



LAYAN

LIFE

LONGEVITY
RETREAT

CIRCLE OF LIFE MEMBERSHIP

MEMBERSHIPS AT LAYAN LIFE LONGEVITY RETREAT

CIRCLE OF LIFE MEMBERSHIP

Enjoy unlimited access to cutting-edge wellness facilities and added benefits with your membership
at Phuket's most exclusive lifestyle club - Layan Life Longevity Retreat.

Transformative Wellbeing for Every Season of Life.

PILLARS OF LAYAN LIFE

Let this be your year of health and happiness. Set within nature's elemental beauty, experience transformative wellbeing through thoughtfully curated experiences, services, and facilities designed to support your highest health potential.

Layan Life is a multi-award-winning wellness and longevity retreat located in the heart of Anantara Layan Phuket Resort, part of Minor Hotels. It offers personalised, evidence-based experiences that integrate advanced science, lifestyle medicine, holistic healing, and timeless ancient Thai healing wisdom. Built upon the five pillars of Longevity Medicine, Traditional Medicine, Integrative Medicine, Aesthetic Medicine and Holistic Medicine, it honours the journey of life — marked by stages and chapters, Layan Life supports guests across all ages, stages, and life goals from teens and young adults to midlife professionals and active seniors.

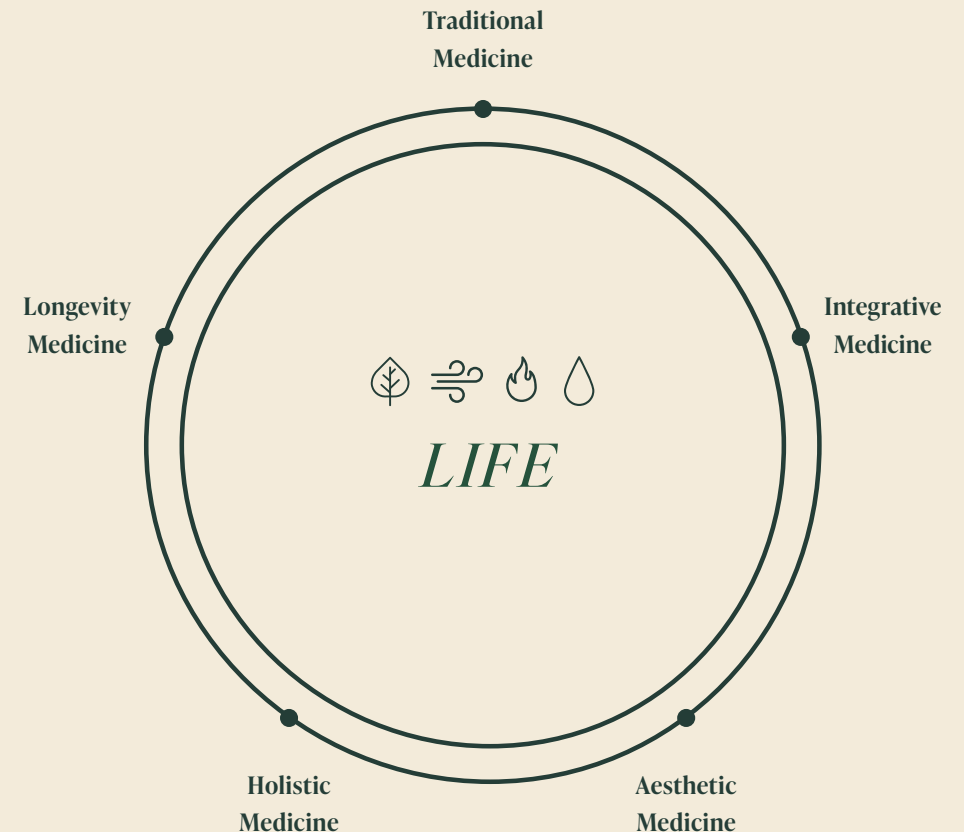
Your membership journey begins with advanced diagnostics, assessments and consultations with our expert team. The insights gathered paves the way for a comprehensive plan tailored to your personal wellbeing goals, whether it's looking younger, feeling better, finding inner calm or reversing biological age.

