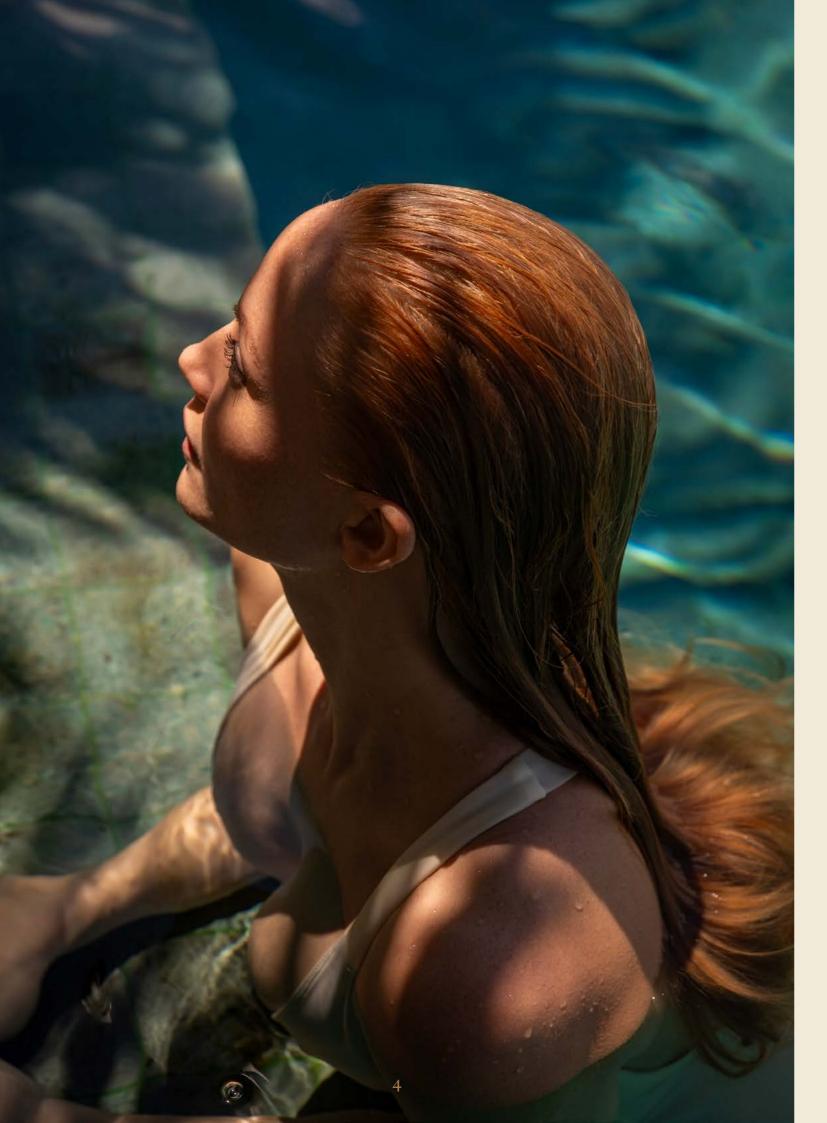




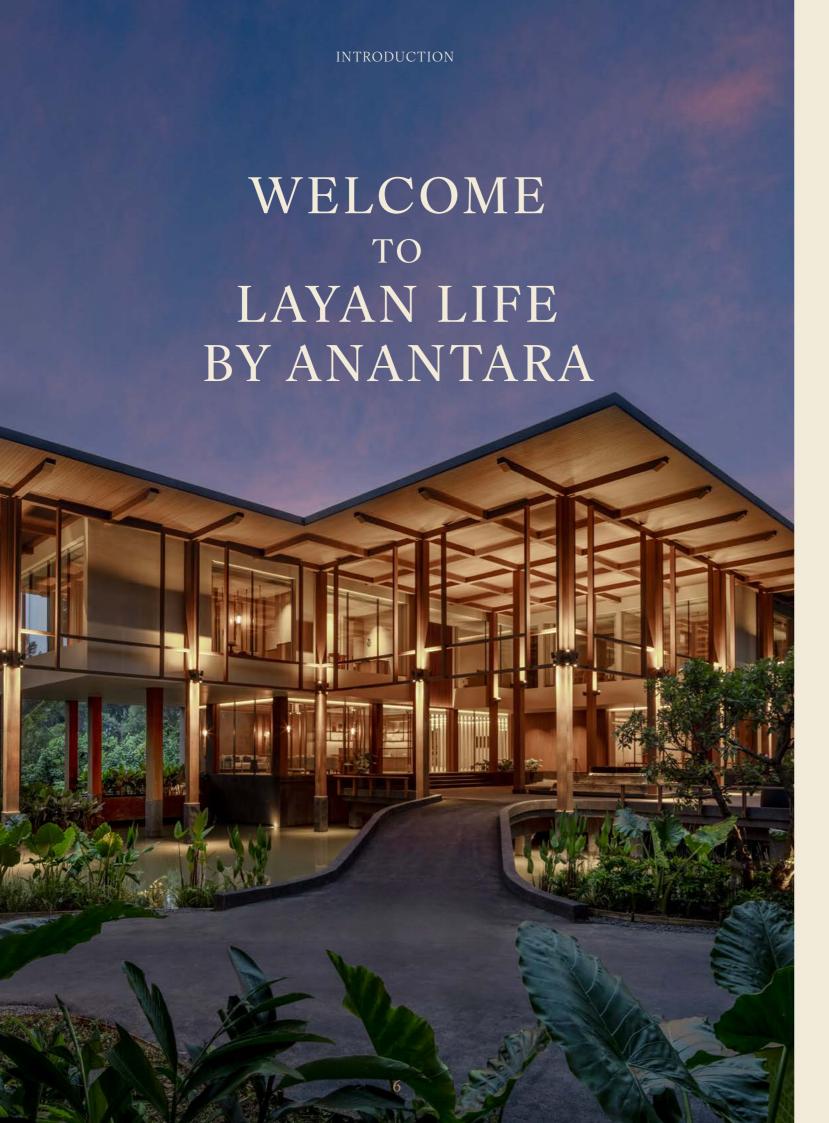
# A TRANSFORMATIVE 'WHOLE OF LIFE' APPROACH TO WELLBEING.

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

### LAYAN LIFE BY ANANTARA



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Every season of our lives has a different mood and texture, with unique needs and aspirations. 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). In the same 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' rests 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 FACILITIES

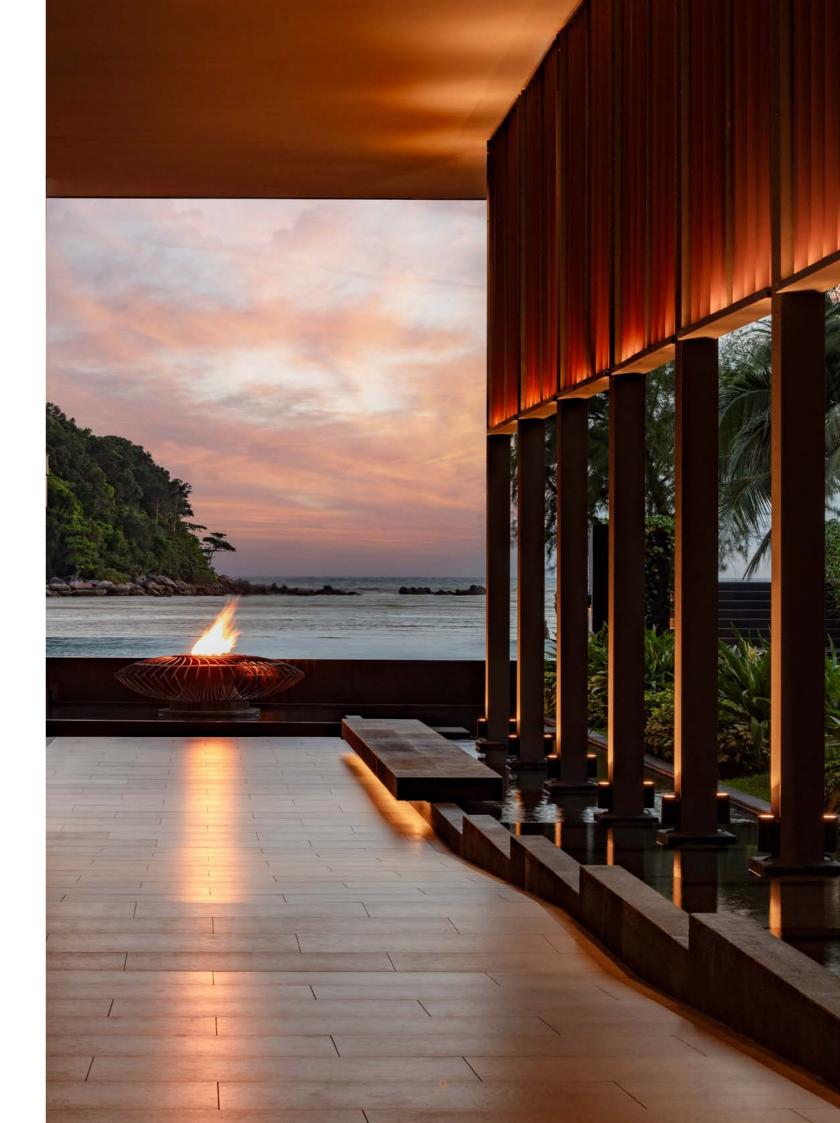
Resting on a calm reflective pond within a circle of lush green foliage, the Layan Life building complements its peaceful setting, and sits at the centre of all other spa and wellness offerings within the resort.

