

RAK^{Xa}

FULLY INTEGRATIVE
WELLNESS &
MEDICAL RETREAT

DETOX

Cleanse the body, calm the mind. RAKxa's personalised detox programme is designed to heal from the inside out. It begins with a medical examination crafted to reveal your body's toxin levels.

Using these results, our specialists and advisors will tailor a programme that supports the body's natural detoxification process, helping you eliminate external and internal elements that do more harm than good.

We fuse innovative technologies including potent vitamin IV fluids with nutritious, cleansing cuisine, natural Ayurvedic remedies and traditional Chinese and Thai massages and medicines.

This, in combination with mindfulness practice, creates an all-round detoxification of the body and mind, enhances your immune function and reduces the effects of pollutants. Allergy symptoms subside; alertness improves; and a sense of calm takes over.

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 Follow up consultation	1 Follow up 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
2 Cryo sauna sessions	2 Cryo sauna sessions	3 Cryo sauna sessions
1 Whole body light therapy session	1 Whole body light therapy session	3 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
1 IV infusion treatment with weber laser therapy	1 IV infusion treatment with weber laser therapy	2 IV infusion treatments with weber laser therapy
1 Colon hydrotherapy + probiotic replacement therapy	2 Colon hydrotherapy + probiotic replacement therapy	3 Colon hydrotherapy + probiotic replacement therapy
1 One month detox supplement	1 One month detox supplement	1 One month detox supplement
1 RAKxa relaxing massage	1 RAKxa relaxing massage	2 RAKxa relaxing massage
2 Chi nei tsang sessions	2 Chi nei tsang sessions	2 Chi nei tsang sessions
1 Traditional Thai detoxification therapy session	2 Traditional Thai detoxification therapy sessions	2 Traditional Thai detoxification therapy sessions
1 Kaya suddhi	1 Kaya suddhi	1 Kaya suddhi
1 Manual lymphatic drainage massage	2 Manual lymphatic drainage massages	1 Manual lymphatic drainage massage
1 Crystal healing	1 Active pureness facial	1 Active pureness facial
1 Acupuncture & moxibustion initial	1 Crystal healing	1 Crystal healing
1 Pranayama session	1 Acupuncture & moxibustion initial	1 Acupuncture & moxibustion
	1 Cupping	1 Cupping
	1 Yoga detox session	1 Yoga detox session
	1 Pranayama session	2 Pranayama sessions
		1 Chakra balancing
		1 Reiki
		1 Shirodara