



GUT HEALTH PROGRAMME

Improve the local functions of the gut, including digestion, absorption of nutrients and excretion, and reap the benefits derived from the gut's nervous system as the second brain.

The integrative approaches in the Gut Health programme harmoniously combine the traditional use of therapeutic heat, herbal preparation, acupuncture, and abdominal massage with the scientifically proven procedures, including clinical colon hydrotherapy.

	GUT HEALTH+	GUT HEALTH+
	7 Nights	10 Nights
ASSESSMENTS / CONSULTATIONS		
Health and Wellness Consultation	✓	✓
RAKxa Functional Fitness Assessment	✓	✓
Doctor Consultation	✓ (x2)	✓ (x2)
Nutrition and Dietetics Consultation	✓	✓
Lab Investigation	✓	✓
Food Intolerance Test	✓	✓
Basic Profile Intestine		✓
Provoked Urine Metal Test		✓
TREATMENTS / ACTIVITIES		
RAKxa Relaxing Massage 50 min	✓	✓
Zen Na Tai 50 min	✓ (x2)	✓ (x2)
Traditional Thai Ya-Pao Detoxification Therapy 110 min	✓	✓
Chi Nei Tsang 50 min	✓	✓
Acupuncture & Moxibustion Initial 80 min	✓	✓
Marma Healing Massage 50 min	✓	✓
Mindfulness Meditation 50 min	✓	✓
RAKxa Stress Release Massage 80 min	✓	✓
Yoga Detox 50 min	✓	✓
Deep Tissue Massage 50 min		✓
Singing Bowl Healing 50 min		✓
Shirodhara 50 min		✓
Traditional Thai Salt Pot Massage 80 min		✓
Personalised Corrective Exercise 50 min		✓
Hyperbaric Chamber	✓ (x2)	✓ (x3)
IV Infusion	✓ (x2)	✓ (x2)
IV Weber Laser		✓ (x2)
Colon Hydrotherapy and Probiotic Replacement Therapy	✓ (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)
Gut Health	7N Gut Health+	381,000	332,000	406,000	348,000	447,000	373,000
	10N Gut Health+	556,000	485,000	591,000	508,000	650,000	544,000

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.