

A woman with long, wavy, reddish-blonde hair is shown in profile, looking towards the right. She is wearing a white, long-sleeved, belted dress. The background is a lush tropical landscape with palm trees and a body of water in the distance. The lighting is warm and golden, suggesting late afternoon or early morning. The text is overlaid on the left side of the image.

LAYAN
LIFE

BY ANANTARA

FACT SHEET

LAYAN LIFE FACTS

ADDRESS

Anantara Layan Phuket, 168 Moo 6
Layan Beach Soi 4, Cherngtalay,
Thalang, Phuket, Thailand

WEBSITE

layanlifephuket.com

E-MAIL

layanlife@anantara.com

TELEPHONE NUMBER

+66 76 317 210

HOSPITALITY BRAND

Anantara Hotels & Resorts

LOCATION

Anantara Layan Phuket Resort is nestled between the lush greenery of the National Park and the soft sand of Layan Beach. Located on Phuket's northwestern coast, the setting is serene with views over the picturesque bay and horizon.

GETTING HERE

Fly into Phuket International Airport, then enjoy a 25-minute drive (approximately 15 km) to Anantara Layan Phuket.



THE CONCEPT

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.

THE ELEMENTAL JOURNEY

Layan Life is immersed in the elements of nature - earth (din), water (nam), wind (lom) and fire (fai). At any given moment these four elements are also our mind, body and soul, with a balanced interplay being fundamental to life.

THE LIFE METHOD

The 'Life Method' rests upon four primary pillars that enhance health and happiness.

Longevity Medicine - advanced diagnostics that inform a tailored plan of treatments for rejuvenation and longevity;

Traditional Thai Medicine - using herbs, bodywork and spiritual healing customised to each individual constitution;

Complementary Medicine - holistic therapies complement modern medicine for an integrated approach;

Lifestyle Medicine - practices that include exercise, nutrition, sleep, reduced stress, social connections and reduced harmful substances to elevate health on all levels.

THE JOY OF CHOICE

Our founding principle is the joy of choice: to share wellness experiences with friends or family, or take time out for oneself. Embrace nutritious cuisines, activities and adventures. Rest and rejuvenate. Be guided and supported, or choose your own path.



FACILITIES

LAYAN LIFE FACILITIES

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

The 1,767-sqm, double-storey biophilic structure design 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.

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

Layan Life is central to all other wellness activities and options - allowing our guests the option to stay within a quiet wellness area or engage with the 'whole of life' at the resort.

LOWER LEVEL

Arrive into a welcoming reception and be guided to:

- 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
- A inspirational (35 sqm) Pilates Studio with Reformers, Cadillac and other equipment for postural perfection
- Male and female changing rooms
- Aromatherapy steam room in each change room
- Himalayan salt dry sauna in each changing room
- Hot and cold vitality pools with massage jets, an experience shower and loungers (83 sqm).

UPPER LEVEL

Step into a spacious central reception and take a seat in preparation for your appointment:

- 4 consultation rooms
- 7 treatment rooms
- Cryotherapy Icepod® Cryotherapy
- Hyperbaric oxygen chamber
- Colonic hydrotherapy
- TTM Aqua Vitality Ritual
- Bathing Rituals
- Herbal dispensary
- IV vitamin therapy lounge
- Relaxation lounge.



MEMBERSHIPS | RETREATS

MEMBERSHIPS FOR LIFE

Layan Life is opening up a limited number of exclusive memberships.

The potential for transformation in one year is profound. Whether that be reversing biological age, improving fitness, increasing energy, overcoming digestive or hormonal imbalance, or finding inner stillness.

Facilities, services and experiences include:

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

Members will receive:

- Use of all fitness and hydrothermal facilities
- Generous inclusions of services, classes and experiences
- Personalised programmes and ongoing support
- Regular scheduled check-ins
- Invitations to expert-led talks and seminars on health
- Priority to book in with visiting masters
- Exclusive community events
- Discounts at Anantara's restaurants
- Discounts at Anantara Spa
- Discounts on accommodations.

The wellness benefits of committing to a membership are limitless.

RETREATS FOR LIFE

Embark on a unique healing path to lifelong wellness with our customised 3-, 5-, 7-, and 10-night retreats.

Drawing upon our extensive menu of services, and placing our guest at the centre of our trustworthy team, our retreat programmes are a path back to whole health.

