



LAYANA  
RESORT & SPA

layana-resort/spa/pool

# A Pause in Time

*A Week of Wellbeing*

23 – 27 March · Koh Lanta, Thailand



# Rediscover balance at your own rhythm.

Five days of calm, movement and restoration  
at one of Thailand's most peaceful retreats.

*Guided sessions · Botanical nourishment · Wellbeing rituals*



JOIN FOR THE DAY

# Wellbeing Guest Access

*Limited places · outside guests welcome each day*

- Linger Longer Spa facilities
- Wellness salt pool & gym
- One guided wellbeing class
- Layana Salt Sanctuary ritual
- Botanical breakfast or set lunch
- Complimentary juices & electrolytes
- 40% discount on spa treatments
- Full wellness sanctuary access

**THB 2,000**

*Net- per person · per day*

spa@layanaresort.com · 075 607 100

## *From sunrise to sunset*

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- 06:30 ● Sunrise beach walk
  - 08:00 ● Morning movement
  - 09:00 ● Botanical breakfast
  - 11:00 ● Midday practice
  - 12:00 ● Lunch at The Pause Bar
  - 13:30 ● **Layana Salt Sanctuary**
  - 14:30 ● Spa · snorkeling · rest
  - 16:30 ● Afternoon practice
  - 18:00 ● Sunset wellbeing talk
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23 – 27 March

	MON 23	TUE 24	WED 25	THU 26	FRI 27
<b>06:30</b>	Beach walk	Beach walk	Beach walk	Beach walk	Beach walk
<b>08:00</b>	Liz: Yoga Flow	Magnus: Yoga & Breath	Cecilia: Fascia Workshop	Liz: Yoga Flow	Cecilia: Fascia workshop
<b>11:00</b>	Magnus: Breath work	Liz: Yoga Yin	Sound Healing by K. Nink	Cecilia: Meditation	Magnus: Yoga & breath
<b>13:30</b>	<b>Salt Ritual</b>	<b>Salt Ritual</b>	<b>Salt Ritual</b>	<b>Salt Ritual</b>	<b>Salt Ritual</b>
<b>14:30</b>	Spa / Rest	Snorkeling Ko Ha	Spa / Rest	Snorkeling Ko Ha	Spa / Rest
<b>16:30</b>	Fascia: By Deia	Sound Healing Floating: Nink	Cecelia: Meditation	Fascia: By Deia	Liz: Chakra Yin
<b>18:00</b>	Magnus Longevity talk	Facia Talk By Deia	Liz: Shark Educ	Cecilia Talk	<b>White Night</b>



SIGNATURE RITUAL

# Layana Salt Sanctuary

A 40-minute ritual of salt therapy and thermal contrast.

*Circulation · Detoxification · Deep relaxation*

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1

**Salt Pool**

*8 min*

2

**Sauna**

*8 min*

3

**Salt Scrub  
& Shower**

*6 min*

4

**Mineral  
Jacuzzi**

*8 min*

5

**Salt Room  
Relax**

*8–10 min*

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## THE PAUSE BAR

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Where you pause,  
nourish & recharge.

*Open daily 11:00 – 17:00*

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- Botanical juices
- Wellness smoothies
- Herbal infusions
- Light botanical lunch
- Afternoon refreshments

# YOUR WELNESS PROFESSIONALS

**K. Nink**  
*Sound Healing*



**Liz**  
*Yoga & Movement*



**Cecilia**  
*Meditation & Fascia*



**Magnus**  
*Yoga & Breathwork*



**Deia**  
*Fascia & Bodywork*

*Closing image — sunset / beach / resort*



*Places are limited.*

# Reserve your Wellbeing Experience

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[spa@layanaresort.com](mailto:spa@layanaresort.com)

075 607 100

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