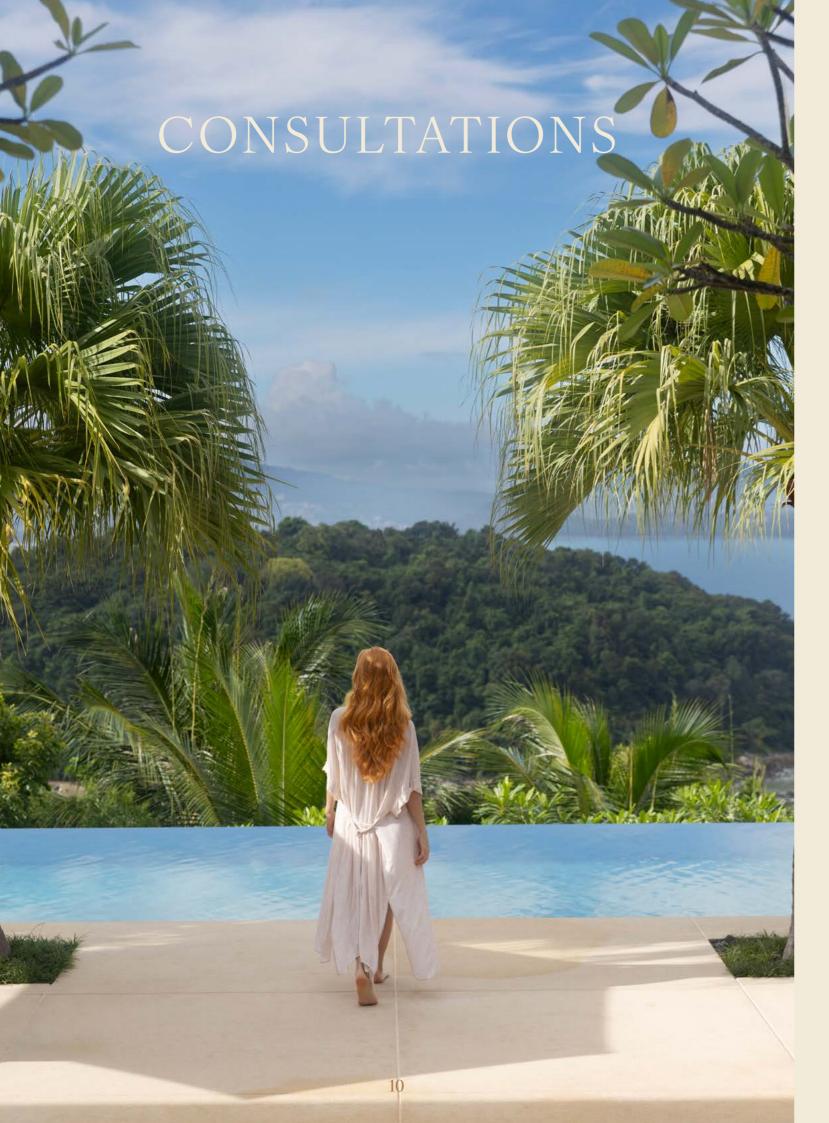
GYM EQUIPPED WITH TECHNOGYM YOGA MEDITATION SPACE PILATES PLUS STUDIO MALE AND FEMALE CHANGE ROOMS STEAM ROOM DRY WOOD HIMALAYAN SALT SAUNA HOT AND COLD VITALITY POOL EXPERIENCE SHOWER AND LOUNGERS CONSULTATION AND DIAGNOSTIC ROOMS AESTHETICS AND TREATMENT ROOMS HYDROTHERAPY BATH HAMMAM COLONIC HYDROTHERAPY CRYOTHERAPY HYPERBARIC OXYGEN IV VITAMIN MINERAL THERAPY LOUNGE

TRADITIONAL THAI MEDICINE HERBAL DISPENSARY









Guided consultations allow us to explore current health challenges and your evolving health and longevity goals. Once clarity is achieved the appropriate assessments and diagnostics will be recommended, along with a program of therapies. Your path to wellness is tailored at every turn.

#### Initial Wellness Consultation For a tailored wellness journey from day one

You will be scheduled for an Initial Wellness Consultation on arrival. Our Layan Life experts – all qualified health professionals – will assess your health status through detailed discussions and a questionnaire. If you are undertaking a retreat, this consultation sets the stage, guiding the ideal programme to maximise your time with us.

#### Wellness Follow Up Consultation For ongoing, personalised wellness support

Maximise the benefit of your stay with our follow-up wellness consultations, designed to offer continued expert guidance tailored to your evolving health and wellness goals. If you have chosen a retreat, our experts monitor your progress and adjust your plan accordingly. The length of your stay determines how many follow-up consultations are included.

We draw upon the medicine of modern science and indigenous wisdom to inform our approach to the whole of your wellbeing journey – mind, body and soul.

### Medical Consultation For personalised healthcare and expert advice

Our medical team is dedicated to addressing your individual health concerns, and offering comprehensive medical consultations that include blood tests and bespoke reports.

This personalised approach ensures that we take care of all aspects of your wellbeing throughout your stay at Layan Life.

### Traditional Thai Medicine 'Vitality' Consultation For harmony of body and mind

Gain valuable insights into your overall wellbeing and learn how to balance the body's four elements – Din (earth), Nam (water), Lom (wind), and Fai (fire) – during this personally tailored consultation.

You'll receive a unique path of lifestyle recommendations, herbal remedies, and therapeutic treatments that harness ancient Thai wisdom to help achieve homeostasis in the modern world.

### TTM Follow Up Consultation For continued personalised guidance and support

Maximise the benefit of your stay with our follow-up TTM consultations, designed to offer continued expert guidance tailored to your evolving health and wellness goals.

If you have chosen a retreat, our experts monitor your progress and adjust your plan accordingly. The length of your stay determines how many follow-up consultations are included.

#### Nutrition Consultation For dietary clarity and personalised nutrition strategies

Rather than confusing you with yet another diet plan or prescriptive approach, our nutritionists focus on educating and guiding you to make informed choices related to weight management and nutritional support.

Our personalised nutrition plans address any deficiencies in your diet and lifestyle and promote a balanced, healthy diet. You'll leave empowered to sustain your health and wellbeing for the long term.

### Initial Physiotherapy Consultation For precision-guided postural insight and correction

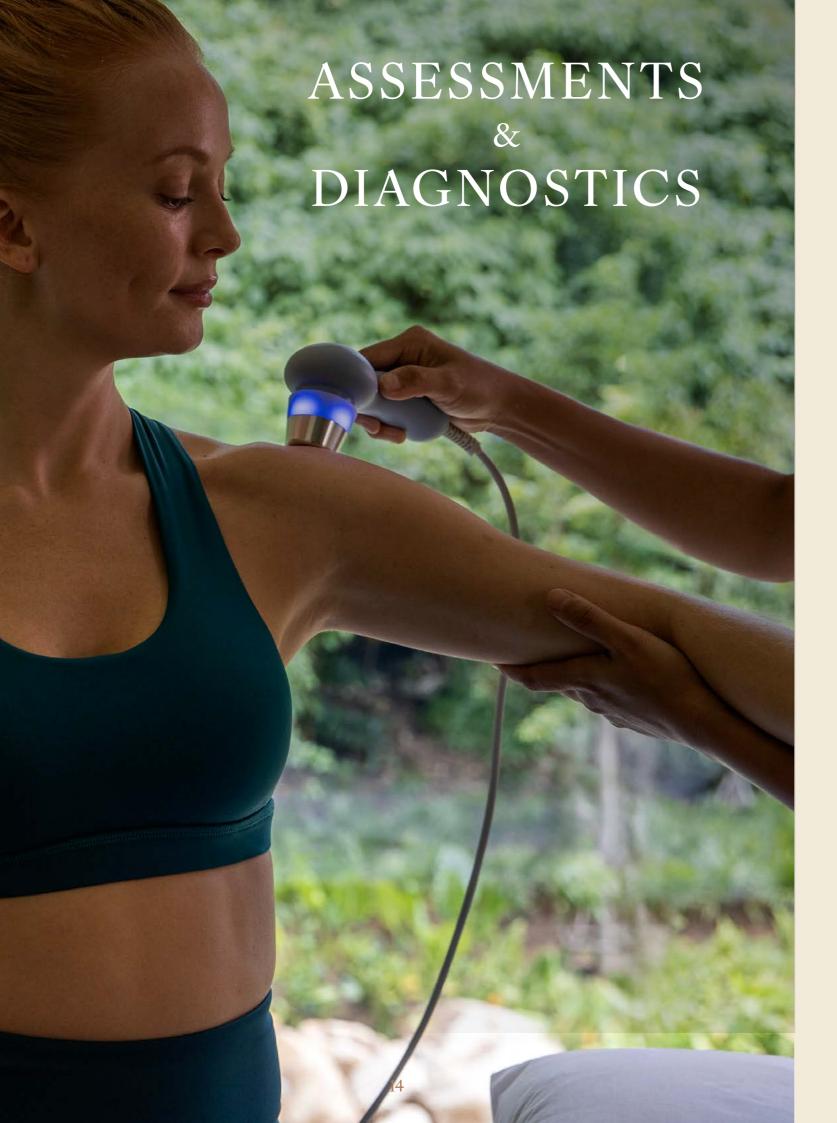
A comprehensive 3D Postural Analysis conducted by our expert physiotherapist pinpoints any structural musculoskeletal or dynamic movement imbalances.

This detailed insight is used to create a tailored plan of treatments and other services to improve your posture and enhance your musculoskeletal health.

#### Physiotherapy Follow-up Consultation

Maximise the benefit of your stay with our follow-up physiotherapy consultations, designed to offer continued expert guidance tailored to your evolving health and wellness goals.

If you have chosen a retreat, our experts monitor your progress and adjust your plan accordingly. The length of your stay determines how many follow-up consultations are included.



Advanced diagnostics and assessments can indicate future health risks and pin-point areas where there may be current health concerns. As such, this personalised approach allows us to customise optimal preventative measures and therapeutic approaches for anti-aging and prolonging life.

### Advanced Diagnostic Tests For an extensive approach to longevity and ageing well

In partnership with a state-of-the-art laboratory that specialises in fertility, rejuvenation and in-depth DNA and genetic testing, we are delighted to offer our guests an advanced approach to personalised care.

The possible assessments are numerous, from testing for risk of certain diseases, to other important metrics that once understood can provide specific insights into how to eat, move and supplement to live your best life.

### Epigenetic Testing For early detection of disease risks at a molecular level

Our rapid and innovative 20-minute epigenetic testing uses hair follicles instead of blood tests to measure hidden stress factors in the body that may have a long-term impact on your health.

Epigenetics are influenced by environment, diet and lifestyle. Epigenetic testing identifies changes at a molecular level, meaning that early interventions and modifications can be made to help stave off potential risks of disease.

#### Blood Test Results Interpretation For health monitoring and actionable advice

Gain a better understanding of your current health status, and what you need to do to create and maintain optimal health, with our comprehensive blood panels and actionable advice.

Our medical specialists will discuss the results with you in a one-to-one session, equipping you with the knowledge required to implement lifestyle and health management strategies.

Our in-house team of medical and holistic experts work closely with each other to provide an advanced 'whole of health' program for your best quality life.

### Heavy Metal Test with Oligoscan For immediate analysis of your body's heavy metal levels

OligoScan technology quickly and accurately analyses trace elements and heavy metals in your body. Results are provided within minutes using a spectrophotometer.

Based on the findings, our experts provide personalised recommendations to address any imbalances, optimise the way your body functions and support your sense of health and vitality.

### 3D Body Scanner and Fitness Assessment For comprehensive body profiling and goal tracking

Our 360-degree advanced technology body scan provides an all-encompassing image of your body, measuring body fat percentages, lean muscle mass and body dimensions with great accuracy.

