LAYAN
LIFE
BY ANANTARA

SAMPLE ITINERARY
SHAPE FOR LIFE
7 NIGHTS

Day 1 | Arrival & Assessment

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

Day 2 | Baseline & Body Composition

07:30 – 07:45	Blood Test — Sample Collection *Shape PLUS — fasting required; please avoid food from midnight*
09:30 – 10:00	Fitness Assessment
10:15 – 10:30	Cell Wellbeing Nutritional Assessment
10:45 – 11:15	3D Full Body Scanner — session 1
14:00 – 14:15	Sleep Test: Belun Ring fitting *Worn overnight — please keep on until morning*
14:30 – 15:30	Thai Medicine Vitality Consultation

Day 3 | Strength & Conditioning

10:00 – 11:00	Personal Training — session 1
11:15 – 12:15	Amino Recovery Boost IV Infusion — session 1
14:30 – 15:30	Venus Legacy Treatment — session 1
15:45 – 16:45	Super Stretching — session 1
17:00 – 17:45	Group class: Full Body Stretch

Day 4 | Shape & Sculpt

10:00 – 11:00	Metabolic Support IV Infusion
14:30 – 15:30	Venus Legacy Treatment — session 2
15:45 – 16:45	Pao Ya – Heated Herbal Therapy — session 1
17:00 – 17:15	Cryotherapy — session 1

Day 5 | Power & Repair

10:00 – 10:30	3D Full Body Scanner — session 2
10:45 – 11:45	Personal Training — session 2
12:00 – 12:30	Maya Abdominal Massage

Day 6 | Contour & Refine

10:00 – 11:00	Amino Recovery Boost IV Infusion — session 2
14:30 – 15:30	Venus Legacy Treatment — session 3
15:45 – 16:45	Super Stretching — session 2
17:00 – 17:15	Cryotherapy — session 2

Day 7 | Peak Conditioning

10:00 – 11:00	Personal Training — session 3
11:15 – 12:15	Colonic Hydrotherapy
14:30 – 15:30	Pao Ya – Heated Herbal Therapy — session 2

Day 8 | Review & Departure

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