



LAYAN  
**LIFE**  
BY ANANTARA

ACTIVE FOR LIFE



# 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 and more.

This retreat is ideal for men and women who want to embrace a visionary, cutting-edge approach to a stronger, longer life.

## ACTIVE FOR LIFE RETREAT

ACTIVE FOR LIFE RETREAT	3N	5N	7N	10N
<b>TOTAL PRICE OF RETREAT</b>	<b>46,200 THB</b>	<b>80,960 THB</b>	<b>113,960 THB</b>	<b>156,640 THB</b>
Wellness Initial Consultation	1	1	1	1
Wellness Follow up Consultation	0	0	1	1
Physiotherapy Initial Consultation	1	1	1	1
Physiotherapy Follow up Consultation	0	0	0	1
Myer's Cocktail Infusion	0	1	1	1
Metabolic Support Infusion	0	1	1	1
Energy Boost Infusion	1	0	1	1
Rajasamnak Thai Therapeutic Massage	0	1	1	1
Thai Aqua Vitality Ritual	0	0	1	2
Pain Management	1	1	2	3
Re-Functional Training	0	1	1	1
Deep tissue massage with physiotherapist	1	1	1	1
Moti Dynamic Postural Analysis	1	1	1	1
Cryotherapy	1	2	3	4
Energy Balancing	0	1	1	1
Hyperbaric Chamber - Hyperbaric Oxygen Therapy (HBOT)	0	1	1	3
Yoga/ Mat Pilates	0	1	1	1
Pilates Plus	0	0	1	2
3D Full Body Scanner (Styku)	1	1	1	2
Super Stretching	1	1	1	2
Personal Training	1	2	3	4
<b>Total number of Treatments</b>	<b>10</b>	<b>18</b>	<b>25</b>	<b>35</b>

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

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