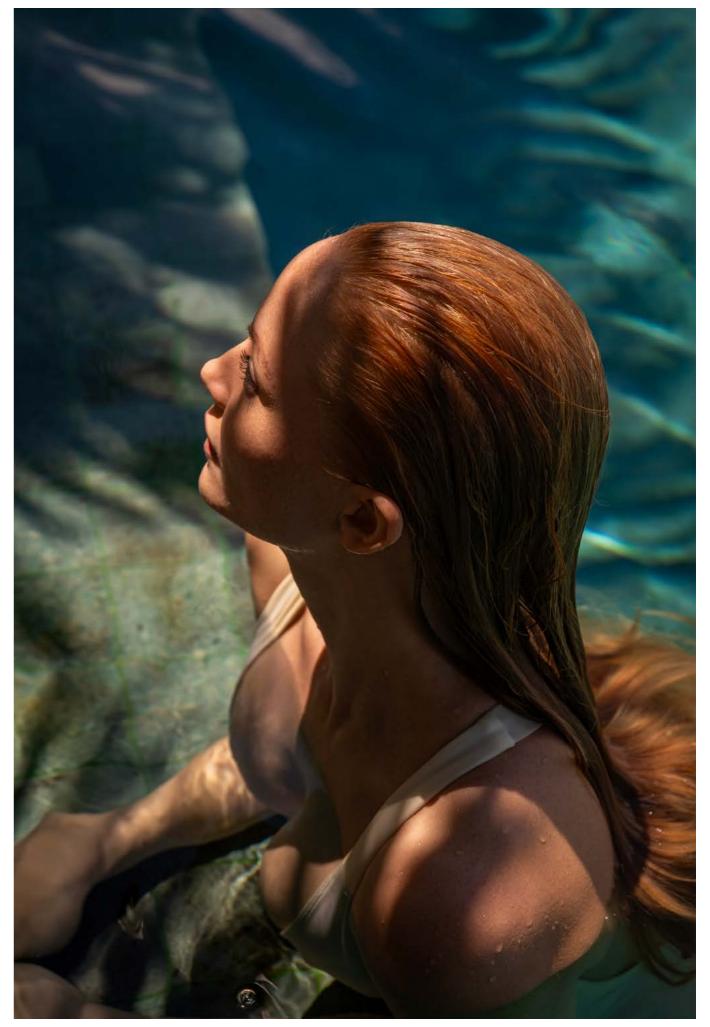
Safe during pregnancy and for pacemaker clients, this scan, accompanied by our expert interpretation, provides you with the results you need to help achieve your fitness goals.

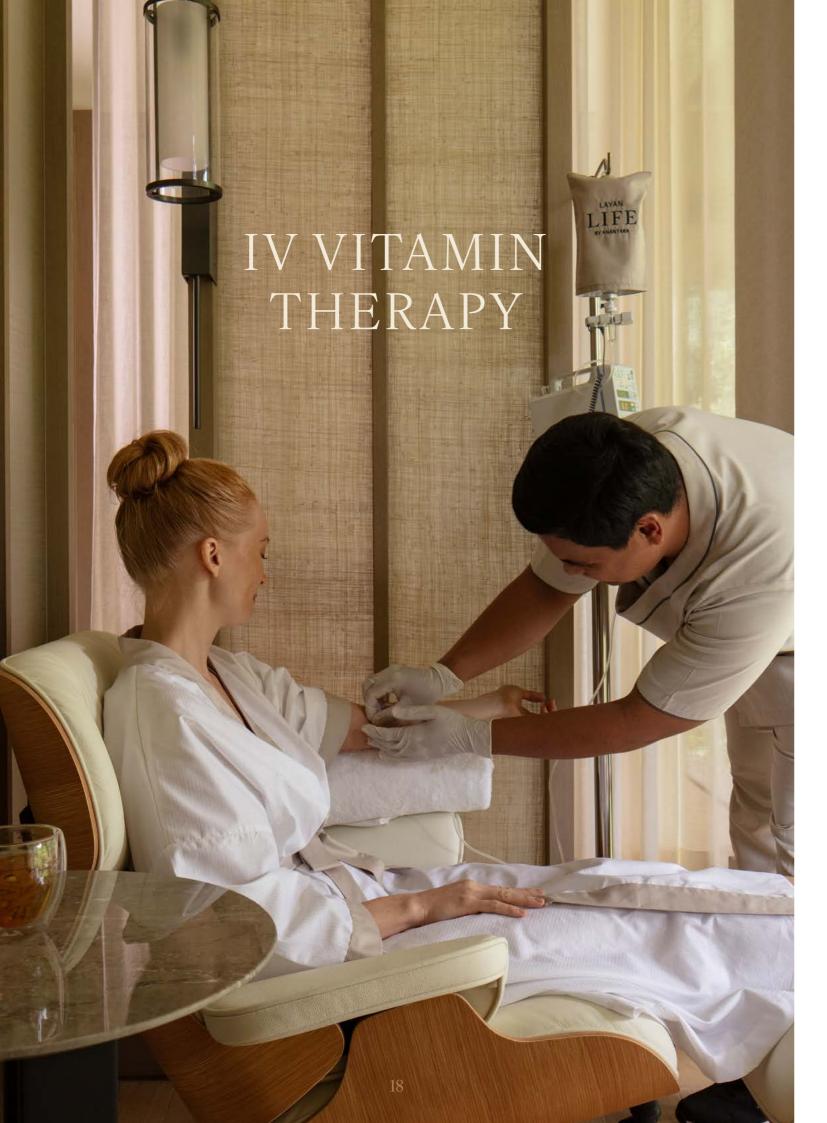
### Moti Dynamic Postural Analysis For almost-immediate assessment of 24 joints and 87 muscles

With results in just 30 seconds, Moti Dynamic Postural Analysis offers a rapid, portable solution to the assessment of postural and muscular imbalances.

From the results, our physiotherapists will explain the current state of your musculoskeletal health and advise the best course of treatments, therapies and activities during your stay.

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Through consultation, assessment and diagnostics a truly targeted approach to intravenous therapy is crafted by our medical team so that your life and wellbeing can improve on many levels.

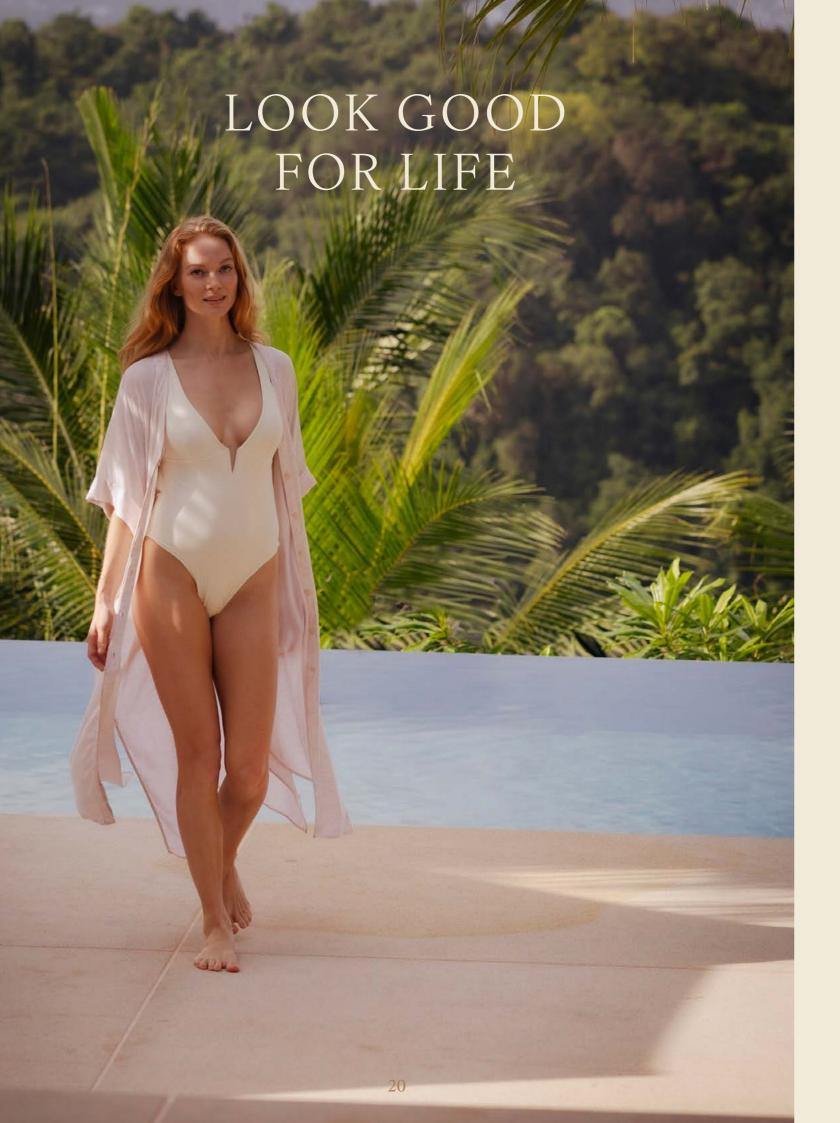
### **IV** Drips

For a comprehensive and specific boost to your wellbeing

Customised to your specific health needs and under the guidance of our doctors and nurses, IV vitamin therapy delivers essential nutrients – vitamins, minerals and amino acids - directly into your bloodstream.

IV Therapy offers a range of potent benefits, including but not limited to;

Liver Detoxification
Enhance Immunity
Boost Energy
Improve Metabolism and Slimming
Boost Beauty and Skin Rejuvenation
Enhance Recovery from Party Times
Brain Function Support
NAD+ for Healthy Body Function
Myers Cocktail for Overall Wellness



Layan Life has curated services that work from the inside out. Our non-invasive therapies for face and body work to support the rejuvenation process on the inside, which promotes a healthier appearance, and a sense of confidence on the outside.

### Hydrafacial<sup>TM</sup> Treatment For instant long-lasting results that you can feel and see

A unique Vortex-Delivery system acts to cleanse, peel and remove impurities using a suction technology while then deeply quenching the skin with intense antioxidant and peptide moisturisers.

A choice of treatment durations and the addition of lymphatic drainage and LED light allow us to tailor the facial to your specific skin goals and maximise a radiant glow.

### Ultherapy® - A Collagen Comeback For a natural approach to firmer, more youthful skin

Safe and effective, Ultherapy® is a non-invasive method that uses ultrasound therapy to stimulate collagen production to lift the neck, chin and brow, and improve lines and wrinkles on the upper chest.

Ultherapy® treats the skin without the need for surgery or downtime and does not cause any trauma to the skin. Delivered precisely to the areas where it will benefit you most—for natural-looking results that improve over time.

### Venus Legacy™ Treatment For face and body tightening and cellulite reduction

Venus Legacy uses Multi-Polar Radio Frequency and Pulsed Electro Magnetic Fields to produce therapeutic heat under the skin to naturally boost collagen production which smooths cellulite and sagging skin.

With an adjustable pulse for optimum comfort, this transformative process gently tightens the skin, reducing wrinkles, cellulite, and other signs of ageing on face and body.

We seek to empower our guests with knowledge and insights that support present and future decisions for skin that is alive and radiant.

### VISIA Facial Analysis For comprehensive skin insights

VISIA offers an advanced, non-invasive assessment of your skin's condition. It scans for UV spots, sun damage and wrinkles, and measures pigmentation, pore size and porphyrins (bacterial secretions).

Based on the report results, our dermatologist will suggest treatments targeted to your specific skin needs.