Traditional Thai Medicine for Life

For a whole approach to mind, body and spirit

Shape for Life

For a holistic path to a confident and balanced body

Beauty for Life

For a journey into holistic attractiveness and anti-ageing

Active for Life

For a proactive approach to enhancing strength and fitness

Mindfulness for Life

For a profound connection to inner calm



SERVICES

LAYAN LIFE SERVICES

Consultations

Insights with an edge

Medical Assessments & Diagnostics

Cutting-edge self-discovery

IV Vitamin Therapy

A comprehensive boost to body-mind nourishment

Look Good for Life

Aesthetics for face and body

Thai Traditional Medicine

A holistic health solution customised to each constitution

Physiotherapy

Move into your future with pain-free musculoskeletal health

Bathing Rituals & Cleansing Therapy

Bathing rituals for the body and internal cleansing for digestion

Bio-Harmonising

Cryotherapy and hyperbaric oxygen to power up physiology

Mindfulness

Meditative breath and movement practices to cultivate calm

Movement

Yoga, stretch and Pilates unify flow in mind and body

Fit & Strong

Conditioning for power, strength, core, cardio and endurance

Active Adventures

Explore new places and try new pursuits in the outdoors

ANANTARA SPA SERVICES

Anantara Signature Experiences

Memorable rituals of a bespoke nature

Local Indigenous Experiences

Sea healing and seashell herbal therapies

Spa Rituals

Romantic rendezvous, head-to-toe and other journeys

Wellness Treatments

Jet lag, detox, Chi Nei Tsang and Indian head massage

Himalayan Singing Bowl Therapy

Relaxing, balancing and backache therapies

Healing Power of Cannabis

Restful slumber, calming and stress release journeys

Massage

A choice of eight different massage therapies

Body Treatments

A soothing after-sun wrap and a choice of three body scrubs

Slimming Treatments by Biologique Recherche

A choice of six targeted therapies for the body

Facial Treatments by Biologique Recherche

A choice of seven facials for specific skin results

Anti-ageing Intraceuticals Oxygen Facial Treatments

A choice of four targeted facial treatments

Anantara Facials

Classic and express facials with a traditional touch

Hand and Foot Care

Manicures and pedicures for ladies and gentlemen

Waxing Services

For face and body

Hair Salon Services

Hair treatments, haircuts, wash and blow-dry services



LIFESTYLE

LAYAN LIFESTYLE

In harmony with the elemental beauty of nature, along with comprehensive offerings throughout the resort, Layan Life is well poised to guide each guest on a multi-faceted path towards holistic wellbeing and lasting transformation.

The Layan Lifestyle is supported by:

- Lush forest (Earth)
- Blue ocean (Water)
- Sunshine (Fire)
- Fresh breeze (Air)
- Nourishing cuisines
- Wellness butlers
- Expert staff
- Hair, beauty & spa services
- Active outdoor adventures
- Educational activities
- Kids' club
- Reflection spaces
- Cultural immersions
- Well abode upgrades
- Sweet sleep and pillow menu.

The Layan Lifestyle encompasses:

- The joy of choice
- Wellness for the whole family
- Being on a retreat while connecting with family
- Enjoying social connections
- An exhilarating wellness journey
- Or choosing to...
- Take time out to be alone
- Rest and stillness
- Rejuvenate and recover.

FOOD FOR LIFE

Our Food for Life has been carefully curated by expert Wellness Chef Filippo Tawil, embracing a healthy and abundant variety of fresh whole foods and food philosophies.

All dishes are free from gluten, dairy and processed sugars, and feature a balance of high quality macronutrients. We also highlight traditional and popular dishes with a healthy twist, because we believe that the 'whole of life' is here to be enjoyed.

- Wholesome mindful cuisine
- Choice of over 40 wellness dishes
- Gluten-free
- Dairy-free
- No processed sugars
- Sustainably sourced fish, poultry and meat
- Macronutrient profile (fats, carbohydrates and protein ratio)
- Kilojoules noted
- Plant-based meals
- High protein paleo meals
- Vegan and vegetarian meals
- Variety of cultural ethnic cuisines
- Tailor-made plans by nutritionist.

RESTAURANTS & BARS

- Breeze - a la carte wellness breakfast
- Cocoon - wellness snacks & beverages
- Dara - set menu for wellness lunch, set menu
- Breeze - All-day dining with a wellness menu option
- Zuma - elevated Japanese food
- Age restaurant - meat and seafood
- Dara - Modern thai cuisine
- Rooftop bar - ocean views and tapas.

ANANTARA SPA FACILITIES

- 4 single treatment suites
- 3 double treatment suites
- Private bath suites
- Manicure and pedicure room
- Hair and beauty salon
- Male and female changing rooms
- Steam rooms
- Relaxation lounge.

ACTIVE ZONE FACILITIES

- Open-air functional gym
- Muay thai boxing ring
- Climbing wall
- Tennis court
- Zip line
- Push bikes.

DIVERSION HUT

- Kayaking
- Windsurfing
- Standup paddleboards
- Water sports.

SWIMMING POOLS

- Beachside pool
- Hillside pool
- Active zone pools
- Residences & Villas

KIDS' CLUB

- Chang Club
- Teen Zone

REFLECTION SPACES

- Library
- Layan Chapel
- Layan Organic Garden
- Pottery-making Pavilion

ACCOMMODATION

Choose from suites, pool villas and residences with private outside space, sweeping views and blissful ocean breezes at the adjacent Anantara Layan Resort and Layan Residences by Anantara.

13 types of rooms, suites and pool villas.

Rooms

Premier room (56 m²) for 2 adults

Deluxe Layan Suite (79 m²) for 2 adults.

Pool Suites

Pool Suite (72 m²) for 2 adults

Two Bedroom Pool Suite (128 m²) for 4 adults

One Bedroom Grand Sea View Pool Suite (72 m²) for 2 adults

Two Bedroom Grand Sea View Pool Suite (128 m²) for 4 adults.

Pool Villas

Deluxe Pool Villa (100 m²) for 2 adults

Beach Access Pool Villa (180 m²) for 2 adults

Sala Pool Villa (220 m²) for 2 adults

Beachfront Layan Pool Villa (280 m²) for 2 adults

Two Bedroom Pool Villa (220 m²) for 4 adults

Two Bedroom Layan Pool Villa (320 m²) for 4 adults

Two Bedroom Anantara Pool Villa (485 m²) for 4 adults.

Layan Residences:

Seven two-storey, seaview residences, VIP airport arrival/departure, live-in butler service, in-residence dining, spa experiences and fitness.



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