



PERSONALISED PROGRAMME

When it comes to individual health, one's health concerns differ from another as each of us has a different lifestyle, needs, beliefs and preferences, especially when it comes to staying healthy. This is where an individual's health shall be uniquely treated.

RAKxa's Personalised programme will provide a tailor-made solution to help you achieve your specific health goal. With our comprehensive range of diagnostics and healing methods, you will be presented with numbers of healing possibilities to match your precise needs, just the way you want it.

	3 Nights
HEALTH AND WELLNESS CONSULTATION	
Health and Wellness Consultation	✓
RAKxa Functional Fitness Assessment	✓
Doctor Consultation	✓
TREATMENTS / ACTIVITIES	
Holistic Treatment (from the list of treatments as follows)	✓ (x3)
Medical Treatment (from the list of treatments as follows)	✓
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	✓

The List of Treatments

RAKxa JAI	RAKxa Gaya
Traditional Thai Massage	Physical Movement Assessment
Traditional Thai Reflexology Massage	Basal Metabolic Rate
Traditional Thai Oil Massage	Biomechanic Analysis
Pranayama	Lower Body Imbalance Assessment
Yoga Detox	Hydrotherapy Exercise
Marma Healing Massage	Performance Regenerating Exercise
Reiki	Active Brain Coordinating Exercise
Zen Na Tai	Personalised Corrective Exercise
Singing Bowl	Sport Performance Analysis
Chakra Balancing	Private Outdoor Training
Crystal Healing	Total body Power Training
Angel Stone Healing	HIIT Reenergise Training
Chi Nei Tsang	Private Active Aqua Exercise
Mien Acupressure	Private Suspension Session
Acupuncture & Moxibustion	Private Yoga
Acupuncture & Electrostimulation	Private Tai Chi
Tuina Acupressure Massage	Thai Boxing with Fitness Instructor
Cupping	Private Swimming Lesson
Guasha	Head to Toe Stretch
Facial Acupuncture	Core and Stability Training
Facial Guasha	VitalLife
Mindfulness Meditation	Profacial
RAKxa Relaxing Massage	Physio Treatment Session
Aromatherapy Massage	Immune Myer IV
Balinese Massage	Beauty Refresh IV
Hand Massage	Metabolism Booster IV
Foot Massage	Whole Body Light Therapy
Back Massage	Cryo-Sauna
Scalp Massage	Hyperbaric Chamber
Floatation	Colon Hydrotherapy
Deep Tissue Massage	Peripheral Magnetic Stimulation (PMS)

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)
Personalised	3N Personalised	118,000	97,000	139,000	115,000	165,000	134,000

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.