



## RAK<sup>Xa</sup> REBALANCE PROGRAMME

RAK<sup>Xa</sup> Rebalance helps bring back your equilibrium of health facets. The programme aims to rebalance your physical and mental stability, brain and body coordination, chakra alignment, the flow of vital energy, gut-brain axis and overall health.

The integrative approach in the programme consists of mindful exercises and various treatments, including Tai Chi, suspension exercise using neuromuscular activation technique, energy healing, Ayurvedic massage, acupuncture and traditional Thai herbal bath ritual. Furthermore, oxygen therapy and the intravenous infusion of antioxidant-rich formula will restore your body functions at a cellular level.



	5 Nights
<b>ASSESSMENTS / CONSULTATIONS</b>	
Health and Wellness Consultation	✓
RAKxa Functional Fitness Assessment	✓
Doctor Consultation	✓
<b>TREATMENTS / ACTIVITIES</b>	
Private Suspension Session 50 min	✓
Chakra Balancing 50 min	✓
Pranayama 50 min	✓
Private Tai Chi 50 min	✓
Zen Na Tai 50 min	✓
Marma Healing Massage 50 min	✓
Acupuncture & Moxibustion Initial 80 min	✓
Traditional Thai Ya-Chae 80 min* * The consultation with a TTM doctor at least one day before receiving the treatment is required.	✓
Hyperbaric Chamber Therapy 60 min	✓
Antioxidant Boost up IV Formula	✓
<b>EXPERIENCES / FACILITIES</b>	
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	✓

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)
<b>RAKxa Rebalance</b>	5N RAKxa Rebalance	209,000	174,000	227,000	186,000	256,000	203,000

## 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.