### Botox Injection For a refreshed and youthful appearance

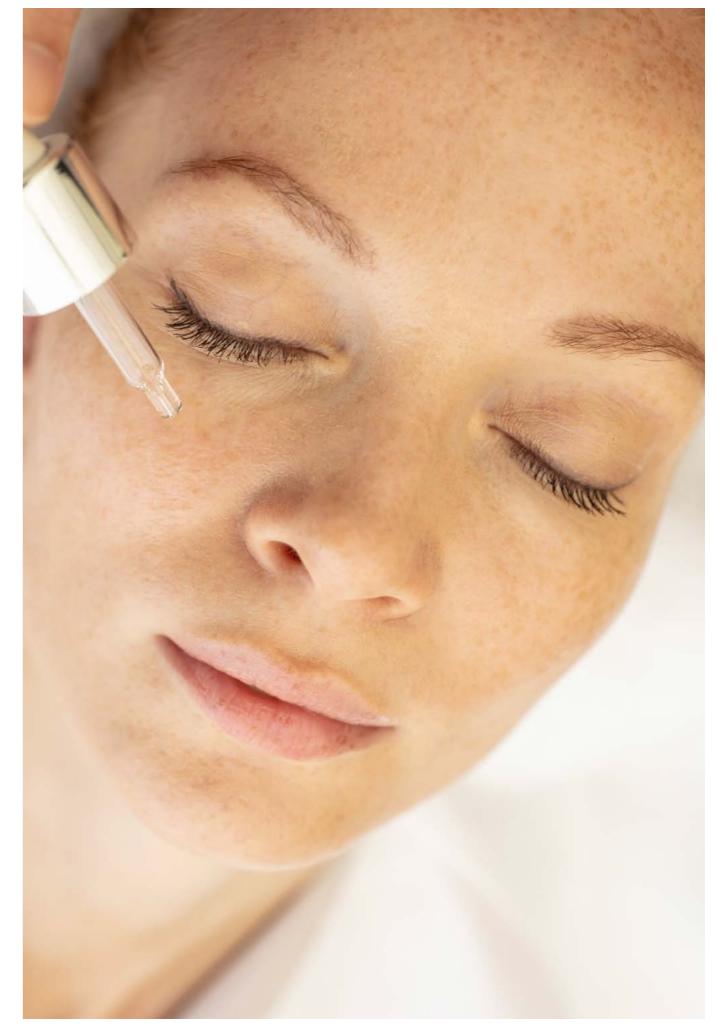
Botox injections work by relaxing specific facial muscles to stop the constant creasing and folding of the skin which causes dynamic fine lines and wrinkles, which over time become permanent static lines.

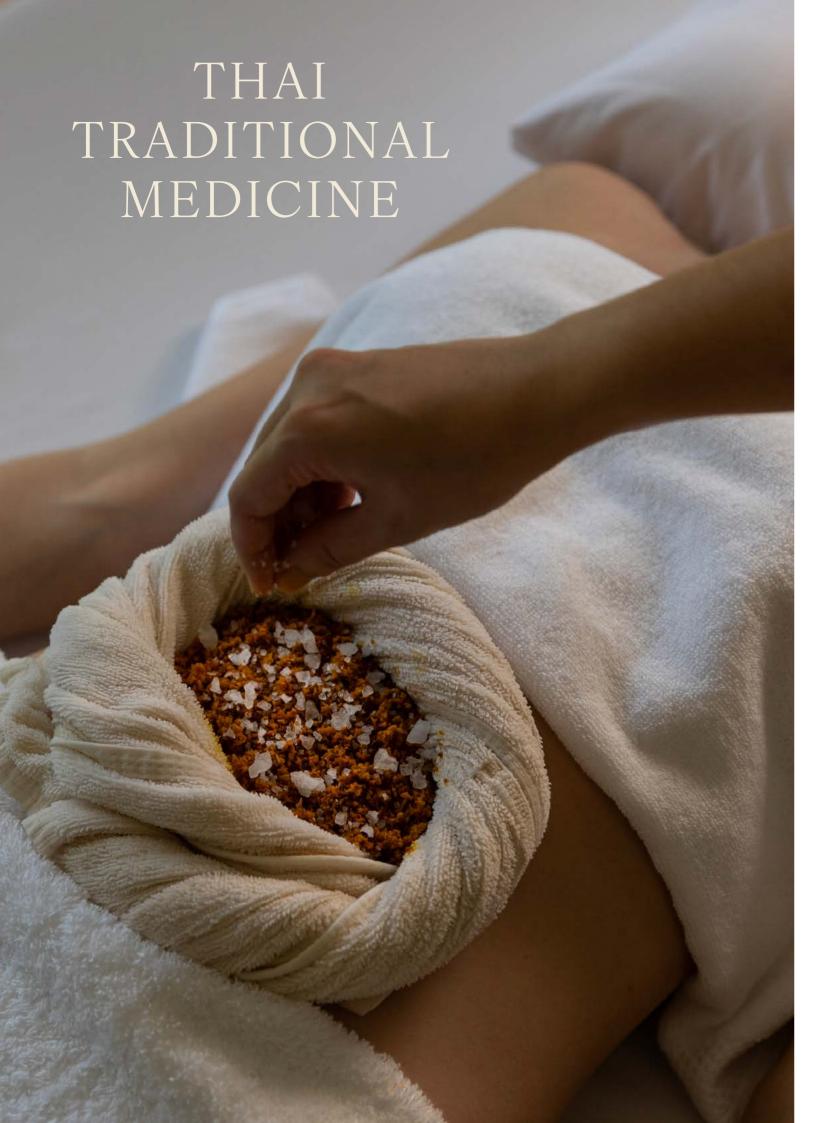
The muscle relaxant Botox is injected into the face using very fine needles helping to diminish signs of ageing, by reducing the formation of new lines and softening existing ones.

### Dermal Filler For a plumper radiant holiday glow

Due to the natural ageing process, skin begins to lose firmness, elasticity, and volume, which Dermal Fillers can improve through small injections of hyaluronic acid, which is a substance naturally produced by your body.

Dermal Fillers can restore your facial balance, restore lost facial volume and reduce the appearance of common signs of ageing, providing a rejuvenated and natural appearance.





Thai Traditional Medicine is an approach to wellness wisdom that has been handed down through seven centuries and has been officially recognised as a healing method in Thailand since 2000.

The body is made of four elements or dhatu's - earth (din), water (nam), wind (low) and fire (fai), with the interplay of these elements presenting as different physical conditions, characteristics, and temperaments.

When out of balance, dimensions of our wellbeing suffer, however health and vitality can be restored and uplifted with a tailored approach through food, herbs and healing methods that honour one's individual constitution.

Start with a Traditional Thai Medicine 'Vitality' Consultation for harmony of body and mind

### Rajasamnak (Royal Style) Therapeutic Massage For targeted relief from pain

Developed as a respectful massage for royalty, this elegant therapy uses targeted acupressure and warm herbal compresses to ease muscle tension and inflammation and improve joint mobility.

Acupressure points vary according to individual symptoms, based on meridian lines; our expert TTM practitioners will focus on any areas of concern to help relieve pain and rehabilitate from injury.

### Sweet Herbal Dreams For deep and restorative sleep

Drawing from the purest roots of Thai Traditional Medicine, this calming treatment applies warm aromatherapy herbs wrapped in a soft muslin compress to spinal acupressure points.

Gentle pressure on the Sen (Thai meridian line) balances the Lom (wind element), relieving muscle tension and quietening the mind, ready for a restful evening and good night's sleep.

## The wisdom of Traditional Thai Medicine supports women through the precious phases of life.

### Goy Mod Look Therapy For revitalising women's health

Empowering women to take charge of their reproductive health, this massage targets the uterus and surrounding muscles, improving circulation and symptoms of PMS and menopause.

From preparing for conception by optimising the flow of Fai and Nam (fire and water element) to reducing pain, it supports inner balance and vitality across every stage of the female life journey.

### New Mother Herbal Revitalisation For postpartum recovery and pregnancy preparation

Drawing on techniques that have supported pre and postpartum bodies\* for centuries, this detoxifying therapy strengthens and revitalises the female reproductive organs and pelvic floor.

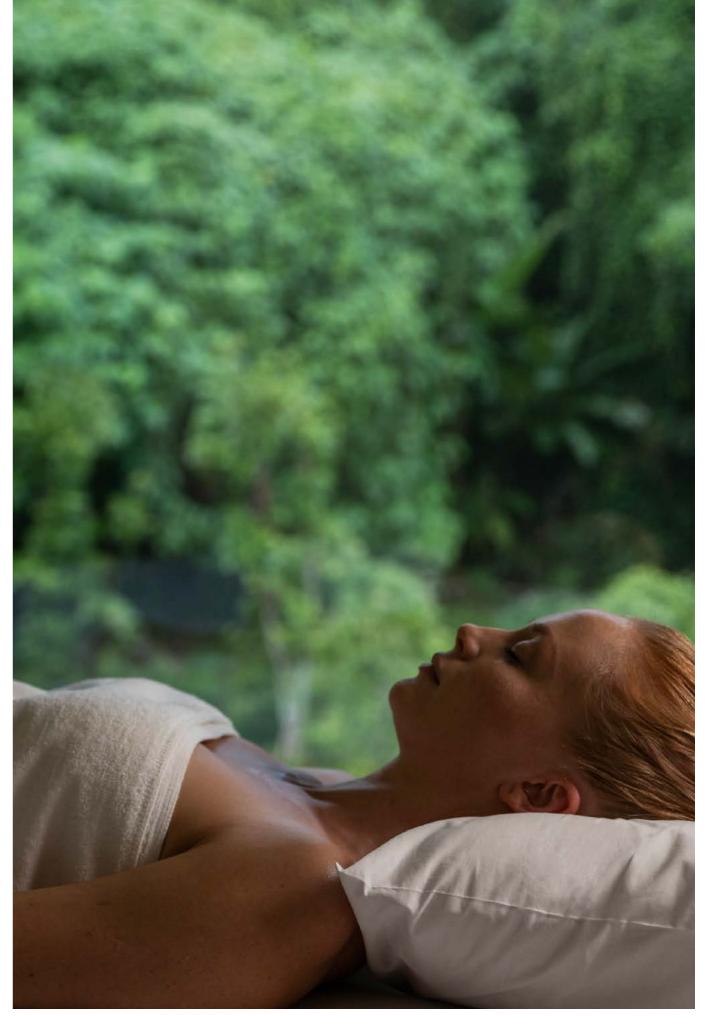
Soothing abdominal massage combines with a rock-salt-infused hot compress and herbal remedies to promote blood purification, circulation and enhance overall wellbeing.

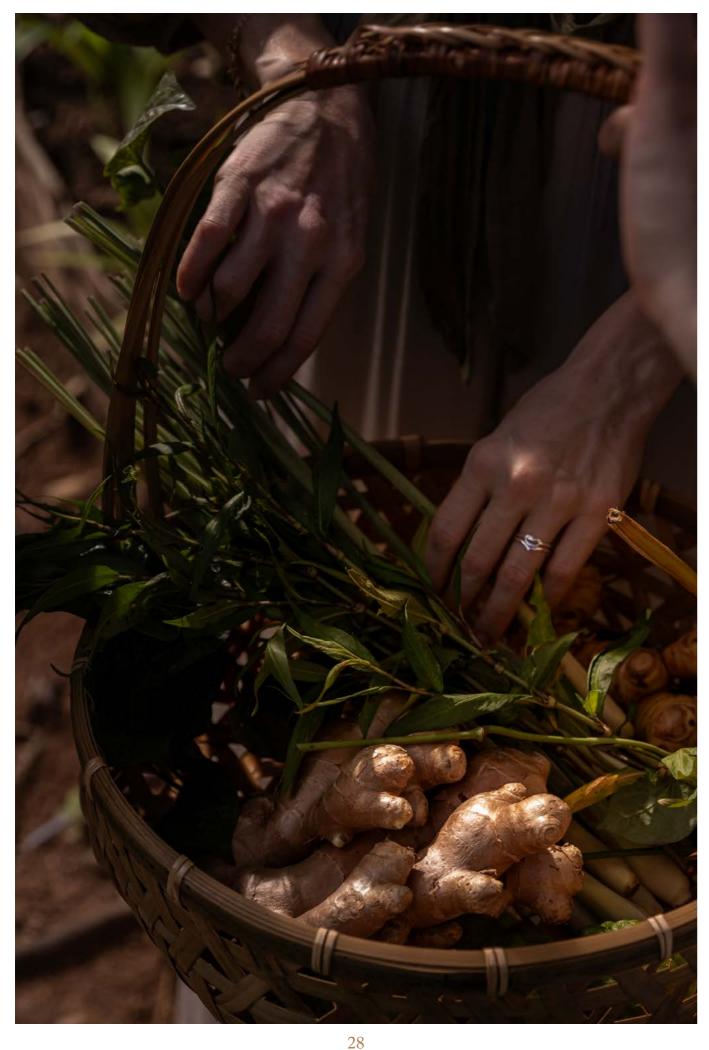
\*Please note: This therapy can only be performed following a TTM consultation, at least 7 days post natural labour and 3 months post C-section

### Nurturing Flow Breastfeeding Therapy For improved lactation

This gentle yet effective treatment uses acupressure – a natural, non-invasive approach to maternal wellbeing – to alleviate breast tenderness and stimulate milk production and flow.