The benefits of committing to a transformative 'Whole of Life' approach to wellbeing are expansive, supporting long-term healthspan and a richer quality of life.

This is an exclusive opportunity with limited memberships available.

Please contact layanlife@anantara.com for inquiries.

An extraordinary chapter dedicated to your wellbeing awaits.



MEMBERSHIPS *FOR LIFE*

Layan Life is opening up a limited number of exclusive memberships. This is a full lifestyle offering dedicated to a year of transformative wellbeing.

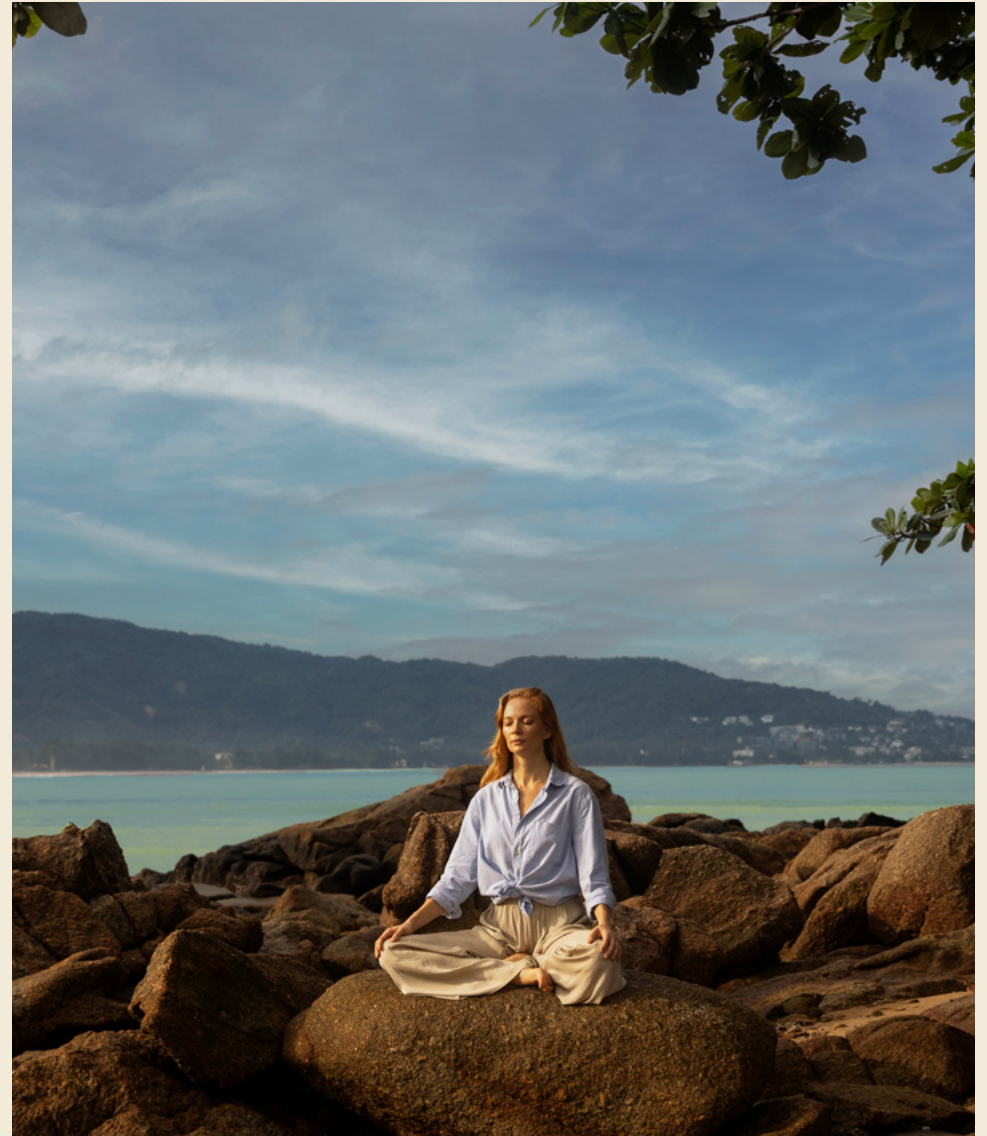
The Ultimate Luxury Today is Longevity

Designed for those who view wellness as a lifelong journey, the Circle of Life Membership offers a flexible and holistic approach to optimising healthspan, with continuous, personalised support for wellbeing and longevity.

