing support of a dedicated team of professionals, regular scheduled check-ins, invitations to expert-led talks and seminars on health, priority to book in with visiting masters, exclusive community events, along with discounts at Anantara's restaurants, spa and accommodations. (Certain T&Cs apply).

This is an exclusive opportunity with limited memberships available.

An extraordinary year dedicated to your well life awaits!



RETREATS FOR LIFE

3,5,7 & 10 Days

Embark on a path to lifelong wellness with our customised 3-, 5-, 7-, and 10-night retreats. Drawing upon our extensive menu of services, and placing you at the centre of our trustworthy team, your every need is anticipated. Every retreat journey begins with consultations supported by advanced diagnostics and assessments to truly tailor a programme for your highest health outcomes.

There is so much that Layan Life can offer.

Achieve hormonal balance with advanced diagnostics and methodologies. Tap into ancient wisdom to address burn-out. Nourish your nervous system and learn personalised solutions for good sleep. Improve functional fitness with expert physio support. Explore mindfulness techniques amid soothing nature.

A retreat is the perfect pause to rejuvenate and reset for life.

All retreats include three meals per day, specialised treatments, daily group classes, expert wellness talks, and special room rates for the duration of your stay.

Your enriching journey to a 'well life' awaits.

TRADITIONAL THAI MEDICINE FOR LIFE

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.





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.

BEAUTY FOR LIFE

For a journey into holistic attractiveness and anti-ageing

Feel good in your own skin with this comprehensive exploration of looking good from the inside out. Taking a truly holistic approach, each retreat begins with wide-ranging wellness and skin consultations and assessments. The results will be used to tailor a bespoke programme of facial therapies, yoga, personal training, IV drips, physiotherapy, and Traditional Thai Medicine treatments. Longer retreats also cover Pilates, colonic hydrotherapy, detoxifying spa treatments, and more.

This retreat is perfect for men and women seeking transformation, aiming to reverse the hands of time and look their very best at every age.



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.

MINDFULNESS FOR LIFE

For a profound connection to inner calm

Learn tools that will serve you for life with a guided mindfulness quest in nature's calm embrace. Activities like yoga, tai chi and singing bowl sound therapy help to release stress and mental exhaustion, reconnect to your higher purpose and surrender to inner peace. Creating the inner environment for healing, physical experiences include cryotherapy, IV drips, Chi Nei Tsang and colonic hydrotherapy, as well as Traditional Thai Medicine treatments, facials, massages, and personal training.

This retreat is ideal for anyone who lives a busy life and wants to increase stress resilience and reconnect to what is personally meaningful.





REMOVE

RELEASE

REFRAME

RESET

RETURN

CHANGE FOR LIFE

As we navigate the different changes and phases of life, we are called to evolve. Taking the time out to retreat can mark these essential rites of passage, it can be a time of profound inner awareness and awakening - a time to turn over a new leaf and step into a whole new page of life.

Remove

Staying on 'retreat' allows you to remove stressors and responsibilities, disruptions and de-railers, toxicity and excess sensory stimulation.

Release

Being on retreat is an opportunity to 'release' mental and emotional luggage, bad habits and excuses, excess weight and toxins, and disempowering thoughts and stresses.

Reframe

Now is the chance to 'reframe' beliefs, thoughts, patterns, habits and attitudes. Changing a perspective is a powerful path to transformation.

Reset

As you commit to the above steps, you will 'reset' your wellbeing, homeostasis and harmony, peace and calm, strength and resilience, balance and energy.

Return

The reward is that you 'return' to your true healthy self - a state in which you feel optimistic, purposeful, energised, vital and in harmony with life itself.

ANANTARA
LAYAN PHUKET
RESORT

LAYAN RESIDENCES
BY ANANTARA

AVADINA HILLS
BY ANANTARA

BEACH HOUSE
BY ANANTARA

LAYAN ACTIVE ZONE

Dara

LAYAN LIFE
BY ANANTARA

- THAI SPECIALITY RESTAURANT
- "SPICE SPOON" COOKING SCHOOL
- STARGAZING OBSERVATORY

- WELLNESS CENTER

RESORT FACILITIES

- | | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> • Upper Lobby & Library • Anantara Spa • Hillside Pool • Fitness Centre • Chang Club • Buggy Stop • Age Restaurant | <ul style="list-style-type: none"> • Layan Chapel • Diversion Hut • Beachside Pool • Rooftop Bar • Beach House • Layan Organic Garden & Farm • Layan Active Zone | <ul style="list-style-type: none"> • Dara Restaurant & Spice Spoon • Clay Studio • Jetty • Zipline • Spa Herb Garden • Wellness Center |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|



PREPARE

PLAN

DISCUSS

ENGAGE

THRIVE

Time is precious, and our goal is to plan and prepare meticulously so that you receive the utmost value from your retreat with Layan Life.

