LAYAN
LIFE
BY ANANTARA

SAMPLE ITINERARY
LONGEVITY FOR LIFE
7 NIGHTS

Day 1 | Arrival & Assessment

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

Day 2 | Baseline Diagnostics

07:30 – 07:45	Blood Test — Sample Collection *Longevity PLUS — fasting required; please avoid food from midnight*
09:30 – 10:00	Moti Dynamic Postural Analysis
10:15 – 10:45	3D Full Body Scanner
11:00 – 11:15	Cell Wellbeing Nutritional Assessment
11:30 – 12:30	Fitness Assessment with VO_2 Max
14:00 – 14:15	Sleep Test: Belun Ring fitting *Worn overnight — please keep on until morning*
14:30 – 15:00	Psycho-Emotional Assessment with Bio-Well Energy Measurement
15:15 – 15:45	Body Composition Analysis (InBody) & Hand Grip Strength

Day 3 | Recovery & Repair

10:00 – 11:00	Amino Recovery Boost IV Infusion
14:30 – 15:30	Biohacking Consultation (peptides, supplements & wearables)
17:00 – 18:10	Hyperbaric Oxygen Therapy — session 1
18:25 – 18:40	Biomodulator Red Light Therapy (whole body)

Day 4 | Deep Release

08:30 – 09:00	Blood Test Results Interpretation with Doctor *Longevity PLUS — approximately 36–48 hours after blood draw*
10:00 – 11:00	Mitochondria Boost IV Infusion
14:30 – 15:30	Holistic Treatment
17:00 – 17:15	Cryotherapy — session 1
17:30 – 18:15	Group class: Mat Pilates

Day 5 | Radiance & Renewal

10:00 – 11:00	Neuro Focus Support IV Infusion
11:15 – 12:30	Hydrafacial Platinum Facial *Apply sunscreen after treatment*
17:00 – 17:15	Cryotherapy — session 2

Day 6 | Movement & Strength

10:00 – 11:00	Personal Training
14:30 – 15:30	Super Stretching
17:00 – 18:10	Hyperbaric Oxygen Therapy — session 2

Day 7 | Strength & Recovery

10:00 – 11:00	Colonic Hydrotherapy
11:15 – 11:45	Re-Functional Training
14:30 – 15:30	Pain Management
17:00 – 18:00	Pilates Plus

Day 8 | Review & Departure

09:30 – 09:50	Departure Consultation *Results discussion & personalised longevity roadmap*