Members enjoy:

- Wellness Treatment Credits: From advanced diagnostics to holistic therapies.
- Personalised Wellness Care: Expert guidance tailored to your goals.
- Measurable Wellness Tracking: Track and optimise progress.
- Family & Guest Privileges: Share wellness benefits with loved ones.
- Signature Wellness Experiences: Exclusive treatments and curated programmes.
- Priority Access: Priority bookings and member-only events.
- Wellness & Lifestyle Privileges: Preferred benefits across wellness and resort experiences.
- Reciprocal Wellness Access: Benefits across Layan Life and Bangkok LIFE.

A multifaceted journey dedicated to your well-life awaits.



LIFE 1M FULL CIRCLE

An exclusive one-year membership dedicated to elevated wellbeing and lasting transformation shared to your circle up to 4 persons.

Designed for those who view wellness as a lifelong journey, the 1-Year Life Membership provides continuous, personalised support for health, wellbeing and longevity. Through tailored wellness programmes, regular assessments and expert-led care, members benefit from an ongoing partnership focused on maintaining balance, addressing potential concerns early, and optimising physical, mental and metabolic wellbeing.

Total membership value	THB 1,400,000
Treatment credit	THB 1,200,000
Wellness vouchers	THB 80,000
Oura Ring + virtual consultation	THB 60,000
Welcome wellness kit	THB 60,000

Membership Validity:

- Twelve (12) months for all named members, local and international.
- Eligible international members: up to Six (6) additional months to use unused treatment credit only. This does not extend Life App access, consultations, or other benefits.

Coverage:

- Up to four named members, registered at enrolment; treatment credit is shared by the family, and each named member keeps a separate health record, Digital Health Profile and personalised Life Plan.
- Treatment credit: THB 1,200,000 total (a 20% credit enhancement) THB 800,000 allocated to Layan Life and THB 400,000 to Bangkok LIFE. Terms and Conditions applicable.

Inclusions:

- Treatment credits.
- Wellness vouchers valued at THB 80,000.
- One (1) Oura Ring (annual subscription not included) with Six (6) wellness consultations based on the Oura data throughout the year.
- One (1) complimentary Oura Ring Four (4) per membership, assigned to One (1) named member (Oura subscription not included); up to Three (3) additional named members may purchase their own rings.
- Twelve (12) months of Life Longevity App access, with up to Four (4) separate Digital Health Profiles (One (1) per named member).
- Eight (8) physician/longevity consultations total — Two (2) per named member (One (1) initial and One (1) progress/end-of-cycle review).
- One (1) personalised Life Plan for each named member, plus up to Four (4) Life starter supplements (maximum 1 per eligible member) when physician-recommended.
- One (1) My Life Progress Report for each named member, plus 1 coordinated annual Family Health & Longevity Day.
- Layan Life Everyday Access for up to Four (4) named members: Fitness Centre, hydrothermal wellness facilities, and scheduled mindful movement / functional fitness group classes.

Additional Layan Life privileges (*Applicable for Layan Life sign-ups only.*):

- 20% savings on retail products and supplements for personal use.
- 10% savings on third-party laboratory tests.
- Priority scheduling and Premium Life Concierge (family coordination, cross-location handover).
- Priority invitations to wellness events.

Anantara Layan Phuket Resort privileges:

- 15% savings on accommodation.
- 15% savings on the Wellness & Longevity Menu only at Anantara Layan Phuket Resort restaurants Age Restaurant, Breeze, Cocoon and Dara Cuisine Phuket (excluding alcoholic beverages).
- 15% savings at Anantara Spa.
- 10% savings on Layan Active Zone Adventures.
- Access to beach facilities.

Anantara Spa Thailand privileges:

- 15% savings at all Anantara Spas in Thailand.

LIFE 500 SHARED CIRCLE

An exclusive membership dedicated to enhanced wellbeing, personalised care and lasting vitality for up to two named members.