Prepare

To get the most out of your time with Layan Life we kindly request that you complete a confidential health form ahead of arriving, so that we can tailor a programme to your needs.

Plan

Based on the questionnaire and an optional video consultation, we may recommend certain tests before travelling, or we will schedule all of the necessary diagnostic and physical tests upon your arrival.

Discuss

Once you arrive you will meet with a wellness advisor to discuss your personalised schedule for tests, therapies, experiences and activities.

Engage

Now it's time to follow the Life path and enjoy the journey. Your assigned Host will take care of details and our team will support you in co-creating your life enhancing experience.

Thrive

Your time here is an opportunity to enjoy quality time doing the things you love with the person or people you love, while being supported towards your most brilliant health.

Time on retreat is a glorious opportunity to reset habits and routines for a new way of life, so we invite you to the journey.

Rhythm

The daily retreat schedule settles your body and mind into a healthy rhythm, which supports energy levels and many other important physiological functions.

Nourish

We serve a healthy and abundant variety of whole foods that eliminate the less supportive ingredients and provide the building blocks for optimal vitality and good health. We have a wellness menu in each restaurant and for in-room dining.

Move

Our activities are open to all levels of fitness and flexibility. Our bodies were born to move, and the physical and mental benefits of exercise are numerous.

Learn

Our passionate team are dedicated to teaching you the 'how to' of healthy living and positive thinking. We share the fundamental principles of health.

Relax

A considerable part of each day is recommended for 'rest time' - your physical, mental, emotional and spiritual wellbeing. This is when you will have your Layan Life and Spa services; perhaps you will lie in the sun or write a journal.

Layan Life is in service to hosting a remarkable retreat journey for all. Please take a moment to familiarise yourself with our FAQs to make the most of your stay.

Booking a Retreat

Advance booking is highly recommended to secure your specialists and plan a schedule of appointments. Please email layanlife@anantara.com to make an inquiry.

Appointment Changes

Your specialist and appointment time have been exclusively reserved for you. If you need to change your reservation, we request 24 hours’ advance notice. While we will do our utmost to accommodate changes, we cannot guarantee this will always be possible. Regrettably, if we are unable to provide the same service within your retreat stay, it will be forfeited, and no refunds will be issued.

Appointment Arrival Time

Please arrive 10 minutes before your appointment. Note that late arrivals may compromise the full length of your treatment, as we strive to stay on schedule for all guests. Certain appointments may need to be cancelled if we do not have the required timeframe for that particular service.

Consultations

We are committed to providing high quality care that considers your individual health status, needs and goals.

Privacy

Our caring and professional therapists respect your privacy and keep all personal information confidential. It is our intention to provide a safe environment.

Safety and Hygiene

The team at Layan Life work to the highest standards in safety and hygiene.

Age Requirements

Layan Life is exclusively reserved for guests over the age of 16. Anantara offers childcare so that parents can have time for self-care.

Group Classes

Advance bookings are required for group classes due to limited space. Please arrive five to 15 minutes before the class starts to be present for the introduction. Late arrivals may result in not being allowed to join the class.

Layan Life has close to eighty wellness offerings and many more when combined with Anantara Spa and the Active Zone. Come and settle into a daily rhythm for a week, a month or even a year.

6:30 am	Wake Up to Life	Wake Up to Life
7:00am	Strength Fitness	HIIT Fitness
8:00am	Breakfast at Breeze	Breakfast at Breeze
9:30am	Epigenetic Test	Physio Assessment
10:30am	Yoga	Pilates
11:30am	Snack by Cocoon	Snack by Cocoon
12:00pm	IV Vitamin Therapy	IV Vitamin Therapy
1:00pm	Lunch at Dhara	Lunch at Dhara
2:00pm	Hot and Cold Vitality Pools	Sauna and Steam
3:00pm	Hyperbaric Oxygen	Aesthetic Facial
4:00pm	Snack by Cocoon	Snack by Cocoon
4:30pm	TTM Body Treatment	Cryotherapy / Meditation
6:00pm	Shower and Dress	Shower and Dress
7:00pm	Dinner at Age	Dinner at Zuma
8:30pm	Evening Meditation	Evening Meditation
9:00pm	Journaling	Journal
9:30pm	Sleep	Sleep

A day in the Life of Anantara Layan.



NATURE IS MEDICINE, AND
HERE IN ONE OF PHUKET'S
MOST TRANSCENDENT
NATURAL NIRVANAS - EARTH,
WATER, WIND AND FIRE - ARE
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BALANCED TOMORROW.

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BY ANANTARA

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