The comforting use of a dry warm compress provides additional relief from tenderness and works to holistically support and promote the wellbeing of both mother and baby.





Thai Traditional Medicine restores the health and vitality of mind, body and soul with healing methods that honour one's individual constitution.

### Burut Vitality Therapy For enhancing the flow of male energy

Lom (or Wind) is one of the fundamental four elements in Traditional Thai Medicine, responsible for the energy required by the body to function.

This acupressure point massage focuses on the back, lower body, and stomach. Designed to improve the balance of Lom, it boosts sleep quality, enhances the mood, and eases the flow of male energy.

### Pao Ya Heated Herbal Therapy For digestion and detoxification

Repeated three times in one session, this nourishing wellbeing treatment uses the power of herbs heated by fire to support healthy digestion, reduce fluid retention and ease core muscle tension.

The experience starts with a special infused herbal oil on the abdominal area, followed by the abdominal application of herbs heated by fire to relax the gut and balances the Lom (wind element).

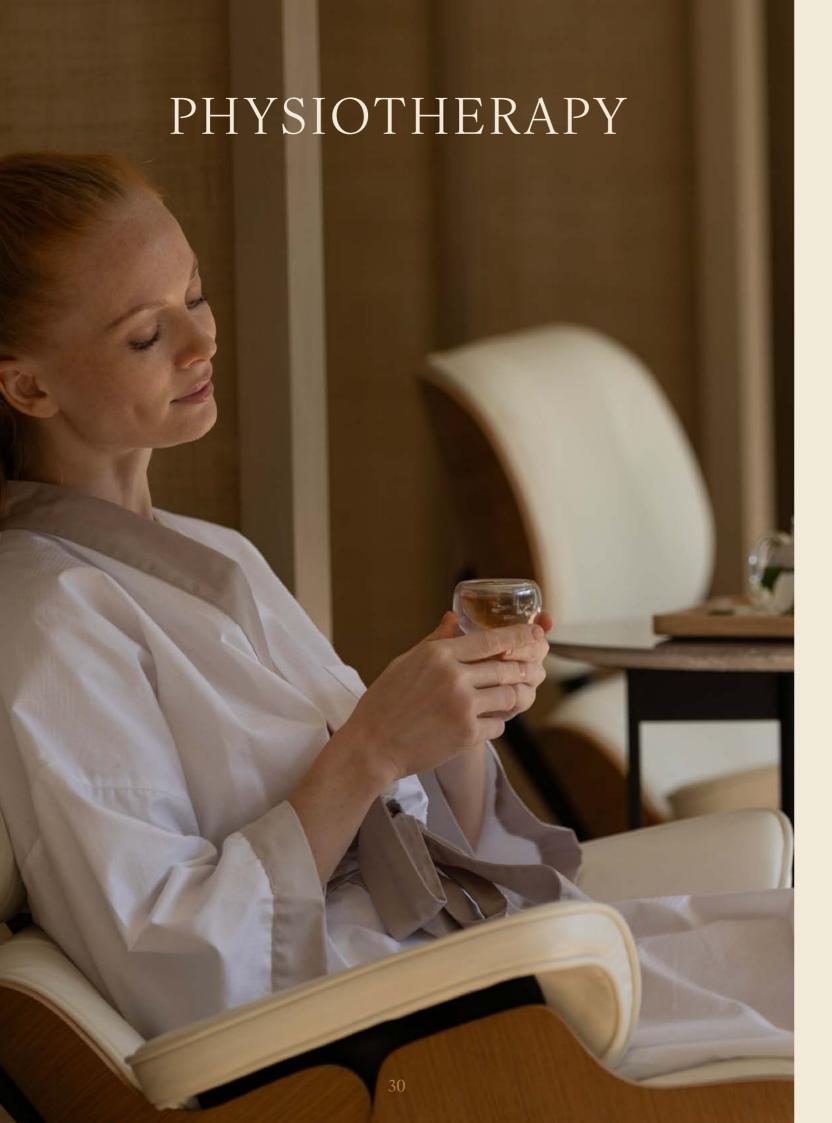
### Fleur de Sel Scrub and Wrap For enhanced healthy skin

Suitable for all skin types, this three-part therapy draws on the antiseptic and rejuvenating benefits of hand-harvested mineral-rich salt from the surface of salt marshes for overall skin enhancement.

A skin-brightening scrub is followed by anti-inflammatory and antioxidant-rich cold-pressed hemp seed oil, before a wrap with herbal powder smooths and soothes roughness, rashes and acne.

### Tranquil Thai Herbal Bath Ritual

Refer to our Hydro Therapies to learn more.



Our team of physiotherapists are passionate about the joy of movement. Through careful assessment of posture and injuries or limitations, a plan is provided, that uses a combination of healing technologies, manual therapy and prescribed exercises to bring your body back to life.

### Pain Management For comprehensive pain relief and musculoskeletal health

Our expert physiotherapists deliver this treatment to relieve pain, restore function and optimise your mobility using techniques including traction, exercises, stretches and specialised massage.

They can also provide you with specific exercises to help you maintain your mobility and flexibility at home, for a lasting sense of wellbeing.

Technologically advanced therapies assist with faster tissue repair and recovery so that you can get back to living life.

### Radiofrequency Therapy For advanced recovery and circulatory health

This non-invasive therapy uses radio frequency energy to stimulate your cells' natural ability to repair themselves, resulting in reduced pain and inflammation, restored motion and increased blood flow.

Suitable for chronic conditions and post-injury recovery, this therapy is a transformative step towards faster rehabilitation and regaining your health.

### High Intensity Laser Therapy For targeted deep tissue repair

Our specialised therapist uses Laser Therapy to deliver concentrated light deep into painful ligaments and muscles – a targeted and effective way to speed up the healing and regeneration of stressed tissues.

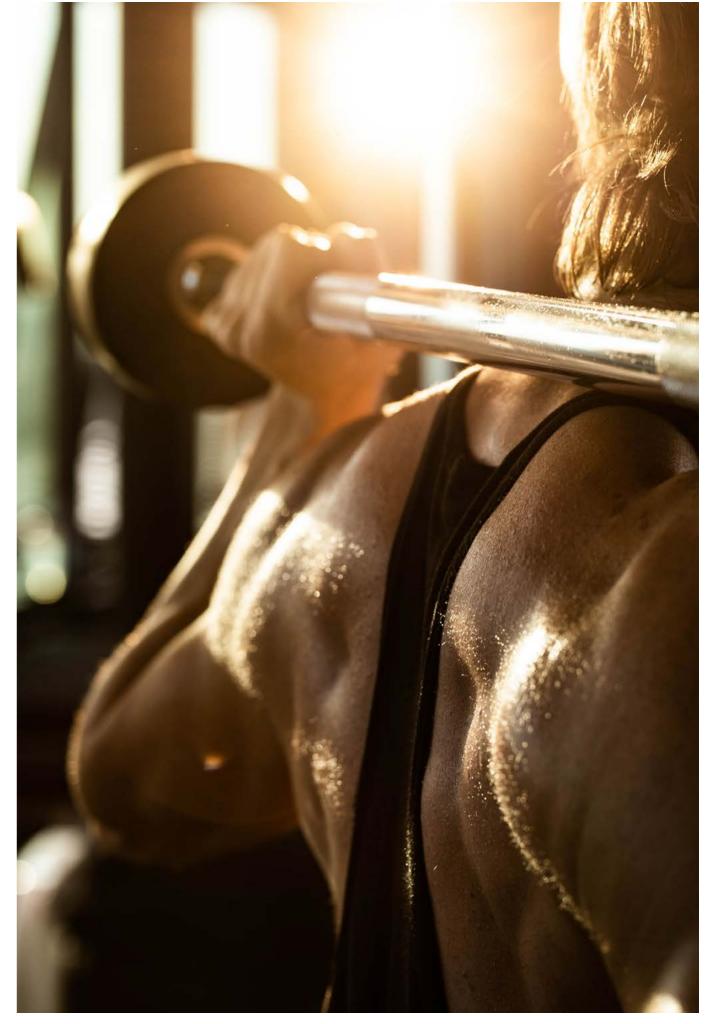
Ideal for sports injuries or chronic conditions this non-invasive treatment promotes a faster return to optimal health and activity.

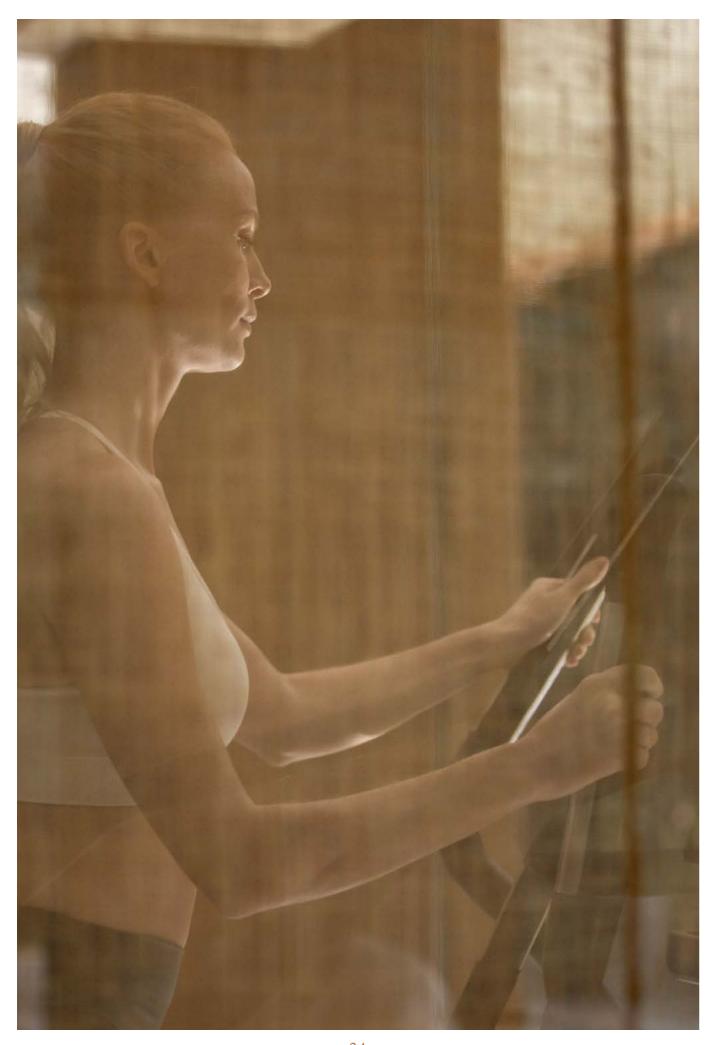
### Shockwave Therapy For the repair of damaged tendons and soft tissue

Powerful acoustic pulses lie at the heart of this innovative solution to chronic symptoms from common conditions like sports injuries and office syndrome.