Designed for those who live and value wellness, Life 500 offers a personalised and flexible approach to preventive health, recovery and longevity across Layan Life and Bangkok LIFE. Through tailored wellness programmes and expert-led care, both named members receive ongoing support designed to identify imbalances early, optimise overall wellbeing and encourage long-term vitality through proactive and preventive wellness.

Total membership value	THB 700,000
Treatment credit	THB 600,000
Credit top-up	THB 50,000
Oura Ring + virtual consultation	THB 25,000
Complimentary assessments	THB 15,000
Welcome wellness kit	THB 10,000

Membership Validity:

- Twelve (12) months for all named members, local and international.
- Eligible international members: up to Six (6) additional months to use unused treatment credit only. This does not extend Life App access, consultations, or other benefits.

Coverage:

- Up to two members (additional members beyond four at THB 200,000 each).
- Treatment credit: THB 600,000 total (a 20% credit enhancement) — THB 400,000 allocated to Layan Life and THB 200,000 to Bangkok LIFE. Terms and Conditions applicable.

Inclusions:

- Treatment credits.
- Wellness vouchers valued at THB 80,000.
- One (1) Oura Ring (annual subscription not included). With Four (4) wellness consultations based on the Oura data throughout the year.
- One (1) complimentary Oura Ring Four (4) per membership, assigned to either named member (Oura subscription not included); the second member may purchase an additional ring.
- Twelve (12) months of Life Longevity App access, with up to Two (2) separate Digital Health Profiles (one per named member).
- Six (6) physician/longevity consultations total — Three (3) per named member (initial, mid-year and end-of-cycle/renewal); unused consultations may be reallocated between members once both complete an initial review.
- One (1) personalised Life Plan for each named member, plus up to Two (2) Life starter supplements (maximum 1 per eligible member) when physician-recommended.
- One (1) My Life Progress Report for each named member, plus One (1) coordinated Couple Life Progress Day.
- Layan Life Everyday Access for both named members: Fitness Centre, hydrothermal wellness facilities, and scheduled mindful movement / functional fitness group classes.

Additional Layan Life privileges (*Applicable for Layan Life sign-ups only.*):

- 20% savings on retail products and supplements for personal use.
- 10% savings on third-party laboratory tests.
- Priority scheduling and Priority Life Concierge (coordinated scheduling for both members, cross-location handover).
- Priority invitations to wellness events.

Anantara Layan Phuket Resort privileges:

- 15% savings on accommodation.
- 15% savings on the Wellness & Longevity Menu only at Anantara Layan Phuket Resort restaurants Age Restaurant, Breeze, Cocoon and Dara Cuisine Phuket (excluding alcoholic beverages).
- 15% savings at Anantara Spa.
- 10% savings on Layan Active Zone Adventures.
- Access to beach facilities.

Anantara Spa Thailand privileges:

- 15% savings at all Anantara Spas in Thailand.

LIFE 300 PERSONAL CIRCLE

A personalised membership for one, through an integrated approach to health, wellbeing and longevity.

Designed for those beginning their wellness journey, Life 300 combines baseline assessments, tailored consultations and expert guidance to build a deeper understanding of your individual needs. With ongoing support across two complementary destinations, your care focuses on maintaining balance, identifying potential concerns early and nurturing lasting physical, mental and metabolic wellbeing.

Total membership value	THB 410,000
Treatment credit	THB 360,000
Oura Ring + virtual consultation	THB 25,000
Complimentary assessment	THB 15,000
Welcome wellness kit	THB 10,000

Membership Validity:

- Twelve (12) months for all named members, local and international.
- Eligible international members: up to Six (6) additional months to use unused treatment credit only. This does not extend Life App access, consultations, or other benefits.

Coverage:

- One (1) membership enrollment (additional member at THB 200,000 each).
- Treatment credit: THB 360,000 total (a 20% credit enhancement) — THB 180,000 allocated to Layan Life and THB 180,000 to Bangkok LIFE. Terms and Conditions applicable.

Inclusions:

- Treatment credits.
- One (1) complimentary Oura Ring Four (4) (Oura subscription not included; activated and paid directly by the member).
- Six (6) months of Life Longevity App access and 1 individual Digital Health Profile.
- Four (4) physician-led consultations: initial, approximately 90-day review, approximately 180-day review, and end-of-cycle/renewal review.
- One (1) personalised Life Plan, plus 1 Life starter supplement when physician-recommended.
- One (1) My Life Progress Report at reassessment/renewal.
- Layan Life Everyday Access: Fitness Centre, hydrothermal wellness facilities, and scheduled mindful movement / functional fitness group activities.

