

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 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 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 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 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 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 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 8 | Review & Departure

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