



LAYAN
LIFE
LONGEVITY
RETREAT

SAMPLE ITINERARY BEAUTY FOR LIFE 7 NIGHTS

Day 1 | Arrival & Assessment

14:00 – 15:00 Dermatologist Consultation
15:15 – 16:15 Wellness Initial Consultation

Day 3 | Lymphatic Flow

10:00 – 11:00 Beauty & Skin Rejuvenation IV Infusion — session 1
11:15 – 12:15 Thai Aqua Vitality Ritual
14:30 – 15:15 Advance Light Therapy — session 1
15:30 – 16:30 Lymphatic Drainage Massage — session 1
17:00 – 17:45 Group class: Mat Pilates

Day 5 | Radiance & Renewal

10:00 – 11:00 Colonic Hydrotherapy
14:30 – 15:15 Advance Light Therapy — session 2
15:30 – 16:30 Venus Legacy Treatment — session 2

Day 7 | Deep Release

14:30 – 15:30 Lymphatic Drainage Massage — session 2
15:45 – 16:45 Super Stretching / Yoga
17:00 – 17:20 Tranquil Thai Herbal Ritual Bath

Day 2 | Skin Analysis & Baseline

07:30 – 07:45 **Blood Test — Sample Collection**
Beauty PLUS — fasting required; please avoid food from midnight
09:30 – 10:00 Visia Face Image Consultation
10:15 – 10:45 Nutrition Assessment
11:00 – 12:00 Metabolic Support IV Infusion
17:00 – 17:45 Group class: Hatha Yoga

Day 4 | Movement & Strength

10:00 – 10:30 Maya Abdominal Massage
14:30 – 15:30 Venus Legacy Treatment — session 1
17:00 – 18:00 Pilates Plus — session 1

Day 6 | Glow & Refine

10:00 – 11:00 Beauty & Skin Rejuvenation IV Infusion — session 2
11:15 – 12:30 **Hydrafacial Platinum Facial**
Apply sunscreen after treatment
17:00 – 18:00 Pilates Plus — session 2

Day 8 | Review & Departure

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