Additional Layan Life privileges (*Applicable for Layan Life sign-ups only.*):

- 20% savings on retail products and supplements for personal use.
- 10% savings on third-party laboratory tests.
- Priority scheduling and Life Concierge support.
- Priority invitations to wellness events.

Anantara Layan Phuket Resort privileges:

- 15% savings on accommodation.
- 15% savings on the Wellness & Longevity Menu only at Anantara Layan Phuket Resort restaurants Age Restaurant, Breeze, Cocoon and Dara Cuisine Phuket (excluding alcoholic beverages).
- 15% savings at Anantara Spa.
- 10% savings on Layan Active Zone Adventures.
- Access to beach facilities.

Anantara Spa Thailand privileges:

- 15% savings at all Anantara Spas in Thailand.

FACILITIES

Resting on a calm reflective pond within a circle of lush green foliage, the Layan Life building complements the peaceful setting.

The biophilic design of the 1,767-square metre, double-storey structure is both rational and aspirational, combining simplicity with profound elegance.

RECOGNITION

Layan Life Longevity Retreat is the Spa & Wellness category winner at the prestigious AHEAD Awards Asia that celebrates excellence in hospitality design and guest experiences across the Asia region. Recognised for its pioneering integration of advanced medical science and Thailand's ancient healing traditions, the biophilic sanctuary is designed to nurture body, mind and spirit. Created by Martin Palleros, the retreat reflects The 'Whole of Life' philosophy and the five elements of Thai traditional medicine.

LOWER LEVEL

Arrive into a welcoming reception and be guided to:

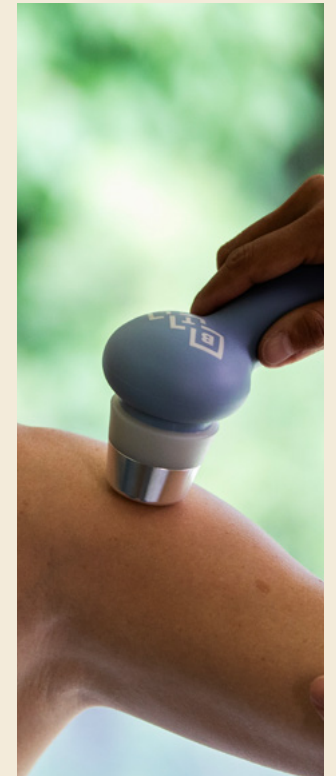
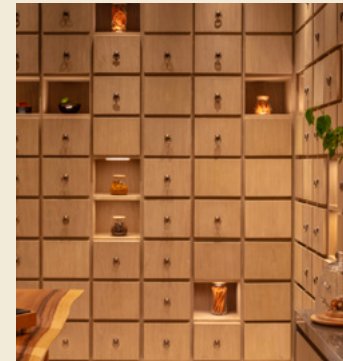
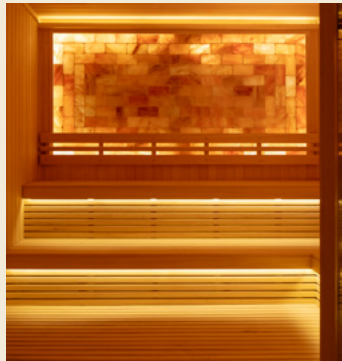
- Spacious (220 sqm) fitness gym with state-of-the-art equipment by Technogym, divided into four sections for functional, free-weight, cardio, and strength training workouts
- A light-filled (60 sqm) meditation space and yoga studio featuring, AirFit bungee and aerial yoga for movement practices.
- A fully equipped (35 sqm) Pilates Plus Studio featuring Reformers, Cadillac, and other equipment for complete mobility training.
(Instructor booking is required in advance prior to use)
- Male and female changing rooms
- Herbal steam chamber in each changing room
- Dry Himalayan salt sauna in each changing rooms
- Hydrotherapy area (83 sqm) featuring hot and cold vitality pools with massage jets, experience showers, and loungers

UPPER LEVEL

Step into a spacious central reception and take a seat in preparation for your appointment.

