



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.

TRADITIONAL THAI MEDICINE FOR LIFE RETREAT

TTM FOR LIFE RETREAT	3N	5N	7N	10N
TOTAL PRICE OF RETREAT	40,920 THB	62,920 THB	91,960 THB	125,840 THB
Wellness Initial Consultation	1	1	1	1
Traditional Thai Medicine 'Vitality' Consultation	1	1	1	1
TTM Follow up Consultation	0	1	1	2
TTM Workshop	1	1	1	2
Epigenetic - Cell Wellbeing Test	0	0	1	1
Myer's Cocktail Infusion	1	1	1	1
Brain Function Support Infusion	0	0	1	1
Rajasamnak Thai Therapeutic Massage	1	2	2	2
Pao Ya Heated Herbal Therapy	1	1	1	1
Sweet Herbal Thai Acupressure (with Head massage)	1	1	1	2
Tranquil Thai Herbal Ritual Bath	1	1	1	2
Goy Mod Look Therapy (Women Health Abdomen Massage) / Burut Vitality Therapy (Men Health Acupressure)	0	1	1	1
Goy Thong Therapy (Gut Health Abdomen Massage)	0	0	1	1
Herbal Salted Clay Pot Revitalization	0	0	1	1
Soom Ya (Facial Herbal Steam Therapy)	0	0	0	1
Thai Aqua Vitality Ritual	1	1	1	2
Moti Dynamic Postural Analysis	0	1	1	1
Cryotherapy	0	0	1	1
Hyperbaric Chamber - Hyperbaric Oxygen Therapy (HBOT)	0	0	0	1
Pilates Plus	0	1	1	2
3D Full Body Scanner (Styku)	0	1	1	1
Super Stretching	0	0	1	2
Total number of Treatments	9	15	21	30

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

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