LAYAN
LIFE
BY ANANTARA

SAMPLE ITINERARY
DETOX FOR LIFE
7 NIGHTS

Day 1 | Arrival & Assessment

14:00 – 15:00	Wellness Initial Consultation
15:00–15:30	Continuous Glucose Monitor (CGM) fitting *Sensor worn throughout your stay*
15:45 – 16:45	Nutrition Consultation

Day 2 | Diagnostics

07:30 – 07:45	Blood Test — Sample Collection *Detox PLUS — fasting required; please avoid food from midnight*
09:30 – 09:45	Cell Wellbeing Nutritional Assessment
10:00 – 10:15	Heavy Metal Test (OLIGOSCAN)
14:00 – 14:15	Sleep Test: Belun Ring fitting *Worn overnight — please keep on until morning*
17:00 – 17:45	Group class: Juice-Making Workshopipsum

Day 3 | Gentle Cleanse

10:00 – 10:30	Maya Abdominal Massage — session 1
10:45–11:45	Liver Detox IV Infusion — session 1
14:30–16:00	Chelation Therapy
17:00–17:45	Group class: Hatha Yoga

Day 4 | Deep Cleanse

10:00 – 11:00	Colonic Hydrotherapy
14:30 – 15:30	Lymphatic Drainage Massage — session 1
17:00 – 17:15	Cryotherapy

Day 5 | Cleanse & Renew

10:00 – 11:00	Colonic Hydrotherapy with Coffee
14:30 – 15:00	Wellness Follow-Up Consultation — session 1
15:15 – 16:15	Thai Tranquil Touch Massage

Day 6 | Cleanse & Release

10:00 – 10:30	Maya Abdominal Massage — session 2
10:45 – 11:45	Liver Detox IV Infusion — session 2
17:00 – 18:30	Body Brush & Herbal Detox Ritual

Day 7 | Lymphatic Flow

10:00 – 11:00	Tao Visceral Manipulation (Deep Abdominal Therapy)
14:30 – 15:30	Lymphatic Drainage Massage — session 2
15:45 – 16:45	Super Stretching / Personal Training / Pranayama

Day 8 | Review & Departure

09:30 – 10:00	Wellness Follow-Up Consultation — session 2
10:15 – 10:35	Departure Consultation