Targeted energy from sound waves drives blood to areas of persistent injury and pain, boosting circulation and the regeneration of tendons and soft tissues.

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Expert hands facilitate increased mobility, while functional training supports the development of healthy movement patterns.

### Myofascial Release Therapy For targeted muscular and fascial relief

This restorative treatment releases deep-seated muscle tension and myofascial tightness in the connective tissues to restore your flexibility and facilitate ease of movement.

Our physiotherapists use therapeutic massage and careful mobilisation along your body's natural contours – targeting your legs, back, neck and shoulders – to create harmonious balance.

### Office Syndrome Release Massage For workplace ergonomic relief

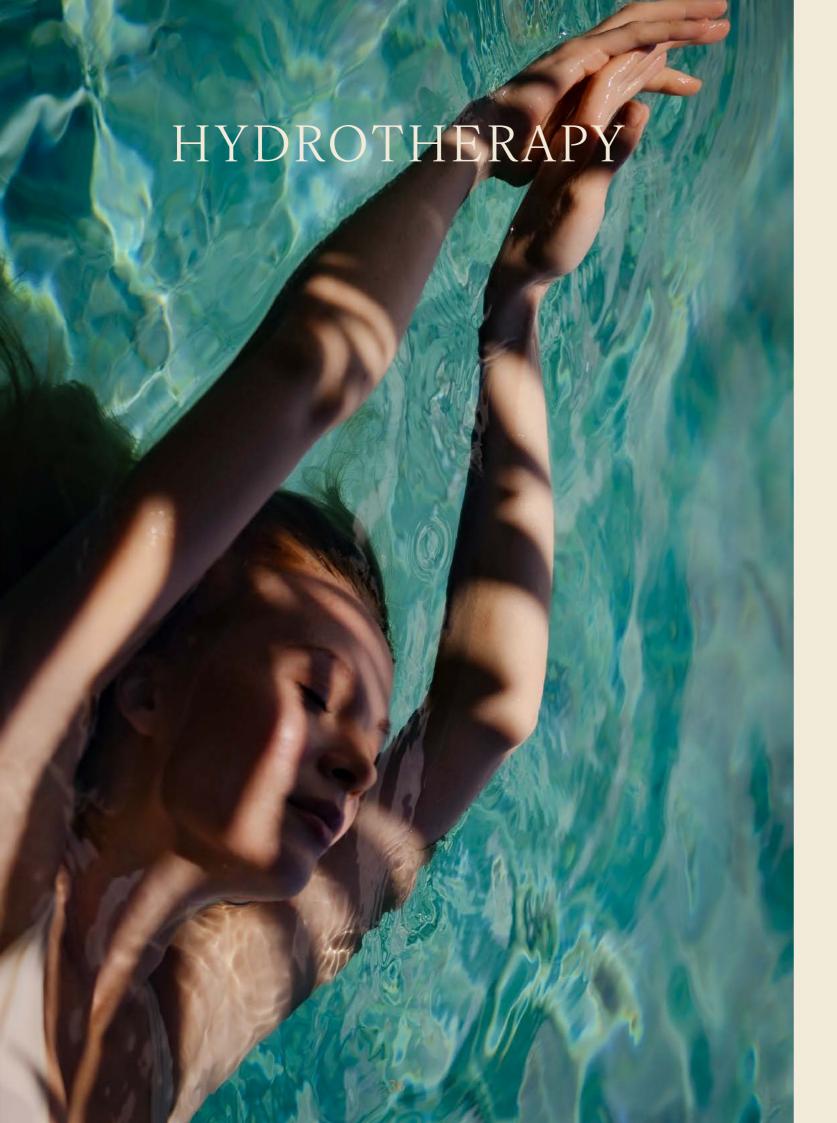
Counteract the back, neck and shoulder pain that results from sitting at a desk for a long time in the same position.

Our physiotherapist will release your strained muscles and teach you effective stretches and postural improvements to relieve muscular tension.

### Re-functional Training For enhanced posture and functional stability

Our physiotherapist introduces the exercises needed to bring back and improve strength, endurance, balance, posture and function.

They are designed to help you recover from pain, improve your physical performance and can also help prevent injury.



Bathing rituals are an essential part of many cultures around the world and are a cherished form of cleansing, self-care and overall relaxation for mind, body and spirit. Breathe and enjoy one or more of our unique bathing experiences.

### Hammam Cleansing Experience For a traditional detox and relaxation experience

This ritualistic treatment combines steam and deep cleansing to exfoliate the skin, removing dead skin cells to reveal a beautifully soft and smooth surface.

It also works on a deeper level to detoxify the body, relax the muscles, clear the mind and help you unwind. You'll leave feeling refreshed and rejuvenated, glowing from head to toe.

### Tranquil Thai Herbal Bath Ritual For radiant skin and deep relaxation

Favoured by ancient nobility, our detoxification bath ritual with loofah body scrub draws on ancient Thai techniques to alleviate chronic tension, enhance lymphatic drainage, and support radiant skin.

By optimising the circulation of Nam (water element), it fosters the harmonious function of Lom (wind element) throughout the body, resulting in a profound sense of relaxation and wellbeing.

### Alkaline Bath Ritual For detoxification and rejuvenation through ancient wisdom

Embrace the ancient art of detoxification with this effective bath ritual. By creating

an alkaline environment, it helps to draw acidic toxins out of the body and into the water.

The gentle yet effective process of slowing down the body's oxidation process improves circulation and strengthens the immune system. As an added benefit, your skin will feel as soft and supple as a baby's.

Promoting effective elimination through the digestive tract allows the body to cleanse and remove toxins, which supports many dimensions of wellbeing and an increase in energy.

### Chi Nei Tsang For deep relaxation and abdominal health

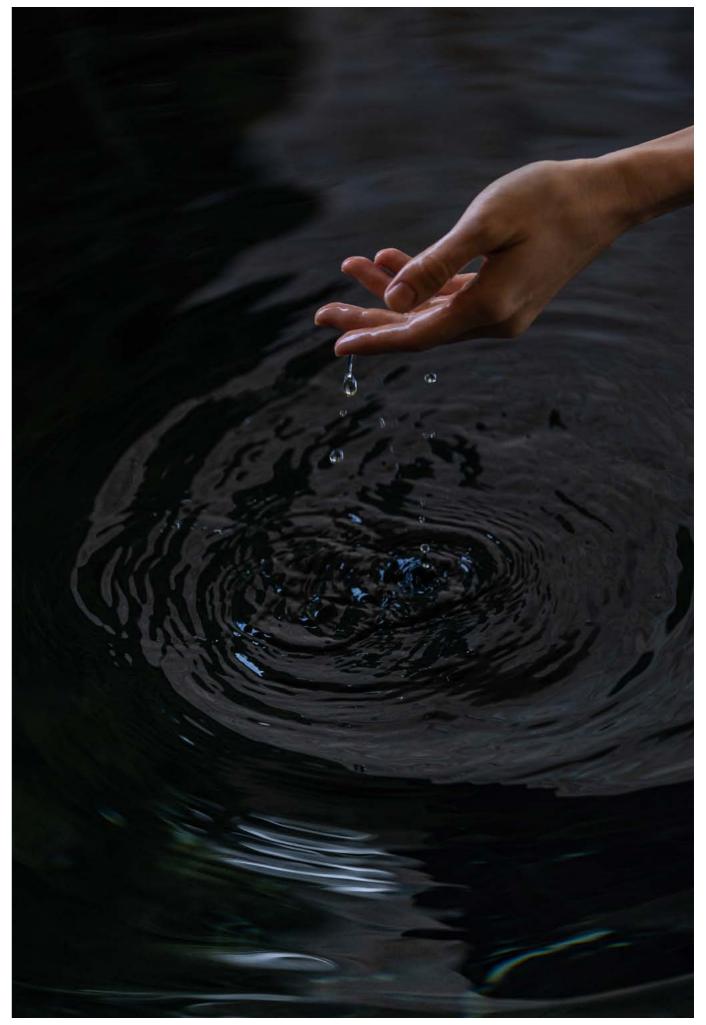
Combining techniques from traditional Thai and Chinese massage, this abdominal massage therapy releases tension and blockages from the internal organs, promoting healing and the free flow of energy.

Ideal before Colon Hydrotherapy for optimum results.

### Colon Hydrotherapy For internal cleansing and enhanced digestive wellbeing

This purifying treatment gently remove the toxins that have built up in the colon over time. It supports detoxification and cleansing diets, enhances nutrient absorption and improves digestive health.

A consultation is required to ensure maximum benefit from this treatment. We also highly recommend a prior Abdominal Organ Massage for optimum results.





Utilising science-backed technology our biohacking services tap into your biology to optimise and enhance performance, cognition, and overall quality of life.

### Icepod - Cryotherapy For improved physical and mental wellbeing

Dry cold temperatures as low as -110°C activate the body's response to generate warmth; blood is redirected towards the core organs and away from painful muscles or joints, calming inflammation.

Cryotherapy also has an emotional effect as its ultra-cold temperatures cause the hypothalamus to flood the brain with endorphins, easing anxiety and enhancing both mood and overall wellbeing.

### Hyperbaric Oxygen Therapy For accelerated healing and revitalisation

The hyperbaric oxygen cabin delivers 100% (pure) oxygen at a pressure far higher than normal air pressure to help the lungs collect more oxygen and increase its concentrations within the body.

When pure molecular oxygen enters the bloodstream, metabolism increases and cells are revitalised. Brain function, antioxidant function, the immune system and skin condition also improve.



The simple yet compelling practice of mindfulness through stillness, breathing and movement has profound benefits for the mind and body.

#### Meditation

#### For mental clarity and relaxation

Meditation offers a sanctuary of calm in a busy world. An ancient mind and body practice, it has long been used for mental clarity, deep relaxation and to enhance health and wellbeing.

Our expert teacher will guide you through a series of meditative practices designed to relieve physical tension, soothe the mind, and promote a sense of holistic wellness that permeates all aspects of life.

### Pranayama Breathing For vitality and mental balance

Decrease stress, increase mindfulness and calm, and connect your body and mind with this ancient yogic breathing technique. Daily practice also benefits lung function and enhances overall health.

Our teacher will guide you through a series of powerful exercises, teaching you how to harness your life force by breathing more mindfully and efficiently.

