

RAK^{Xa}

INTEGRATIVE WELLNESS



WEIGHT MANAGEMENT PROGRAMME

Achieve individual's healthy weight and body composition.

Personalised exercises in combination with scientifically based treatments, including cold therapy and the use of intravenous metabolism boosting infusions play a significant role in enhancing energy expenditure. The tailored integration of body firming massages, Ayurvedic scrubbing techniques and the use of radiofrequency technology will help improve your body appearance. Well-planned nutrition plans, which are derived from consultations with healthcare professionals, also help you achieve your desirable and attainable results by limiting calorie intake on a daily basis. The adoption of RAKxa's weight management guidance will allow you to sustainably maintain your ideal weight in the long run.

	WEIGHT MANAGEMENT	WEIGHT MANAGEMENT	WEIGHT MANAGEMENT+	WEIGHT MANAGEMENT+
	10 Nights	14 Nights	10 Nights	14 Nights
ASSESSMENTS / CONSULTATIONS				
Health and Wellness Consultation	✓ (x2)	✓ (x2)	✓	✓
RAKxa Functional Fitness Assessment	✓	✓	✓	✓
Doctor Consultation	✓ (x2)	✓ (x3)	✓ (x3)	✓ (x3)
Basal Metabolic Rate 45 min			✓	✓
Nutrition and Dietetics Consultation	✓	✓	✓	✓
Lab Investigation	✓	✓	✓	✓
Food Intolerance Test			✓	✓
Provoked Urine Metal Tests			✓	✓
Electrocardiogram (EKG)			✓	✓
Ankle Brachial Index (ABI)			✓	✓
Body Composition	✓ (x2)	✓ (x2)	✓ (x2)	✓ (x2)
TREATMENTS / ACTIVITIES				
RAKxa Relaxing Massage 50 min	✓	✓	✓	✓
Personalised Corrective Exercise 50 min	✓ (x3)	✓ (x4)	✓ (x2)	✓ (x3)
Udvarthanam 50 min	✓ (x2)	✓ (x2)	✓	✓
Chi Nei Tsang 50 min	✓	✓	✓ (x2)	✓ (x2)
Acupuncture & Moxibustion Initial 80 min	✓	✓	✓	✓
Deep Tissue Massage 50 min	✓	✓	✓	✓ (x3)
Manual Lymphatic Drainage Massage 50 min	✓	✓	✓	✓
Head to Toe Stretch 50 min	✓	✓	✓	✓ (x2)
4 Hands Body Firming Massage 80 min	✓ (x2)	✓ (x3)	✓ (x2)	✓ (x3)
Private Active Aqua Exercise 50 min			✓ (x2)	✓ (x3)
Pilates One on One 50 min			✓ (x2)	✓ (x3)
Cryo Sauna	✓ (x2)	✓ (x3)	✓ (x2)	✓ (x4)
Whole Body Light Therapy or Infrared Sauna	✓	✓	✓ (x4)	✓ (x4)
Hyperbaric Chamber	✓	✓	✓ (x2)	✓ (x3)
Indiba RF for Abdomen or Upper Thigh or Vanquish	✓ (x4)	✓ (x4)	✓ (x4)	✓ (x6)
Colon Hydrotherapy and Probiotic Replacement Therapy	✓	✓ (x2)	✓	✓ (x2)
IV Infusion	✓	✓ (x2)	✓ (x2)	✓ (x3)
IV Weber Laser	✓	✓	✓	✓ (x2)
Medicine			✓	✓
IV NAD+ 100 mg			✓	✓
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	✓	✓	✓	✓
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)
Weight Management	10N Weight Management	496,000	426,000	532,000	449,000	591,000	485,000
	14N Weight Management	620,000	536,000	670,000	569,000	760,000	619,000
	10N Weight Management+	596,000	526,000	631,000	549,000	690,000	584,000
	14N Weight Management+	770,000	672,000	820,000	705,000	902,000	754,000

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.