

RAK^{Xa}

FULLY INTEGRATIVE
WELLNESS &
MEDICAL RETREAT

DE-STRESS

A world of calm, immersed in therapeutic tropical surrounds, with lush greenery in the garden of each private villa. Escape the stresses of everyday life and find solace at RAKxa.

The De-stress package centres on healing and soothing modern souls, with treatments to revitalise the spirit, restore inner balance and remedy the lingering effects of tension on the mind and body. Each programme targets your personal needs, with offerings ranging from physically healing massage therapies and digestive-balance treatments to restorative mindfulness practice with lifelong benefits.

Supported by technologies that unearth underlying issues, the De-stress package rejuvenates the body on a cellular level. It is designed to heal from the inside out – identifying issues for targeted management, balancing the circadian rhythm for improved sleep, strengthening the immune system and boosting energy and metabolism.

The mind plays an equally important role in the journey towards stress-free living. Treatments in this package will also improve emotional quotient (EQ) and enhance focus, while promoting daily mindfulness. You'll learn how to use these practical tools for application in your daily life beyond RAKxa.

Uncover true peace and calm for the duration of your stay at RAKxa, and beyond.

OUR PROGRAMME INCLUDES

1. Health and wellness consultation
2. Accommodation as per selection
3. Round-trip airport limousine transfer
4. 3 anti-inflammatory meals or detox meals per person and per night of stay
5. Complimentary mini bar in villa
6. Complimentary general physical examination
7. Complimentary daily fitness and leisure activities
8. Complimentary use of water therapy suite, including vitality pool, steam, herbal steam, sauna, chill shower and cold plunge pool
9. Specific treatments as listed in the programme

EXTRA NIGHT INCLUSIONS

1. Accommodation as per selection
2. 3 anti-inflammatory meals or detox meals per person and per night of stay
3. Complimentary mini bar in villa
4. Complimentary daily fitness and leisure activities
5. Complimentary use of water therapy suite, including vitality pool, steam, herbal steam, sauna, chill shower and cold plunge pool
6. Treatment credit value at THB 7,000 per person per night, must be used during stay, can not be redeemed into cash, can not be used at RX WellNest Store and may not be used for visiting consultant services

5 NIGHTS INCLUSIVE	7 NIGHTS INCLUSIVE	10 NIGHTS INCLUSIVE
CONSULTATIONS	CONSULTATIONS	CONSULTATIONS
1 Health and wellness consultation	1 Health and wellness consultation	1 Health and wellness consultation
1 Doctor consultation	1 Doctor consultation	1 Doctor consultation
1 Nutrition and dietetics consultation	1 Nutrition and dietetics consultation	1 Nutrition and dietetics consultation
ASSESSMENTS	ASSESSMENTS	ASSESSMENTS
1 DNA scientific wellness screening	1 DNA scientific wellness screening	1 DNA scientific wellness screening
1 Comprehensive blood test + urine test + stool test	1 Comprehensive blood test + urine test + stool test	1 Comprehensive blood test + urine test + stool test
1 Physiotherapy assessment	1 Physiotherapy assessment	1 Physiotherapy assessment
1 Physical movement assessment	1 Physical movement assessment	1 Physical movement assessment
1 24 hr lifestyle analysis	1 24 hr lifestyle analysis	1 24 hr lifestyle analysis
1 Cognitive function test	1 Cognitive function test	1 Cognitive function test
1 Balance test	1 Balance test	1 Balance test
1 EKG	1 EKG	1 EKG
1 ABI	1 ABI	1 ABI
1 Pulmonary function test	1 Pulmonary function test	1 Pulmonary function test
1 Body composition	1 Body composition	1 Thermography
		2 Body composition
TREATMENTS	TREATMENTS	TREATMENTS
2 Cryo sauna	2 Cryo sauna	3 Cryo sauna
2 Photo - light therapy	2 Photo - light therapy	4 Photo - light therapy
2 Infrared sauna	2 Infrared sauna	3 Infrared sauna
2 Hyperbaric chamber	2 Hyperbaric chamber	4 Hyperbaric chamber
2 IV infusion with weber laser therapy	2 IV infusion with weber laser therapy	3 IV infusion with weber laser therapy
1 1 month de-stress supplement	1 1 month de-stress supplement	1 1 month de-stress supplement
1 RAKxa signature massage	1 RAKxa signature massage	1 RAKxa signature massage
1 Tranquility pro sleep massage	1 Tranquility pro sleep massages	1 Tranquility pro sleep massages
1 Stress release massage	1 Stress release massage	2 Stress release massage
1 Essential mind healing program	1 Essential mind healing program	1 Essential mind healing program
1 Mindfulness meditation	1 Mindfulness meditation	2 Mindfulness meditation
1 Floatation	1 Floatation	1 Floatation
1 Stress management	1 Chi nei tsang	2 Chi nei tsang
1 Acupuncture	2 Acupuncture	2 Acupuncture
1 NLP	1 NLP	2 NLP
	1 Yoga	1 Private tai chi
	1 Thai herbal compress massage	1 Thai herbal compress massage
	1 Stress management	1 Traditional Thai reflexology massage
	1 Soin lift C.V.S - anti-ageing	1 Soin lift C.V.S - anti-ageing
	1 Shirodhara	1 Singing bowl
		2 Pranic healing
		1 Shirodhara
		2 Stress management