

From Jungle Zip-Lines to Longevity Medicine: Anantara Layan Phuket Resort Redefines the Family Summer Holiday



May 20, 2026: There is a particular kind of quiet that settles over Layan Beach in the early morning. The Andaman Sea is still glassy, the air carries the faint scent of frangipani, and the only sounds are the tide and the occasional call of a bird from the tree line. By mid-morning, that quiet gives way to something else entirely: the sound of a family holiday in full swing.

Positioned on one of Phuket's last remaining stretches of truly secluded beachfront, Anantara Layan Phuket Resort is one of Southeast Asia's most considered luxury destinations — and this summer, it opens its doors to families traveling together across generations. Unlike traditional family resorts, Anantara Layan combines beachfront luxury with Layan LIFE's integrated wellness and longevity expertise, creating a genuinely multi-generational retreat where children, parents and grandparents can move, recover, reconnect and build healthier habits together.



Together First

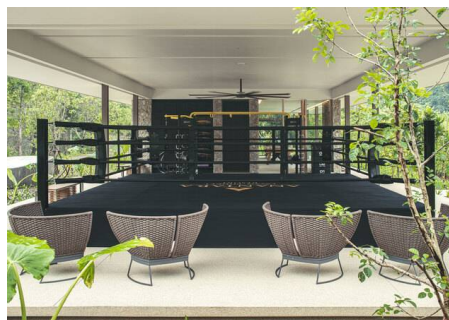
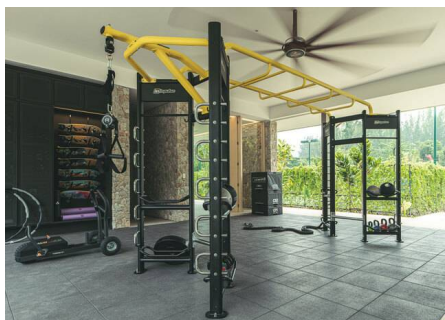
The best family holidays are built around shared experiences, and Anantara Layan has those in abundance. Paddle boarding and swimming on a beach that feels like it belongs to you. Rock climbing and zip-lining through jungle canopy. Muay Thai, tennis, and tai chi on the lawn as the sun lifts over the Andaman — a session that suits a six-year-old and a sixty-year-old equally. Cooking classes built around the freshest local ingredients, with every generation finding their role.

These are screen-free hours that no one needs to be persuaded into. When the jungle is this close, the sea this clear, and the activities this good, the phone stays in the villa. This is where the family wellness adventure begins, outdoors, active, and fully present, before everyone finds their own path through the rest of the day.



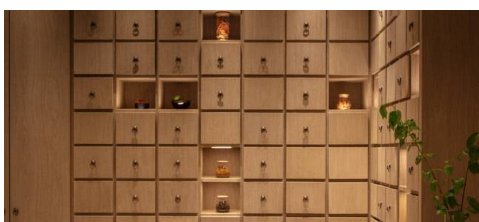
For the Little Ones

From the Little Farm to the Kids' Club, younger children's imaginations are sparked and energy well spent, with activities designed to build creativity as naturally as they nurture. Little ones are also welcome at Anantara Spa for age-appropriate treatments — a gentle first introduction to the simple idea that looking after yourself can feel lovely.



For Teens

The Teen Zone gives adolescents their own space and energy, with access to the full Active Zone, for fun activities such as boxing and archery. The Anantara Spa is one of the best on the island and for those aged sixteen and above who want something more intentional, Layan LIFE by Anantara offers a complimentary one-to-one wellness consultation on arrival: a personal starting point across fitness, nutrition, mental wellbeing and more.





For Adults

The world-class gym and movement facilities provide a serious fitness foundation for those who want it. Throughout the week, Layan LIFE sessions such as breathwork, sound healing, Traditional Thai Medicine herbal workshops, guided meditation, yoga, hot and cold plunge pools, tai chi and Gyrokinesis are available to dip into without committing to a program. Private wellness and movement classes for family groups can be arranged through Layan LIFE.

For those who want to go considerably further, Layan LIFE by Anantara is waiting. One of the most compelling wellness destinations in Southeast Asia, it brings together Traditional Thai Medicine, evidence-based lifestyle medicine and cutting-edge diagnostic technology all under one roof, all shaped around the individual. A multidisciplinary team of doctors, nutritionists, movement specialists and wellness practitioners builds each program from a detailed pre-arrival consultation, spanning everything from reformer Pilates and cryotherapy to VISIA skin analysis and IV nutrient therapy. Programs run from half-day experiences to immersive retreats of two, three, five, seven or ten nights.

