

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 lifestyle guidance 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. Three wellness cuisine meals or detox meals per person and per night of stay
5. Complimentary healthy drinks, herbal tea and fresh seasonal fruits in villa
6. Complimentary general physical examination
7. Complimentary daily fitness and leisure activities
8. Complimentary use of hydrotherapy area, 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. Three wellness cuisine meals or detox meals per person and per night of stay
3. Complimentary healthy drinks, herbal tea and fresh seasonal fruits in villa
4. Complimentary daily fitness and leisure activities
5. Complimentary use of hydrotherapy area, including vitality pool, steam, herbal steam, sauna, chill shower and cold plunge pool
6. Treatment credit value at THB 7,000.- net per person per night is applicable for purchasing treatments during stay at RAKxa Jai (Holistic Wellness) and at RAKxa GAYA (Medical Gym).
It cannot be redeemed into cash, and not applicable to purchase products at RX Store, VitalLife (Medical Wellness).

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
2 Doctor consultations	2 Doctor consultations	3 Doctor consultations
1 Nutrition and dietetics consultation	1 Nutrition and dietetics consultation	1 Nutrition and dietetics consultation
1 Lifestyle consultation	1 Lifestyle consultation	1 Lifestyle consultation
		2 Follow up consultations
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 Provoked urine heavy metal test	1 Provoked urine heavy metal test	1 Provoked urine heavy metal test
1 Physical movement assessment	1 Physical movement assessment	1 Physical movement assessment
1 Physiotherapy assessment	1 Physiotherapy assessment	1 Physiotherapy assessment
1 EKG	1 EKG	1 EKG
1 ABI	1 ABI	1 ABI
1 Body composition analysis session	1 Body composition analysis session	2 Body composition analysis sessions
TREATMENTS	TREATMENTS	TREATMENTS
1 Cryo sauna session	1 Cryo sauna session	2 Cryo sauna sessions
1 Whole body light therapy session	1 Whole body light therapy session	2 Whole body light therapy sessions
1 Infrared sauna session	1 Infrared sauna session	2 Infrared sauna sessions
1 Hyperbaric chamber session	1 Hyperbaric chamber session	3 Hyperbaric chamber sessions
2 IV infusion treatments with weber laser therapy	2 IV infusion treatments with weber laser therapy	2 IV infusion treatments with weber laser therapy
1 One month de-stress supplement	1 One month de-stress supplement	1 One month de-stress supplement
1 RAKxa relaxing massage	1 RAKxa relaxing massage	2 RAKxa relaxing massages
1 Tranquility pro sleep massage	1 Tranquility pro sleep massage	1 Tranquility pro sleep massage
1 Stress release massage	1 Stress release massage	1 Stress release massage
1 Floatation	1 Floatation	1 Floatation
1 Chi Nei Tsang session	1 Chi Nei Tsang session	1 Chi Nei Tsang session
1 Acupuncture & moxibustion with initial consultation session	2 Acupuncture & moxibustion sessions	2 Acupuncture & moxibustion sessions
1 Singing bowl healing	1 Thai herbal compress massage	1 Thai herbal compress massage
1 Shirodhara	1 Singing bowl healing	1 Singing bowl healing
1 Meditation session with Ayurvedic doctor	1 Meditation session with Ayurvedic doctor	1 Meditation session with Ayurvedic doctor
1 Private Tai Chi session	1 Alternative medicine treatment	1 Alternative medicine treatment
	1 Shirodhara	1 Shirodhara
	1 Recover touch facial	1 Recover touch facial
	1 Private Tai Chi	1 Energy treatment
	1 Private Yoga	1 Scalp massage
		1 Session of head to toe stretch
		1 ZenNaTai
		1 Private Tai Chi session
		1 Private Yoga session