#### Tai Chi

### For flowing meditation in motion

With its roots in ancient Chinese martial arts, Tai Chi is a holistic practice that integrates slow deliberate movements and graceful flowing sequences with mindfulness and meditation.

By nurturing a deep mind-body connection, regular Tai Chi simultaneously improves strength, flexibility, and balance, as well as mental clarity and emotional wellbeing.



# Mindful movement sequences unify heart, mind and breath for a state of centred awareness.

### Yoga

For a truly holistic mind and body movement experience

Weaving breath, movement and meditation into a sequence of postures, yoga guides your body and mind into a state of calm.

Yoga can be practiced in a variety of ways and can enhance flexibility, balance, posture, inner strength, deep relaxation and breathing.

### Personalised Stretching For enhanced flexibility and mobility

Promote muscle recovery and enhance performance with an assisted passive stretching session tailored to your needs.

Highly recommended after an activity session or workout and conducted by our fitness instructors to further benefit your fitness journey.

# Movement practices that cultivate flexibility and balance for a body that feels stable and free.

### Pilates Plus For enhanced posture and strength

Pilates improves body alignment, balance and posture, promotes muscle elongation, and increases muscle strength through controlled movement.

Under the guidance of our certified Pilates instructor, you'll embark on an exercise plan tailored to your personal health needs and fitness goals.

### Mat Pilates For core strength and stability

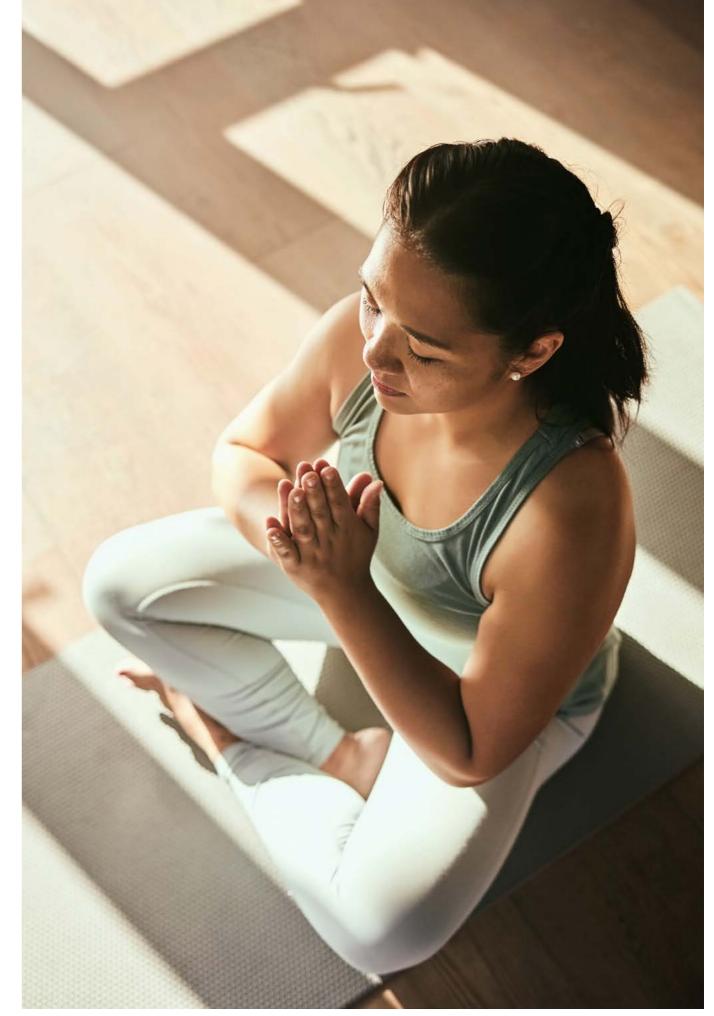
This discipline fosters a deep connection between mind and body through slow, intentional movements for core stability, lower back strength and postural alignment.

A highly effective component of holistic wellness, your Mat Pilates exercise plan will be tailored to your personal health needs and fitness goals by our certified Pilates instructor.

### Roll and Release For myofascial relief and improved movement

Effectively release tension and pain in the fascial network – the connective tissue encasing the muscles and bodily structures, which can stiffen over time, restricting movement and causing pain.

Our experienced fitness instructor uses a foam roller to target fascia points and not only restore optimal, pain-free movement but also prevent future stiffness and discomfort.





Our large Gym is run by an experienced fitness team and furnished with state-of-the-art equipment by Technogym and divided into four sections - functional, free weight, cardio and strength - for real outcomes and peak performance.

### Personal Training For tailored fitness and targeted results

These sessions are designed to match your specific fitness level and goals, offering expert guidance and motivation every step of the way.

Our expert fitness instructors design personalised programmes that inspire as much as they invigorate, paving the way for lasting health.

### Stability Training For improved balance and protection against injury

Designed to enhance balance and overall body control, Stability Training comprises specialised exercises focused on the abdominals, obliques, lower back, and hip muscles.

By strengthening these core muscle groups, stability training aims to heighten the body's capacity to maintain equilibrium during motion, which in turn lowers the risk of injury.

### Abs, Core and More For targeted strengthening and toning

Enhance your core and lower body with this intense workout of dynamic exercises focused on the abdominal muscles, buttocks and thighs.

This targeted session will also help improve your balance, stability and posture.

### Weight and Resistance Training For a strengthening and muscle building workout

Essential for building strength and muscle mass, Weight and Resistance Training involves exercising your muscles using an opposing force such as dumbbells, resistance bands, or just your own body weight.

Not only does this form of training enhance muscle strength, joint function, and bone density, it also improves cardiovascular fitness by engaging the heart and lungs.

### HIIT (High-Intensity Interval Training) For cardiovascular conditioning and increased endurance

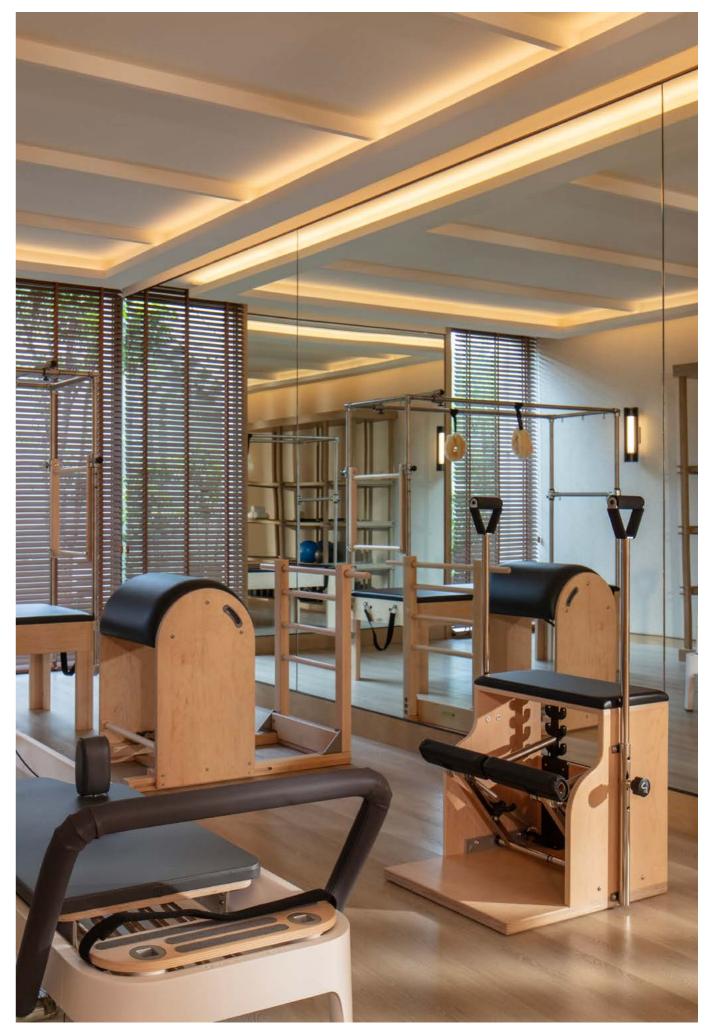
A dynamic form of interval exercise, HIIT (High-Intensity Interval Training) is designed to elevate the heart rate to at least 80% of an individual's maximum capacity to enhance strength and endurance.

Rigorous intensity exercise interspersed with brief lower intensity intervals is great for cardiovascular conditioning, while also improving overall physical health and wellbeing.

### Circuit Training For a boredom-busting approach to fat-burning cardio

Circuit Training is a time-efficient and versatile workout method that involves rotating through various exercises to target different muscle groups.

Great for both fat burning and sculpting the body, its dynamic nature makes it a fun and effective addition to any fitness routine.





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.

### Thai Boxing (Muay Thai) For a confidence-boosting full-body workout

Muay Thai – 'the science of eight limbs' or Thai boxing – is full-contact combat sport and Thai martial art. Using fists, elbows, knees and shins, it offers an intense workout that dramatically tones the body.

While developing self-defence skills, Muay Thai also increases flexibility and enhances core strength. As a martial art, it helps to strengthen the mind and push you past your self-imposed limits.

#### **Tennis**

#### For cardiovascular health and agility

Whether you're a beginner or an advanced player, our guided sessions will help develop your skills on the court – as well as giving you a cardiovascular workout and improving your hand-eye coordination.

In addition, regular tennis boosts aerobic fitness, burns calories fast, and builds mental strength. Professional coaching can be tailored to your individual technique and requirements.

ACTIVE ADVENTURES ACTIVE ADVENTURES

#### **Climbing Wall**

#### For a stimulating and confidence-enhancing challenge

By engaging virtually every major muscle group, climbing offers a comprehensive full-body workout while also remaining low impact and delivering both physical and emotional benefits.

Suitable for all ages (including children over 25 kgs), our outdoor climbing wall has sides for beginners and more advanced climbers as well as rappelling to help nurture confidence in both adults and kids.

### **Zipline Gliding**

#### For a thrilling experience soaring through the air

Whizz through the air over woodland and gardens on our exhilarating 480-metre zipline. Fun for all (including children aged 8 upwards), ziplining safely immerses you in adrenaline-fueled adventure.

Get a bird's eye view of Layan glide over trees and gardens and our pond before coming in to land. Children under 40kg will be accompanied by an instructor.

### Archery

#### For an engaging experience that hones precision and skill

Our Archery Field is the perfect place to discover this ancient skill led by instructors. Drawing on the sport's long history, our private or group classes are aimed at beginners.

Channel your inner Robin Hood and learn how to use a recurve longbow to aim at full-size target boards, while also boosting upper body strength and improving focus and hand-eye coordination.





### **Beach Boot Camp**

#### For a motivating and varied approach to fitness

Energise your fitness regime with Beach Bootcamp – a high energy, total body workout completes with cooling sea breezes and blue-hued views.

Boost your strength and stamina across various bootcamp stations including wooden log, fitness tires, flat marker, agility ladder, slam ball and battle ropes. Private and group sessions available.

### **Aqua Fitness**

#### For a low impact and enjoyable way to stay fit

Dive into Aqua Fitness for a low-impact, fat-burning workout that's gentle on bones, joints, and muscles while great for heart health. Water's natural resistance boosts muscular endurance and strength.