Whether a guest is in their thirties and curious about their health, navigating the demands of midlife, or an active grandparent determined to stay that way, Layan LIFE meets every life stage with something that genuinely fits, and guests leave with measurable results and tools that extend well beyond the stay.



Food That Works for All

The food alone would justify the trip. Dara's modern Thai menus celebrate southern produce in dishes of real elegance, while the Observatory Deck opens for rooftop stargazing paired with cocktails inspired by the constellations. Age draws guests back night after night for hand-picked cuts, the finest locally caught seafood, and a sommelier-guided wine list. Then there is Zuma — the world-renowned Japanese restaurant, right on resort. Woven through all of it is a longevity-focused wellness menu developed with the Layan LIFE team. Great food and feeling extraordinary are not in competition here — they are one and the same.

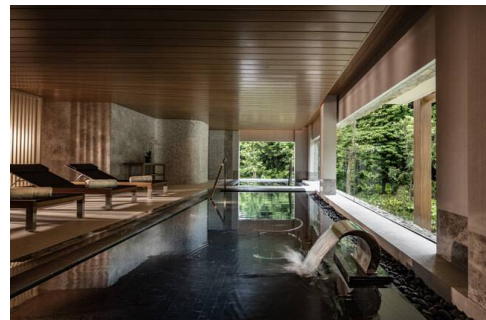
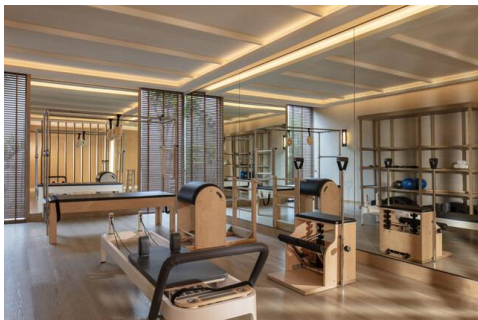
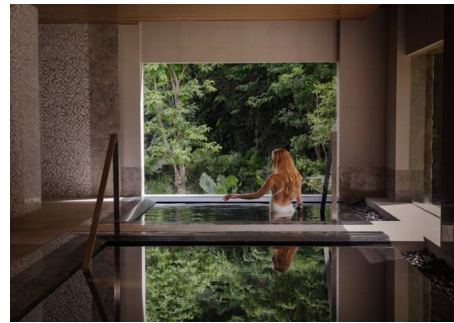


Space for Everyone

Pool suites and private pool villas, beachfront or hillside, suit couples and smaller families beautifully. For larger multi-generational groups, private residences ranging from two-bedroom pool villas to three and seven-bedroom luxury residences provide real space to gather, and room to retreat, all within the wider resort grounds with every amenity close at hand.

What Anantara Layan offers this summer is a family wellness adventure of genuine richness — active, beautiful, and nourishing in every sense — set along one of the most extraordinary stretches of the Andaman coast. How much of it each family member chooses to embrace is entirely up to them. There is more than enough for everyone.

Prices at Anantara Layan Resort Phuket start from approximately USD 475+ per night for a Deluxe Layan Suite. Rates are inclusive of daily breakfast for two guests, subject to an additional 18.7% in service charges and taxes, and valid through October 31, 2026.





About Layan Life

Layan Life by Anantara is a sanctuary where pristine nature, modern science, and timeless Thai wisdom converge. Every guest journey is thoughtfully curated to restore balance, enhance vitality, and unlock longevity guided with genuine care by world-class experts within the refined luxury of Anantara Layan Phuket Resort. Here, advanced diagnostics and evidence-based therapies meet sacred Thai rituals and healing traditions, creating an experience that is not just restorative but transformative. Through every season of life, Layan LIFE is your trusted companion empowering you to live fully, flourish gracefully, and embrace a longer, healthier, and more meaningful life.

www.layanlifephuket.com

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About Anantara Hotels & Resorts

A luxury hospitality brand for modern travelers, Anantara has connected guests to genuine places, people and stories in some of the world's most extraordinary destinations since 2001. Each Anantara embraces the surroundings and culture of its destination to create unforgettable memories for every guest. From city to sea, Anantara delivers heartfelt, Thai-inspired hospitality at its collection of over 50 hotels and resorts across Asia, Europe, Africa, the Middle East and the Indian Ocean.

Anantara is part of global hospitality group [Minor Hotels](#) and a member of the GHA DISCOVERY loyalty program.

Visit anantara.com for more information, and connect with Anantara on [Facebook](#), [Instagram](#), [TikTok](#) and [YouTube](#).

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