- 4 Consultation Rooms
- 7 Treatment Rooms
- Icepod® Cryotherapy Chamber
- Hyperbaric Oxygen Therapy (HBOT) - Duo Chamber
- Colonic Hydrotherapy
- Thai Aqua Vitality Room
- Hydrotherapy Room
- Traditional Thai Medicine Herbal Dispensary
- Bio-Well Energy Measurement
- VO₂ Max Assessment
- 3D Full Body Scanner (Styku)
- Dynamic Postural Analysis (Moti)
- Body Composition Analysis with InBody
- IV Vitamin Therapy Lounge
- Recovery Lounge

MEMBERSHIPS AT LAYAN LIFE LONGEVITY RETREAT



LOWER LEVEL

UPPER LEVEL

MEMBERSHIPS INCLUSIONS



**GYM FITNESS
& GROUP CLASSES**

For a strong, fit and functional body:

- Unlimited access to the gym and use of the latest Technogym equipments.
- Yoga and meditation space (advanced booking is required)
- AirFit Bungee and aerial yoga (advanced booking is required)
- Pilates Plus studio (must be booked with a practitioner; not available for guest self-use)
- Unlimited participation of scheduled group classes (advanced booking is required)



**WELLNESS
FACILITIES**

Use of facilities designed for your rejuvenation:

- Male and female changing rooms
- Steam room
- Himalayan salt dry sauna
- Hot and cold vitality pools
- Consultation and diagnostic rooms
- Aesthetics and treatment rooms
- Bathing ritual room
- Thai Aqua Vitality Ritual room
- Colonic hydrotherapy room
- Icepod® Cryotherapy Chamber
- Hyperbaric Oxygen Therapy (HBOT) - Duo Chamber
- IV vitamin and mineral therapy lounge
- Thai Traditional Medicine herbal dispensary
- Fitness and body composition assessments



**RECIPROCAL
BENEFITS**

Start your wellness journey:

- Up to four members (Additional members beyond four at THB 200,000 each)
- As a member, you receive reciprocal wellness benefits at Bangkok LIFE, redeemable toward treatments (Terms and conditions apply)
- Can be used personally or purchased as a gift



**EXPERT
GUIDANCE**

Membership joining fee includes:

- Consultations, diagnostics and assessments at the start of the year (all membership tiers)
- Mid-year progress assessments throughout the year

Terms and Conditions: The Gym, Yoga studio, Pilates Plus studio and wellness amenities are only available during regular opening hours and the membership is not included in the 24/7 access. Savings cannot be applied to: residences and hotel stays during blackout dates and visiting practitioners.

SERVICES MENU

The Layan Life menu of services is comprehensive and thoughtfully curated. We have selected advanced technology and products for their efficacy and proven outcomes. Our proficient team of wellness, medical and fitness experts, with healing hands and intelligent minds, will support you throughout your membership journey.



SERVICES MENU

CONSULTATIONS

Medical Consultation
Initial Wellness Consultation
Follow-Up Wellness Consultation
Longevity Consultation
Traditional Thai Medicine 'Vitality' Consultation
Traditional Thai Medicine Follow-Up Consultation
Nutrition Assessment
Physiotherapy Initial Consultation
Physiotherapy Follow-Up Consultation
Nurse Service

ASSESSMENTS & DIAGNOSTICS

Advanced Diagnostic Tests & Blood Tests
Cell Wellbeing Nutrition Assessment
Heavy Metal Test (Oligoscan™)
Sleep Test (Belun Ring)
VO₂ Max Assessment
Fitness Assessment
3D Full Body Scanner (Styku)
Dynamic Postural Analysis (Moti)
Body Composition Analysis (InBody)
Psycho-Emotional Assessment
Bio-Well Energy Measurement
Facial Skin Health Analysis (VISIA)

IV VITAMIN THERAPY

Beauty & Skin Infusion
Brain Support Infusion
Energy Boost Infusion
Immunity Infusion
Hangover Recovery Infusion
Liver Detox Infusion
Metabolic Support Infusion
Myers' Cocktail Infusion
Tranquil Sleep Infusion
High-Dose Vitamin C Infusion
Chelation Therapy (Heavy Metal Removal)

