

RAK^{Xa}

INTEGRATIVE WELLNESS



DETOX PROGRAMME

Aims to purify your body based on the lore of alternative medicine and enhance toxin removing mechanisms in the sense of biology.

Draws on therapeutic abdominal massage in combination with clinical colon hydrotherapy to increase the clearance of metabolic wastes, and traditional medicine procedures involving the use of herbal preparation, acupuncture, cupping, and massages in collaboration with scientifically proven cold and oxygen therapy to improve the circulation of blood and lymphatic system to enhance the removal of toxins and impurities.

Personalised meal plans are also important elements in our Detox programmes to sustain the benefits throughout the duration of your stay in the peaceful surroundings of RAKxa.

	DETOX	DETOX	DETOX+	DETOX+
	5 Nights	7 Nights	7 Nights	10 Nights
ASSESSMENTS / CONSULTATIONS				
Health and Wellness Consultation	✓	✓	✓	✓
RAKxa Functional Fitness Assessment	✓	✓	✓	✓
Doctor Consultation	✓	✓	✓ (x2)	✓ (x3)
Nutrition and Dietetics Consultation			✓	✓
Lab Investigation			✓	✓
Provoked Urine Metal Tests			✓	✓
Electrocardiogram (EKG)			✓	✓
Ankle Brachial Index (ABI)			✓	✓
Body Composition			✓	✓ (x2)
TREATMENTS / ACTIVITIES				
RAKxa Relaxing Massage 50 min	✓	✓	✓	✓
Traditional Thai Ya-Pao Detoxification Therapy 110 min	✓	✓	✓ (x2)	✓ (x2)
Acupuncture & Moxibustion Initial 80 min	✓	✓	✓	✓
Yoga Detox 50 min	✓	✓	✓	✓
Chi Nei Tsang 50 min	✓	✓	✓ (x2)	✓ (x2)
Manual Lymphatic Drainage Massage 50 min	✓	✓	✓	✓
Pranayama 50 min	✓	✓		✓ (x2)
Kaya Suddhi (Body Detox) 140 min	✓	✓	✓	✓
Cupping 50 min		✓	✓	✓
Zen Na Tai 50 min		✓		
Jala Neti 25 min		✓		
Abhyanga Four Hands 50 min		✓		
Crystal Healing 50 min			✓	✓
Chakra Balancing 50 min				✓
Reiki 50 min				✓
Shirodhara 50 min				✓
Cryo Sauna	✓	✓	✓ (x2)	✓ (x3)
Whole Body Light Therapy or Infrared Sauna		✓	✓ (x2)	✓ (x5)
Hyperbaric Chamber	✓	✓	✓	✓ (x3)
IV Infusion	✓	✓	✓	✓ (x2)
IV Weber Laser				✓ (x2)
Colon Hydrotherapy and Probiotic Replacement Therapy	✓	✓ (x2)	✓ (x2)	✓ (x2)
Supplement			✓	✓
EXPERIENCES / FACILITIES				
Round-trip airport transfer	✓	✓	✓	✓
Overnight stay in Garden Villa	✓	✓	✓	✓
Three wellness meals and an afternoon tea set per person on a daily basis	✓	✓	✓	✓
Complimentary healthy drinks, herbal tea and fresh seasonal fruits provided in the Villa	✓	✓	✓	✓
Complimentary access to the gym and daily fitness activities	✓	✓	✓	✓
Complimentary access to hydrotherapy area, including vitality pool, cold plunge pool, steam room, sauna and experience shower	✓	✓	✓	✓

Remark: The Plus programmes offer more wellness options including treatments, activities, exercises, medications, consultations and laboratory tests.

Package		Normal Season 1 May - 31 Oct 2024		High Season 1 Nov - 21 Dec 2023 8 Jan - 30 Apr 2024		Peak Season 22 Dec 2023 - 7 Jan 2024	
		SGL (THB)	DBL (THB)	SGL (THB)	DBL (THB)	SGL (THB)	DBL (THB)
Detox	5N Detox	224,000	189,000	241,000	200,000	271,000	218,000
	7N Detox	307,000	257,000	332,000	274,000	373,000	299,000
	7N Detox+	398,000	348,000	422,000	365,000	463,000	389,000
	10N Detox+	551,000	480,000	586,000	503,000	645,000	539,000

Terms & Conditions

- Rates are net in Thai Baht, inclusive of 10% service charge and 7% government tax.
- Rates are per person per programme.
- RAKxa reserves the right to increase rates if there is a change to government tax.
- Rates will be adjusted accordingly to reflect any changes that might occur.
- Supplementary charge per person per night will be applied for Pool Villa upgrade.
- A 100% deposit is required upon the time of reservation.
- The reservation is non-cancellable and non-refundable.
- Villa and treatments will be subject to property availability upon reservation.
- Treatment programmes will be subject to personalisation based on each customer's health conditions and the recommendations from medical doctors and health & wellness advisors.
- Reservations require a minimum of 72 hours prior to the arrival date.