Suitable for all ages and fitness levels, our Aqua Fitness classes reduce stress and offer a refreshing and enjoyable way to stay active and achieve your wellness goals. Private and group classes available.

### **Swimming**

#### For boosting water confidence and learning new skills

Tailored for beginners or those eager to refine their aquatic skills, our private outdoor swimming lessons provide expert instruction to boost your water confidence and proficiency in various techniques.

Whether you want to learn a new stroke or maximise your enjoyment during snorkelling excursions, swimming is a low-impact exercise that boosts the mood and strengthens the muscles.

### Windsurfing

### For honing balance and enjoying an oceanic sense of fun

Learn unique skills that draw on elements of surfing and sailing in our windsurfing sessions. Whether you're a beginner or advanced, our instructors will help you get the most out of your experience.

Wind-surfing is tide- and weather-dependent so please check in on the day of your session. Life jackets will be provided.

### **Kayaking**

#### For a revitalising adventure exploring the local coastline

Soak up the tranquil beauty of the Andaman Sea coastline as you paddle along in a single, double or triple kayak. Led by experienced instructors, our tours take in pristine and peaceful Layan Bay.

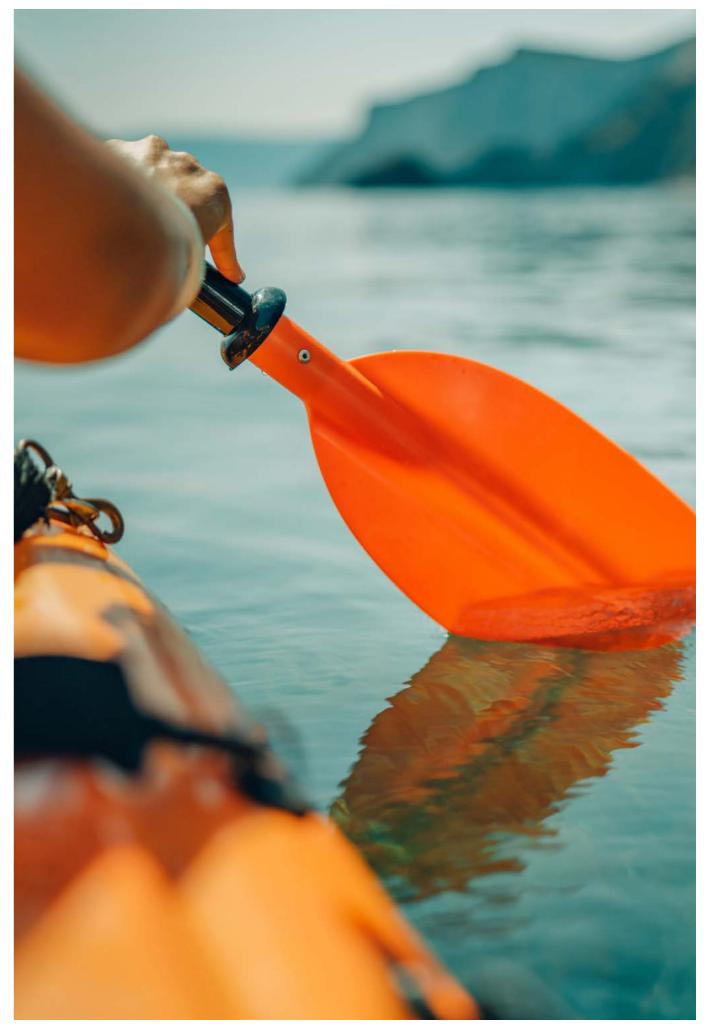
Whether exploring solo, in a couple or as a family, our kayak experience is a great way to tone the upper body while also connecting with nature and enjoying the meditative rhythm of paddling through water.

### Bike, Climb and Standup Paddleboard (SUP) Immersion For adventure-seekers who love to mix up their movement

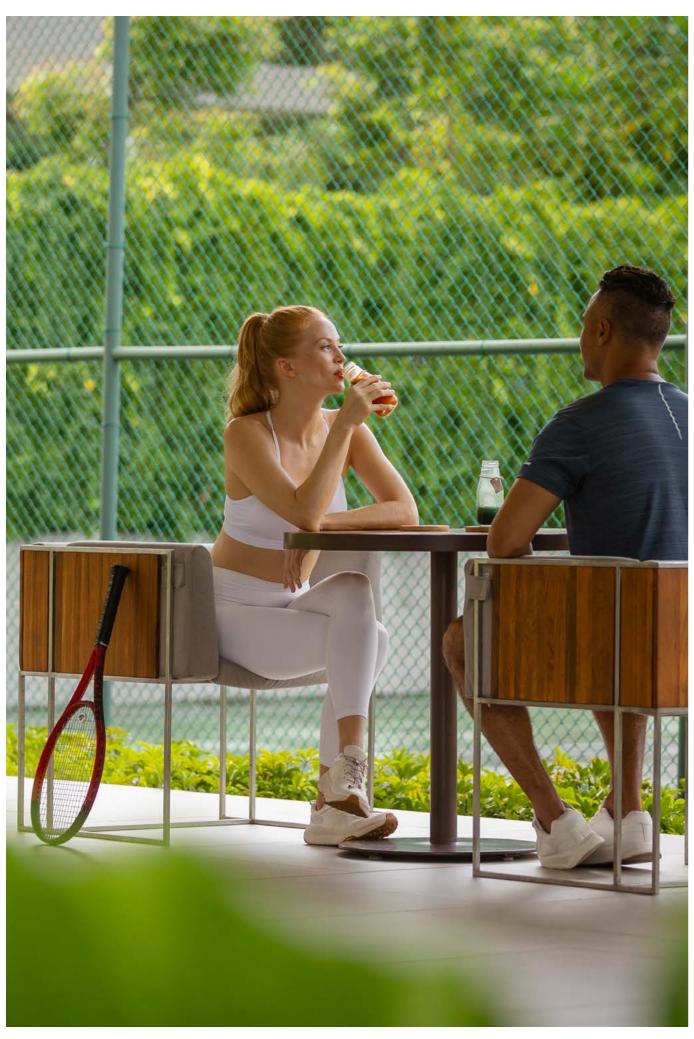
Pack three thrilling activities into 60 or 90 minutes: a 5km mountain bike ride; climbing and stand-up paddle boarding. Perfect for mixing up your fitness and exploring the outdoors in new ways.

Encompassing wide-reaching cardiovascular and other health benefits, each activity is taught by instructors in either a private or group capacity (60 mins for private; 90 mins for group session).

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#### **Mountain Bike Tour**

### For an energising ride through nature's playground

Led by experienced guides, our mountain bike tour is a fun and uplifting way to improve cardio fitness, taking you off the beaten track for thrilling off-road adventure.

Select a 3, 5, or 10km trail length depending on fitness levels. Then set out on a guided loop that explores beach trails, hill climbs and the beautiful tree-lined scenery of Sirinat National Park.

### **Trail Run**

### For an adrenaline-fuelled adventure through challenging terrain

Experience the thrill of our trail run, pushing your limits on challenging terrain and obstacles. Led by expert guides, this high-octane adventure promises excitement for seasoned runners and novices alike.

Trail running is a great way to build stamina while increasing leg strength, flexibility, and balance. Our circular route starts at the Beach House and encompasses hills and beach before returning to the resort.



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 you at the centre of our trustworthy team, our retreat programs are created to guide you 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

Please speak with one of our Layan Life Hosts to find out how you can reset your wellbeing with a Retreat For Life.



Layan Life is in service to an extraordinary journey for all, and we respectfully request that you take a moment to review our standards of etiquette.

### **Appointments**

Advance booking is highly recommended as our specialist practitioners are subject to availability. Please visit the Layan Life reception or contact our Layan Life Hosts on +66 (0)76 317 210 (ext 5410 if staying in the resort) or layanlife@anantara.com

### **Change or Cancellations**

Your specialist and the time for your appointment have been exclusively reserved for you; however if you need to change the time or day or cancel your reservation we request 24 hours advance notice.

We will always do our utmost to cater to changes, however we cannot guarantee this will be possible as our specialist practitioner team are subject to availability.

Regrettably without due notice the full charge of your scheduled treatment will be applied to your account. You may dial +66 (0)76 317 210 (ext 5410) to contact the Layan Life Hosts.

**Please note:** Layan Life Retreats or Promotions may have specific cancellation terms, such as; non-refundable deposits or stricter cancellation policies.

#### **Arrival Time**

Please arrive 10 minutes before the time of your appointment. Arriving to Layan Life at this time ensures you are not rushed and you can enjoy a welcome drink and pause for some moments in our reception space.

Please note: that your late arrival may compromise the full length of your treatment as we do endeavour to stay on schedule for each and every guest. Certain appointments will require cancellation without the necessary timeframe.

#### **Availability**

Certain services are subject to specialist availability. Please enquire in advance.

#### Consultations

All guests are required to have an Initial Wellness Consultation prior to having any services at Layan Life. We are committed to providing high quality care that considers your individual health status, needs and goals.

#### **Programs and Plans**

Layan Life has a range of curated retreat programs that have been carefully designed for specific wellness goals and outcomes.

#### **Privacy**

Our caring and professional therapists respect your privacy and will keep personal information confidential. It is our intention to provide a safe healing environment based on trust.

### 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. Children under the age of 16 will only be permitted in the case of a medical emergency and must be accompanied by an adult.

#### **Good Manners**

The Layan Life environment is one of peace and quiet. Please keep noise to a minimum and switch off mobile phones in respect to other spa guests who wish to relax.

Smoking of any sort and loud behaviour is not permitted. We reserve the right to ask that guests who do not comply with this request leave the premises.

#### **Dress Code**

Please wear comfortable clothing when arriving for a treatment.

#### **Valuables**

We recommend that you leave your valuables and jewellery in the safe that is located in your room. Layan Life cannot take responsibility for personal items.

### **Group Classes**

Advance booking is required for group classes as space is limited. Please arrive 5 to 10 mins prior to the start of the class so that you are present for the introduction. Arriving late disturbs other guests and may result in not being allowed to join the class.

### **Change Rooms and Hydrothermal Areas**

The change rooms and hydrothermal areas, include a hot and cold vitality pool, experience shower and a sauna and steam room.

### **Fitness Space**

All equipment should be handled with care for your safety and the safety of other guests. Please ask one of our fitness team for assistance if you have not used any of the fitness equipment before.

#### **Dress Code**

### **Hydrothermal Area**

Due to consideration of other guests and cultural values, all guests must wear swimsuits in the pools and experience showers, which are public areas.

#### Steam and Sauna

Due to health regulations and in respect of other guests and cultural values, all guests must wear a swimsuit or be modestly draped in a towel when using the sauna or steam room.

### **Yoga and Pilates**

Please wear comfortable stretch clothing that allows for freedom of movement.

### **Fitness Space**

Please wear suitable indoor sports shoes and sports clothing. Due to safety regulations, the use of all gym equipment in bare feet is not permitted. Regrettably, guests without suitable shoes or clothing will be asked to leave to change their attire.

### **Opening Hours**

#### **Lavan Life**

Layan Life is open from 9am to 9pm.

### **Fitness Gym**

The Gym is open for 24 hours and will be accessible after operating hours with a digital access key held by Resort, Residence and Membership guests.



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BALANCED TOMORROW.





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