EXPRESS BIOHACKING

Energy Balance Booster Injection
Vitamin D3 Injection
Amino Recovery Boost IV Infusion
Calm Focus Support Spray
Cognitive Clarity Support Spray
Neuro Focus Support IV Infusion
Gut & Resilience Support IV Infusion
Men's Hormonal Balance Injection
Mitochondria Boost Infusion

AESTHETICS

Hydrafacial™
Advanced Light Therapy
Ultherapy®
Venus Legacy™
Botox® Injection (Allergan)
Dermal Filler (Restylane/Juvéderm)
Profilo

TRADITIONAL THAI MEDICINE

Soom Ya (Facial Herbal Steam Therapy)
Thai Herbal Bath Ritual
Alkaline Bath Ritual
Royal Thai Therapeutic Massage
Rajasamnak Thai Therapeutic Massage
Sweet Herbal Thai Acupressure
Thai Tranquil Touch Massage
Nurturing Flow Breastfeeding Therapy
Goy Mod Look Therapy (Women's Health Massage)
Goy Thong Therapy (Gut Health Abdomen Massage)
Herbal Salt Clay Pot Therapy
Burut Vitality Therapy (Men's Health Acupressure)
Pao Ya Heated Herbal Therapy
Thai Aqua Vitality Purification
Body Brush and Herbal Detox Ritual
Purifying Body Ritual
Herbal Tea Blending Workshop

SERVICES MENU

PHYSIOTHERAPY

Stress Recovery: Physio-led Myofascial Release
Pain Management
Lymphatic Drainage Massage
Radiofrequency Therapy (TECAR)
High Intensity Laser Therapy (HILT)
Radial Shockwave Therapy
Ultrasound Therapy
Therapeutic Release Massage
Re-Functional Training

INTEGRATIVE MEDICINE

Colon Hydrotherapy
Coffee Rectal Infusion
Icepod® Cryotherapy
Hyperbaric Oxygen Therapy

HOLISTIC HEALING

Maya Massage (Abdominal Massage)
Energy Balancing
Auricular Therapy
Reiki
Craniosacral Therapy
Tao Visceral Manipulation
Biofield Therapy

PRIVATE SESSIONS

Yoga
Aerial Yoga
AirFit Bungee Exercise
Pilates Plus
Mat Pilates
Super Stretching
Personal Training
Balance 360°
Power Core
HIIT (High-Intensity Interval Training)
Circuit Training
Aqua Fit
Integral Sound Healing
Meditation
Pranayama Breathing
Tai Chi
Group Fitness Class
Thai Herbal Workshop
Group Mindfulness Class

CIRCLE OF LIFE MEMBERSHIP

INITIATION - CONSULTATION, DIAGNOSTICS & ASSESSMENTS

Meet our Layan Life team. They will assess your current health status and use these insights to guide the services and therapies you choose throughout your membership.

Meet your Wellness Consultant

- Initial wellness consultation for a tailored journey from day one

Meet your Doctor

- Medical consultation for personalised healthcare and advice

Meet our Traditional Thai Medicine Doctor

- Traditional Thai medicine 'Vitality' consultation for harmony of body and mind

Meet your Nutritionist

- Nutrition assessment for dietary clarity and personalised nutrition strategies

Meet your Physiotherapist

- Initial physiotherapy consultation for care and correction
- Moti dynamic postural analysis for precise postural insight and assessment of 24 joints and 87 muscles

Meet your Aesthetics Specialist

- VISIA facial analysis for comprehensive skin insights

Meet your Personal Fitness Trainer

- Fitness assessment and 3D body scanner for comprehensive body profiling and goal tracking

Meet our Certified Nurses

- Heavy metal test with Oligoscan for immediate analysis of your body's heavy metal levels
- Epigenetic testing for early detection of disease risks at a molecular level

Meet your Energy Medicine Practitioner

- Identify energetic imbalances and restore holistic balance.

FREEDOM TO CHOOSE

Navigate your path to wellbeing based on your goals and the insights gained from your initiation consultations.

