



LAYAN
LIFE
LONGEVITY
RETREAT

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 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 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 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 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 4 | Deep Cleanse

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

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 8 | Review & Departure

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