Choose from:

- **Consultations:** insight-led guidance for personalised care
- **Medical Assessments and Diagnostics:** informed self-discovery
- **IV Vitamin Therapy:** energy boost and bodymind nourishment
- **Beauty and aesthetics:** for face and body
- **Thai Traditional Medicine:** ancient Thai wisdom tailored to individual constitution
- **Physiotherapy:** pain-free movement and musculoskeletal health
- **Hydrotherapy:** bathing rituals and internal cleansing therapies
- **Bio-Harmonising:** cryotherapy and hyperbaric oxygen therapies
- **Mindfulness:** meditative practices, breathwork, and mind-body balance
- **Movement:** yoga, stretch and Pilates to unify flow and poise
- **Fit & Strong:** conditioning for power, strength, cardio and endurance
- **Active Adventures:** explore and try new pursuits in the great outdoors
- **Energy Balancing:** experience holistic healing and energy therapy

MID-YEAR REVIEW

We recommend putting some of your credit towards measuring your progress.

We suggest meeting with:

- Wellness consultant
- Doctor
- Traditional Thai Medicine practitioner
- Nutritionist
- Physiotherapist
- Aesthetics specialist
- Fitness trainer

Services with holistic specialists:

- 3D Full Body Scanner (Styku)
- Dynamic Postural Analysis (Moti)
- Facial Skin Health Analysis (VISIA)
- Heavy Metal Test (Oligoscan™)
- Cell Wellbeing Nutrition Assessment
- Psycho-Emotional Assessment
- Body Composition Analysis (InBody)
- Fitness Assessment

THE REWARDS

Take your wellbeing to the next level with a host of meaningful benefits.

- Improved health
- Improved appearance
- Improved performance
- Improved cognition
- Improved muscle tone
- Better sleep
- Looking younger
- Strong immunity
- Balanced digestion
- Hormone harmony
- Happy mind
- Physical homeostasis
- Improved fitness
- Improved posture
- Improved flexibility
- Radiant complexion

FREQUENTLY ASKED QUESTIONS

Can I share my membership?

Yes, you may share the credit for services included in your Lifestyle Membership. The 1-Year Membership coverage includes up to four members and the 6-Months Membership includes up to 2 members. An additional fee of THB 200,000 applies for each additional family member to enjoy access to facilities and other member privileges.

Can I transfer my membership?

Yes, you may transfer your membership to a family member. You will be issued with an ID code.

Do I lose monthly services if I do not use them?

No, your included services can be used at any time throughout the year. The monthly plan simply demonstrates how services can be utilised to maintain a consistent approach to your health goals.

Can I use my credit for a visiting practitioner?

As a member, you receive priority booking with visiting specialists. However, your member credit and savings will not apply.

To coordinate your visit to Layan Life Longevity Retreat where you can learn more about the exclusive introductory package offering additional benefits to new members, please contact us by emailing at layanlife@anantara.com. We look forward to welcoming you in person to the exceptional world of Layan Life!

Are children allowed?

Layan Life is not suitable for children under the age of 16. We offer childcare and activities at the Chang Club and the Teen Zone.

Can I receive a member discount on a promotion?

Member benefits and savings cannot be combined with other promotions.

What are the opening hours?

Layan Life services are offered from 8:00 am to 8:00 pm. Members have an exclusive access pass to use the gym 24 hours per day. Wellness amenities are available during opening hours only (8:00 am to 8:00 pm).

Where do I park my car?

You will enter Anantara Layan Phuket Resort via the main entrance of Anantara Layan Phuket Resort and park in the guest parking area. From there, a Villa Host will escort you via buggy.

Can I change or cancel an appointment?

Yes, you may request a minimum of 24 hours notice. Without due notice, the service will be deducted as having been used.

Can I suspend my membership?

Yes, you may suspend your membership if you are unwell or on vacation for more than four weeks.

What happens if I use all my credit early?

As a valued member you will receive savings on Layan Life services until the end of your year term.

Can I use my credit next year if it is not used?

Unused credit cannot be carried forward to the following year. Any remaining balance will be forfeited.

Can I terminate my membership?

Yes, in special circumstances this is possible. Please discuss with one of our team members.



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ANANTARA LAYAN PHUKET RESORT

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